

the **Westerly**

FREE monthly community magazine for Massey to Hobsonville
November 2015

PROPERTY MARKET REPORT

PAWS FOR KIDS SAFETY

- Volunteer at CAB Massey
- Home and garden
- Local clubs
- Macadamia Toffee Cake

SPOTLIGHT ON WESTGATE

Circulation is 10,000 print copies.

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

Contact Sarah Brightwell on 021 250 7324 or sarahcartwright022@gmail.com

Intro

It's the perfect time to get out and about with your family, enjoy the warmer weather and get your place ready for summer. Labour weekend is also the time to plant your pumpkin seeds ready for the Kumeu Show Giant Pumpkin Competition to be held on Saturday the 12th March 2016 at the Kumeu Showgrounds. Get your free seeds from Kumeu Garden Hub when you purchase a bag of compost. For more information regarding the competition details check out www.kumeushowgrounds.co.nz. Four-time Bathurst winner and Kiwi motorsport legend Greg 'Murph' Murphy will be the subject of a live roast in a gala event to be held at Sky City in November. The Greg Murphy Comedy Roast will be headlined by some of Murphy's fiercest on track competitors and will be hosted by comedian and television personality Paul Ego. The event is being organised by Mike Pero Real Estate and SKYCITY who have both been long standing sponsors of Murphy's various motorsport campaigns. Tickets are available at only \$69pp www.mikepero.com/murph. For those out there with some free time on their hands wanting to make a difference, the Citizens Advice Service at Massey/Westgate needs volunteers. If you think this rewarding voluntary work could be for you contact- Barbara 09 833 5775 or massey@cab.org.nz. I would personally like to say a big "Thank You" to all those in the community that already participate in volunteer work for a variety of organisations: people like you make the world a better place so keep up the great work! Stay safe – be kind.

Sarah,
Editor.



the Westerly

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Questions and feedback:

Sarah Brightwell

P 021 250 7324

E sarahcartwright022@gmail.com

W thewesterly.co.nz

Cover Shot: Westgate Walkway

Print run is 10,000 copies through Treehouse Print
Email database is managed by Sublime NZ

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Community notices

Why volunteer with CAB Massey?

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

1. Make a difference - It can be incredibly rewarding to contribute something non-financial to a cause you care about.
 2. Boost your confidence - Trying something new and getting out of your comfort zone every now and then can do wonders for your confidence levels.
 3. Do something interesting - Don't let your spare time trickle away - fill it doing something interesting and challenging.
 4. Meet new people - Tired of doing the same things with the same group of friends? Widen your circle and horizons by meeting people you might not normally.
 5. Improve your prospects - Having volunteering on your CV demonstrates that you're someone with initiative and a rounded life. Nearly one third of the volunteers who leave the service each year go on into paid work.
 6. Get to know your community - Whether you've lived in a town for 20 years or have just moved there, you'll develop a great feel for the people and the place at a Citizens Advice.
 7. Put your talents to use - Use it or lose it! Got the gift of languages? Volunteer as an interpreter. The possibilities are endless.
 8. Enjoy free training - CAB trainee advisers can gain through their training, and other skills like PR, can be learnt on the job in a supportive environment.
 9. Gain office-based work experience - Get ahead of the competition for jobs and university places with some real life experience. Law students, for example, can use the CAB as a Community Placement.
 10. We need you! - Ninety per cent of the people who work in the Citizens Advice service are volunteers, and we simply wouldn't be here for our clients without them.
- The Citizens Advice Service at Massey/Westgate needs volunteers, if you think this rewarding voluntary work could be for you contact- Barbara 09 833 5775 or massey@cab.org.nz

Wedding Flowers

The tradition of Bridal Flowers started way back when basic personal hygiene was lacking. The Bride carried a posy of herbs to

mask any unpleasant odours and ward off evil spirits. They slowly evolved to the beautiful flowers we hold today. As for the throwing of the Bridal bouquet; Brides were thought to be lucky on their wedding day and guests would tear pieces from her



Wedding dress as a lucky talisman. So Brides started throwing their Bridal bouquets and garters to distract guests as she made a hasty escape.

These day's Wedding flowers are more about the Brides personal style than hygiene. So what is your style? A bouquet that is structured or more natural and wild? What colour scheme are you going for; romantic pastels or bright and colour? Whatever the colour scheme or style of your bouquet; it can complement the theme of your Wedding.

Contact Naomi from Created by Nature to discuss all your Wedding Flower ideas. Email createdbynaturenz@gmail.com or phone 021 0424 757, visit www.createdbynature.co.nz.

Whenuapai reminiscences over a high tea tippie

Rosemarie Askew and Jack Hannam are our main speakers, as well as Sheila Durkin, our mini speaker, from National Council of Women. Come and join us on Friday 6th November, 1pm, at St John Ambulance Rooms, 7 Rata Street, Helensville. All welcome, gold coin entry - excellent afternoon tea. Call Judy on 09 411 8322 for further information. 4th December is our Christmas Tea Party and 12th February will be our first meeting in 2016.



Two schoolmates, Jack Hannam and Rosemarie Askew spent their earlier years growing up during the Second World War in Whenuapai. As well as legendary banter of their escapades in Whenuapai, Kumeu and Waimauku, Rose and Jack have prepared display boards of photographs from these times. Jack and Rose were both Founding Members of the Waitemata Hunt



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Inc and Jack is the Hunt Patron of recent years.

Rose made history becoming Lady Huntsman for Waitemata Hunt and the First Lady Clerk of the Course at Avondale Racecourse. There is so much history and many tales to be told of days gone by. This event is not to be missed. Should anyone be able to film the event please phone Joan Parker on 09 412 9642 or Marvyn Crone on 09 411 7659. We are hoping to do this as a record for the future.

Opening the doors

The community is warmly invited to Hospice West Auckland's Community Open Day on Saturday 28th November, 9am–2pm. Held at the 'Living & Learning Centre' at 206 Swanson Rd, Henderson, the open day will showcase the wonderful range of services that Hospice West Auckland provides in our community. There will be participative art, volunteering information, education stands, crafts, a sausage sizzle and baking stall. The neighbouring Henderson Hospice Shop at 208 Swanson Rd will also be running a huge One Day Sale, with half-price bargains store-wide and fun for all the family. For more details visit www.hwa.org.nz

Roller skating - get in on the fun - all welcome

Auckland Waitakere Roller Sports Club runs "Learn to Skate" classes, for young and old, at The Trusts Stadium (Central Park Drive, Henderson), 5:30pm every Tuesday during Term 4.

Whether you want to learn to skate around the waterfront for fun and exercise, or want to be NZ's next champion roller figure skater, we can help you out!

The cost of \$6.00 per session and this includes hire of roller skates. From these classes you can progress to our club training sessions and individual coaching at the same venue for artistic dance, figures, freeskating and precision team events, and compete in regional, area and national championships. Don't forget to look at our Facebook page www.facebook.com/AWRSC. Come down and give it a go!

Senior Net

Richard Poole from GrownUps (NZ's best online lifestyle magazine and social media for over 45 years) gave a most fascinating insight into this fabulous online site. He was enthusiastic telling us about how they created the site, knowing that the Baby Boomers would become a large population of over 50's, and would want to be able to access immediately many things such as: magazines, health, travel, brain training puzzles, and much

more. They work with many companies to get the best deals and help with whatever we want to know or do. Take a look, Google GrownUps Magazines – then just enjoy the site.

Once again we are fortunate to have Thom Epstein as our Guest Speaker at St Chad's on 2nd November. Thom's talks are always so enlightening with the latest details on cameras, smart phones etc. Senior Net would be pleased to see most of our Members on this day as it is also our AGM meeting, please make the effort to be there for us.

Grant Sidaway from SeniorNet Federation will be our Guest Speaker on the morning of 14th December. Make a note to come along as we will be having a special break up for the year with finger licking treats (including Auntie Bev's Scones) to have with your tea or coffee.

Our Special Christmas Basket Raffle will be drawn, so best of luck to two lucky winners. All are welcome, you don't have to be a Member to enjoy our monthly seminars. Entry \$3.00, raffle tickets \$3 for 1 or \$5 for 2, St Chad's Hall, Oraha Rd, Huapai.

Part time editor wanted

We are searching for an editor to provide a part time contract editor for 2015/ 2016 for the Westerly. The hours and the input is somewhat flexible however we would envisage that it may only take a day a month to co-ordinate editorial content, proof and contribute an editors note. The publication is heavily supplied by community groups and businesses allowing the magazine to be flexible to a wide range of residents in Westgate, West Harbour and Hobsonville. With a broad flexibility on hours and input, if you have a background in publishing or always wanted to be in the driving seat of a glossy, colour magazine, this may be your best opportunity. Please submit your CV to glms@xtra.co.nz or phone 0800 900 700 and talk with Stacey.



Mark Stuart
General Manager

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Safercommunities

Please learn before you burn

As the fine, dry weather returns and the wind dries the grasses, twigs and leaves, we would like to ask you to take caution before lighting any outside fire. It is far easier and cheaper to learn about your legislative requirements, or issues that could arise and problem areas before you bring out the matches or lighter. In all urban areas vegetation fires and incinerator use is banned under the Auckland Council rules. In rural and lifestyle areas vegetation may be burned without causing a smoke nuisance, and without causing a risk of spread or transfer. An ounce of care is equal to a pound of cure. We suggest you call Auckland Council on 09 301 0101 and seek advice before you light up.

We attended a vegetation fire last month that threatened a home and garage in a rural area and in our opinion the fire pile should never have been located in the position it was. The time of lighting the fire was wrong and the surrounding vegetation was a real concern. This incident could have been avoided if a phone call had been made to council and a free inspection conducted.

There is no fee to ask, but the consequences of not asking can be significant – in firefighting costs, loss of buildings and/or loss of life. For more information call Auckland Council on 09 301 010. Graham McIntyre - Second Officer in Charge, Waitakere Fire Brigade, phone: 09 810 9251.

Keep your properties safe from thieves this summer

Make sure you lock your sheds and garages. Last summer there were a number of burglaries in rural areas where items were sto-

len from unlocked sheds, garages and boats.

Another problem is people leaving their cars unlocked on driveways, sometimes with valuables in view. Thieves will canvas every property until they see an opportunity. They are also very quick, so don't make it easy for them.

As well as locking houses, sheds, garages, and cars Ms Robilliard suggests people think about installing alarms and CCTV and having dogs on the property to warn off potential thieves.

The SNAP website (www.snap.org.nz (link is external)) is a good way to record all your possessions.

Operation SNAP (Serial Number Action Partnership) is an initiative of the New Zealand Police, aiming to prevent New Zealand burglary and property offending, and make it harder for criminals to sell stolen goods in New Zealand. The initiative helps to protect property in a number of ways.

The SNAP website (<http://www.snap.org.nz> (link is external)) allows you to enter and maintain details of all of your important possessions or assets. You can then access this asset list from anywhere, anytime. If your items are stolen, you can instantly retrieve your asset list details, and forward these on to the Police and your insurance company.

Your local fire station - West Harbour

This is a composite station, which means that the station is manned by professional fire-fighters during normal working hours Monday to Friday. At nights and weekends the station is manned by a volunteer crew, who stay on station and are supported by a further crew responding from home.

As a community resource, we provide emergency response 24/7 - 365 days a year. On top of that, we are available to provide advice to homeowners and businesses in the community on a wide range of subjects covering the whole spectrum of home, rural and business fire safety. The NZFS produces a multitude of pamphlets and literature which are available free of charge to you. Our website www.fire.org.nz has a lot of great information and is well worth a look.

This community is fortunate to be supported by the West Auckland Licensing Trusts who at the moment are providing 2 free smoke detectors to residents within the Trust area. These are available from various outlets. Go to www.thetrusts.co.nz if you have not received your vouchers via post or want further info. Should you need assistance in installing or advice on placement of smoke detectors, ring the fire station and we will be happy to assist.

