

the **Westerly**

FREE monthly community magazine for Massey to Hobsonville Point

PROPERTY MARKET REPORT

ODE TO AUTUMN

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

MITRE 10 MEGA

Circulation is 10,000 print copies.

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

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May 2019

Intro

In the beginner's mind there are many possibilities, in the experienced, possibilities might go in a different direction. This may be why we are often surprised by the way children think. The outlook of young people is often not limited by previous experiences, negative or otherwise, which may suggest a particular result; they can look at a situation with a fresh mind. To work on a new problem, we can try putting ourselves in the position of someone without our preconceived ideas, to see how they might look for a solution. If we have an idea but are afraid to try it, this approach might be worth trying. We learn by making mistakes, practising a new task, learning a new skill, we identify challenges we can work on to avoid making mistakes as we become competent. We may ask someone independent to give us constructive feedback to improve the outcome.

Research has shown that our brains change and develop new pathways as we learn new things; the more we learn, the more information we retain. While the digital revolution enables information to be rapidly accessed (sometimes with an uncertain degree of reliability), it is also important not to rely on the internet at the expense of making the effort to memorise and learn new skills. The old methods of learning by rote developed memory skills that have changed in this technological era. We still need to learn some things by trial and error. Some activities such as music, require deliberate practice. As individuals, we have different patterns of learning, and the time of day may influence this. Sleep after learning something new apparently makes for better memory retention.

Hopefully you will find plenty of issues to stimulate your brain in this month's Westerly. Topics range from New Shoots to SeniorNet, from Scouts to GreyPower, and everything in between. Our usual columns include Graham's Property market report, with practical and legal advice on building and looking after your property. There are food ideas galore, and advice on nutrition, tips on your pets, health and safety, injury prevention, and addressing the significant issues around NZ adult literacy. Don't miss our section on Hobsonville Point.

See what you can find that will interest you this month, and enjoy your Westerly.

John,
Editor



the Westerly

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People:Places

Mega Mitre10 Westgate and Henderson

Late in 2014 Westgate welcomed their new Mitre 10 MEGA store.

The store co-owned by experienced retailers and Auckland locals Dave and Elaine Hargreaves in conjunction with brothers Stephen and Graeme Ricketts. The Ricketts family also own the Mitre 10 MEGA Hastings and Napier stores and have been part of the Mitre 10 group since 1975, while Mr Hargreaves joined the company as an operations manager at the national support centre.

With more than 35 years' experience in retail for blue chip New Zealand brands, Mr Hargreaves is excited about the future opportunities the Westgate development affords retailers and consumers alike.

"It's an exciting opportunity for the whole area, and Mitre 10 MEGA was the first cab off the rank within the retail development," Mr Hargreaves said. "West Auckland is growing rapidly, and the new, bigger Mitre 10 MEGA is well positioned to service the DIY and trade needs of West Auckland, as well as those who have called the area home for many years.

"We're pleased to be doing our bit for the local economy, with more than 80 local people employed in Mitre 10 MEGA. Mitre 10 has been part of New Zealand's DIY culture since 1974 and is proudly New Zealand-owned and operated."

Mitre 10 MEGA Westgate was the 38th Mitre 10 MEGA store to open, and is fully equipped to service the region's trade professionals as well as a strong retail offering. It has one of the biggest garden centres in the area as well as a Columbus Coffee, drive thru for trade customers, 240 car parks and a children's playground.

"Our stores are more than just a business," says Dave. "We believe in providing a superior level of service to the community. We are proud to have created an environment in which our customers can start any DIY project with confidence having high quality tools, products and expert advice from our staff."

"We're continually investing in both stores by adding more products and increasing product lines to ensure your experience is better every day," says Dave.

"We have a great culture here," says Dave. "The results of the Mitre 10 Annual Culture Survey 20108 and we're delighted that both stores make the Top 10 list in the country."

Westgate store took the 'Excellence in Customer Service Delivery' award at the Westpac Auckland Business Awards 'Best of the Best' category. Plus, last year the store was recognised for its outstanding trade service, winning the 2017 Trade Store of the Year award at the Annual Mitre 10 awards.

"As owner operators, we are pretty much hands-on all the time," explains Elaine. "We love the business and are proud to be part of New Zealand's most trusted home improvement retailer."

For more information see us online at www.mitre10.co.nz or pop in-store at 95A Northside Drive, off Fred Taylor Drive, Westgate.



Geoff Dobson
MEDIA

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**“is this your space
\$85+gst”**

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

you will receive a month's worth of local exposure

Community: Notices

Scout camp

The Waitoru Zone Scout Camp was held near the end of March at the Kumeu Showgrounds. We had over three hundred people attend from Keas, Cubs, Scouts, Venturers and Rovers as well as leaders and members of the zone team. There were plenty of fun and games and activities, great food and company and an evening skit show that was highly entertaining and very imaginative. A great camp by all accounts.



There have been many groups out fundraising over the last month, some of them are working hard in order to attend the 2019 Scout Jamboree later this year, which is a three year event due to be held in December and January at Mystery Creek. Well done to all groups for your efforts in these areas. If you know of any ways that a group could help you as a fundraiser, please feel free to contact me.

In April we held a Cosgrove leadership training course at Makarau. This training course encourages and enhances leadership skills and is attended by more senior Scouts as well as leaders who participate on the course and support the scouts in their development when they go back to their own groups. They covered areas such as gas burner safety, basic first aid, tent pitching in the dark, caring for the environment through

the Leave No Trace programme plus a whole lot more, as well as being responsible and cooking their own meals.

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

Massey Indoor Bowls

Massey Indoor Bowls has been meeting in the Massey Birdwood Settlers Hall since 1957. They were the first hall user.



A number of regional and national champions have been members of the club over the year, and you could be the next champion.

The club meets on Wednesday nights at 7pm and welcomes new members. People interested in joining and possibly having their name end up on the honours board, should contact Gayo on 09 416 7050 or Sam on 09 832 9075.

Sam who is the Secretary of the club says that for new people on the first night, are able to play for free and guarantees they will be hooked and back again the following week.

Driving into autumn with Bridgestone Westgate

The chill is in the morning air, the days are still beautiful and crisp but the weather is unsettled. After rain you may notice that the roads are a bit slippery and that your vehicle is not taking the corner as well – this can happen because the rain mixes with dust, oil and remnants of tarseal which creates a slippery road surface. This is especially true around our area as there have been almost continuous roadworks. Heavy rain can cause the car tyre to lose some contact with the road and glide on the thin layer of water, this is known as aquaplaning and it can be scary and dangerous.

How to avoid this? The old adage from the TV ad - Drive to the conditions, if they change reduce your speed - is a true one.

Slow down to the speed at which you feel in control of your vehicle. In severe rain pull over safely until the excessive rain stops. Avoid big puddles. Check that your tyres are inflated to the right psi.

*Massey High School's
50th Anniversary*

SEEK THE HEIGHTS

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

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If it does happen, slow right down and steer the car in the direction you want to go, do not brake hard
Safe driving and remember...change of season....check your tyres – you are always welcome to pop by to Bridgestone Westgate, the big red building at 1 Cellar Court, Westgate (behind McDonalds) or call us on 09 833 8555 for a tyre health and safety check: always available, always free.

The Mobile Car Specialists

Is your car's bumper badly scratched? Bumper scuffs can be costly to repair if a panel shop has to repaint the entire bumper to colour match it 100%. It isn't uncommon for prices to range between \$800 - \$1000 +. These high costs prevent a lot of people from having the repairs done. However, the good news for you is that we can repair badly scuffed / scratched bumpers with 85 – 95% colour matching for around \$250 - \$299 + GST. We focus only on the damaged area and blend the repair into the existing bumper paint. Call us today on 0800 20 30 20 for a free quote, or visit our website below. Our other services include: Dent removal – small to large; Yellow / foggy headlight restoration; Deep clear coat scratch removal; Ceramic coating paint protection; Signwriting removal; High quality paint correction / cut and polish. We are a fully mobile operation, meaning we come to you to make your life easier. Contact us on 0800 20 30 20 for a quote, or visit www.TMCS.co.nz to see our work and 5 star reviews.



Women's self defence

Women make up a majority of the victims of violent assault in New Zealand. Karate can't prevent you from being assaulted but it can certainly help change the expected outcome. Confidence in your ability to fight back largely determines if you'll survive an attack and this is not something that can be gained from a few self defence classes. Techniques must be practised repeatedly until a response becomes automatic; If you have to think about how to fight back, it's usually too late! Karate increases self-confidence exponentially, teaches you to stay calm and, critically, to remain confident during an attack. Being physically weaker than an attacker should not be a disadvantage and at Taupaki Goju Ryu Karate we teach effective ways to defend yourself from an aggressor who is likely to be larger and more powerful than you and/or armed. Most attackers will rely on their physical presence to overpower their victim(s), however precision, timing and accuracy to land a single blow can stop them in their tracks. A woman may not have quite the same level of physical strength as a man, but generally their

flexibility, command of timing, distance and precision is better. So while an attacker may try to hit you as hard as they can, we teach you to hit "just right".

Although karate was not designed specifically for women it teaches how skill can overcome force. Any physical training can be tough but we will show you to train properly within your ability and physical fitness; how to move, strike, kick, fall and avoid an opponent.

The heart of karate is learning how not to get hurt.

By joining our Dojo you will learn self-preservation in a friendly, safe environment while also bettering your health and general level of fitness. Women of all ages can practise karate, in fact Shaolin nuns were practicing martial arts over a thousand years ago.

Why not come and see what we do? Taupaki Goju Ryu Karate - Taupaki Hall. We would love to see you any Tuesday or Thursday night. Junior training (7+) - 6-7pm. Senior training (ages 13 +) - 7-8.30pm.

May will be a month of new beginnings at Kumeu Arts

We are holding the very first exhibition in our brand new 'Pod' gallery by award winning, Ukrainian/Kiwi painter Anna Filimonova. Anna's distinctive artistic style is sure to impress. 'Surreal and natural elements combine and are seen through windows, doors, and rooms'. While our Steampunk show will occupy the main gallery giving visitors two simultaneous exhibitions to visit. Term two starts offering new classes and workshops in; ceramics, sewing, languages, life coaching and creative writing. While long established programmes such as the Kumeu Children's Art Club, painting, knitting and botanical art continue to offer quality education, social interaction and fun. Kumeu Live concerts this May include highly regarded musicians such as Kendall Elise playing right here in Kumeu at affordable prices. There is so much to discover at your local Arts Centre 'The Hidden Gem'. www.kumeuartscentre.co.nz.



\$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.

Vote for John Riddell in the local government elections 2019

For the Henderson Massey Local Board

For the Waitakere Licencing Trust

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

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

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In Brief updates: Events

Free event

On Sunday 5 May from 2pm - 5pm, there will be Family Fun on Hobsonville Point. This will be held at Hobsonville Point Primary School at 70 Hobsonville Point Road. The event will feature "Hungerball", Kids Inflatable and Family Activities. There will be a sausage sizzle from 2 - 3pm. Sponsored by Hobsonville Community Trust, Ryman Healthcare, Upper Harbour Local Board and Women's Hub on The Point.



Slow computer?

If you've got/ experienced a slow operating computer, you will agree it can be a headache! Fortunately we can offer you the most affordable way to boost your computers operating system that not only reduces loading times by up to 50%, but has options to increase your storage capacity.

Say goodbye to your slow operating system with an SSD drive to fit in any Laptop or Desktop computer. We can either rebuild your computer with a fresh SSD drive or copy your existing data from your current HDD drive.

In its simplest form, a Solid State Drive (SSD) is flash storage and has no moving parts. SSD storage is much faster than its HDD equivalent. HDD storage is made up of magnetic disks and has mechanical parts inside.

Come see us before the 30th June and mention "Fast IT" to Dan for 15% off your SSD purchase with install in our shop.

Your local friendly IT team is happy to advice and support you

with your computing needs.

For more please come to IT@Hand Computer Services on 322 Main Road in Huapai (opposite Mike Pero). Phone 09 412 9227 or Email huapai@itathand.co.nz.

helloworld

Following on from our jam-packed Princess Cruises and Seabourn evening, the next event we are hosting is with APT River Cruises to be held at Soljans Winery. This exclusive event will give an opportunity to experience what it will be like onboard your APT River Cruise in Europe in 2020 and enjoy a wine tasting with Tony Soljan. We would like to confirm numbers with Soljans as early as possible to please let us know ASAP.

Thursday 13th June 19, 6pm for a 6.30pm start.

Please register with a contact phone number and the number of guests attending on 09 416 1799 or email jan.glover@helloworld.co.nz.

Billie Jordan is coming to Summerset at Monterey Park

The Summerset Connect Speaker Series is back in 2019 with a new line-up of speakers on the circuit. Billie Jordan the founder of the Hip Op-eration Crew, will speak at Summerset at Monterey Park, Hobsonville on Saturday 15 June at 2pm. Billie Jordan founded the senior citizens hip-hop dance



crew on Waiheke Island. The group consisted of members aged 72 to 97 years old and they hold the Guinness World record for the oldest hip-hop crew. One of the original members, Rona Weston now resides at the Hobsonville village. Rona travelled with the crew to Las Vegas in 2013 to compete in the World Hip-hop Dance Championships and then to Taiwan to perform in front of 15,000 people!

Billie has spoken at prestigious events around the globe, including in Scotland, Canada and Australia, and has delivered a TED Talk to critical acclaim. She is the star of the award-winning documentary film Hip Hop-eration, which has screened in cinemas

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all over the world, and now there are plans in Hollywood to turn the story of her life into a blockbuster movie. Billie will share the inspiring tale of how she changed the lives of her elderly neighbours and how they changed hers.

Locals are welcome to attend the event however, spaces are limited, so please RSVP to Reception on 09 951 8920.

Gym Zone

Our Term 2 registrations are open. We have many different options depending of your age and skill level. Class available for ages 2-15years. Please see our time table to make a booking. www.gym-kids.co.nz/



If you are new to Gymnastics or looking for options to entertain the kids during the weekends, check out our Free-Play sessions, see our website for times. Please note that current students get a 25% discount on Free Play

Do you have a winter birthday? How about making it easy on yourself and host it at Gym Zone – Hobsonville or Gym Kids Ponsonby. Just bring along your food and leave the entertainment to us.

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

Benefits from million dollar grant to community programmes

Thousands of West Aucklanders are expected to benefit from a charitable initiative which saw \$1million donated to almost 50 organisations - covering a range of environmental, educational and health charities. Over the course of three weeks, 200,000 votes were cast which saw 48 groups secure funding for their projects, with some charities raising thousands of dollars a day by coordinating their supporters to go online. The Million Dollar Mission is an initiative developed by social enterprise 'The Trusts' West Auckland, which redistributes the profits from the retail sales of food and beverages through its hospitality venues and off-license outlets around the region.



Simon Wickham CEO of The Trusts says environmental and youth charities were some of the biggest winners in this year's round of funding with their combined donations reaching more

than \$424,000.

EcoMatters a sustainable living charity which supports the community with knowledge reduce waste received more than \$22,000 to help them collect donated bikes for reuse.

The Waitakere Ranges Protection Society, was another of the environmental charities to receive its funding. The group works to protect biodiversity in the area and conducts native planting around local waterways. A local kindergarten will use its donations to install equipment to meet their sustainability goals and Project Litefoot Trust, will use the funding to install energy efficient materials in local clubs.

Other beneficiary charities included the Upside Downs education trust which helps children with Down syndrome in the area learn to read, write, speak and sign; and Youthline has been given a boost of \$10,000 to help support youth and their families in the area.

The Trusts, is a business which has exclusive rights to retail liquor in the West Auckland region. Formed in 1972, it is the largest of the entities of its kind in NZ and is tasked with reinvesting profits from the sale of alcohol back into community programmes, grants and sponsorships.

Sustainably lead early childhood centres leading the way for a new generation

With local children and families at the heart of everything they do, New Shoots Children's Centres are continuing to grow with three new centres having recently opened in West Auckland.



After discovering a need in the community for early childhood centres that were truly committed to sustainability, healthy eating and play-based theory, Michelle Pratt and Nikki Prendergast decided to set up and design their own sustainably focused centres.

"Each centre has been carefully considered and sustainably designed to create a space that suits the needs of children and teachers, and encourages imagination and play," says Michelle Pratt, New Shoots co-founder.

We are always looking at ways of minimising our social, environmental and ethical impacts on supply chains, which is why our sustainable values don't just stop at the build adds Pratt.

"We endeavour to ensure that our resources, equipment and toys are hand-picked and often designed for early childhood to support an ethical supply chain and increased longevity.

In addition, we're committed to a toxin-free environment with

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carefully thought out cleaning systems, which not only reduce the risk your child has in coming in contact with nasty chemicals but also limits cross-infection."

With centres located across the upper North Island, Pratt and Prendergast are hoping New Shoots will not only inspire the sector as a whole to improve in areas of sustainability and education but continue to provide future generations with opportunities better than those left to us.

SeniorNet West Auckland

We at SeniorNet love to help seniors to enjoy their different computers, phones and tablets both Android and Apple. Classes and workshops are held at our centre upstairs in the Henderson RSA, 66 Railside Avenue Henderson, just opposite the railway station.

Classes are listed on our web page www.seniornet-west-auckland.org.nz. If you have any questions you can ring June on 09-833 8186 or ring the office on 09 837 7600 - please leave a message as the office is not always manned.

We have been running Help days on the 2nd and 4th Tuesdays of the month between 10 and 12 noon and have now decided to extend these to have one on the 2nd Thursday after-noon also from 1pm to 2pm for those of you who cannot make the morning sessions. Our first one will be on the 9th May. You may call at the Centre any time during the two hours and no appointments are necessary. These sessions are great for anyone who may have a problem operating their device or to refresh parts of a class you may have taken. Both Apple and android phones, iPads and Tablet computers are covered. We do ask for a donation of \$5. If you belong to another SeniorNet group please have your membership card with you, you will be very welcome. Our open meeting is held on the 3rd Tuesday of the month at the Kelston Community Centre, Cnr Awaroa Road, Kelston. A guest speaker followed by morning tea. Entry is by \$2 raffle. You do not need to be a member to attend.

Cruise Club launch

At House of Travel Hobsonville we're not just a travel agency but passionate community of travellers.

One of our loves is cruises. So much so, we recently launched a Cruise Club to share the joy of all things cruising.

Built around sharing tips and tricks, and all different aspects of cruising whether it be ocean, small ship, river, luxury or budget, the Cruise Club is



an online and real life community dedicated to cruising. One of our cruise expert's Bev Mitchell is running the club along with assistance from Sam and Tania who also share her infectious enthusiasm for this growing style of travel.

One of our aims is to be able to offer our club members opportunities such as those on offer this cruise season such as taking 30 of our clients on a visit of Royal Caribbean's Radiance of the Seas. We have also been able to take some lucky people for a look around Holland America's Noordam and share with them a fabulous three course lunch.

We have also been able to invite locals to join us at afternoon tea and cocktail events to hear about different cruise lines and what they have to offer.

Recently Bev, Sam and Tania had the privilege of escorting some local Hobsonville Point residents on the beautiful new Ponant ship La Laparouse. We were shown all around the ship including the innovative Blue Eye lounge – where you can see the marine life around the ship – before enjoying a glass of champagne and canapes.

Here is what one local resident had to say recently: "The great crew at Hobsonville House of Travel let me tag along on a visit to a French luxury small ship, La Laparouse, at the weekend. Wow, what a ship, featuring a sauna and, down under the waterline, a bar called the Blue Eye, where lucky passengers can sit and watch whatever sea life is waltzing round the vessel through an oval, eye-shaped window. Thanks guys, such a treat!"

If you want to find out about any upcoming events, special deals or just be inspired by cruising, make sure to join the Facebook group House of Travel Hobsonville Cruise Club or send an email to hobsonville@hotmail.co.nz and let us know of your interest. 09 416 0700.

Westies helping Westies before breakfast

West Auckland's local business members came together to raise \$1,500 for Hospice West Auckland.

Business members who are part of the BNI Westgate chapter (Business Network International) brought along their weird, wonderful and

treasured possessions to host an auction for Hospice West Auckland. As one of Hospice's passionate national supporters, BNI's core motto 'Givers Gain' was put into action during their breakfast meeting. Items raffled ranged from wine and cakes to mystery auction prizes, with one prize being a 2-night accommodation stay in Raglan.

Hospice relies on our community to help us fundraise; an out-



Special thanks

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

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



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of-the-box idea such as this ensures palliative care services run at no cost to patients and families. With a total \$1,500 raised from the BNI auction, these funds will directly go towards helping those with a terminal illness to live every moment comfortably and as pain-free as possible.

Over Hospice Awareness Week 13th – 19th May, we will be bringing awareness to our services and raising key funds to help us to continue to provide free end of life care to all those who need it. We will be out and about in the West shaking our buckets for your donations. Our Trade Me page 'Hospice West Auckland' will feature quirky, special, one-off and collectible items which you can bid on over May.

If you have any bright ideas to help us fundraise, please email: bellad@hwa.org.nz

Or if you would like to make a donation please visit www.hwa.org.nz/donations/donate-now.

The Hospice West Hobsonville Op Shop is situated at 6 Clark Road, Hobsonville. It is open Monday - Friday 9am to 5pm, Saturday 9.30am to 4.30pm and Sunday 10am to 4pm. You can also shop at our Op Shops in Glen Eden, Helensville, Henderson, New Lynn and Te Atatu. hwa.org.nz/shop and [facebook.com/bestopshopswest](https://www.facebook.com/bestopshopswest).

Keeping older and dementia brains happy

With darker and wetter days heading our way, it's important to find stimulating activities for those spending their time indoors. Why? Because people get bored, restless and depressed when their brains are left unchallenged.

TV can be good company. But for someone stuck inside because of the weather, a health condition, or a lack of means to

get out and about, TV alone is not enough to keep them feeling contented. Everyone needs their brains to be challenged and to feel like they are participating in life.

Activities such as word games, puzzles and action games are great for filling a long grey day. These can be played socially or by yourself.

Music is another fantastic way to lift spirits. At Mindjig we have a simple music player that has been designed for people living with dementia. So it's very intuitive. After a one time setup, this makes a worry-free form of entertainment.

Visit www.mindjig.co.nz to see our Simple Music Player and other resources to help keep adult brains active and contented. Or contact us email: info@mindjig.co.nz. Phone: 09 600 3251.

Waitakere Fire Brigade

Now that the clocks have gone back and days and nights are rapidly cooling down, most people are thinking about lighting fires or turning on the heating. However, the colder weather brings with it a special set of dangers that could increase the risk of house fires.

Firstly, everyone should make sure smoke alarms are fitted and working throughout the home. Also, power multi-boards should not be overloaded or covered, as they can overheat and cause a fire.

Fireplaces and chimneys:

- Clean chimneys and flues before lighting the first fire of the season
- Always use a fireguard or spark-guard when using an open fire
- Never throw rubbish into the fireplace – especially batteries and aerosol cans
- Always empty ashes and ashtrays into a metal bin and pour

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, check out our website www.masseybirdwoodsettlers.org or our Facebook page www.facebook.com/masseybirdwoodhall.



water over them before disposal. Remember that ashes can take up to five days to cool completely

- Keep matches, lighters and anything else that can create fire out of reach of children

Electric blankets

- Worn and old electric blankets can cause electric shock, fire and possibly even death. At the first sign of wear have your electric blanket checked by a qualified electrician.
- Don't place heavy objects on the bed while the blanket is switched on.
- Make sure the blanket is always flat on the bed and that controls or cords are not twisted or caught between the mattress and the base of the bed. Twisted cords are a common cause of electric blanket fires.

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

MDP Medical Alarms

MDP Medical Alarms represents ADT Security in the provision of monitored medical alarms. If you have a medical condition, or live by yourself, a NevaAlone medical alarm is your ticket to a safer, more independent lifestyle. You, your family and friends can have peace of mind knowing that you will be able to get help 24 hours a day, 7 days a week at the touch of a button.



The NevaAlone Personal Help Button can be worn as a pendant or wristband. It is water-resistant and can be worn even in the bath or shower. Its long-range capability allows it to work in any room in virtually any home, even out in the garden.

Being Ministry of Social Development accredited, funding might be possible through Work and Income in some cases.

For more information call Marina Du Preez on 021 039 8022 or email at mdpmedicalalarms@gmail.com.

Waitakere Grey Power

Waitakere Grey Power Association is an advocacy group for those in our community 50 years old plus. Autumn is now in its stride. We have been busy in our office in the Te Atatu South Community Centre, 247 Edmonton Rd Te Atatu South with members renewing their Annual Subscriptions which are \$20 Single and \$35 a married couple. On 29th March we had our first quarterly General meeting for members. Our Guest Speaker was the Hon. Phil Twyford Minister of Housing and Minister of

Transport, and it was attended by 53 people. The Minister gave us an interesting speech on relevant housing matters especially the lack of affordable rental housing for Seniors. He also told us the Government intends to spend \$28 billion over the next ten years to help ease road congestion by building light rail and putting on more trains more frequently from Swanson to Britomart. We will have our delegates at our Zone Two Meeting at Papakura RSA on 8 May 2019. We will also go over the Remits for the N.Z Grey Power Federation Annual General Meeting at our Committee meeting prior to the AGM being held at the Brentwood Hotel in Kilbirnie Wellington from the 20-22 May 2019. Steve McDonald our Vice President will be our delegate at the AGM and Mate will be attending as Zone Two Director Grey Power Northern Region. We welcome all new members and remind citizens that we are the largest advocacy organisation for Seniors in the country. Mate Marinovich President Waitakere Grey Power.

Open studio, pop up - local artist

Ema Frost burst onto the Auckland art scene in 2010 and has been captivating her fans with her unique style ever since. Her bright colours to give life to beautiful images, the inspiration of which comes from Ema's fascination and deep respect for the mystery and magic found in Maori and Japanese folklore. The often delicate and always delightful characters she creates are the perfect marriage of these mythical cultures. Part of the charm of her work is in the little idiosyncrasies that can be found only upon closer inspection of her images. Look carefully and you'll see little characters peeking out from unsuspecting places and the omniscient Tiki watermark that protects all life in the world of her imagination.



Originally as a graphic artist and illustrator, Ema's characters were brought to life in print. However, over the years they have sprung from the page and are now featured in her range of watches, coffee cups, cell phone covers and cheeky little collection of button badges. Ema's playful use of color extends to her ceramic collection as well. Her range of Dinkies (featureless bunnies) are finished in pastel pink and mint and add a delightful touch of Frost wherever they are found. Ema's work can be found in galleries, homes, hotels and schools all over New Zealand, Japan, India, Australia, Germany and the USA!

www.emafrost.com

Come and meet Ema Frost at her new studio space with a few other goodies to be expected.