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InBrief updates:events

Report from hobby hub meeting

About 30 people attended our 20th September meeting at Hobsonville Point Secondary School. At the meeting we formed four interest discussion groups: automotive/mechanical, electronics & IT, hard materials and soft materials. The largest group was the soft materials, or creative activities group, however there was also strong interest in hard materials and we would expect interest to grow across all four areas as population increases in our area. About half of these present also indicated interest in sharing their skills with secondary school pupils as able and needed.

As finding locations for Hobby Hub activities will take time, we decided in the meantime to pursue two possible collaborative projects. The first being based around a community art project, and the second involving creating games and activity elements using various hard materials, for the community and schools to use. Gavin Gunston will continue discussions with the school to explore the second idea and whether this could potentially involve a partnership with their students and MakerSpace workshop. We will also look into the art project idea and let you know how these ideas turn out.

The steering group will continue to work with the Auckland Council, Hobsonville Point Schools, Hobsonville Land Company, Kaipatiki, the Hobsonville Community Trust, and Hobsonville Point Residents Society, to find permanent locations and work out funding, as well as explore health & safety and structural issues. Grant Dixon - hobbies@hobsonville.org.nz.

Muriwai Golf Links

Muriwai Golf Links, situated in the beautiful Muriwai Beach Regional Park, is both a stunning physical location and a great test of true "links" golf. The Links is well known throughout Australasia as a mem-



orable golfing destination, and the rolling surf and beach views complement the challenges of the course itself. Muriwai is also renowned for its friendly club atmosphere, and the thought of

nice food, a cool drink and views of the mighty Tasman Sea are mouth-watering even if the golf doesn't always match the ambience! Come and play Muriwai Golf Links and better still, talk to us about membership. For enquiries contact Mark or Ursula on 09 411 8454.

The Confectionery Palace

With a name like The Confectionery Palace you'd think that all we do is lollies. But actually we are nuts about healthy options too. Our Snack Smarter range includes a wide variety of confectionery and snacks including fruit and nut products, sugar-free sweets, healthy pop corn, guilt-free gourmet chips and high protein snacks. We have gluten-free plus non-GMO products as well as trans-fat free, cholesterol free, sugar free and low glycemic index foods. For those who like to snack smarter, we've got a new range of 100% fruit freeze dried (dehydrated) snacks without any additives now in stock as a perfect on-the-go snack. Check out our www.snackit.co.nz site for the new product specials, also available instore at 7 Shamrock Drive, Kumeu. Our top selling KIND bars are also a great fruit and nut snack packed with natural ingredients, tasty and better for you than most snacks.

Soljans Estate Winery - new release menus and wines

With summer around the corner, Soljans Estate Winery and Café have prepared a new fresh summer's menu to accommodate the sun-drenched days amongst our vineyard setting. From a delicate prawn and calamari salad to mouthwatering roasted duck breast, Head Chef Paul Reid has produced a meal to match all types of hunger. The café menu starts at 11.30am everyday. Additionally, on weekends Soljans provides a new luscious breakfast menu serving from 9am to 11.30am. It is the perfect way to start a long summer's day. Call the café on 09 412 2680 to book your table now. Feel free to pop into our Cellar Door (open 7 days a week, 9am-5pm) to taste our fantastic NEW RELEASE wines and feel free to relax, savour and enjoy!

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over 300 votes cast resulted in a dead heat. For the first time in Sausage Fest history we have joint winners. Congratulations to Grey Lynn Butcher's Sweet Deception – Venison, Portobello Mushroom, Truffle & No.4 beer & L'authentique's Peking Maximus – Free Range Pork, Wild Honey, 5 Spice, Chilli & Maximus IPA. Two damn fine sausages now joining the Hallertau menu.



Plant Zero Flower Barn – Sunflowers & Xmas Lilies – pick your own

Xmas is coming around really fast and our Xmas Lilies are certainly telling us. They are now growing rapidly and looking fabulous. Most of our Xmas lilies are already sold for wholesalers but we are keeping some of them back especially for our customers to pick their own. You will need to book in as we will only be releasing these when we are able. Look out for the next issue of Kumeu Courier and we will let you know the dates and times you can come in to pick or please give us a call 09 4127606. There is no limit to the number you want so first in, first serve as it were. We also have good numbers of Sunflowers. Varieties are "Sunrich Golden Summer/Vincent's Choice" and one I really love "Golden Crown". These are growing between 50cm – 1.5 meters tall. Prices range from \$1-\$3 per stem depending on height and variety. So come in quick while they last.



Attention all giant pumpkin growers!

Labour Weekend is the time to plant your pumpkin seeds ready for the Kumeu Show's Giant Pumpkin Competition, to be held on Saturday 12th March 2016 at the Kumeu Showgrounds. Prize money is kindly sponsored by Harcourts Kumeu with a top prize of \$500 up for grabs for the heaviest pumpkin. Other categories include best shape, best colour, and there is even a best decorated category for the kids. Get your free seeds from Kumeu Garden Hub when you purchase a bag of compost. Instruction sheets will be handed out with the seeds to help you grow the

champion pumpkin. Listen out to Rodney More FM breakfast show for weekly updates as Lance and Lia attempt to grow giant pumpkins for the competition also! For more information regarding the competition details check out www.kumeushowgrounds.co.nz. Happy growing! The Giant Pumpkin Girls.

Craft Out West

Fundraiser for Hospice West Auckland – 7th and 8th November, 10am to 4pm at West Wave Recreation Centre, Henderson. \$5.00 door sales. Over 70 fabulous stalls, featuring innovative crafts and seasonal sentiments from talented craftspeople. A great Christmas shopping opportunity. Proceeds to Hospice West Auckland. Visit www.facebook.com/CraftOutWest.

Delivering a more effective advertising message

People that read magazines and on-line content are smart and intelligent. They decipher information that is relevant to them and they gravitate towards information portals that deliver answers and question their thinking. Kumeu Courier magazine and the more recent Westerly magazine are community magazines that deliver significantly more value to the advertiser in a number of ways:

Firstly, the email database of the magazines are created from people interested in moving into the area. The database of people looking to buy into the area is collected through emails and open home activity and delivers a highly motivated group of people that will be moving into the area, spending money on renovating, kitchens, bathrooms and flooring and engaging their family within the community.

Secondly, the magazines are distributed by mail box delivery, email delivery and hard copy magazines are available to be picked up from supermarkets throughout the area, outside mail



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box collection areas and in selected cafes and dairies in the area. Therefore it is available 24-7 for 30 days, delivering extremely good value to readers and advertisers alike.

Thirdly, the editorial content of Kumeu Courier and the Westerly magazines are uploaded to facebook, the localist, and their own web sites, therefore circulating relevant content to a wider audience. Our editorial policy for Kumeu Courier and the Westerly allows any person, community group or business to submit 150 words and a colour photo at no cost. Any logos or advertising can appear within cost effective advertising space starting at \$75 plus GST for a business card sized advert. There is no requirement for editorial providers to advertise within the publications however it is suggested as it delivers a stronger message.

If you have an interest to communicate with smart and intelligent public from Hobsonville Point to Muriwai and everywhere in between we suggest you contact us on 0800 900 700 or email sarahcartwright022@gmail.com or glms@xtra.co.nz. It could be



the very best marketing decision you make all year.

The Tasting Shed

Catch Anika Moa exclusive to The Tasting Shed, for one night only on Friday December the 4th. Be prepared to sit back and enjoy an intimate night with one of New Zealand's most talented singer-songwriters, supported by acclaimed NZ artist SJD. Doors open at 6.30pm. Opening acts start at 7.00pm. Our usual kitchen service will not be running but a selection of wine, beer, soft drinks and juices, along with bar food, will be available for purchase. ** Strictly no outside food or drinks are allowed into the premises. Tickets are limited! Book at www.eventfinda.co.nz/2015/anika-moa/auckland/kumeu.



Greg Murphy to be roasted by the best

Four-time Bathurst winner and Kiwi motorsport legend Greg 'Murph' Murphy will be the subject of a live roast in a gala event to be held in Auckland in November.

The Greg Murphy Comedy Roast will be headlined by some of Murph's fiercest on track competitors and will be hosted by comedian and television personality Paul Ego.

The Roast will be an opportunity for some of the biggest names in V8 Supercars to give it back to Murph who raced as competitively as any driver in the modern era of car racing.

"I'm not sure what to expect on the night but I'm up for it and expect to be on the receiving end of some good natured ribbing," Murphy said.

The event is being organised by Mike Pero Real Estate and SKY-CITY who have both been long standing sponsors of Murph's various motorsport campaigns.

"I've followed Murph's career for over 20 years and like so many in New Zealand, consider him a legend. Not all drivers set records at Bathurst like Murph has. It's great to be able to put together a night like this where we can honour his achievements and also have a laugh" said organiser Mike Pero.

The Greg Murphy Comedy Roast is an R18 event and will be held at SKYCITY twentyone on 4th November between 7 and 11pm. It coincides with the promotion of Greg's upcoming book.

Tickets are available at only \$69pp www.mikepero.com/murph.



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St John supporters scheme

Did you know that you can join St John and receive the peace of mind of free ambulance cover for you and your family at an annual cost of \$45 for an individual or \$75 for your whole household? Hopefully you won't need



an ambulance and excess funds for annual subscriptions are used to buy new equipment and vehicles for our ambulance service. With Christmas only weeks away, the best card to give your loved ones is a St John Supporters Card and they can relax knowing that their ambulance bills are taken care of. The St John Op Shop Helensville staff are pleased that the people can now enrol in the Supporters Scheme at the shop, open 10am-4pm Monday to Friday and Saturdays until 1pm. Or you can find more info about how you can support St John or enrol at www.stjohn.org.nz.

Keep safe for Guy Fawkes

Here at Heart Saver we are very aware that Guy Fawkes is fast approaching and we would like to offer up a couple of tips to keep you and your loved ones safe. Fireworks at home:

- Always keep a bucket of water or hose close by
- Use a stable launch platform
- Never dissect or try to re-light a firework
- Keep pets inside with the radio or TV on

If you or someone you know gets burnt:

- Cool any burns under tepid flowing water for 20mins
- Clear away anything that may hold in the heat (e.g. jewellery)
- Cover the burn area with a strip of glad wrap to stop air from getting to the burn (which will take away some of the pain).
- If the burn is serious seek medical help

The safest way to view fireworks is at a public display. Come along to Monster Fireworks Display at the Kumeu Show Grounds on Friday 30th October. Heart Saver will be there providing medical cover – drop by and say hi! Heart Saver NZ Limited wishes you a safe and happy Guy Fawkes.



May the force be with you

Totally Horse is a Massey based Charitable Trust that works with

youth in the community from diverse backgrounds of risk, disability and disadvantage. We love horses and all that they embody - freedom, spirit, adventure - they are gentle, loyal, fierce friends and our ultimate companions who are willing to go the distance for us. Our philosophy is based on authentic relationships and all our programmes teach trust, respect and compassion. We have been taking some of our groups to Muriwai and were delighted to see mounted Police there recently. Thanks so much to the girls in blue and their beautiful horses for taking the time to talk with our Totally Horse girls about their work as Policewomen. Muriwai Beach is all about sharing with many different types of vehicles, sporting and family activities and it was really special to see the mounted Police on the beach representing what we love about this beautiful piece of New Zealand. And so inspiring for our young girls – who knows what seeds might have been sown!

For further information on Totally Horse contact Judith on 09 833 8510 or 027 412 5958, email totallyhorse@live.com.