When: Saturday 25th May 10am - 3pm and Sunday 26th May 10am - 3pm. 421 Coatesville-Riverhead Highway.



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- Combined gross income must not exceed \$120,307
- NO ballot required
- Must be a first home buyer
- Must live in the property for 3 years
- Must be a permanent NZ resident

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srecko@universal.co.nz

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13B NELLIE DRIVE

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Saturday & Sunday: 12pm - 4pm



Property:Advice

After buying your new house

We know that our house is the biggest purchase most of us ever make... usually with a mortgage that takes many years to pay off, and the insurance to keep up with.

We insure our house contents, our car and our lives. But what else happens if we are incapacitated through an accident or illness and cannot make decisions for ourselves, or if we die? It is a great help to family if they have some guidance in this stressful situation. As lawyers who regularly see the stress that happens when there is nothing in place we encourage you to:

- set up Enduring Powers of Attorney for both property matters as well as personal care and welfare; and
- make sure wills are made - and up to date.

These make it clear what you want. Some people also like to make a living will which includes details about the medical treatment they would prefer, for example, life support and resuscitation.

These things cost up front but reduce the cost and trauma for family and friends when most needed.

Contact Gareth, Linda or Jennifer at Belvedere Law jennifer@belvederelaw.co.nz.



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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 or visit www.precisionroofing.co.nz.

Inland Revenue tax audits

Oh no! An Inland Revenue audit notice has arrived in the post. Certain things will now happen under the Tax Administration Act, but tax audits are a stressful time, so it's important you have a tax professional at your side to ensure you understand what is involved, and if you haven't been fully compliant or paid on time, what the consequences can be. A tax audit is carried out in various ways and a simple one may only require one visit by Inland Revenue, but others can be on-going, depending on the complexity of your business, record keeping and tax affairs. At Gina Jansen Lawyers we know how investigations are carried out and we will be your advocate and support to ensure you come out the other side. We step in and ensure Inland Revenue are provided with the correct documentation. First interactions are critical in an audit situation and some things cannot be undone. Like any statement made in a legal context, what you say and do can be used against you so this is not the time to guess and hope for the best. You need legal professionals and experts in tax and Inland Revenue matters to guide you through the process. We help you to survive the audit process by advocating on your behalf, helping you to understand the audit process and what is happening, address any legal or accounting issues that may arise and guide you through the audit findings and/or other legal options if you disagree with the results of the audit. The legal team at Gina Jansen Lawyers are highly experienced tax and courtroom lawyers. We can advise and act for clients in tax matters as well as provide support and guidance to our client's accountants. So call us 09 869 5820, or email gina@ginajansen.co.nz or visit our



Graham McIntyre
LICENSED SALESPERSON
BRAND & TERRITORY OWNER





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M 027 632 0421
F 09 412 9603
E graham.mcintyre@mikepero.com
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DIRECTOR/LAWYER
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Property market report

Auckland sales volumes down 18% March on March

The housing market has had a miserable end to summer with the number of national sales in March down 12.9% compared to March last year, and Auckland down 18.2% from the Real Estate Institute of NZ. The sales figures are concerning because, March is the busiest month of the year for the real estate industry, and the slump in sales comes at a time when mortgage interest rates are at record lows and show no sign of increasing this year. The number of national sales has dropped by 27% since March 2016. The peak for sales was in March 2004 when 11,292 properties were sold, compared with 6938 in March this year.

The ongoing decline in sales volumes is also affecting prices, with Auckland's median price in March hitting \$856,000, compared to \$880,000 in March last year and the high of \$900,000 in March 2017.

Despite some extremely competitive mortgage interest rates on offer from the banks and the probable OCR cuts in the future, it appears the legislative changes on the horizon and the difficulty accessing finance are now really starting to impact on the housing market in terms of sales volumes.

Hopefully we gain more certainty over the coming months in relation to the capital gains tax, the bright-line test and the overseas buyer ban.

Whatever your position, as long as you are buying and selling in the same market, you're ok. Let's pull apart the market:

Hobsonville	\$636,000 to \$1,565,000
Massey	\$570,000 to \$1,240,000
Swanson	\$820,000 to \$1,075,000
Waitakere	\$855,000 to \$1,600,000
West Harbour	\$650,000 to \$1,770,000
Westgate	\$787,500 to \$820,000
Whenuapai	\$740,000 to \$1,595,000

Reasons to be bullish today:

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

Reasons to be bearish today:

- Foreign buyer ban potentially removes buyers from market;
- Tax changes for landlords, removing ring-fencing, could mean fewer sales to investors and them dumping properties onto the market;
- Current 5 year bright-line test and future capital gains tax potentially on the horizon could depress prices;
- House prices are still high compared to incomes and rents.

Call 0800 900 700, Text 027 632 0421 or email graham.mcin-

tyre@mikepero.com or for more information go to www.grahamcintyre.co.nz - Mike Pero Real Estate Ltd Licensed REAA (2008).

Employment agreements

Did you know that the penalty for failing to have an employment agreement in place for each employee is \$10,000, or \$20,000 if the employer is a company!

There are two types of employment agreements, the most common being an individual employment agreements (the other are collective employment agreements when a union is involved).

The obvious advantage of having a written employment agreement in place is that both parties become clear on the terms of the employment.

As an employer, if you want to rely on the 90 day probationary period, you need to ensure that the employment agreement is signed before the employee starts work – i.e. not on their first day of work but before their first day. Otherwise the 90 day trial period clause is invalid.

If you need some help putting an Employment Agreement, or any kind of Agreement, in place then contact ClearStone Legal (incorporating Kumeu-Huapai Law Centre). Telephone 09-973-5102 to make an appointment.



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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.



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area property stats

Suburb	CV	Land Area	Floor Area	Sale Price
Hobsonville	1,225,000	311M2	240M2	1,180,000
	1,430,000	383M2	312M2	1,460,000
	960,000	132M2	165M2	970,000
	970,000	201M2	175M2	940,000
	880,000	90M2	171M2	1,025,000
	1,290,000	809M2	230M2	1,070,000
	1,270,000	997M2	305M2	1,565,000
	1,170,000	775M2	290M2	1,312,000
	965,000	191M2	185M2	935,000
	770,000	122M2	115M2	745,000
	970,000	159M2	174M2	1,100,000
	980,000	207M2	164M2	920,000
	1,125,000	320M2	206M2	1,096,000
	695,000	131M2	85M2	705,000
	1,035,000	290M2	166M2	990,000
	1,175,000	327M2	232M2	1,180,000
	Massey	850,000	453M2	156M2
1,150,000		451M2	262M2	990,000
950,000		450M2	200M2	970,000
610,000		305M2	150M2	635,000
660,000		410M2	95M2	700,000
520,000		354M2	75M2	570,000
730,000		607M2	110M2	727,000
610,000		608M2	80M2	630,000
680,000		809M2	130M2	850,000
665,000		516M2	95M2	600,000
790,000		1092M2	165M2	756,000
890,000		683M2	290M2	883,500
640,000		663M2	80M2	645,000
940,000		615M2	170M2	850,000
480,000		1173M2	100M2	565,000
730,000		911M2	150M2	730,000
760,000		618M2	80M2	645,000
720,000		563M2	210M2	802,000
780,000		512M2	100M2	768,000
1,040,000	1169M2	210M2	920,000	
840,000	523M2	176M2	800,000	
770,000	511M2	130M2	700,000	
Swanson	910,000	1014M2	254M2	932,000
	840,000	1012M2	220M2	1,075,000
	1,050,000	4.19HA	173M2	1,075,000
	830,000	1611M2	140M2	960,000
	980,000	800M2	147M2	1,020,000
	790,000	484M2	160M2	870,000
	790,000	453M2	166M2	820,000
	West Harbour	780,000	601M2	80M2
520,000		704M2	80M2	770,000
770,000		685M2	80M2	631,000
700,000		406M2	90M2	650,000
1,100,000		695M2	180M2	990,000
1,350,000		494M2	238M2	1,460,000
1,100,000		737M2	210M2	1,125,000
920,000		883M2	120M2	880,000
1,200,000		621M2	250M2	1,137,250
1,890,000		926M2	298M2	1,770,000
1,120,000		600M2	200M2	1,125,000
1,740,000		869M2	313M2	1,950,000
980,000		350M2	155M2	900,000
2,100,000		738M2	459M2	1,620,000
1,280,000		657M2	300M2	1,370,000
Westgate	950,000	470M2	130M2	820,000
	920,000	451M2	155M2	787,500
Whenuapai	1,450,000	767M2	327M2	1,595,000
	1,220,000	362M2	271M2	1,190,000
	820,000	908M2	90M2	740,000
	495,000	330M2	244M2	1,125,000
	1,100,000	1601M2	200M2	1,282,000
	1,175,000	2701M2	140M2	1,120,000

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

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.



PRIVATE, SUNNY, FIRST HOME BUYERS - WESTGATE 3  1  1 

Set Date of Sale

2 / 109 Oreil Avenue, West Harbour

Set Date of Sale - 4pm, Tuesday 7th May 2019 (unless sold prior).

A short walk from Westgate, a short drive to the Motorway onramp, a stone throw from the local primary school, if location, 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. Includes features HRV, heat pump, closed woodburner fire, and is recently painted and carpeted. Small lawn area, entertainment decking and an independent double garage. Let's make no mistake it's a bargain box of value. 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.



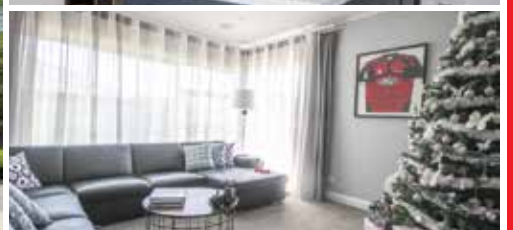
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Mike Pero Real Estate Ltd. Licensed REAA (2008)

www.mikepero.com



IMMACULATE MADDREN SHOW HOME AVAILABLE 4  2  3 

Set Date of Sale

4 Robert Might Road, Kumeu

Set Date of Sale - 4pm, Tuesday 21st May 2019 (unless sold prior).

Enjoy this high-spec home that has been created to impress and inspire. A super smart home that oozes style and is beautifully equipped for family life with four bedrooms, two bathrooms, a media room, and family area with esca fireplace come kitchen dining areas, then out to 35sq/m of indoor-outdoor bbq come tv area to watch all types of sport while your cooking on the bbq with clear screens to protect the area with another warm esca fireplace. An entertainer's kitchen with scullery is finished in engineered stone tones and a wine cellar. 2.7mtr ceiling heights throughout create a fantastic feeling of space. The home is clad in double pre-prime oil base taranaki pine weatherboards, solid premier brick, and iron roofing.



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MAGNIFICENT SEA VIEWS, EXTENDED FAMILY LIVING 4 2 3

Set Date of Sale

12 Marlin Street, West Harbour

Set Date of Sale - 4pm, Tuesday 14th May 2019 (unless sold prior).

Welcome your family home to stunning sea and urban views by day, then be dazzled by the night lights that sweep across the Harbour. A tiled entrance way and neutral tones, welcomes you into this beautiful home, with two bedrooms, study, main bathroom and a double garage on the ground level. Upstairs you will find two living areas, a well-appointed refurbished kitchen, guest toilet, open plan dining and family room leading to a formal lounge. The gorgeous master boasts a large ensuite and walk in wardrobe. Extended family living is provided by a separate and private living area attached to the main home, a well-designed space, incorporating a lounge, bedroom, bathroom and deck. The grounds are beautifully landscaped, two sheds provide room for storage or hobbies and loads of lawn.



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

www.mikepero.com/RX1856081



BRAND NEW SHOW HOME - 4 BEDROOM 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. We have worked with Maddren to trim the costs but not the quality, fit out or guarantee. No time to loose, make your mark today. Includes: Double glazing, heat pump, LED lighting, dishwasher, rangehood, waste disposal, heated towel rails, alarm. Close to convenience shopping, sports and recreational park, transport links and of course those fabulous west coast beaches.



Graham McIntyre
027 632 0421
graham.mcintyre@mikepero.com

www.mikepero.com/RX1840725



SUN AND WATER VIEWS 4 2 2 **Set Date of Sale**

12 Twin Wharf Road, Herald Island
4pm, Tuesday 21st May 2019 (unless sold prior).

Beautifully refurbished home offers a spacious open plan, modern kitchen and dining area, separate living areas. Master bedroom with wardrobe, overlooking great water views, separate bathroom, two double bedrooms. Ground level offers another double bedroom with mezzanine and big office space or fifth bedroom, main bathroom with separate toilet and laundry area.



Graham McIntyre
027 632 0421

www.mikepero.com/RX1801053



MARINA VIEW SCHOOL ZONE 3 2 2 **Set Date of Sale**

38A Sailfish Drive, West Harbour
4pm, Tuesday 21st May 2019 (unless sold prior).

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.



Graham McIntyre
027 632 0421

www.mikepero.com/RX1805391



REFURBISHED 4 ROOMS + GARAGE 3 1 1 **Set Date of Sale**

72 Gallony Avenue, West Harbour
4pm, Tuesday 21st May 2019 (unless sold prior).

This refurbished three bedroom plus separate office delivers great space on the outside and the inside. New kitchen and very well presented bathroom and separate laundry area. Open plan living and dining with sliders to north facing decking, the home delivers options for the whole family. Fenced for pets with a single garage and off-street parking.



Graham McIntyre
027 632 0421

www.mikepero.com/RX1825742



PENTHOUSE BLISS - SUN, SEA VIEWS 2 2 2 **Set Date of Sale**

305D/160 Hobsonville Point Road, Hobsonville
4pm, Thursday 2nd May 2019 (unless sold prior).

Enjoy premium secure living in this unique corner penthouse apartment, spacious and North facing with incredible sweeping views across the Point and Inner Harbour. The living is easy with high vaulted ceiling, decks from the living area and master bedroom, a large well appointed kitchen, two bathrooms including master ensuite, walk in wardrobe, two secure gated carparks.



Cherry Kingsley-Smith
021 888 824

www.mikepero.com/RX1807931



HIGHLY MOTIVATED - AFFORDABLE 4 3 2 **Set Date of Sale**

16 Denehurst Drive, Waimauku

4pm, Tuesday 21st May 2019 (unless sold prior).

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



SUN, SURF AND STYLING 2 3 2 **Set Date of Sale**

78 Motutara Road, Muriwai

4pm, Tuesday 21st May 2019 (unless sold prior).

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



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



MOTIVATED TO MAKE A MOVE 5 2 2 **Set Date of Sale**

3 Waimauku Station Road, Waimauku

4pm, Tuesday 21st May 2019 (unless sold prior).

Great family friendly layout allows for the complete family to enjoy themselves with space on the inside and the outside. Set on a big 1126 square meter site the land is flat, with a fully fenced back yard and front yard. It has excellent all day sun and options for garden, orchard or just kicking a ball around.



Graham McIntyre
027 632 0421

www.mikepero.com/RX1750761



EASY LIVING BRICK AND TILE 4 2 2 **Set Date of Sale**

8 Remana Crescent, Huapai
4pm, Tuesday 21st May 2019 (unless sold prior).

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

www.mikepero.com/RX1807811



Graham McIntyre
027 632 0421



BRICK AND TILE HOME 4 2 2 **Set Date of Sale**

10 Station Road, Kumeu
4pm, Tuesday 21st May 2019 (unless sold prior).

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



Graham McIntyre
027 632 0421



HIGHLY MOTIVATED - AS NEW 4 1 1 **Set Date of Sale**

16 Tapu Road, Kumeu
4pm, Tuesday 21st May 2019 (unless sold prior).

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

www.mikepero.com/RX1808254



Graham McIntyre
027 632 0421



AFFORDABLE LIVING 4 1 1 **Set Date of Sale**

16A Tapu Road, Kumeu
4pm, Tuesday 21st May 2019 (unless sold prior).

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

www.mikepero.com/RX1808247



Graham McIntyre
027 632 0421



HOME AND INCOME 5 3 2 **Set Date of Sale**

19 Kauri Grove Drive, Kumeu

4pm, Tuesday 21st May 2019 (unless sold prior).

Open plan kitchen, dining and lounge area with butlers pantry, opening to roofed patio area. All the rooms off a central hallway leading through to a triple garage. Tucked to the side is a two bedroom minor dwelling, very well appointed and enjoying a similar open plan living, dining, entertaining linking to a private lawn area.



Graham McIntyre
027 632 0421

www.mikepero.com/RX1806364



MEOW MEOW CATTERY 4 2 1 **Set Date of Sale**

1 Joyce Adams Place, Waimauku

4pm, Tuesday 21st May 2019 (unless sold prior).

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



WAIMAUKU LIFESTYLE ON 1.3 ACRES 3 2 2 **Set Date of Sale**

805 State Highway 16, Waimauku

4pm, Tuesday 21st May 2019 (unless sold prior).

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



AFFORDABLE LIVING IN RIVERHEAD 3 1 **Set Date of Sale**

1014 Coatesville-Riverhead Highway, Riverhead

4pm, Tuesday 21st May 2019 (unless sold prior).

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



813SQM SECTION

Set Date of Sale

8 Drovers Way, Riverhead

4pm, Tuesday 21st May 2019 (unless sold prior).

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.

www.mikepero.com/RX1835033



Graham McIntyre
027 632 0421



428SQM SECTION

Set Date of Sale

11 Papa Orchard Drive, Kumeu

4pm, Tuesday 21st May 2019 (unless sold prior).

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.

www.mikepero.com/RX1835017



Graham McIntyre
027 632 0421



472SQM SECTION

Set Date of Sale

38 Vinistra Drive, Kumeu

4pm, Tuesday 21st May 2019 (unless sold prior).

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.

www.mikepero.com/RX1834904



Graham McIntyre
027 632 0421



451SQM SECTION

Set Date of Sale

42 Jane Maree Road, Kumeu

4pm, Tuesday 21st May 2019 (unless sold prior).

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.

www.mikepero.com/RX1835003



Graham McIntyre
027 632 0421



FLAT SECTION, NO COVENANTS

Set Date of Sale

14A Tapu Road, Kumeu

4pm, Tuesday 21st May 2019 (unless sold prior).

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

www.mikepero.com/RX1808261



Graham McIntyre
027 632 0421



NO COVENANTS 2 ACRES

Set Date of Sale

Lot 2, Taupaki Road, Taupaki

4pm, Tuesday 21st May 2019 (unless sold prior).

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

www.mikepero.com/RX1732517



Graham McIntyre
027 632 0421



MADDREN HOME - 428SQM SECTION

Set Date of Sale

43 Nobilo Road, Kumeu

4pm, Tuesday 21st May 2019 (unless sold prior).

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



Graham McIntyre
027 632 0421



2050 SQM SITE 3 🚗 2 🏠 1 🚗

Set Date of Sale

351 Main Road, Kumeu

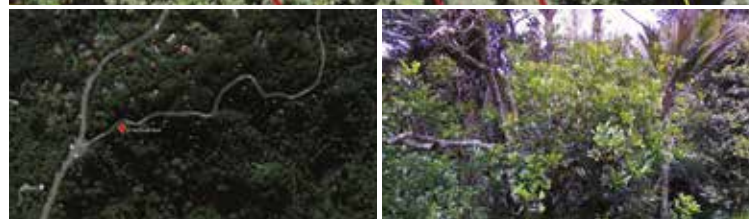
4pm, Tuesday 21st May 2019 (unless sold prior).

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

www.mikepero.com/RX1799737



Graham McIntyre
027 632 0421



BIG OPPORTUNITY

Set Date of Sale

55 Kauri Loop, Oratia

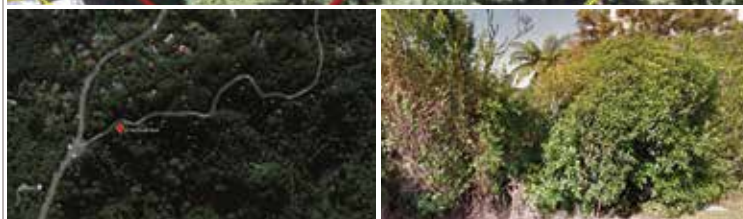
4pm, Tuesday 21st May 2019 (unless sold prior).

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



Graham McIntyre
027 632 0421



MOTIVATED OWNER

Set Date of Sale

1107 Huia Road, Huia

4pm, Tuesday 21st May 2019 (unless sold prior).

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



Graham McIntyre
027 632 0421



KRAZY CHEAP BUSH BLOCK

Set Date of Sale

13 Waikarekare Lane, Karekare

4pm, Tuesday 21st May 2019 (unless sold prior).

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



Graham McIntyre
027 632 0421



AFFORDABLE BUSH BLOCK

Set Date of Sale

19 Hayes Road, Henderson Valley

4pm, Tuesday 21st May 2019 (unless sold prior).

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



Graham McIntyre
027 632 0421

Hot:Property



West Harbour delivers location, views and styling

Real estate is often referred to as location, location, location, and in West Harbour this is one of the unsung truths of this quiet unassuming community. An area that was born in the 1990's against a backdrop of rampant growth and investment. Out of this tumultuous building boom was a number of homes that were built for the views and the sunshine in secluded cul-de-sac locations, unencumbered by transit traffic but in locations that are handy to great schools, parks, inner harbour, shopping and walking zones. Introducing 12 Marlin Street, West Harbour, one such home.

This is a family home offering stunning sea and urban views by day, then the dazzling city lights that laser beam across the Harbour by night. Significant land marks on your sky line include the Sky Tower, Mt Eden and One Tree Hill.

Greeted by a tiled entrance way and neutral tones, you'll feel welcomed into this beautiful home, with two bedrooms, study, main bathroom and a double garage on the ground level.

Upstairs has two living areas, a well-appointed refurbished kitchen, guest toilet, open plan dining and family room leading to a formal lounge. The gorgeous master bedroom boasts a large ensuite and walk in wardrobe. Every room on this level has its own deck to relax, enjoy a drink or al fresco dining and take full advantage of the sun and views. Extended family living is provided by a separate and private living area attached to the



main home, a well-designed space, incorporating a lounge, bedroom, bathroom and deck. For ease of living, the grounds are beautifully landscaped, two sheds provide room for storage or hobbies or perhaps a play house and there is loads of lawn for the children and pets to play. With plenty of off street parking and room for a boat or motor-home.

Zoned for high decile Marina View School, Hobsonville School and Hobsonville Point Secondary School. With easy access to motorway links, the ferry, Northwest and Westgate shopping centres and Hobsonville Point. You will be spoilt for choice with the many eateries, walkways, parks, farmers market and the marina on your doorstep in this prime coastal living. Contact Cherry Kingsley-Smith on 021 888 824 - Mike Pero Real Estate Ltd Licensed REAA (2008).



Home:Garden

The "to do" list

Now we are seeing lots of "jamming doors" usually because of the weather conditions affecting the frames, causing swelling and jams. This can be easily remedied by adjusting the door or re-fitting the hinges, and you can make an appointment at a time that suits you best including after hours or on the weekend.



A hole in the wall is another regular call out for us, where the door handle has had a wild swing. These are unsightly and can be a real hazard. All our installers follow Gib wallboards recommendations for gib repair which require paper tape and 3 coats of plaster before sealing and 2 coats of colour matched paint. Fence and gate repairs, doors fallen off the hinge? We take pride in repairs to walls, doors and floors, inside and out from the pantry door hinge to the lawn mower cubby door under the house. Fixy can 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 with 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 @fixy-solutions so, we can help sort out your to do list.

Waimauku Garden Club

From all accounts the trip to East Auckland was well attended and Photinia and Pandora Gardens gave members an insight on how you can present your gardens.

Coming up on the 18 April is our trip to Chelsea Sugarworks and FernGlen Gardens. I'll tell you about it all next month.

In May we are going to Mangere Education Centre where we will view a community garden and a medicinal herb garden before heading to Pah Homestead where you can view sculptures in the gardens and art gallery inside.

June 20 is Mid-winter Christmas at The Bee Keepers Daughter in Riverhead, July 18 to Ryder's in New Lynn for film and lunch and August 15 to Mangawhai.

Please join us. 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.

Camellias for your garden

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



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as early as March through to November.

Awa Nursery currently has a huge range of Camellias (31 varieties at last count) in many different colours with more coming in. We have Camellia sasanquas, an early flowering variety from March onwards, Camellia japonica and Camellia reticulate hybrids, which flower from May through to October. Perfect to brighten up an area in winter.

Camellias have a spurt of growth after flowering, so it is best to feed them when the last flowers are coming to an end. You can trim them immediately after flowering. They are happiest in acid soil that does not have too much clay content. They like a nice peaty soil that drains well. You can work some peat into your soil if you feel it has a bit too much clay. The roots are near the surface, so it is important to keep them cool in the heat of summer with a layer of mulch. If possible plant with protection from the afternoon sun. You can buy a specialised acid fertiliser to feed your Camellias which will assist them to stay healthy and keep the foliage the deep glossy green that we all love.

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Avalon Enterprises Limited

Avalon Enterprises Limited has been professionally servicing large lawns, lifestyle blocks, parks, reserves, beaches, schools and sport fields, in the greater Auckland area for over 30 years. We have established a thriving and loyal customer base, with our dedicated team



who are committed to ensuring our high standard of service is met on every job. Leaving our Avalon signature every time.

Avalon is also able to offer you more specialised services as we have a gardening division called Complete Garden Maintenance (CGM). We can offer annual bed gardening, landscaping & planting, trees and hedges, as well as inorganic/general rubbish removal.

Take a friend for coffee on us, when you call through to book a job with us. We will also give you a 10% discount off your first job, when you become a regular fortnightly/monthly customer.

Valid until 31 May 2019

Call Sarah Jane today for a free quote 021 178 2485.

\$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.

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Hobsonville:Point

Ode to autumn (apologies to Keats)

Welcome to the Hobsonville Point page for May. This month our story writer Sue Heggie (heggies@xtra.co.nz) and resident photographer Leanne Silver (leanne@argent.me) are simply brimming with the delights of autumn. I hope you all have the opportunity to enjoy the richness of this season. One of my personal favourites is watching the changing colours and the falling leaves of the magnificent liquid ambers that line the walkway to Catalina Cafe. You can see more stunning photography on Facebook, Argent Photography and on Instagram@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.

"Season of mists and mellow fruitfulness..."