About the Westerly

The Westerly is a sister publication to the Kumeu Courier. Both Publications offer cost effective advertising rates, while the profits from the publication are invested locally into area beautification and memorable charitable events. Advertising in this publication is not only easy on the pocket but it feels good too. No position loadings apply and space is allocated on a first in basis. Providing a platform for locals to communicate with locals, we have pitched the Westerly as a high quality casual read that can be picked up five or six times within a month for relevant and current views, opinion and advice. To advertise please email glms@xtra.co.nz or phone 0800 900 700 today.

Mike Pero Real Estate and SKYCITY
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The Greg Murphy Comedy Roast

- Headlined by some of the biggest names in V8 Supercars
- Hosted by comedian and television personality Paul Ego
- Be in the audience as 4 time Bathurst winner Greg Murphy gets roasted

Cost: \$69pp

Tickets: mikepero.com/murph

Venue: SKYCITY twentyone

When: Wed 4th Nov 7-11pm

*Includes welcome drink and finger food
*Tickets are non-refundable
*R18 to enter twentyone

Mike Pero
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P 09 412 9602
M 021 588 661
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My Husband is looking for someone who is fit & healthy, reliable and not afraid of hard work to help him out as business is booming and he needs another pair of hands. Must be confident with power tools, pole trimmers, chainsaw, weed-eater, mowers and other gardening equipment. Must be able to get to our place by 7.30am each day. (Some possible weekend work as required) If you are interested or know someone who is please get in touch via email with CV and/or references. b-24@xtra.co.nz Cheers Grant. Grant The Plant Man - Garden Maintenance Services.

WANTED - Labour only Gibstopper.

Due to a current high volume in our workload, here at Lucena Drywall Co, we are looking for a gibstopper with experience. Remuneration will depend on said experience. The applicant must be reliable, have their own transport and have pride in what they do. Able to work unsupervised an advantage. Please email details to Richard -Lucena.Drywall.Co@gmail.com.

We are currently looking to employ a local key staff member for our central heating and plumbing crew based in waitakere. Previous experience in not essential but a wiliness to learn is an advantage. Apprenticeship opportunities could be offered to right candidate. Clean drivers licence is essential. Please send CV to info@rec.net.nz or pm with contact details.

I have started selling amazing swim goggles for kids born out of frustration. My little girl hated wearing swim goggles because they hurt her around the eyes and ALWAYS GOT TANGLED in her hair. I found these amazing swimming goggles called Froggles. They eliminate the hassles with traditional swimming goggles allowing kids to focus on swimming and having fun <https://www.facebook.com/splishsplashswimgear>.



Wonderfully handmade soap & containers/dishes soap gift sets beautifully gift wrapped from \$5, choose from essential oils: patchouli, english lavender, rose, vanilla, citrus burst, patchouli & orange, cinnamon & orange, lemongrass, peppermint & eucalyptus. Soap is made with cocount, palm & castor oil, moisturizing to skin. Pm me with orders please, like and see my page for other wonder-



ful handmade soy candles,soy melts, bath salts and many gift ideas <https://m.facebook.com/cazsc>.

Experienced Cleaners Required - Atom Services Ltd is looking for experienced cleaners. An eye for detail and pride in a job well done essential. Jobs can be varied, residential, commercial and insurance work. Own transport an advantage. Police checked. If interested call or email lan on 021 026 43227 or atom@hotmail.co.nz. Thanks.

Hi Everyone, we have just finished some great jobs and are taking bookings for the next few months, if you've got any painting you would like doing, inside or out, (we also do roofs) then feel free to give us a call and we will come out for a free, no obligation quote. You can also have a look at our work here Brush-Strokes Ltd. Now that the weather is getting warmer it's a great time to think about the exterior of your house! David and Richard 027 212 0000 or 027 923 5614.

The Village Beauty Studio is looking for someone (a non beauty therapist) to help as "salon support" with the festive season, our busiest time of the year. As we are expected to be booked back to back, we would love some help in between! Reception, admin & cleaning duties required, between 30 Nov - 23 Dec. Hours can be negotiable - please visit our website for more information, and forward your CV to admin@beautystudio.co.nz.

Hi all. My dad, Mike Oliver, does stippling/pointillism drawings, which are created using dots. Since the Rugby World Cup is on at the moment he thought it would be fitting to do one of Dan Carter. This would look amazing up in the man cave or in a boy's room. It is a canvas print measuring 20 x 16". The price for this is \$120. You can check out more of Mike's work at CraftWorld NZ in Westgate or go to <http://www.oliversartnz.co.nz/>



Singles or Couples needed ASAP - Any Singles or Couples looking for a room in West Auckland? We either have 2 double rooms (can fit a couple in one) or we have a master bedroom for rent on a lifestyle property in Hobsonville. Master bedroom comes with an en-suite and walk in wardrobe. House has a pool, awesome flatmates to live with too. all easy going and fun. Please text/call me on 021 960 715 if you would like more info or photos !!

The customers will never get disappointed with us, Catalina Cafe is going to launch dinner on every weekend night! Come in to seek for more delicious food and get yourself involved in the nice local community. Dinner opening hours 4pm to 8.30pm.

Mike Pero
REAL ESTATE

This page is sponsored by Mike Pero Real Estate, Hobsonville

Graham McIntyre • 0800 900 700 • 027 632 0421

Mike Pero Real Estate Ltd. Licensed REAA (2008)

Hi there, im your local aerial/tv man! I have posted on here before and took down my post as i ended up with to much work which was great! Thanks for that! Thought i would post again as its coming towards the end of the year and thats the time everyone wants an aerial put up! New tv setup or just wanting another point working in another room! Feel free to message me for a quote:) or phone me on 027 716 7070.

Full time foh super star wanted. Barista skills preferred but not essential. Roberts coffee bar in Hobsonville Point is a fun expanding business with room to grow. Email your cv to hannah@rcb.co.nz or drop it in store.

Meet this neat couple yesterday they have just set up a food truck/cart on Squadron Drive. Reka Kai Kart they do an amazing seafood chowder. Well worth a wander down to. Checkout their Facebook page: www.facebook.com/41-Reka-kai-kart-7am-2pm-weds-to-fri-738640899552761/timeline/.



First aid gardens - We Design, We Care. Taking on New Clients. Email us for a list of Services and Prices. jodiepeachnz@gmail.com or visit our Facebook page <https://www.facebook.com/firstaidgardens?ref=hl>

Swanson yoga classes on Thurs 9:15am and 6:30pm . The new class flow yoga running early on Tues mornings! Always open for bookings but new studio a little smaller so a little more 'boutique' in the approach (limited places but personal attention). Special new students \$10 for 10 block of classes. www.facebook.com/yogabarnyoga or email yogabarn@xtra.com.

We are currently looking to employ a local key staff member for our central heating and plumbing crew based in waitakere. Previous experience in not essential but a wiliness to learn is an advantage. Apprenticeship opportunities could be offered to right candidate. Clean drivers licence is essential. Please send CV to info@rec.net.nz or pm with contact details.

Time to get organised for Term 4! Our classes kick off next week with an exciting 'Zoo Adventure' complete with our Jungle Vines parachute, musical instruments, exploring texture and much more! With 4 locations throughout Auckland and classes for 3 different age groups we have something for everyone! Give your little one the best start by giving them the opportunity to explore the world via their senses, develop important brain pathways through movement activities and express themselves through music - not to mention the valuable social interactions that are gained through our classes! We know first-hand how expensive life with children can be which is why we offer an affordable payment plan for those that wish to split the cost of the term into 3 affordable payments over 7 weeks. Too easy! Our classes are: Cruisers: Babies aged 0-7 months, Movers: Babies aged 7-12 months, Groovers: Children aged 1 - 3.5 years. For more information about what to expect from our classes, photos, pricing and making a booking please visit our web-

site www.thinkplaylove.co.nz or email Hannah@thinkplaylove.co.nz.

We run a martial arts school at Massey High School on Monday and Wednesday nights. We run separate classes for 5/6 year olds, children, and youth/adults so please visit our website for the class times (www.kswmartialarts.co.nz). To celebrate our new classes opening in Onewhero and Pukekohe this month, we are offering 4 free lessons to everyone who comes along this month at any of our school locations including Massey High School. If you are interested and want to come along or want more information, please email us on kswmartialarts@xtra.co.nz or phone on 092329914. We also have a Facebook page. <http://facebook.com/kuksoolwonnz/>.

Do you have a business in West Auckland? Looking for new networking opportunity to help support our positive growing community? Each fortnightly Friday I will be putting together a 'Catch up for Coffee' group to give local business owners a chance to mingle, network & gain added support from one another with any challenges etc you may have. Interested in joining in this catch up? Please email melissa@benefityou.co.nz to register your interest & let's get building a Stronger Community & support local businesses.

Strawberry, banana and oat smoothie dog bones \$12. Check out my page <https://www.facebook.com/pages/Roccos-Tasty-Home-made-Treats/509627759190667>.



Busy training for that upcoming event - Auckland Marathon, the West Coaster? Sports massage is and integral part of any training plan and will help you get to the start line! Package deal 5 massage's for \$350, contact me on 02102728627 or visit www.kumeumassage.co.nz.

Kia ora, time to get fit people! If you've been thinking about it... wondering whether you should join one of those 'bootcamp groups' you see running about at the park. Well I reckon you totally should! Term 4 at Huapai Domain begins on Monday the 12th (next Monday), and we are opening our arms to train a few more of you lucky ones and help you get that fit-feeling you've been looking for. Monday and Wednesday nights 7pm and Saturday mornings at 7:15am. In our bootcamps I can guarantee you will have FUN while you work your butts off achieving those goals we set together! I do expect some things from you.. 1: Turn up. 2: Work to 100% of YOUR ability, and 3: you support and encourage those around you (as they will you). I cater all of my sessions for ALL shapes, sizes and fitness levels. So whether you are the fastest of the fast, slowest of the slow, saggy, hagg, hairy, skinny, cuddly; you FIT! Summer is almost here... WOOP WOOP!!! call me to book your spot. 027 299 2334. Have a great day! Alice.

Have a house to make your home?? Rooms to decorate but not sure where to start?? I would love to hear from you and make some ideas come to life. <http://www.thelittleinteriorsco.com>.

Propertynews:advice

Market report with Graham

Welcome to your November market report and review. This regular column will highlight some of the trends occurring in the property market specific to the areas of Hobsonville to Massey but also including Whenuapai and Herald Island.

Auckland is not one market, and in discussions with investors, developers, family buyers and first home buyers there are threads and trends that impact heavily on localised real estate sales. My role is to tell you the absolute, undisputed facts, express my own personal opinion on what is happening in the market and why.

If you would like an appraisal and market review on your home and your area, we are happy to undertake this at no cost to you. Further we are happy to highlight particular areas of improvement of your home and section. This may add thousands to your final sale price.

Hobsonville and Hobsonville Point:

Hobsonville offers a very unique environment with a range of new units and townhouses mixed with older style homes that have been fully refurbished but few in number. Transactions this month reflect the demand for 300square meter townhouses on 200 square meter sites selling between \$1,000,000 and \$1,100,000. The market in this area is very active with good waiting lists for any new listings in this area.

Whenuapai and Herald Island:

Residential sales in the area are hovering around the \$800,000 figure subject to views and construction, while lifestyle sales are trending around the \$2,500,000 figure for 2 – 4 hectares. Speculators, land bankers and developers continue to drive demand under the guide of the future urban plan. The market in this area is firm with a good database of cash buyers. This market stays firm with buyers confident in the improving value in the area due in part to Westgatetown.

West Harbour:

One of the bigger volumes of house sales in the area with twenty two sales over the last month. Sales in this area concentrate around \$750,000 to \$900,000 range with a smaller range of sales peppering \$1,200,000 to \$1,700,000 based on views, larger homes on larger sections. Streets of note are Wiseley Road, Bocage Lane and Marina View Drive. The market in this area is firm.