Let's not look longingly back to the lazy days of summer, for as Keats says, "... summer has o'er-brimm'd their clammy cells". He was actually referring to bees but Auckland produces quite a few clammy cells of a more general sort in its humid climate. How easily we forget the whirring of fans at night time, the flies and mosquitoes. Let's lean in to the special joys of autumn; the still, beautiful days, the leaves turning russet, the respite of cooler nights.

Keats knew a thing or two about autumnalness:

"And fill all fruit with ripeness to the core;"

It is the season of the fabulous feijoa, the red piqa boo pears, the glowing persimmon, fresh figs and the deliciousness of quince.

I say the "fabulous feijoa" but have subsequently realised just what a polarising fruit the poor feijoa is. I was prepared to dedicate a two-page spread to its deliciousness but when I pitched this idea to our resident photographer, Leanne, I was shocked dear reader, yes shocked, to learn she is not a feijoa fan.



On canvassing a few others the responses ranged from "adore", "gorgeous" and even, "I come back from Australia each year to eat them as you can't get them there", to "disgusting", "like eating perfume", to the more straight-forward, "I hate them". It is testimony to Leanne's good nature however, that she was prepared to photograph them as no one can deny them their photogenic qualities.

The chubby and cheerful pumpkin comes into its own in autumn too. Pumpkin varieties are many and varied but I particularly like the sound of the Crook Neck pumpkin.



Pumpkin soup and the Gannet Bakery ciabatta from the market are an unbeatable duo. In the local supermarket Leanne carefully selected the most attractive pumpkins as models, but she received some strange looks when

she tenderly caressed and examined each one for its unique beauty. She found the next top vegetable model.



Keats continues, "Where are the songs of spring? Ay, where are they?
Think not of them, thou hast thy music too, — "



Okay, he may not have been referring literally to music but during May we have both the New Zealand Music Month and the Auckland Writers' Festival. (13th-19 May).

July brings the brilliant International Film Festival. Even better, Westgate Cinemas is one of their venues and is a no-hassle, five-minute drive with free parking.

Autumn is also a lovely time for board games and cards and whiskey tasting and all manner of indoor pursuits. A new local business called Hobby Games is opening in late May at the studio, 74 Hobsonville Point Road, just in time for some cosy nights at home. More to come on small businesses at HP.



Autumn is also "fun-gi" time and there are some weird and wonderful species out there. Taking a brisk stroll, bike or scooter around Te Manawa Walkway can be a great fungi-spotting exercise. Berries are in at the market too, and in the wild, to complement the autumn flowers. At the market, Art Fleur owned by Agnes, has some beautiful deep blue berries alongside other luscious blue and purple flowers. She also has some lovely twine wreaths that she will decorate for you or you can unleash your own creativity.

However, if you are still yearning for the warmth of the sun on your face, there's always Samoa in June. I'll let you know what it was like...

Sue's Netpex for the month

If you are not averse to sub titles and you want to brush up your French at the same time, don't miss **Call My Agent**. The agency acts as a broker connecting film stars with new work and each episode includes a famous, French actor. So far, the Juliette Binoche episode is my favourite. It is the life of the agency with a range of eccentric characters with three seasons so far. Makes a nice change from violent crime shows.

Build:New

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At G.J. Gardner Homes Rodney West, we promise to make your new home building experience a pleasure.

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To provide peace of mind, a fixed price contract is offered at the start of the build journey with all prices locked in ensuring there are no surprises, allowing you to move forward in confidence with the certainty of no price changes.

Have an idea on paper but not sure where to start? Our New Home Consultants and onsite Architects can turn your sketch into reality and have it priced all in the space of a very short timeframe. Our designers have consistently been at the forefront of developing living concepts that cater for modern lifestyles and New Zealand's unique environment.

We project manage everything every step of the way and give you written assurances, regarding costs, workmanship, material guarantees, completion dates and other key issues.

Our thoroughness is just one of many reasons why year after year, more people build with G.J. Gardner Homes than any other builder.

So give the team at G.J's Rodney West a call today on 09 412 5371, they can't wait to start your exciting build journey.

Picking the perfect tile

Anyone who has ever had to pick that, one in a million, perfect tile for their home will understand why Nick Ruvinctti from European Ceramics is the Madder Homes Tradie of the Month. Admittedly he does have the run of two beautifully stocked showrooms and an ever changing range of styles, but it's his calm helpful manner when

helping our clients pick that perfect tile that means so much to us. Nick is always extremely helpful to everyone involved in the process and offers well informed advice to make the process easy for both our clients and us. When it comes to supplying the product Nick works closely with the construction team to ensure that the tiles are delivered on time and without any problems.

Congratulations Nick, you are this month's deserving recipient of our Tradie of the Month and voucher from proud sponsor



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too small. The layout is strange. You want better indoor/ outdoor flow. Or even worse it's a leaky home. A Knock Down & Rebuild may be the answer.

Here are our top 5 reasons to rebuild on your section.

Cost - It's less than you might think to rebuild – and often comparable to what you may spend on major renovations. If you are curious, Signature Homes will organise to meet with you onsite and talk through your options, including finance plans, at no cost. With Signature Homes there are no surprises or budget blowouts. All pricing is inclusive and transparent, allowing you the ability to forward plan with total peace of mind.

No compromises - When you Knock Down & Rebuild, you start from scratch. It is a rare opportunity to truly create something bespoke for you and your family - your dream home. You will work with experts every step of the way, so the final result is perfection. Your home will be architecturally designed to meet all of your family's needs and desires and our design team, including interior designers and colour consultants, will work with you to ensure all important details have been considered,

including design, claddings, colours, fixtures and fittings.

Ease - With a Signature Homes Knock Down & Rebuild, everything is taken care of for you. The whole process is managed – from gaining the appropriate consents to meeting a guaranteed completion date. The goal is to make the process stress-free and easy for you. And if you are in Auckland, we have Unitary Plan experts who will ensure you make the very best decisions for your property and neighbourhood.

Guarantees - A Knock Down & Rebuild with Signature Homes removes all uncertainties. We understand the financial commitment you are making and in turn commit to you our very best service, guaranteeing we will finish your project on-time, on-budget and to the highest industry standards.

We all know a picture paints a thousand words so check out Mey and Robert Brouwers recent Knock Down & Rebuild with Signature Homes in Te Atatu Peninsula, Auckland.

Mey and Robert faced an eye-watering \$500,000 bill for renovation and recladding work when they discovered their home had potential water-tightness issues. Faced with this prospect they instead opted for Signature Homes' Knockdown & Rebuild service – demolishing and removing the original home and replacing it with their dream Design & Build.

Signature Homes - 09 412 9010, 80 Main Road, Kumeu.

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Food:Beverages

The Herbalist craft beer

Beer and pretzels are a delicious combination. This is a beer bread pretzel recipe which makes large, soft pretzels that are great for eating plain or dipping into hot cheese sauce.

Beer Bread Pretzel Recipe: 355ml beer, 1 ½ teaspoons dry yeast, 2 tablespoons butter (melted), 2 tablespoons sugar, 1 ½ teaspoons salt, 4-4 ½ cups flour; For the topping: 1 large egg yolk, 1 tablespoon water, coarse salt; For the initial cooking of the pretzels; 10 cups water, ¾ cup baking soda.

Method: Heat the beer in a saucepan to 45C, remove from heat and add yeast. Stir until dissolved. In a large bowl combine melted butter, sugar, 1 ½ teaspoons salt, 3 cups of flour and the beer-yeast mixture. Beat on a medium speed until smooth. Stir in enough flour to form a soft dough. Next, turn the dough onto a floured surface and knead for 6-8 minutes (or fit a dough hook to your mixer and mix for 5 minutes). Place in greased bowl covered with cling film and leave to double in size – approx. 1-1 ½ hours. Next, while the oven is pre-heating to 220C, punch down the dough and cut into 8 evenly-sized pieces. Roll by hand into 50-60cm strips and shape into pretzel shapes. Bring the water and baking soda to the boil and drop each pretzel in for approx. 30 seconds or until it floats to the top. Remove from the water and drain well. Place onto trays lined with parchment paper. Mix the egg yolk and water together and brush over each pretzel then sprinkle over the coarse salt. Bake for 10 minutes or until golden. Allow to cool before enjoying with a nice cold beer. Recipe credit: tasteofhome.com

The Herbalist Stockists: The Bottle-O Huapai, Black Bull Kumeu,



Fresh Choice Waimauku, Boric Food Market, Soljans Estate Winery, Riverhead Fine Wines and select West Liquor stores.

Soljans Estate Winery

Five generations of family stand behind Soljans Estate Winery, and our latest release was truly a family affair. Since we are the only New Zealand Winery to have such a long history, we decided to celebrate with a hand-crafted single vineyard Chardonnay, from right here in Kumeu.

A youthful, yet soft, peach and pineapple bouquet, complimented by sparks of lemon rind and toasted oak. The palate is like a fresh crème brûlée, delicately covered in nectarines. Toasted almond and vanilla brioche completes the experience with a smooth buttery finish, which comes from the malolactic fermentation. Drinking outstandingly now, this wine will also age gracefully for many years.

Purchase from our cellar door and café now or online at www.soljans.co.nz.



The 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 Har-



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bour. We are on Facebook at facebook.com/therainbowwhisknz or book a table online at therainbowwhisk.co.nz for any special occasions. Catering is available on request.

Quick and tasty Mother's Day brunch

Toast some hearty grained or sourdough bread
Smash avocado onto toast
Spread with bright red No-Shortcuts Beetroot Relish
Pop a poached egg on top and you're done! Delicious!
Serve with a side of crispy bacon for something extra tasty.



The NoShortcuts range of award winning chutney, relish, pickle and jam uses only the freshest NZ produce, with no artificial colours, fillers, flavours or preservatives added. In short, NoShortcuts products are wholesome, real foods in the fast and easy convenience of a recyclable glass jar.

In the western suburbs you'll find them at Countdown in Hobsonville as well as Organics Out West in Glen Eden or online at www.noshortcuts.co.nz, Noshortcutsnz on Facebook or noshortcutschutneys on Instagram.

Delicious chocolate cupcakes

3/4 cup + 2 Tbsp plain flour
1/4 cup + 2 Tbsp cocoa powder
3/4 tsp baking soda
3/4 tsp baking powder
1/4 tsp salt
1/2 cup Brown Sugar
1/2 cup White Sugar
1 egg
1/2 cup of milk
1/4 cup of Simply Pure canola oil
1 tsp vanilla
1/2 cup boiling water

Method: Preheat the oven to 180°C conventional or 160°C fan-forced.

Line a 12 hole muffin tray with paper cases. Sift the dry ingredients into a large bowl, then add the sugars and stir in. Add the egg, milk, oil and vanilla then beat with a mixer until combined. Scrape the sides of the bowl then add the boiling water and mix until just combined (the batter will be runny). Pour the batter into a measuring cup (it's easier and cleaner than using a spoon) and pour evenly into each paper case until $\frac{3}{4}$ filled (don't over

fill or the mixture will overflow).

Place in the oven and bake for 20-22 minutes or until a tester inserted in the centre comes out clean.

Hallertau Brewery

Every year Hallertau brews the SOBA National Homebrew Champion Beer, giving it a full batch commercial release. 2015's winning beer was a Flanders Red Ale by Oli Drake of Christchurch's Wilderness Brewing. Other Champion beers have come and gone in the intervening years but due to the 2+ year cask aging in oak process we have had to be patient. Well the wait is finally over. A sour, fruity, red wine-like Belgian-style ale with supportive malt flavors and complex fruit flavors with the oak tannins that provide both structure in the body and dryness in the finish. Pouring now at Hallertau Brewery.



Celebrate Mother's Day at Little Wilderness on 12 May

Give your Mum an unforgettable Mother's day this year by treating her to a High Tea Experience in Kumeu. Nestled in a native setting, Little Wilderness is a boutique venue providing the perfect backdrop for a truly memorable day. The experience includes sumptuous sweet and savoury treats and your choice of tea, coffee or bubbles. There is free parking and a great space to explore.



The cost per adult is \$50 (\$60 including a glass of bubbles) and \$35 for children under 12.

We are taking bookings for 10am and 2pm - spaces are limited and filling up fast.

As an added bonus, there will be a professional family photographer on site so you can get a beautiful family portrait which will create the perfect Mother's Day gift - \$50 gets you 5 digital photos

Email heather@pinkapple.co.nz to check availability and secure your space.

New Cafe now open!

rainbowwhisk.co.nz
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Pets: Tips

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



Pet photographer FAQ

I'm Kirsty from Dog&Co. Pet Photography. I'm a pet and family photographer based in Taupaki. I get asked the same questions about my job as a "pet photographer" very often, so thought I would do a little FAQ to shed some light.



Do you only photograph cats and dogs? Not at all! I offer a wide range of photography services alongside pet portraits, such as family and couples photography, as well as engagements and pre-wedding photos (and it's a bonus if you want to get your pets involved) When it comes to pet portraits, I am happy to photograph any animal. To date I have worked with hundreds of dogs, cats, horses, two pigs, and even a pet hedgehog! I would love to add to this list.

Do you have a studio? Nope! I specialise in on-location photography, and am passionate about using natural light to create vibrant & striking photographic art. I travel anywhere in Auckland to do photos, from our beautiful beaches out West, to gorgeous parks like Cornwall and the Auckland Botanic Gardens. Or if you would prefer to do a session in your own home, then that is totally fine too. The choice is entirely up to you when booking a photo shoot.

My dog is high energy or not well trained...does that matter? Not at all! Along with treats, squeakers, and toys, I also have an endless supply of patience, and that is all we need to get some stunning photos of your pet. I have years of experience (including six years working at my second home, Sharrow Boarding

Kennels) with many different types of temperaments, and always find what works best for your dog.

How do I book? Feel free to request a booking through my website, or contact me directly via email. I have three session options starting at just \$149 which are listed on my website, so go and have a look at what I offer. You are also more than welcome to get in touch at any time if you have any questions or would like to purchase a gift voucher for someone special. Website: www.dogandco.nz Email: kirsty@dogandco.nz.

Dog bites

In 2014 Kids Safe with Dogs & the Dog Safe Workplace were under development. We were in the process of researching the increasing number of dog bites in New Zealand and looking at education and training around the prevention of dog bites both in industry and for the general public.

Over the past four years Kids Safe with Dogs has gone from running a few holiday programmes to creating a charity that is supported by Local Boards and District Councils. The Dog Safe Workplace has gone from running in-house training to developing a course that can be done online meaning that it is more efficient and more cost effective for organisations.

One of the largest difficulties we have with dog bites in NZ is that we have no real indication of how many dog bites there actually are. We have no mandatory dog bite reporting. What does this mean? Let me give you an example. Last year ACC reported that one industry in particular only had 23 reported dog bites. When we started talking to the company and we got their reports they had over 200 dog bites.

So why didn't ACC have these figures? Because the company has private insurance so they have no requirement to inform ACC. We find the same with children under the age of 14, because the government pays for their medical care (which is fantastic) doctors are not required to fill out an ACC form because the care is paid for. The same goes for hospitals and emergency care. Unless you are under the care of a surgeon or doctor for 3 or more hours it does not have to be reported.

Consequently this means that many dog bites go unreported. In fact in a study of over 47,000 homes less than 40% reported when they had been bitten. Often they go unreported because the dog may have been known to the family, it could be their or family or friends pet.

In New Zealand when we talk about reported dog bites we are talking about bites that require medical attention and therefore are recorded by ACC.

If we look at the increasing number of dog bites when we started both organisations in 2014 there were 12,928 reported dog bites – in 2017 there were 14,694 reported dog bites so at the very least we can double those numbers. If we look at the figures for 2017 that is over 40 reported dog bites a day that re-



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LL.B., B.COM., DIP. HORT

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quire medical attention. That was almost \$5.5 million or over \$14,500 per day.

So what can we do about it?

It's not a quick fix but it is something that everyone can do. Education – learn what our dog are saying to us. Learn to read the subtle signs that they give us to let us know they are uncomfortable and not happy in a certain situation.

Kids Safe with Dogs can come to your daycare, primary, intermediate or college and with age appropriate educational programmes they can teach your children some of the basic signs and how to behave around dogs that can help to keep them safe.

The Dog Safe Workplace can assess the protocols you currently have in place and customise a course to work with you under the Health & Safety Act 2015 to ensure you are giving you staff the most up to date information and training available.

At the end of the day we are here to help you. To reduce dog bites and make our interactions with dogs safer, happier and more enjoyable for everyone.

For more information please contact Kids Safe with Dogs or The Dog Safe Workplace on 0508 DOG SAFE or info@dogsafeworkplace.com.

6 Reasons why my cat might drool

Post by: Dr. Mike Paul, DVM-
www.pethealthnetwork.com.

Unlike some dogs, cats do not drool a great deal

There are a number of reasons why your cat might drool; they tend to fall into three major



categories:

- Pathologic conditions that result in inflammation, pain or an inability to swallow.
 - Irritations that the cat is trying to “wash away”
 - Emotional stimuli
1. Dental disease dental disease can produce an irritation of the mouth. Drooling is an effort to remove or sooth the irritation.
 2. Respiratory conditions some cats that develop viral respiratory conditions develop ulcerations in their mouth
 3. Oral cancer although much less common than dental or viral inflammation, some cats do develop oral cancers
 4. Foreign bodies less frequently, excessive drooling may be due to a foreign body that has be swallowed
 5. Fear - some cats drool when they are very upset or fearful.
 6. Joy - some cats may drool when they are extremely relaxed and enjoying being petted or cuddled. This type of drooling is often an indication of a happy cat.

If you have any concerns, you should always visit your veterinarian

The full article can be viewed on Facebook page under the notes tab

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Health:Beauty

Responsible health

Late night visits to the Urgent Care Centre or the Emergency Department are not high on anyone's list of "fun things to do". And yet, thousands of people every year wind up making that frightening and unwelcome trip. The sad thing is that around half of those visits are avoidable, just by taking a little responsibility for your own health. Here are three simple things that will reduce your chances of experiencing that unpleasant trip.

Get your annual health check - You get your car serviced every 10 000 kilometers or your hair done every few weeks. Surely your body could do with an annual check up?

Get some exercise - a mere 15 minute brisk walk every day, reduces blood pressure, helps maintain weight and reduces heart disease.

Remember alcohol only goes with conversation - It does not go with moving machinery, scaffolding, ladders, and vehicles.

How to set up a computer workstation

Workstation ergonomics can quite complicated, so for simplicity sake I like to break it down to 3 key things:

Screen height. Aim to have the top of the screen at eye level. Simply putting a few books under the screen can make all the difference. If you use a laptop, it can be worthwhile investing in a monitor.

Keyboard and mouse. Make sure that the keyboard and mouse

are close to you so that when you are using them your elbows are close to your sides.

Your feet position. Make sure your feet are either flat on the ground or resting on a foot rest.

Try these tips and see how you feel. If you have any questions, please feel free to call the clinic, I am happy to help.

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Every two years you should have your eyes examined – not just so that your vision is 20/20.

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We pride ourselves on our customer service! Regards, Frank Snell, Optometrist. Ring 09 416 3937 or drop in to book an appointment to suit. 413A Hobsonville Rd, Hobsonville.



Injury prevention

In an increasingly competitive and lucrative sporting world, professional athletes aim to maximise fitness and strength to remain at the top of their game and evade injury. They put the little 1%'s into their day every day to get the results and have the resources to do it. On the other hand there are us, the casual sports person and weekend warriors who certainly don't have the facilities, cash flow or time to take care of the small stuff such as stretching, new trainers, massage etc. We miss the 1%'s but ask our body for 100% all the time heightening our risk of injury.

'An ounce of prevention is worth a pound of cure.' This famous

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axiom can be applied to health and fitness, and is unfortunately ignored way too often. Getting in shape and staying healthy requires a progressive strategy, including avoiding the temptation to go full speed ahead on your first day back to training.

So here are a few helpful tips on how to prevent injury:

Adjust goals as your fitness improves - Goals need to be realistic and sustainable to avoid new injuries or the recurrence of an old one. If you are a newcomer to a sport or discipline, take the time to build up slowly and improve your technique.

Successful sports people attuned to their bodies understand personal limitations and are acutely aware of any symptoms that could indicate injury. Feeling somewhat sore or tired is normal after playing sport, but long-term pain or mobility problems are signs that damage has occurred.

Try to self-assess how you are feeling every day before you start your training.

Warm up and cool down - As you exercise, your breathing, heart rate, blood pressure and body temperature all adapt to the change, and with regular exercise your muscles will grow. However your body needs a little bit of time to adapt first. Pushing too hard too soon can cause damage to tendons, ligaments, joints and bones. It's essential to warm up and cool down properly to prevent unwanted sports injuries.

Before exercise: Perform a dynamic warm up. This will involve a light jog, some lunges, squats, arm swings etc. This will improve blood flow and mobility, but don't overdo it.

After exercise: A warm down consisting of a light jog or walk with some stretching has proven results. Its purpose is to transition the body back to a resting state, reduce the heart rate, stabilise breathing and increase oxygen in our body and muscles. Listen to your body - Exercise should be steadily increased, and fitness maintained at a level you are comfortable with. It's true that the feel-good factor of exercise makes it difficult to hold back, but pushing too hard can lead to an injury setback and total derailment of your plans. So if your body is sore or tired it might be time to have a wee day off.

Osteopathy is now at Top Notch

Top Notch Massage has now rebranded to Top Notch Bodyworks - we are very excited to now have Osteopathy services as part of our business. Our experienced osteopaths Marshall Gabin and David Liddiard can be found at our Massey clinic. If you need osteopathic treatment, massage or a combination of both, we look forward to exceeding your expectations. We can help with many problems including headaches, neck, back, muscle, joint pain, arthritis, pregnancy, occupational overuse and stress. Top Notch can now also pro-



cess ACC claims for accidents and sports injuries - and you don't require a referral from your GP to see us. Marshall has extensive experience and specialises in assisting patients with long term chronic pain issues. David has worked with a multitude of sports teams and assisted at the Rio Olympics. We also can treat abdominal issues such as bloating, constipation and pain or discomfort. Both Marshall and David are ACC registered and of course, we still have our qualified therapists in therapeutic, sports and relaxation massage. So if you need an Osteo treatment or just a relaxing massage, give our team a call on 09 2128753 or 021 181 8380. To celebrate we are offering \$10 off your first treatment with Top Notch.

You or someone you know needs chiropractic

Chiropractic is about balancing the spine and keeping the nervous system functioning to its all-time best. Let us allow you, your family and friends to live a life full of movement, relaxation, freedom from pain.

If you have an issue with your back, neck or spine then give us a call - Hobsonville Chiropractic Centre phone 09 416 7589 www.hobbycc.co.nz. 295 Hobsonville Road, Hobsonville.

Free No Obligation Spinal Check for the month of May to determine if Chiropractic can make a difference today.

Massey Physiotherapy

You may have noticed a number of boot camps offered around West Auckland, and it is at one of these I have been working out 2-3x a week. While boot camps are wonderful for increasing fitness, improving motivation and losing unwanted kilos they can also have the risk of injury. So, what can you do to prevent unwanted injuries?

1. Pick a boot camp with instructors that focus on exercise technique.
2. Get niggles treated early.
3. Ensure that you are completing an adequate warm up and warm down every session.
4. If you have a pre-existing injury, in most cases you can still participate in boot camp with some modifications to your exercises. Talk to your physiotherapist (who will happily talk to your instructor) and get advice on what exercises to avoid or modify.
5. Cross training. Yoga, Pilates, swimming and walking are great exercises to do once or twice a week in between boot camp sessions.
6. Proper nutrition is an essential part of your boot camp journey. If you are providing your body with adequate fuel your energy levels will be better, your muscles will heal faster and

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your body will work more efficiently. This includes drinking lots of water.

Most importantly – have fun! If you would like any further information with regards to our boot camp tips and tricks, please don't hesitate to contact the clinic on 09 832 3619 to make an appointment.

I may be biased, but nutrition rocks

I have had some great success stories this month using Nutrition Medicine to support patient health. Let me tell you about a few cases so that you may be encouraged to keep seeking answers to any health issues that you might have.

Restoring Mojo:

One of my regular patients did my Dopamine assessment questionnaire which showed she was highly likely to be low in dopamine (a brain hormone). She had been on anti-depressants for the last 5 years, but still did not feel 100%. In fact, she could only work alternate days as the stress of working each day was too much for her. After only 1 week on the dopamine-boosting nutrients, she came in very excited. She said that she was waking up full of energy and ready to jump out of bed to face the day. She could not remember ever feeling this much "get up and go". She also said that she was able to work consecutive days. The stress in her life was still there, but it did not bother her now.

No More Colds:

Not all results are as life-changing as the one above. This case involved a young lady. She came in to get a month's supply of our Herbal Immune Boosting Tonic because she was heading overseas to spend time with her sister. Her mum told us that she had not had a respiratory infection in the last 3 years since she had been taking the tonic. Her doctor also thought this was a great result, because she had been quite sickly before that time. Not a bad option with winter approaching.

Clearing Acne from the Inside:

I recently helped a young man with acne using fish oils, zinc and vitamin B5. His acne significantly improved within the first week, which was probably due to the vitamin B5. The fish oils

and zinc often take a bit longer to kick in. I suspect that there will be even greater improvement in the following months.

If you want help to feel 100%, talk to our Pharmacist Health Coaches at Massey Unichem Pharmacy 396 Don Buck Road 09 833 7239 about combining the best of conventional and complementary medicines. Food for thought.

Wow, an Optomap image

For Eyes are the only optometrists in the North Island with a D2 optomap scanner. Its ultra-widefield retinal imaging captures over 80% of your retina in a single image, compared to traditional imaging methods typically showing only 15% of your retina at one time.



Early signs of disease can be present in the periphery of your retina, undetected behind your iris, when using traditional methods. Optomap facilitates early detection for early protection from vision impairment or blindness, and life-threatening diseases like cancer, stroke, and cardiovascular disease.

Getting an optomap image is fast, painless and comfortable. Nothing touches your eye - you simply look into the device one eye at a time (like looking through a keyhole). Images are available immediately and you can even see your own retina as a 3D animation.

Book an appointment with Matthew and Molly Whittington at For Eyes Optometrists in the Kumeu Village: phone 09 412 8172.

Botox and dermal fillers are complementary

What an amazing summer we've had – sunny days are great for topping up vitamin D, but not so great for our skin. Squinting in bright light and emotions, such as frowning and smiling, create wrinkles. Botox can relax these wrinkles laying the foundation for dermal fillers to restore fullness to cheeks, lips and forehead more effectively.