Westgate:

A good number of sales within the Westgate and Massey North

area with sales scattered between \$550,000 and \$950,000 subject to position, size and construction. The highest price, over \$1,200,000 was paid at Nielson Place. Brick and tile are still the preferred materials and we would suggest this will continue. A premium is being paid due to a shortage of brick and tile homes. This area has a high demand from investors and family buyers and is also being influenced by change due to retail and commercial investment in the area.

If you are considering a change in your real estate needs and would like a professional discussion, a very sensible commission rate and a complimentary \$6500 marketing head start, we need to meet. Call us today on 0800 900 700 or view www.grahamcintyre.co.nz Licensed REAA (2008).

Money matters

There is so much more to consider than just the dollars when buying a property. Insurance (both house, life and income protection), wills and asset protection all need thought. We work with trusted business partners who can help with all of this. Let David Lloyd Mortgages take the stress out of any property purchase or home loan re-finance. Don't forget, we can also help with any fixed rate roll-overs. We work for you to negotiate the best deal from your bank. Call us for a no obligation and confidential discussion on 09 411 9251 or 027 411 9255 or email david@davidlloydmortgages.co.nz.

The quintessential indoor outdoor flow - AT Home Staging Ltd

At this time of the year, we are all itching for the last few weeks of bad weather to be behind us. Eager for summer and all its glory, we are more than ready to push open our doors and windows and bridge the gap once again between our homes interior and exterior.

Regardless if your backyard has a courtyard, deck, or is a playground or rugby field for the kids, you can still create the much loved appeal of the indoor-outdoor flow.

For easy access to your outdoor room





David Lloyd
Director

David Lloyd Mortgages Ltd
Tel: 09 411 9251
Mob: 027 411 9255
Email: david@davidlloydmortgages.co.nz

www.davidlloydmortgages.co.nz



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PHONE: 09 411 7400 MOBILE: 027 277 7143

keep doors open whenever possible. Make sure the space is comfortable, inviting and private throughout the day. You can create this with an awning, umbrella or pergola. A large tree or even plants can make an inviting space.

Lighting at night can be the making of your outdoor space and invites you to come outside.

Create an outdoor kitchen using your BBQ, outdoor furniture and continuing your indoor colour palette in your furniture cushions, umbrella and planters. Upgrade your old clay pots outside to planters with more of an indoor décor look such as urns, all-weather wicker baskets or resin pots. Take a comfortable chair outside that would be just at home indoors and out and you have yourself a place of solitude to relax the day away. Call Tracey or Anna on 029 200 9011 or 021 136 3750 or email athomestaging@xtra.co.nz.

A sign of things to come

Technology has superseded large parts of marketing but the faithful signboard remains an integral part of marketing a property and is likely to avoid being banished by the technological takeover.

Signboards serve a valuable purpose. While some argue that signboards are purely for the benefit of the agent, remember, you can't sell a secret – if signboards are used correctly, they are a brilliant tool which can help you reach more buyers. Signboards serve as a 24/7 billboard for your home and can work in your favour in a number of ways.

Placement – it's important that a signboard is strategically and visibly placed on the property boundary while also complementing your home from the street. When placed correctly, your signboard will not only suitably stand out to house hunters travelling through your area but also target those who love your neighbourhood but aren't actively searching to buy a property. The attraction of a particular house in a certain neighbourhood can be a big draw card and has the ability to trigger call-to-action.

Confirmation – by having signboards outside your home, it confirms what potential buyers have seen online or in real estate office windows. A large portion of buyers are inclined to visit an area before they commit to an open home. It also acts as an added convenience for buyers – it saves them driving up and down the road to find your home. If you live on a street corner a signboard should be placed on the corner of the street or on both streets.

Neighbours – word of mouth is a powerful tool and having a signboard outside your property can certainly get your neighbours talking. Your neighbours may talk with family and friends



interested in buying in the area – so not only does word of mouth extend your audience reach but it could also lead to a sale.

Billboard – at Mike Pero we have a uniquely designed sign that commands the attention of those near it. The large red Mike Pero logo makes it blatantly obvious that your property is on the market and for those driving past, they know exactly who to contact if they want to find out more information. In specific instances we will use photo boards and these are particularly useful for homes that aren't visible from the road and for roads that get a lot of foot traffic.

It's important to note that signboards should be used as part of a wider marketing strategy in conjunction with other marketing channels. Mike Pero Real Estate Ltd. Licensed REAA (2008) – phone 0800 900 700 for more information.

Pool smart for pool owners

Now winter has officially finished and the weather is warming, pool owners need to start thinking about preparing their pool for the upcoming summer period. Here are five quick and easy maintenance steps.

1. Remove pool cover – drain off water, being careful not to let the water back into the pool. Sweep cover, clean, allow to dry and then store according to manufacturer's instructions.
2. Check water level – ensure pool is filled to the middle of the skimmer opening.
3. Check pump, skimmer basket and filter – ensure all equipment is in good working order and all baskets are free of debris
4. Clean filter with BioGuard Filter Brite.
5. Ensure sanitiser, pH and other important water tests are conducted. Kumeu Plumbing Ltd provides a free computerised analysis of your Pool Water. Keep your family safe and save money on chemicals by knowing exactly what quantities of pool care chemicals your pool requires.

Fun fact: With winter gone and summer sun finally peeping through, here's a sun fact: If the sun vanished, we wouldn't know for 8 minutes. KPL's showroom is stocked up with fun Christmas goodies for your Christmas stockings. Call in! 156 Main Road Kumeu 09 412 9108.

Deanos house wash

Soft house-washing and also commercial buildings, gutter cleaning, gutterguard, roof treatments, roof painting, spider treatments, waterblasting decks, fences, concrete, rubbish removal and much, much more! Pensioner rates available. Phone Dean on 021 149 7049 or Danni on 021 205 4013 or email: deanoshousewash08@gmail.com. Please feel free to phone, text or email for a no obligation quote.

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F 09 412 9603
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Mike Pero Real Estate Ltd. Licensed REAA (2008)
327 Main Road, Huapai, Kumeu
Auckland



QUALITY TWO LEVEL HOME NEAR HOBSONVILLE

4 2 3

Enquiries Over \$879,000

45A Hogarth Rise, West Harbour Enquiries Over \$879,000

Elevated quality built home in West Harbour offering three bedrooms plus an office or fourth bedroom, three toilets and a generous open plan entertainers kitchen leading to lounge and dining areas with views. The home offers easy flow to bedrooms downstairs and office/extra room upstairs. Very quiet location and private with established trees, screens and fencing for pets and child safety. Good alfresco living, bar-b-que area ready for summer and minimal maintenance garden and lawn area. A very well constructed warm home that offers easy living, peace of mind and tranquility. A short distance to convenience shopping, marina, primary and secondary schools and transport links. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX452411



Graham McIntyre
027 632 0421
0800 900 700

graham.mcintyre@mikepero.com

Joanne O'Brien
027 683 3366
0800 900 700

joanne.obrien@mikepero.com



BIRDSONG AND CHARACTER IN SEMI-RURAL SWANSON

3 1

Enquiries Over \$595,000

52 Birdwood Road, Swanson Enquiries Over \$595,000

Wake to the sound of bird song in a glade in semi rural Swanson. Offering a redecorated, character filled and funky bungalow of board and baton and stucco concrete exterior. The home oozes homely treats while the surroundings are native trees and native birds. Three bedroom with open plan living and contemporary kitchen the home opens out to decking seeping down to small yard and ample storage underneath. Fully fenced, the home offers convenient, easy care living within a short stroll to schools, transport, parks and shopping. The CV on this property is \$390,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX494815



Graham McIntyre
027 632 0421
0800 900 700

graham.mcintyre@mikepero.com



HENDERSON HEIGHTS - OVERLOOKING PARKLAND

4 2 2

By Negotiation

44 San Valentino Drive, Henderson By Negotiation

A beautiful family home, set within a quiet private road, offering tranquility, views and privacy. The home offers 3 bedrooms and a study or 4th room, with a generous open plan entertainers kitchen and lounge opening onto north facing decking overlooking lawn and onto Palamino Esplanade Reserve. Bathrooms upstairs and downstairs the home has a warm family feel with good sized rooms and alfresco options. Set on over 560 square meters the property has a fully fenced rear lawn with established plantings. Double garage with internal access directly to the kitchen. The CV on this property is \$630,000. We are happy to supply a list of the last 12 months of transactions in this area. Please email graham.mcintyre@mikepero.com.



Graham McIntyre
027 632 0421
0800 900 700

graham.mcintyre@mikepero.com



Joanne O'Brien
027 683 3366
0800 900 700

joanne.obrien@mikepero.com

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RIVERHEAD OPPORTUNITY - FAMILY FRIENDLY

3 4 1

Enquiries Over \$795,000

29 Maude Street, Riverhead Enquiries Over \$795,000

Solid three bedroom bungalow. Set on a huge section of 1135 square meters. You will not find many of these today! How many children have you got? There is plenty of room for them to kick a ball, play cricket or to ride their bikes around on the front lawn. This home comes with a single garage and space for Mum or Dad to put tools. Step out the back door of this home onto the deck to sit and have that coffee in the sun. Open plan dining / lounge with woodburner. A great family home is waiting for you. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email joanne.obrien@mikepero.com.

www.mikepero.com/RX493750



Joanne O'Brien
027 683 3366
0800 900 700

joanne.obrien@mikepero.com



QUALITY HOME IN SUNNYVALE - EXCELLENT BUILDERS REPORT

3 1 1

Enquiries Over \$559,000

1/47 Sungrove Rise, Sunnyvale Enquiries Over \$559,000

Excellent and affordable home offering excellent value for the investor or a family seeking an easy living environment, with garage/storage and fully fenced section. This well presented three generous bedroom home offers open plan living combined with North facing alfresco covered patio providing you a relaxed and comfortable living and entertaining home. Off the central hall are the three bedrooms, bathroom and laundry, all easy flow and easy care. Great location to access schools, parks and transport links.

www.mikepero.com/RX444687



Graham McIntyre
027 632 0421
0800 900 700

graham.mcintyre@mikepero.com



FAMILY FRIENDLY, SUNNY LARGE SECTION - RIVERHEAD

3 1 1

AUCTION

23 Queen Street, Riverhead

Auction 3pm Sunday 1 November 2015 (unless sold prior)

Set on 809 square meters of flat fully fenced yard enjoying plentiful sunshine. This north facing bungalow delivers three bedrooms and an office/study or nursery room. The home has significant old world character, lovingly restored with ornate paneling and polished flooring leading onto large decking and lawn with well established fruit trees. Situated in "old school Riverhead", the home is in close proximity to The Riverhead, Boat Ramp, Riverhead School, Riverhead Domain and convenience shopping. It does not get better than this. The CV on this property is \$700,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX495373

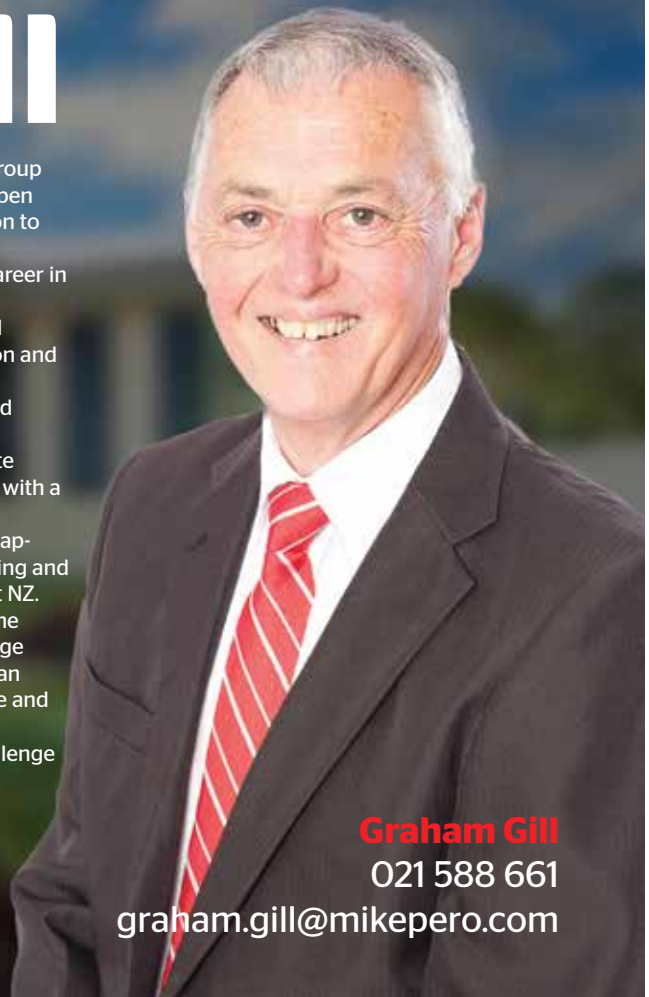


Graham McIntyre
027 632 0421
0800 900 700

graham.mcintyre@mikepero.com

Graham Gill

Many baby-boomers will remember Graham Gill as a member of Auckland pop group The Dallas Four with appearances on television shows such as "C'mon" and "Happen Inn" and residencies at night-spots "Monaco", "Top 20" and "Platterack" in addition to performing at shows throughout NZ. Outside of his involvement in the entertainment industry Graham has forged a career in real estate spanning more than 25 years. Beginning as a salesperson in 1988 he quickly established himself as a successful practitioner specialising in the sale of high-end lifestyle properties by both auction and private treaty methods. Continuing his studies over the following years he qualified to Licensee status and became an Associate of the REINZ. From the early 90s Graham held management positions in a number of real estate offices throughout Auckland and established a reputation as a "straight-shooter" with a bent for "best practice", honesty and integrity. His ability in the areas of compliance, dispute-resolution and arbitration saw him appointed as a member of the Auckland District Committee of the REINZ investigating and resolving complaints from the public and disputes between agencies throughout NZ. After 20 years of managing, mentoring and training salespeople Graham made the decision to return to his passion of selling property. The experience and knowledge built from his years in the industry make him the obvious choice when selecting an agent who demonstrates professionalism, integrity, negotiation skills, persistence and the drive to achieve results. With his relaxed, friendly and confident style Graham consistently meets the challenge of achieving the best possible price in the shortest possible time.



Graham Gill

021 588 661

graham.gill@mikepero.com



JUST RIGHT - INVESTORS DELIGHT IN HENDERSON

3 1 1

Enquiries Over \$559,000

47 Woodford Avenue, Henderson Enquiries Over \$559,000

Little on the outside, but big on the inside, this investment property, with a 12 month fixed term family in place provides a good investment at a very attractive entry level. Offering three bedrooms and rumpus area, single garage with a smaller section, it is great for the Owner and excellent for this current tenant. The location is minutes to Waitakere Hospital, schools and convenience shopping, ensuring strong rental demand. If you would like to make this investment part of your portfolio contact me today. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX495675



Graham McIntyre
027 632 0421
0800 900 700

graham.mcintyre@mikepero.com



OVER 3 ACRES OF PRIME LIFESTYLE LAND

Enquiries Over \$585,000

46 Manuka Grove, Helensville Enquiries Over \$585,000 Viewing by appointment

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By Negotiation

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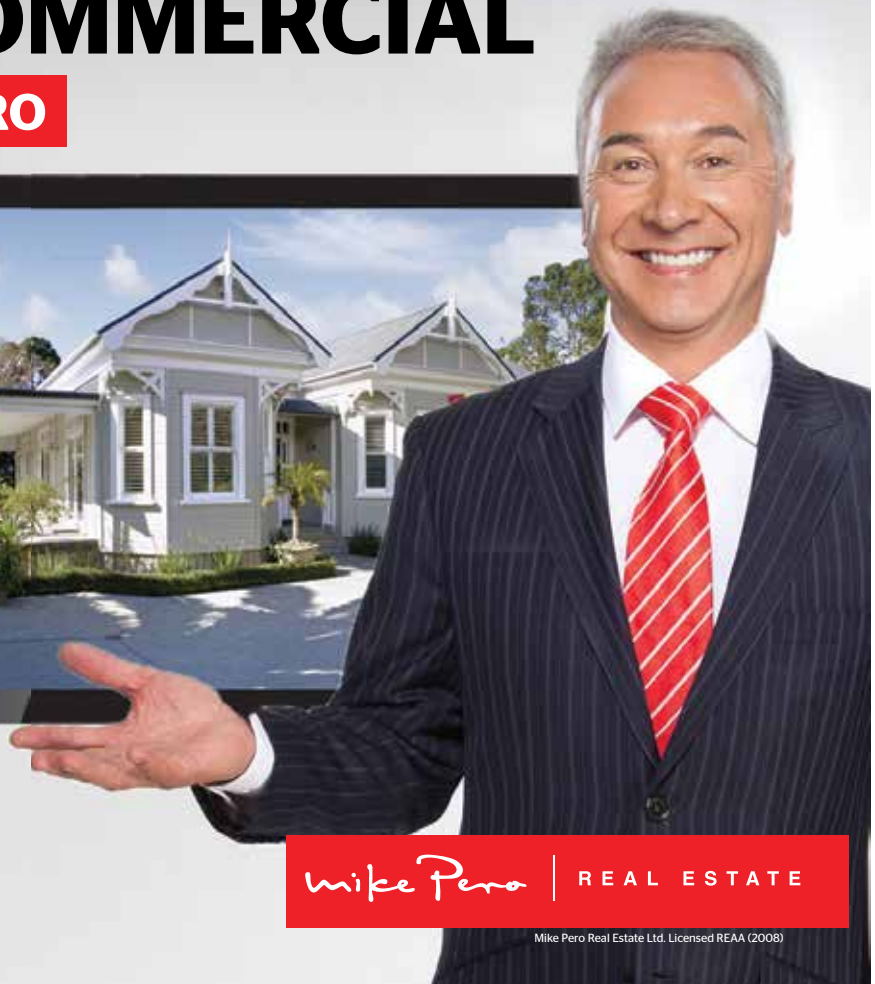
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If you would like more information or would like to purchase a unit, please contact Jo at Naturally 4 U on 09 833 3966 or Mobile 027 683 3366.



Chiropractic – The effects of an adjustment

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

- A chiropractor checks your spine for joint dysfunction: a part of your spine that is not moving or functioning normally. This is called a subluxation and it interferes with normal brain function.
- Our brain continuously monitors and integrates sensory information from around the body to accurately perform movements. This integration of sensory information to perform mo-



tor commands is known as sensorimotor integration.

- Spinal function impacts communication between the brain, the body and the environment. It can have an impact on how accurately the brain is able to perceive what is going on and respond.
- If spinal segments are moving too much this causes background noise for the brain. If they don't move enough, the brain doesn't get adequate information about what's happening in the spine.
- A chiropractor gently adjusts dysfunctional spinal segments to restore appropriate spinal movement. For the brain, this is like rebooting a computer.
- This clears up communication between the brain and the body, leading to better function, less accidents and a healthier you! Call us on 09 412 5536 at Kumeu Chiropractic, to see how an adjustment could help you.

The secret power of goal setting

I can hear ZIG ZIGLAR'S voice ringing in my ears saying "You've gotta have goals!" Without a goal in life you're like a ship without a rudder, ready to drift in any direction that the current takes you.

Picture a proud man polishing his sleek new streamlined Holden Commodore, while his stomach protrudes over his belt. He can barely jog to the letterbox. What good is this shiny car to him or his family if he is dead?

A leaner, faster, fitter, healthier, more efficient body should be the first goal he ever sets. Your health should form the basis from which all the rest of what you do, can happen.

Sometimes we need to step back and check our priorities. Without your health, you have nothing.

So this is your wake-up call. Set a health improvement goal with a due date today. Paul - Club Physical.

When your back or neck gets sore

To fix the problem the first thing you need to do is find the cause.

In most cases the cause lies in muscle sprain, locked up joint or overstretched ligament. Can you tell which one yourself? Most often not, leave that to the experts. Healthcare practitioners who regularly deal with those problems are osteopaths, chiropractors, physiotherapists and some others. At the Family Os-

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teopathic Clinic we will examine your body, do certain tests and usually will be able to tell you the root cause of your problem. The next stage is treating the pain and abnormal function. We can do it by applying gentle muscle stretch, ligament mobilization and, if needed, joint manipulation. The osteopathic treatment is usually quite comfortable for the patient and we do our best to avoid excessive force as much as possible. We work at 39 Hobsonville Rd, West Harbour (up the road from Westgate). To make an appointment call 09 416 0097. For more information visit www.familyosteo.com Look forward to see you soon!

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Westgate Optometrists are the original Optometrists at Westgate Shopping Centre. We attract a very loyal clientele by providing consistent, caring and professional customer service. We get to know each customer first, building rapport and performing a very comprehensive eye exam before recommending the best option for each individual client to fulfill their needs. This may mean glasses, contact lenses, prescription sunglasses or a combination. It may mean eye exercises, treatments, referral, or just a normal recall. The overwhelming positive feedback we receive is centered around our attentive service and our genuine interest in helping people be fully informed about all appropriate optical options before they make their final decision. We specialise in high quality eye care and eyewear. Quality counts. Phone 09 831 0202 or visit www.westgateoptometrists.co.nz. Bring in this coupon to receive \$50 off any new pair of glasses* (frames and lenses)* Offer valid October and November.

Saturday eye examinations at For Eyes

Some of you are finding it hard to get in to For Eyes during the week so I am now offering Saturday eye examinations and colour vision assessments. I would appreciate you selecting a weekday appointment (9am-5pm, Mon-Fri) if you are able, but if this isn't possible do ask us about Saturdays. Phone 09 412 8172 for appointments or to enquire about the correction of colour blindness/deficiency.

Tips for spring

The sun is finally coming out and so is our hair. You many have noticed over the winter months how our hair becomes dry and

wirey? It is so important to look after your hair as it has a profound effect on your overall appearance.

Here are my five best haircare tips for spring, courtesy of Carla @ Zash Hair.

- 1 Have your haircut at least every 6 weeks – bad hair and shoes date an outfit
 - 2 Use professional salon products
 - 3 Weekly conditioning treatments are a must
 - 4 Only ever go three shades lighter or darker than your natural hair colour
 - 5 Always use heat protection products to protect your hair from the straightening irons or hairdryers
- Spring is a great time to change your style and colour. Always take advice from a professional hairdresser to help you create hair that is gorgeous.

Come in and see Carla at Zash Hair and I will work wonders for you. Look out for my blog next month for further hair care tips on looking fab! Phone 021 814 663.

Geopathic stress

Have you noticed all the 'Cell towers' that are popping up in your neighborhood? Ever wondered if they may be affecting your health?

Sure there is nothing worse than your mobile phone dropping out when you are on a call, but are all these towers 'good' for us? I think the answer is NO!

Don't get me wrong. I'm the biggest 'gadget junkie' out there, and love my mobile phone and iPad, but I do know that in more and more instances my customers' health issues seem to be effected by Electromagnetic Fields (EMF's and EMR's).

There is however another silent troublemaker that is draining us as well, called Geopathic Stress (GS) which is caused by the Geo-magnetic grid lines that go around the earth as well as underground water.

If these are where you spend time 'stationary' in your home or office, (bed, couch, desk etc), they will be zapping your energy and lowering your immune system.

If you are affected by Sleep Disorders, Chronic Fatigue, Crohns, IBS, Allergies, and many other symptoms, you may be affected by GS. Nicky Crocker - Clear Energy Homes, visit: www.clearenergyhomes.com or phone 021 545 299.



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Are you happy with your web hosting provider?