Everyone's face is uniquely structured, so the treatment is personalised to the results you want and your skin profile and musculature. This is where experience counts – knowing what combination will make the desired impact quickly and last the

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longest. 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 0210 264 5751, email tania@appearancemattersltd.com or visit AppearanceMattersLtd.com.

Hand, wrist, or elbow injury?

At the Hand Institute we specialise in treating injuries to the hand, wrist and elbow. We are an integrated team of hand therapists working closely with a hand and wrist surgeon. We treat all injuries from the elbow down, including: Elbow injuries; tennis and golfers elbow, elbow fractures, wrist, hand, thumb and finger sprains, hand, thumb and wrist fractures, Occupational and sports overuse injuries, finger fractures, sprains and dislocations, all casting and splints provided and the cost fully covered on ACC claims. We can send you for an ultrasound, x-ray, MRI or other investigations if necessary. Appointments are free if under ACC, with a \$45 surcharge for the initial visit only.



Call us today for an appointment we are located in two convenient locations in Rosedale and Huapai. Rosedale: 09 479 8438 Huapai: 412 8558. www.handinstitute.co.nz.

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



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

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 or 09 412 2945.

Why go to Kumeu Chiropractic?

We have people who come in regularly for chiropractic adjustments for the rest of their life. Why have they made this decision and commitment to their health?



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The most common reasons why people visit us are; Relief, Correctional, Maintenance, Prevention and Wellness. They all serve different purposes, and have different commitments attached to them. For some, pain relief is all they need. For others, it's a about maximising their health and wellbeing on an on-going basis.

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If it has been a while since your last Chiropractic adjustment, give us a call to get back into that regular tune-up.

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Autumn Cleanse \$95.00 for 90 minutes. It's autumn, so this means that our skin starts to constrict with the cold weather. It can become dry with the cold so it's time to wrap up, stay warm and try and ward off cold. A great way to help stay warm is to fill in the colder days with a nice warm therapy, on a warm table, in a warm room, with warm hands. Our back-mud wrap is made from Kaolin Clay, it will help remove dead skin cells, stimulate blood circulation and draws out toxicity. This is a soft clay, it does not draw out too much water from the body, and hence it softens the skin. Perfect for autumn and winter.



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sugar scrub (which we then remove). A nice warm mud wrap draws out toxins for 15 mins – in which we do either a scalp OR foot massage while your back's wrapped. We then remove the mud and do a moisturising back and neck massage. Turn over to a nice natural facial, using essential oil-based products that smell amazing. At only \$95 for 90 mins you won't find a better deal from an experienced therapist. We're located at a home business in Chorley Ave, Massey. Book on line www.auckland-massage.co.nz. This treatment is available for the next 3 weeks, but we will have a new special replace it, so like our Facebook.

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time. Yoga means union - start practicing yoga, connect your breath with movement and find your own moments of peace. Visit KanukaYoga.co.nz to learn more about their classes.

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Caring for the environment is important to all of us and even the small things we do can make a difference. Contact lens waste has been in the news lately, with reports suggesting that used contact lenses flushed down toilets are contributing to the problem of plastics in our oceans. It's certainly better to put used contact lenses in with your regular rubbish, than to flush them down a sink or toilet. However, here at Westgate Optometrists we have a better solution. We are proud to be able to offer Bausch & Lomb's dedicated contact lens recycling scheme. Bring your contact lens waste in, and leave it in the Bausch & Lomb recycling bin. This includes contact lenses and their packaging, and applies to all brands of contact lenses, not just B&L products. This service is 100% free of charge, simply drop your lenses in at any time during our opening hours and help keep New Zealand Beautiful. Located in Westgate Shopping Centre, around the corner from Robert Harris Café. Phone 09 831 0202, email info@westopt.nz.



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Area: Columnists

Western ITM turns 20

Western ITM Kumeu is celebrating 20 years with a round of specials and events from May 1-4 at 154 Main Road.

"We'll have in-store specials and a barbecue every morning from 9am until noon Wednesday to Saturday,"

says manager Wendy Fish, pictured with store supervisor Dylan Morris (front), sales person Dave White and timber yard co-ordinator Grant Wylie.

Wendy has seen many changes in the market and surrounding area during 22 years with the family owned business since starting at the Whenuapai head office before moving to Kumeu.

"We made a decision to move from the DIY market to better cater for our trade builder and contractors' needs. We expanded our site by purchasing the adjacent building at the rear of the site, which is now our drive through dry shed/panel shed."

Living in Huapai all her life, Wendy has seen big changes in the area with developments happening all over place. Like many locals, she cannot believe the traffic congestion.

Wendy became the store manager at the Kumeu store in 2005. Today the Western ITM Kumeu site employs 13 staff.

Western ITM is a member of the Independent Timber Merchants Co-operative and has three Auckland stores (Whenuapai, Kumeu and Swanson).

The company is dedicated to meeting customers' needs and



regular training sessions keep staff up-to-date on new products and innovations from the industry.

The team will help customers select the right products and will order in stock for the customer if it is unavailable in the store.

The company's philosophy is; "We like to keep it simple by focusing on giving you the right advice and the right products at the right price. That's because we've been around long enough to know what's important, whatever your building or project needs are."

Western ITM has gained many awards over the years, including community sponsorship, leadership in training, merchandising, branding and more.

Western ITM is part of the Anderson family owned and operated business, established in 1943 as founding company Anderson & O'Leary Ltd which last year celebrated 75 years in the trade.

The Andersons (Bruce, Wayne and Andrew) are well known in motorsport circles too.

Western ITM Kumeu hours are 6.30am-5pm Monday to Friday and 8am-4pm Saturday.

Gear up for hunting and fishing at Will's Outfitters

Want a t-shirt with an excuse for not delivering the fish or game? Will's Outfitters has them all – along with the gear to ensure you get it next time.

The family owned and operated shop at 332 Main Road in Huapai deals with most hunting and fishing requirements, also catering for the target shooter.

It provides personal one-to-one customer service with excellent post sale care and advice.

Outdoor clothing is offered right down to the gumboots, and there are plenty of accessories available too.

Will and Kerry Cleverdon brought their business to Kumeu from the North Shore about four years ago after moving to Kumeu to live three years prior.

A quantity surveyor by profession, Will developed his hobby into a business about 14 years ago.

"I've always been keen on fishing and shooting," Will says, admitting the business has been so busy he's often had little time to get out hunting and fishing himself.

"It's still a lot of fun though, and we have a good number of



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regular locals who come in," Will says.

Will's Outfitters stocks all the gear needed for target shooting, hunting (including deer, pigs, waterfowl, rabbits, possums, tahr and more) and fishing too.

A large selection of related accessories is stocked, such as knives, torches, game bags, targets, rods and reels, tackle and more.

Gun cleaning, care and maintenance products and service are also provided.

Clothing brands stocked include Swannndri, Outback, Ridgeline and Lonely Track.

Will and Kerry look forward to serving customers in their "great little store out West" and are open 9.30am-5.30pm Tuesday to Friday, 9am-4pm Saturday and 10am-2pm Sunday.

You can find Will's Outfitters on Facebook and Trade Me or contact them via willsfishingandfirearms@gmail.com or phone 09 444 0023.

Local Lions prepare to celebrate 50 years

Huapai Kumeu Lions are already well down the track preparing for the club's 50 years of service celebrations in March 2020.

The Kumeu Courier will feature updates, projects and aspects of the club's history in the build up to the commemoration.

In 1969 an energetic Huapai real estate agent, former orchardist and district personality Tom Spraggs suggested forming a local Lions club.

Most of the friends and acquaintances Tom approached did not even know what a Lions club was.

Tom foresaw Lions as an organisation that could bring benefits to the district, also providing an opportunity to make friends and increase the sense of community locally, especially as Lions' motto is "We Serve". It was developed after the International Association of Lions Clubs was started by Melvin Jones of Chicago. He envisaged a consolidation of several independent service clubs into one strong unit with the aim of service to humanity. Lions was established in Dallas, Texas on October 8-10, 1917. Inspiration for the Lions' motto came after a blind woman, Helen Keller, addressed a Lions group a few years later. "Alone we can do so little, but together we can achieve so much," she said.

A public meeting to form the Huapai Kumeu Lions was held in the Kumeu Band room at the Kumeu Showgrounds. Members of the already established Henderson Lions Club briefed intending local Lions on the responsibilities of being a Lion and how they were prepared to sponsor and guide the proposed new



club, Lions member Graham Andrew recalls.

"Well, 26 locals became charter members of the Huapai Kumeu Lions Club which was chartered in the USA on March 10, 1970," Graham says.

"The first official meeting took place at the Kumeu Showgrounds with 26 new chartered members supported by 17 members from the Henderson Lions Club."

The Lions philosophy was spreading after the first New Zealand Lions club was chartered in 1955. The Auckland Host Club was established with 28 members, hosted by Woollahra NSW Club and supported by Australian Lions generally.

Back at Kumeu, one of the first issues faced by the new club was its name.

"People have asked how the name was agreed to," Graham says. "Well, this was a hot topic! Some from Kumeu wanted 'Kumeu Huapai' while some wanted 'Huapai Kumeu'."

"Someone called out 'what comes first in the alphabet?' - hence Huapai Kumeu."

Tom Spraggs was voted charter president, Colin Letich first vice-president, Lou Yelavich second vice-president and Graham Andrew third vice-president. Jim Houghton was secretary and Bob McDonald treasurer.

"The first few months were taken up with learning about Lions activities and protocol and discussions on projects," Graham says. "Some were mind blowing and will be featured in later Kumeu Courier editions."

A photo Graham has supplied of the first 10 presidents of the Huapai Kumeu Lions Club shows, from left, Colin Moors (1979), Terry Casey (1978), Eric Cole (1977), Brian Keys (1976), Martin Soons (1975), Terry Smyth (1974), Ian Jackson (1973), Graham Andrew (1972), Colin Leitch (1971) and Tom Spraggs (1970).

Reducing stigma and smaller classes key to addressing NZ's alarming adult literacy rates

More needs to be done to destigmatise low adult literacy, and schools need greater resources in the early years, if we are to help educate the more than one million Kiwis who have literacy issues, according to an industry expert.

Research shows that around a quarter of Kiwis do not have the reading, writing and maths skills to equip them for everyday life. Jane Gilmour, of Literacy Waitakere, a registered charity which provides tutoring for adults with few or no school qualifications, says many of us take for granted our basic ability to read and write.

"We see people every day who, usually through no fault of their own, haven't had enough schooling as children, so aren't able to do the basics required to succeed in life," she says.

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and computer skills to adults of all ages, who all have different reasons for their lack of literacy.

"Often those who come to us for help have been failed by the school system: perhaps they were made to feel bad at school because they had poor handwriting, or they didn't get to attend school regularly because of family disruptions," she says.

Gilmour says schools need more funding during the early years and smaller class sizes so all children can have the opportunity to learn at their own pace.

She says many of the adults who eventually seek help are embarrassed about their lack of ability and we need to do more to destigmatise their inability to read, write and complete basic maths problems.

"Many of our students have little or no computer skills and may not attend WINZ appointments because they can't read or understand the information required. Most also lack the confidence to ask for help.

"It's a huge step for someone to walk through our doors they often think they are the only ones with literacy issues until they get here and realise a lot of people struggle."

Such was the case with Paul, who admits the task of learning numeracy and literacy in adulthood seemed 'overwhelming' before he came to Literacy Waitakere. "Every job I chose in the past was based on the belief I couldn't do any better, and government department forms like tax would be stressful – I'd misinterpret what I was seeing" he says. "It's really difficult to cope in a literate society. You've got to break through the negative feelings like anger and resentment, and feeling dumb."

Paul says since taking part in the literacy programme his job options and confidence have improved. "Without literacy, people like me can end up not living the life they want or dream of. When your options expand, life has more hope."

Gilmour says a \$13,500 donation from The Trusts Million Dollar Mission will now be used to pay for running costs, including paying specialist adult literacy tutors.

"The adult literacy "toolbox" contains many strategies to help adults acquire the various skills they need. Adults learn differently from children and begin with goal setting, taking responsibility for their own learning. One strategy is known as "scaf-

olding" – we start an individual person's learning where their knowledge foundation sits. Everybody is different – perhaps someone has some basic vocabulary or spelling, so we'll give them a text they can read comfortably, and once they have the confidence to read that, we'll go on to the next step."

"All our income is from grants and donations, and all our services are free," says Gilmour. "We don't charge learners– literacy is a basic human right."

Kumeu Rugby back in black

A resurgent Kumeu Rugby Club has begun a new season in good heart.

The club, which faltered on the verge of extinction more than 10 years ago, has renewed vigour along with five senior teams and a strong junior club.



For the first time in its 56 years, the club has a women's team – the Kumeu Valkyrie Sisters, pictured.

The name comes from Norse mythology where Odin's 12 handmaidens, the Valkyries, selected fallen warriors for Valhalla.

"It's an exciting time for them," Coach Jerry Simanu says. "Most of the girls live outside Kumeu – the furthest from Pukekohe.

"Many are former players who've come out of retirement, a few got married recently and two are in the Navy so are away for a couple of months."

Jerry has a three-year plan for the team – the first season aimed at building player numbers and giving them a "taste" of the action.

The team, captained by Nicole Brown, welcomes more players, and had its first game against Drury but couldn't start with a win, going down 29-5.

The club has strong Premier 1, Premier 2 (formerly Reserves), Under 21 and President grade teams.