Do you have problems with your email? Is your website always available? Can you get technical support when you need it? It might be time for you to review who your web hosting provider is. Making a decision on which web hosting company to choose can be difficult. Many people go with the cheapest provider, or, just use the hosting from their broadband provider. There are many options when it comes to web hosting. Here at Utopia we can give you an assessment on what you need from your web hosting and give you the best options. For some clients they require 24 hour support, others need specific security or backups. Moving your email and website to another provider is also quite painless. Here at Utopia – your local web design company – we assist you in moving your site between hosting providers. We will take care of all the technical details so your website can continue to operate throughout the move. If you are a local business wanting some advice on web hosting options please contact us here at Utopia on 09 412 2473 or michael@utopia.co.nz. We are based in Kumeu and provide website design, consultancy and app development to a range of businesses all over New Zealand.



"Someone calling themselves a customer says they want something called service."

this first hand earlier this year. So if you would like to read more of this article or find out more about river cruising, see her website at www.luxuryholidaycompany.co.nz or contact her on 09 416 1799. Carolyn is based in Whenuapai and is available for appointments.



Colwill Kindergarten

Every Friday morning we have kindergarten in the bush area next door. We fence off an area then spend the morning enjoying and exploring the natural environment. By only taking a few resources we encourage the children to use their imaginations and develop their resourcefulness as they utilize the things found in nature. A picnic morning tea completes a great experience each week.

This has been a very empowering experience for everyone. We are amazed at how different children have responded and the positive effect it's had on their general wellbeing and learning. Our teachers have noticed children are developing stronger connections with one another as they work together in the bush. Children, who in the past have relied on resources to stimulate their learning, are becoming more independent, more resourceful, more inquisitive and more creative in their thinking. Bush Kindergarten has become very popular with our children and their families. It is great to see our community coming together through this shared taonga (treasure). Colwill Kindergarten phone 09 833 9794.

Luxury river cruising, the finer art of exploration

As a niche of cruising, luxury river cruising is becoming ever more popular, especially for travellers who enjoy the finer comforts of cruising, but want to see more of a region's heartland. Cruising on rivers may well be one of our last leisurely modes of transportation. On the river, speedy travel is never the objective – here it's about slowing down to be able to get a clearer view of gorgeous meandering landscapes as lazy afternoons pass languidly by at around 10kpm. This centuries-old form of transport guarantees a taste of the local culture, and an up-close view of inviting scenery, studded with castles, vineyards, quaint towns and picturesque villages.

Carolyn Hedley of the Luxury Holiday Company experienced

Local Girl Guides

Our local Girl Guides managed to get themselves on television at their winter camp, held at Otimai, Waitakere. TVNZ arrived at the weekend camp, to film our local Girl Guides in action, doing a range of outdoor activities.

Girl Guiding NZ encourages girls to lead their own programmes,

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modernising activities to boost numbers. The news clip showed some of the work being done to bring exciting programmes to girls of all ages. Check out the clip online by searching "TVNZ Girl Guides".

As part of the Girl Guide programme all girls have the opportunity to experience fun outdoor activities and camps, and work towards badges and certificates that teach them outdoor skills. Awesome fun and great times!

Brownies (7-9.5 years), Girl Guides (9.5-12.5 years) and Rangers (12.5-17 years) are in full swing at the moment in Kumeu, with Pippins (5-6 years) due to start next term. If you'd like to visit us, contact Girl Guiding NZ on 0800 222 292, or email info@girlguidingnz.org.nz. For Girl Guiding info, stories, competitions, Girlguidingnz.org.nz.

Tobin Insurance Services

Jeff Tobin CLU, ANZIIF is a Chartered Life Underwriter and Insurance Adviser based North-West in Taupaki. Jeff has worked in the insurance industry since 1978, and in 1987 he formed Tobin Insurance Services – a one-stop life, medical and general insurance adviser service.

Personal service has helped Jeff build a trusted agency, which even includes third generation clients. An emphasis on helping people and "providing future dollars, when you need them the most" has benefited many clients over the years at claim time.

Jeff is supported by Debbie, Office and Client Service Manager, Elaine in Accounts and Admin Support, and Sheena Symonds our new adviser. We are ready to meet you and provide you with the best Insurance advice available.

Contact Tobin Insurance Services for experienced and quality insurance advice and a free, no obligation review or chat – we

can come to you at your home or work. Contact Jeff on 09 412 5997 or jeff@tobininsuranceservices.co.nz.

Kip McGrath Education Centre

Roy and Lynne Withey are the Directors of the Westgate Kip McGrath Education Centre. The Centre provides a positive and supportive learning environment which promotes self-esteem and boosts every child's confidence. Following a free assessment, each child follows an individualised learning plan crafted to cater for their own specific learning needs and support them in their school work. The team's aim is also to ensure that each child finds pleasure in their learning experience at the Centre.



Testimonial: "Thank you so much for all of your help, during the last three school terms, with our son's learning. Having come to you with a boy who lacked confidence in his abilities and was below average in reading, spelling and maths, we are now leaving your service with a more confident child, who has made significant progress in all areas of his work. It is frightening to think, that without your help, we had a child who could have fallen through the cracks."

"At Kip McGrath Westgate, we aim to ensure that every student reaches their full potential. We are proud to be part of this organisation, as Kip McGrath is New Zealand's only nationwide, professional tuition provider." Roy & Lynne.

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Localclubs

Waitakere City Football Club

Fred Taylor Drive, Whenuapai phone 09 416 7323 or email: waitakerecityfc@xtra.co.nz.

Waitakere City FC was formed in 1989 with the purpose of representing West Auckland in the National Soccer League.

The club was initially located at Western Springs, however in 1991 Waitakere City FC negotiated a merger with Massey AFC which was formed in 1976 and located at Massey Domain. The merged clubs retained the name Waitakere City FC and moved to its current location at Fred Taylor Park, Whenuapai.

Waitakere City FC has established itself as one of the top Clubs, winning the National Championship on five occasions (1990, 1992, 1995, 1996 and 1997) and finishing as runner-up once (1993).

Waitakere City FC also has three Chatham Cup titles to their name (1994, 1995 and 1996) and finished as runner-up on three occasions (1999, 2004, 2013).

More recently Waitakere City FC has established itself with the development of pathways for Youth players to progress and compete at the highest Club level, as well as at a National and International level.

Waitakere Triathlon And Multi Sport Club

Location: Lincoln Road, Henderson. Contact: 021 0259 6270.

Waitakere Triathlon and Multisport Club is based in West Auckland and provides a professional, supportive and fun environment for athletes across all race distances and abilities to train, race and socialise. Our members include beginners doing their first triathlon to athletes off to compete in the Ironman in Hawaii and everyone in between.

We have regular training sessions and social events; many training sessions also include an all-important post training coffee stop which is a great opportunity to socialise with fellow club members. In addition to regular training sessions and social events we offer support in a number of areas to ensure that you reach your goals including; technique clinics, seminars, advice on suitable coaches, discounts with partners, uniforms as well as race day support at local events.

If this sounds like you then check out our membership page or come along to one of our training sessions. Whether you are a beginner just starting out on your journey as a triathlete, rac-

ing competitively or somewhere in between, WTMC offers you a friendly supportive environment for you to achieve your goals

Massey Archery Club

Massey Archery Club Incorporated was founded in 1971, moving to its present site in 1977 with the purchase of a block of land in Redhills Rd, Massey.

Massey Archery Club is a field archery club and as such nearly all shooting is done outdoors in fields and natural bush settings. As well as practice facilities set up in front of the club house, there are two Bow Hunter courses and one IFAA course.

For those competitors who want to take the sport to a national or international level, there is every opportunity at Massey. Some of our members are, or have been national or international champions with several members still holding New Zealand records.

Absolutely anyone can take up archery, and Massey Archery Club always welcomes new members and visitors from other clubs. We hope to see you soon. 11 Redhills Road, Massey - phone 09 833 7240 or email: macnz.secretary@gmail.com.

Waitakere City Athletics Club

Location: Douglas Track & Field (Clubrooms are located on the ground floor of the Trusts Stadium) Central Park Drive Henderson Auckland. Contact: 09 836 0723.

From small beginnings around fifty years ago, the Waitakere City Athletic Club has grown to become a significant club in its region. Because of many years of voluntary labour and financial assistance by a group of dedicated individuals the club now has a track and field facility that has become a world class venue not only for athletics but also for a range of other sporting and community activities. The dedication and support of parents and coaches continues to produce athletes that compete at a high level at home and overseas.

Massey Joggers And Walkers

Location: 53 Granville Drive, Massey Athletic Club, Massey

Contact: Kim 09 416 7700, info@masseyathletics.org.nz

The Joggers and Walkers meet during the week at the Massey Athletic Club, 53 Granville Drive, on Wednesday evenings at 6pm and on Sunday mornings at 8am.

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The main focus of our gatherings is to enjoy the exercise and the friendship that comes from jogging or walking with others in a group situation. We are not all serious marathoners or speedy athletes, although many of us do participate in Half Marathon and Marathon events from time to time.

The duration of our Sunday jog/run and walk is generally around 60 minutes, although it can vary between 45 minutes to an hour and a half depending on those present and training for upcoming events such as half marathons and beyond. If you are starting out, we have members who are quite happy to do less time and distance with you to help you build your fitness so that the jog or walk is well within your capability.

Our surrounding locality offers a good range of variation for courses. We have a wonderful park with bush trails for off-road jogging and walking. We also run through the countryside up and down hills, residential areas, and often take in the beautiful views of the harbour.

After the run or walk we have showers available, morning tea, fun and conversations. All this for just an annual club subscription of \$47.

Hobsonville RSA

Location: 114 Hobsonville Road, Hobsonville. Contact: 09 416 7227. The Royal New Zealand Returned and Services' Association is a service organisation. It is one of the largest voluntary welfare organisations in New Zealand and one of the longest established ex-service organisations in the world.

Today over 120,000 members throughout New Zealand share a common commitment to the Crown, the Nation and the Community; dedicated to the RSA motto – 'People Helping People'. RSA commitment to welfare is embodied in Poppy Day when

red poppies are exchanged for donations to hundreds of thousands of New Zealanders to raise funds for veterans' welfare and to honour the memory of those who have given their lives in times of war.

Poppy Day is usually observed on the Friday before Anzac Day. Anzac Day is observed each year on the 25th April. RSAs throughout New Zealand take part in wreath-laying ceremonies of remembrance for fallen comrades.

Scouts NZ- Whenuapai Air Scouts

Location: Corner Puriri & Kowhai Roads, Whenuapai. Contact: 09 827 5519. Whenuapai Air Scout Group is a Scout Group currently operating Kea, Cub, Scout and Venturer sections for both boys and girls aged 6 to 18. We have a strong affiliation with the RNZAF Base (some of our leaders are Servicemen) and we teach all the regular scouting skills and principles, but also supplement the program with aviation based activities. The group was officially recognised by the Royal New Zealand Air Force on 20th January 1958.



30 days till Summer...

Can you imagine the sheer delight Allison had fitting in to her new bikini, beach ready and confident for summer fun? Among the hundreds of bikini pics and testimonials that arrive at Club Physical Support Office each year, Allison remains a favourite. She has shown all of us what consistency and determination can do.

"I lost about 15 kilos even before starting the 'Challenge'. But because I lacked motivation and feared the see-saw weight-loss / gain cycle I'd been through before, the 'Challenge' was the means to break that pattern. And it worked!"

I am a far cry from the girl who used to make every excuse under the sun NOT to exercise. If I'd known the type of results I could have achieved on the 12 week Challenge I would have done this six months ago. Special thanks to all at Club Physical Three Kings and especially my trainer!"

Allison Crene (24)

Reduced her waist 16cms, achieved a 12kg weight loss and a 9pt blood pressure drop. Her body fat reduced by 8%, and breakfast went from NOTHING to Weetbix and Kiwi-fruit.



30 DAY

Challenge

Get Beach Ready before the start of summer with Club Physical's NEW 30 Day Challenge!

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CLUB PHYSICAL
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Macadamia toffee cake with toffee shards and cinnamon cream

Nuts: 80g macadamias, 80g brazil nuts (or a mixture of other nuts), 60g shredded coconut

Roughly chop nuts – toast nuts and coconut at 160°C in oven until golden – watch closely as coconut can burn.

Caramel Toffee:

120g butter

160ml cream

1 ½ cups brown sugar

Place in a saucepan over low heat, butter, cream and brown sugar. Mix all together until smooth. Remove from heat and combine the caramel toffee with the nuts and coconut – set aside.

Paper line bottom and side of a 9 inch round tin – pre heat oven to 160°C.

Cake mixture:

220g soft butter

360g sugar

2 tsp vanilla essence

2 tsp cinnamon

320g (2 ½ cups) self-raising flour

220 ml milk

6 large eggs

Cream butter and sugar, add eggs – 1 at a time. Then add vanilla essence. Fold in milk alternatively with sifted flour and cinnamon. Pour ½ of the nuts/toffee/coconut mixture into base of a lined tin – reserve rest to top the cake later after it is cooked.

Pour cake mix over nut mixture and bake at 160 for approx. 1 hr 20 min until cooked in the centre. Let cool slightly then turn out of tin and pile the remaining toffee/nut mixture on top. Decorate with toffee shards and serve with cinnamon cream.

Toffee Shards: 1 cup castor sugar and 2 Tlbs water

Bring sugar and water to the boil stirring occasionally till deep golden colour. Pour onto baking paper lined tray and when hard break into shards.

Cinnamon Cream: 300ml cream, 1 tsp cinnamon and 1 tsp castor sugar – combine all together and whip.

Recipes supplied by Wedding and Birthday cake specialists Paula Jane Cakes. Contact Paula on 021 208 8604 or Jane on 021 273 6139, email info@paulajanecakes.co.nz or visit paulajanecakes.co.nz.

Making a will

A will update is necessary if you dissolve a marriage or remarry. In doing so, you are generally always obliged to look after your children and grandchildren if any of your children have

predeceased. However, sometimes children unintentionally miss out on a will provision because of joint ownership. This is because in the case of jointly owned property, it is the survivor of the joint owners which receives all of the property upon your death. There are ways of making sure this does not happen. This includes changing your joint tenancy ownership for tenancy in common ownership. This must be recorded in writing and signed by the parties but it is best if your house ownership is also reregistered so that there is no doubt when the time comes. This is definitely an area for discussion with your lawyer. It nearly always involves providing for a life tenancy in your share of the house in the property after your death (or vice versa). A life tenancy allows the other live on the property for the rest of their life provided they pay the property outgoings. Luke Kemp - Kemp Barristers & Solicitors, phone 09 412 6000 or email luke@kempsolicitors.co.nz.

Westhaven tide chart

Date	High	Low	High	Low	High
Sun01 Nov	-	05:2	11:52	17:55	-
Mon02 Nov	00:19	06:13	12:43	18:48	-
Tue03 Nov	01:11	07:04	13:36	19:44	-
Wed04 Nov	02:04	07:59	14:30	20:41	-
Thu05 Nov	02:59	08:57	15:26	21:38	-
Fri06 Nov	03:56	09:58	16:22	22:34	-
Sat07 Nov	04:54	10:56	17:15	23:27	-
Sun08 Nov	05:49	11:49	18:05	-	-
Mon09 Nov	-	00:15	06:40	12:36	18:51
Tue10 Nov	-	00:59	07:26	13:18	19:34
Wed11 Nov	-	01:40	08:08	13:58	20:16
Thu12 Nov	-	02:20	08:47	14:38	20:56
Fri13 Nov	-	02:58	09:26	15:17	21:36
Sat14 Nov	-	03:36	10:04	15:57	22:16
Sun15 Nov	-	04:15	10:43	16:38	22:58
Mon16 Nov	-	04:56	11:25	17:22	23:41
Tue17 Nov	-	05:38	12:09	18:09	-
Wed18 Nov	00:27	06:23	12:57	18:59	-
Thu19 Nov	01:16	07:14	13:49	19:54	-
Fri20 Nov	02:09	08:11	14:46	20:51	-
Sat21 Nov	03:09	09:14	15:45	21:52	-
Sun22 Nov	04:13	10:20	16:46	22:52	-
Mon23 Nov	05:17	11:23	17:45	23:51	-
Tue24 Nov	06:19	12:22	-	-	-

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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Paws for kids safety

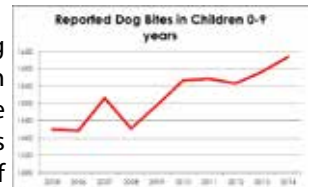
We have all heard the horrendous stories of children that are bitten by dogs. We hear which breeds are responsible and we all hear whose fault it was: the dog's, the owner's, the parent's, the child's. Who is correct? Could it be everyone and no one at the same time? Many programmes are available both online

and delivered by volunteers, across New Zealand, and they do a great job. But is it enough?

If you look at the rising number of dog bites that are occurring in New Zealand, it is not just in children but across the board. What we are doing isn't enough!!

In children aged 0-9 years there has been a dramatic increase in the number of reported dog bites.

In 2014 there were over 31 dog bites reported per week on children under the age of 9. A study in the Netherlands of over 40,000 homes showed that only one third (38%) of dog bites are reported.



When we are educating children regarding safety around dogs there are many things to consider especially when we are talking about dog bites.

Programmes need to engage children, ideally in a series of activities that are all repeating the same messages. Organisations must also work with schools, families, Whanau and the local community to ensure that all children are getting the same messages.

The way we relate to dogs needs to change as more research becomes available. For example, in the 90's we were all told to touch a dog under the chin. Now studies done in 2013 and published March 2014 show us that touching a strange dog under the chin is the second most stressful area for the dog to be touched.

There are certain Golden Rules that everyone should follow, and as adults it is our job to show our children what to do.

It is essential that any organisation that is offering training regarding safety with dogs for both adults and children has

Where to touch a dog

Red - is NO

Green - is GO

Stand Like a Tree

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

Stop and stay still
Wrap your branches - Hold your elbows

Keep Quiet
Stare at your roots - Look at the floor

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the most up to date and relevant information available. When talking to schools about children's dog safety education they need to be aware of any child that may have had a bad experience with dogs. In discussion with various child psychologists each situation needs to be handled differently.

PET First Aid & Training have a unique way of working with the schools to help children who are fearful of dogs. Each of the dogs they use for school visits has a character created of them to enable the teachers to spend time with the children prior to the dogs coming on site. This process creates a familiarity to the dog that has been assigned to their school reducing the levels of stress when they meet the dog for the first time. The teachers encourage the children to download colouring in, join the dots and models of the dogs to make so that it increases the children's level of comfort. If you would like more information please call them on 0508 PET FIRST or email info@petfat.co.nz.

Door dashing

One of the most frustrating dog behaviours is door dashing. It can be dangerous for owners, but also for dogs that may run onto roads. If your dog door dashes try these steps towards eliminating this unwanted behaviour.



Step 1 – Before starting your dog needs to already know the “sit” command. It's necessary to teach basic behaviours before attempting higher level commands. Safety is paramount, ensure you leash your dog while training so if they do mess up they can't get away. Ask your dog to sit at the doorway and begin to open the door. It's important to go slowly because the bad behaviour of bolting has already been established. If your dog starts to get up immediately shut the door and return to a sit. When your dog remains sitting, reward with a treat and continue opening the door. Ideally we want your dog to be constantly rewarded as opposed to constantly being corrected so ensure you always set your dog up for success!

Step 2 - Continue opening slowly making sure to always reward sitting calmly. Try keep focus on you as opposed to distractions outside. Keep your environment in mind, practicing door way manners when it's quiet is easier than when people, dogs or cats are strolling by! As your dog becomes better at waiting at the door, you can even start to walk outside and go in to reward your dog for waiting patiently. Once the door is all the way open and your dog is still sitting, use a release word and walk him out the door. Your dog's reward for sitting will be to actually go outside to sniff.

Step 3 - Practice, practice, practice! Training a dog reliably takes consistency and repetition. Always have your dog wait at the doorway every time they want to go out, as this sets up a new

habit. If your dog is unable to sit at a doorway without pushing past you at full speed begin training further back from the door. Work on calling him back towards you and away from the doorway. When he comes back reward him. Gradually open the door a little at a time as your dog is able to come back to you.

For a more detailed procedure and training at inside doorways such as the kitchen, come in and see us at Animal Avenue Pet Store or sign up to our newsletter. Email pets@animalavenue.co.nz or phone 09 412 2581.

Angel's Grooming

We've found that many people are getting puppies and leaving them far too long before getting their first groom. We've come up with a plan to teach puppies to love to be groomed! After your puppy's first paid groom (we recommend 12-14 weeks of age), bring your puppy in for a FREE wash and dry every week until they are six months old. That's how much we care about your precious pup (it doesn't hurt that we get lots of puppy cuddles!). Operating in Massey (1km from Westgate at 400 Don Buck Road) for over 15 years, Angels Grooming has four Master Groomers and highly trained staff. Winning awards and competitions, as well as representing NZ in grooming competitions around the world, has given us a real sense of accomplishment and joy. For appointments phone 09 833 5571, we are open 6 days a week.

Preventative nutrition is the key to keeping your cat healthy

Diet & disease – excessive carbohydrates spike your cat's blood sugar. This puts pressure on the pancreas, which can lead to diabetes. The carbohydrates will also promote obesity. Cats have a low thirst drive. They struggle to drink enough to make up for the lack of hydration on a dry diet. This chronic dehydration contributes to Feline Lower Urinary Tract disease. A well-planned raw diet provides ample hydration for cats, as well as encouraging the correct acidity to prevent crystal formation.

Grumpy cats with bouts of vomiting, diarrhoea or constipation, may have Inflammatory Bowel Disease (IBD). IBD is successfully managed with the right diet. Dry diets do not prevent dental disease. Crunching through a raw diet will keep your carnivorous cat's teeth clean and gums healthy. Prevention is the best cure. Visit Raw Essentials Kumeu, where store manager and Veterinary nurse Amanda, and her team, will help you achieve the very best preventative nutrition for your cats and dogs: a well-planned, species-appropriate, raw diet!

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Insider: Westgate

NZRPG – New Zealand Retail Property Group

The vision – Westgate town was first created in the 1990's by Waitakere city to engage with the community. In 2004, NZRPG entered into an agreement to implement the council's vision of Westgate's future, which translated into town form; a central retail and commercial hub delivering to a vastly expanded population base.

The key drivers were to provide employment opportunities and a place for business which would reduce traffic commuter congestion, improve ease of shopping and to create a better live/work balance. The town was developed around a Main Street concept and included a number of precincts, including a retail commercial heart, large format retail, office, trade, and home and building services. Unlike a lot of other locations all of the market requirements were catered for in one large and convenient site.

From 2008 till recently the project has been about civil infrastructure, roading, stormwater, services and ensuring that the buildings are able to be delivered in all locations at the site with minimum disruption. By mid-2016 the town will be fully operational with large format retail up and running. The trade and home precinct is anchored by Mitre10 Mega and Palmers, delivering full services.

Council commitment has been significant in both the planning and infrastructure and construction phases. The town square, proposed multipurpose community facility and library and the high quality park, reserve and open space network will add high value.

The existing Westgate centre and the new development complement each other and mean that Westgate will deliver a one stop shopping and business hub for the North West population. It has taken a while to get to this point with complex planning around infrastructure and due to the sheer scale and quality delivery of the project.

Community engagement – the public have been waiting and expectant; Westgate will provide a reference point and a heart to the area. The population in the area is rapidly growing and we service around 100,000 public, with growth forecast at 200,000. With this in mind it is essential that Westgate delivers an area to meet and greet and for business to be conducted, a development of quality the public takes pride in.