To cap a great season opening day, despite rain, the Premier 1 team beat Glenfield 50-19, the Premier 2s also beat Glenfield 86-14, the Under 21s downed Mahurangi 20-15, and the Presidents overcame Marist 47-0.

"The club's looking pretty good – with this year probably the strongest we've had," says club stalwart Keith Robinson who was at the first day of the new season.

He's seen the club's fortunes wax and wane over the years, the darkest days more than a decade ago when it struggled for both money and membership.

A lack of players from the northwest led to the formation of the successful Western Pioneers premier rugby side which did well in the North Harbour competition over six years before ending in 2016. The Pioneers were a compilation of both Kumeu and

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Helensville club players.

The Kumeu club re-established its independence in North Harbour in 2017.

Keith says people like Darren Hughes and present chairman Glenn Wheeler have helped turn the club around.

Wheeler says the club's in good shape, despite a general downturn at many other rugby clubs throughout New Zealand.

Problems with the club's home grounds have also turned a corner.

All three fields at the Riverhead War Memorial Park home grounds are ready after a long-running saga with sand slitting for drainage caused some issues, the main field only just coming back in use.

The clubrooms have also had a facelift, gaining new access stairs and a covered deck overlooking the fields.

It's had an interior spruce up too with more wall to ceiling glass windows and doors improving both lighting and outlook,

The club's popular kitchen and bar continue to provide nourishment for players, members and visitors.

Meanwhile, the club has a special afternoon lined up on May 10 featuring former All Black Mils Muliaina and former Kiwi league captain Hugh McGahan.

Doors open at noon for lunch, dessert, refreshments, and a fundraising auction. Tickets are \$100 and tables \$1000.

Contact Glenn Wheeler on glennw@hellaby.co.nz or phone 0274 945 666 for more information about the lunch and club information.

Kumeu Cricket Club in form for 75th season

Timing is everything for a batsman trying to post a big cricket score.

And the timing is perfect for the Kumeu Cricket Club as it launches 75th anniversary celebrations which include major events coming up in late November and early December.

Already the club has hit the sweet spot with its top senior men's team gaining promotion to the Premier Reserve major championship, one grade below Premier grade, in its last must-win game against Cornwall.

The club's just had its main pitch at the Huapai Reserve (better known as the Huapai Domain), named the Brian Neal Oval in honour of Brian, who died last November aged 88, for his huge contribution to the club where he held nearly all positions from groundsman to president during a 50-year association.

And fittingly, the club has recently bestowed a life membership on Brian's son Monte, pictured second from left, along with



Dean Stuart, left, Peter Blucher, right, and Vaughan Wynyard for their efforts and support.

"We've only given out about 20 life memberships in the club's 75 years, so these are not dished out willy-nilly," club chairman of 10 years Stephen Nobilo says.

"It's a pretty special honour to bestow on members in recognition of their service, time and the contribution they have made." Stephen says the senior men's team's move into the Premier Reserves is the "icing on the cake" for the club's 75th and could lead to the club returning to the dizzy heights of the late 1990s when the Premier side came close to winning the one day title on a couple of occasions and the Premier 2 title which would have seen it playing in the top two-day Premier grade.

At that time it had a couple of Auckland reps in Simon Hayden and Wayne Enoka, along with strong players like Guy Coleman, while the club's first professional Kaushik Patel (brother of former Black Cap Dipak) was instrumental in helping guide the club through a heyday period in the 1990s.

The club has never really produced a Black Cap, says Stephen who has been involved with the club on and off for about 20 years.

A young Chris Kuggeleijn did play there while his dad was teaching at nearby Huapai District School.

The Kumeu Cricket Club is one of the oldest clubs in the area. Its history goes back to the 1943-44 season near the end of World War II when a group of enthusiastic locals cleared an area of gorse and manuka scrub at the domain to establish a playing field. Matches were arranged against other country clubs such as Henderson and Swanson, teams usually arriving by train.

The club played in the Kaipara Cricket Association for a time, before moving into the Auckland City and Suburban Cricket Association based at the Auckland Domain, then joining the Auckland Cricket Association in about 1961 where it has remained.

Two-storey clubrooms have been largely completed at the Huapai Domain after the previous facility was destroyed by fire in about 1996. The rooms and facilities provide a much-needed home for the club and a community asset used by various council and community groups, including the NorWest Heritage Society and Kumeu Huapai Residents and Ratepayers Association. A lift for disability access has yet to be provided in the clubrooms to cater for a larger number of people.

The club is in good shape for its 75th year, having 14 senior teams, a women's team, and a strong junior club section.

"It's a great sport to develop you mentally and physically, and a good diversion from electronic temptations for kids," Stephen says.

The sport is also being promoted in schools as Stephen agrees youngsters have a far wider choice of other recreational activities to choose from now.

"Cricket is now a much more inclusive sport with women having a more equal footing in the game – last year was the first time in more than 20 years that we had a women's team."

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Stephen says another grass wicket is planned with the club having only one, plus a number of artificial wickets.

So far, the club's 75th has also include an exhibition T20 match between an Auckland Cricket President's team and an Overseas All Stars side – with similar matches planned in November and December.

Commemorative memorabilia will be available to buy online and a book about the club is also being prepared.

Stephen says it's great to see the domain being well used by other sporting codes, which all work well together.

Plans for more facilities there include an indoor stadium.

Stephen says the club's rising status would not have been possible without its sponsors.

"Those who have supported the club in its 75th season include NJC Equipment, SBS Bank, Atlas Concrete, Fresh Choice Waimauku and Super Value Kumeu."

Visit www.kumeucricket.com or search on Facebook for more information.

Health and Safety lesson from the Australian Courts

The first legal charge against a manager as an "Officer of a PCBU", over the death of a worker under new occupational health and safety (OH&S) legislation in Australia has significant implications for New Zealand, says John Riddell, Health and Safety Consultant with Securo. The case was heard in 2015.

New Zealand's Health and Safety at Work Act is closely modelled on Australia's legislation and is intended to come into force in New Zealand in 2019.

One of the questions about the new legislation is; to what management level within a PCBU, can the term Officer be applied? The outcome of this case could assist us to answer this.

The Australian Capital Territory (ACT) recently became the first jurisdiction, to charge an 'officer' under newly harmonised workplace health and safety legislation. A senior manager faces two charges for allegedly failing to exercise due diligence to ensure that the company (PCBU) complied with its workplace health and safety duties. The charges follow a workplace incident that resulted in the death of a 48 year old truck driver, Michael Booth. Mr Booth died from electric shock injuries sustained while he was operating a tip truck when the trailer made contact with a power line while off-loading gravel at a dumping station.

The senior manager pleaded "not guilty" to the charges, and the preliminary question to be determined at a hearing, is whether the senior manager is indeed an 'officer'. It appears that the senior manager was not a director of the PCBU but is a director of a related entity.

Under New Zealand's Health and Safety at Work Act, there is a similar personal due diligence duty on officers, to actively man-

age workplace health and safety and ensure that the 'person conducting a business or undertaking' (a PCBU) complies with its health and safety obligations.

The concept of 'officer' includes individuals with governance roles in an organisation (eg, directors or partners) and further extends to those who make decisions that affect the whole or substantial part of the business of the PCBU.

Due diligence duties under the Health and Safety at Work Act requires an officer to be proactive in managing health and safety in their workplace, including taking reasonable steps to:

- Acquire and keep up to date with knowledge of health and safety matters relating to the business and its activities;
- Understand how the business operates and the hazards and risks associated with those operations;
- Ensure resources and processes are implemented to eliminate or minimise risks and hazards; Ensure appropriate processes are in place for receiving and considering information about health and safety matters and responding in a timely way;
- Ensure that there are processes in place for complying with the PCBUs health and safety duties; and
- Ensure that the above processes are verified, monitored and reviewed.

Putting it another way, the due diligence obligation means that officers will need to be proactive in managing health and safety and not just reactive - as has commonly been the practice in New Zealand.

This prosecution sends three very strong messages:

1. Workplace health and safety regulators are prepared to prosecute individuals if they fail to meet their "officer" obligations. We can expect a similar approach from the New Zealand regulator, WorkSafe NZ.
2. Liability for health and safety may not rest solely with directors but also with their senior managers.
3. Health and safety duties can and do overlap - in the Australian case, the PCBU has also been separately charged.

You can contact Securo at www.securo.co.nz or by contacting John Riddell email sercuro4@securo.co.nz.

Fullerton Motorcycles does the job

Good, old-fashioned customer service is what Mike Fullerton of Fullerton Motorcycles Ltd in Kumeu believes in.



He runs a family business at 1/156A Main Rd, repairing, servicing and selling motorcycles across a wide range of brands and models. He's currently working on bikes as varied as a 1928 Triumph and the latest Ducati. A qualified mechanic, Mike can also source hard-to-find parts. The business was begun by his father Ian in 1959 as Lambretta Service Centre Ltd, changing to Fullerton Motorcycles Ltd in

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1964. Mike's late brother Colin and mum Inez have also been involved in the business over the years.

Bikes were brought in from Russia and Germany for sale.

Mike, Colin and brother Robin were well known in speedway circles as well, Mike spending many years racing in New Zealand and Europe.

Established in Kumeu for about seven years, Mike says he fell in love with the area while on the road to Glorit, with Colin also living in the Matua Road area.

"I thought this was a nice place so built a new home in Helensville," Mike says.

A mechanic and service manager for Crosbie Motorcycles and the since closed Red Baron Motorcycles for 18 years, Mike left to set up his own company (which he'd kept current over the years) in August 2012 and obtained premises through Bruce Anderson of Western ITM.

Mike still enjoys motorcycle riding and can work on any bike, old or new.

Fullerton Motorcycles is open 8.30am-5pm weekdays and Saturday 9am-noon.

Visit www.fullertonmotorcycles.co.nz or search on Facebook for more information.

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Craigweil House

Craigweil House, last weekend attended the Kaipati Ki Kaipara. This fun filled community event was hosted on the 13/4/19. Its main purpose was to showcase the large amount of health providers in the community. Live music. Kapahaka performances. Harold the Giraffe. www.kaiparamoana.com.



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West Harbour Tide Chart

Date	High	Low	High	Low	High
Wed 1 May	04:43	10:46	17:07	23:12	-
Thu 2 May	05:30	11:32	17:56	23:56	-
Fri 3 May	06:14	12:16	18:40	-	-
Sat 4 May	-	00:37	06:57	12:58	19:22
Sun 5 May	-	01:17	07:38	13:39	20:03
Mon 6 May	-	01:58	08:21	14:21	20:44
Tue 7 May	-	02:40	09:04	15:03	21:27
Wed 8 May	-	03:24	09:4	15:47	22:11
Thu 9 May	-	04:11	10:36	16:32	22:59
Fri 10 May	-	05:01	11:25	17:21	23:50
Sat 11 May	-	05:55	12:18	18:14	-
Sun 12 May	00:45	06:530	13:14	19:13	-
Mon 13 May	01:45	07:54	14:15	20:16	-
Tue 14 May	02:46	08:56	15:19	21:22	-
Wed 15 May	03:47	09:57	16:22	22:24	-
Thu 16 May	04:45	10:55	17:23	23:21	-
Fri 17 May	05:41	11:50	18:19	-	-
Sat 18 May	-	00:15	06:35	12:42	19:11
Sun 19 May	-	01:05	07:26	13:32	20:00
Mon 20 May	-	01:54	08:16	14:19	20:47
Tue 21 May	-	02:41	09:04	15:04	21:33
Wed 22 May	-	03:270	09:50	15:47	22:17
Thu 23 May	-	04:14	10:35	16:30	23:02
Fri 24 May	-	05:00	11:19	17:13	23:47
Sat 25 May	-	05:48	12:04	17:59	-
Sun 26 May	00:35	06:37	12:50	18:48	-
Mon 27 May	01:24	07:28	13:39	19:42	-
Tue 28 May	02:15	08:20	14:32	20:40	-
Wed 29 May	03:06	09:11	15:27	21:36	-
Thu 30 May	03:56	10:01	16:22	22:28	-
Fri 31 May	04:44	10:50	17:14	23:15	-

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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NEW OWNERS.

BIG CHANGES.

If you head into Mitre 10 MEGA Henderson, chances are you will see NEW owner Dave Hargreaves. The store was purchased by the dynamic husband and wife team, Dave & Elaine Hargreaves in March 2018 and has been brought up to current standards.

As owners of Mitre 10 MEGA Westgate and now Henderson, Dave & Elaine are very hands-on in the business, "as owner operators, we are here 7 days a week" says Dave. "We are proud to be part of New Zealand's most trusted home improvement retailer and work with our local community. We are focused on our people, retaining many of the existing employees and hiring staff with sound knowledge and skills from the local areas giving customers that personal touch".

The team have invested in making changes to the store's standards and product offering, "There have been changes to the layout of the Henderson store with a few more still to come, we appreciate the business, loyalty and patience from our customers while we make the final transition".

We look forward to continuing our relationship with our customers and local community projects such as; Massey Rugby Club, Glen Eden United Sports Club & Massey Men's Shed.

We look forward to seeing you in store soon.

Dave & Elaine Hargreaves



**PROUDLY
LOCALLY
OWNED**



Mitre 10 MEGA Westgate & Henderson
Northside Drive & Lincoln Road
Monday to Friday: 7am to 7pm
Weekends: 8am to 6pm



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**MITRE 10
MEGA**

**WESTGATE &
HENDERSON**



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