Milestones – the opening of the North West mall, the opening of the parks and open places and the opening of the precinct for large retail. This precinct will create a landmark that public will go to as a walking and entertainment destination. We have a blue print for Westgate town that has a high standard of retail and workplace environments that will encourage more investment and local spend and deliver more value to the local community. Unlike West Harbour that was a make up of groups, Westgate town will engage with a lot more elements delivering better community buy in and satisfaction, becoming a reference point for the community.

What to expect – watch the existing Westgate centre become revitalized by the broader retail market. The new and old Westgate centres are complementary, working together to create a more compelling offering, expanding product and service de-

livery, using clustering and creating better outcomes for the buying public.

Westgate is not Auckland's first planned town – Manukau and Albany were planned and are the hubs for their communities. People ask me when it is going to be finished; my answer is that towns don't finish, they are organic and they grow and change. NZRPG is a local business and is here to deliver for the community good and has been genuine in working with council to deliver a high quality planned environment. People will continue to see development and growth in the complete experience that makes up Westgate town. NZRPG delivers quality public private ownerships and high outcomes, for more information see www.themilford.co.nz or www.nzrpg.co.nz.



Westgate multi-purpose facility town square

The Westgate Town Square and Library is the anchoring civic component of the development of Westgate's new town centre. This project will not only establish a benchmark for the future urban form but it will also establish its human qualities, its sense of place and provide a core community destination. The design is motivated by the desire for a dynamic, exciting and sustainable new civic environment which will serve the Westgate community for 100 years.

The new library building is compositionally arranged as a three level volume fronting the Town Square together with a two storey volume addressing Waru St. The main entrance is located at the corner of the site, facing the main Town Square space. This provides maximum legibility for the entrance while also adding the 'energy of movement' to the public open space. The most effective contemporary libraries are easily understood and navigated and are defined by clear lines of sight and excellent natural light.

The building is distinctively a 'stacked' form, breaking down the overall building mass and allowing clear expression of the individual floor plates and their particular activities. This floor plate configuration generates a dynamic relationship at the building's corner, expressing the life of the library to the outside world. The building's openness also reflects the philosophy that good public libraries are open and vibrant with community life by both night and day. This visual openness and legibility also supports engagement with the community, encouraging access and creating a welcoming destination that is both com-



portable and familiar for all users.

The building form, materiality and colour also seek to reflect the informal and colourful culture of West Auckland and Waitakere. Anodised aluminium panels, zinc cladding, timber soffits and expressed concrete structure combine to provide substantial and visually exciting architecture.

However, this informality is countered by the need for 'civic substance'. The clear rhythm of concrete columns facing the town square reinforces the order and stability of a civic institution. This is seen as particularly important in a 'greenfields' situation where there are no existing 'cues' for civic life. Above all else, the new library building has the responsibility to capture the aspirations of a future community. To this end, its architecture cannot be transient but must embody the recognised motifs of community, tradition and civic character. Achieving these values in a contemporary way is the core challenge of the project.

North West Shopping Centre

Now, here is a place that is shiny and new. Inside you'll discover places to update your wardrobe, quench thirst, satiate hunger and tame that to do list. A place to meet, greet and be entertained, no matter how long or short your visit.

NorthWest Shopping Centre is a place that has everything you're looking for, with more than 100 brands and flavours New Zealanders know and love.

Owned and managed by NZX-listed Stride, NorthWest Shopping Centre at Westgate is nestled amongst the new Westgate Town Centre development. It has a net rentable area of over 27,000sqm and includes a Countdown supermarket, a Farmers department store, and approximately 100 specialty retail stores. Approximately 475,000 people live within a 15-minute drive of the development, and the region is one of the more affluent in New Zealand in terms of available retail spend. NorthWest Shopping Centre is located next to the North-Western and Upper Harbour motorways and other major arterial routes. Its location positions the centre to service areas from the north (Albany, Waimauku and Helensville) to the south west of the centre.

NorthWest Shopping Centre will generate up to 700 new jobs. Owned, developed and managed by DNZ Property Fund, the contemporary shopping centre will be a boon for many of the region's job-seekers providing opportunities within the centre's stable of around 100 retail stores. The \$155 million NorthWest Shopping Centre spans the equivalent of four rugby fields – and is being heralded as the next generation of shopping centres in both design and retail offering. DNZ Property Fund chief executive Peter Alexander says there's been strong interest in a range of retail positions with these job opportunities helping to drive employment to complement the region's population growth. "Over 250 construction workers have been employed

since work began on the NorthWest Shopping Centre in April 2014 and now the retail jobs follow, as well as bringing vibrancy to the wider west Auckland community."

The northwest region of Auckland is undergoing a transformation, bringing with it improved transport links, new homes and community facilities, and entertainment and dining options. As part of the developing Westgate Town Centre, NorthWest Shopping Centre will house a mix of retail and more than 15 dining options from upmarket cafes to staples such as Kiwi Grill, Hungry Wok, Pita Pit and The Coffee Club. Among the new tenants will be a new 'The Food Crew' from Café ohSO owner, Edison Zajmi. The cafe will offer the same menu as Café ohSO, including build your own options, and cabinet foods and will provide a full table service and drinks selection including beer on tap and wine. Hand blown glass lighting, and a plaid pattern tile floor will be key features of its design. Mad Mex and Habitual Fix will also join the dining mix.

NorthWest Shopping Centre: located at 1-7 Fred Taylor Drive, Westgate, email info@northwestshoppingcentre.co.nz or phone 0508 NORTHWEST. Late night Thursday.

Music works now open

MusicWorks is New Zealand's largest musical instrument retailer with over 30 stores across NZ, supplying friendly advice and support for everything musical from grand pianos, keyboards guitars, brass instruments, drums, sound systems to guitar picks. They carry something for everyone. MusicWorks is NZ's family music store with over 85 years in the music industry. With major brands such as Yamaha, Ibanez, Gibson & Epiphone and many more they cater for everyone in the family from the complete beginner to the seasoned professional. Alongside the retail floor MusicWorks is pleased to be able to provide a huge range of services from instrument repairs, teaching services and an extensive brass and woodwind hire program. Find out more online at www.musicworks.co.nz.

Countdown Northwest opens

Countdown's 180th store, Countdown Northwest, has been officially opened by MP for Upper Harbour and Minister, Hon Paula Bennett. The 4,327sqm store, which forms part of the new NorthWest Shopping Centre, was opened at an event



that also featured a performance by West Harbour School students and a presentation of a trolley of goods for the local Salvation Army food bank.

Countdown Northwest manager, Paul Maxwell, says it's great to have the new store open after months of hard work.

"We couldn't wait to open the doors of the new store and let everyone see the great produce and products we have on offer. We've been working really hard to get everything looking great and I'm looking forward to getting to know our new customers. "The local community here is really fantastic and we are proud to be part of it. We also have some of the best local talent as part of our store team!" Mr Maxwell says.

MP for Upper Hutt and Minister, Paula Bennett says, "It's a real honour to be here as local MP to open this outstanding new store. 180 stores is an impressive milestone which I know the team has worked incredibly hard to achieve.

"The Nor'West is such an exciting area to be a part of because it is young, diverse, and eager for new opportunities. Three quarters of our residents are under 50 years old, 36 per cent were born overseas, and about 50 per cent are two-parent families with children. I'm thrilled Countdown is choosing to invest here," Mrs Bennett says.

Countdown's General Manager of Marketing, Bridget Lamont, who spoke at the opening, said opening the 180th store was a fantastic milestone for the business.

"As a business, we are really committed to providing growing communities throughout New Zealand with great food at really great prices. Our 180th store, Countdown Northwest, will be a great addition to the area.

"With the opening of Countdown Hobsonville two weeks ago, and now Countdown Northwest, not only are we delivering new supermarkets, but jobs too, with almost 100 new jobs created in the region in the last month alone," Ms Lamont says.

The Warehouse - Westgate

This week we were lucky enough to take part in the Colwill school special assembly. We were special guests in celebrating the kids receiving their Duffys books. It is great to be involved in the learning of children in our community. A lot of happy smiley faces!



Dave from Mitre 10 Mega Westgate

1. What has put your business on the map?

The Mega Brand gains lots of media attention with our national campaigns and offerings. The location of our store is a great positioning tool with the new development going up around us, this is generating lots of new customers and interest.

2. What things do you do to get customer retention and return trade?

We offer great service as well as a diverse range of products. We put our staff and our customers first. Our people are excellent, friendly and always approachable making sure that our customers leave happy and return for the experience.

3. What are the opportunities for change?

The growth of our business is moving rapidly, the centre development around us is certainly helping to build our customer base plus our staff ensure we retain our current valued customers.

4. What do customers say about your brand to others?

We receive excellent feedback through our online surveys. The

comments about the store, the people and the experience are so valuable to us as it helps us maintain our high standards and also encourages us to look at other areas that may need attention. We rely on our customers to provide feedback as it is so important to us that we remain current in all aspects of the business and ensure our customers leave happy every time.



5. What are the challenges within the local community?

We try to support as many wonderful community initiatives as possible, however, we get hundreds of requests so we try to find other ways to work with the community such as volunteering our time, staff and resources to projects that benefit the whole community.

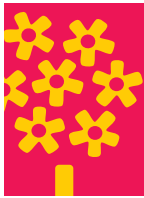
6. What do people love about your brand and service?

The consistent service, great offers and quality that we have coupled with the diverse range that we offer makes us a one stop shop for everything from DIY to giftware. We have a fantastic café, garden centre and kids playground making shopping a wonderful experience for the whole family.

Customer choice and customer service

With fine weather and an overcast day it was the perfect time to journey into the plants and growing store close by. The dilemma is that we have a number of retailers close by offering a mixed range of plants and growing solutions. We decided upon Palmers Planet in Westgate, a new large format store with cafe and a larger range of products. Although the initial impression of the store is "oh my goodness, where do I start", once you enter the store it is a logical and easy format which has a number of friendly and approachable staff in key locations. We gathered a range of small vegetable plants and herbs which were exactly what we wanted and the price was very reasonable. Further we joined the Palmers Planet loyalty club which offers good advice and additional savings. The service and the selection was excellent and we look forward to frequenting this great retail shop. Thanks Palmers Planet Westgate - Gail





Palmer's
Planet
fresh living

Get your back yard Summer ready!



The best place to kick off November is in your kitchen garden.

It's the perfect time to make sure that your favourite summer vegetables like tomatoes, cucumbers, eggplant, lettuce, sweet corn, spring onions, watermelon and celery are in the ground. Planting basil in amongst your tomato plants will boost the flavour of both plants as they are perfect companions in the garden as well as on the plate! Tomatoes will benefit from feeding with Thrive Flower & Fruit or Tui Tomato Food, staking and regular watering. You can sow your favourite seeds directly into the garden now, such as pumpkin, courgettes, parsnip, radish and sweetcorn, and for continuous harvesting over the coming months sow at two to three weekly intervals.

Be sure to spray veges with Copper Oxychloride or sulphur to guard against fungus and mildew diseases, and drench all vegetables with Ocean Organics Liquid Seaweed for good growth from the start. Feed your citrus trees with Palmer's Citrus Fertiliser - and other fruit trees with Palmer's General Garden Fertiliser - and be sure to hang Codling Moth traps in any apple trees to trap the moths and prevent the larvae entering fruit. The most effective control is to spray with Yates Success Ultra Naturalyte every 14 days,

as soon as the petal blossoms have fallen.

For a lush green lawn, even when it's dry, apply Palmer's Lawn Fertiliser when rain is due or water it in with a sprinkler. And remember not to cut the lawn too short from now on, and keep up with weeding using Turf Clean for broad leaf weeds and Prickle Weedkiller to control Onehunga weed for a prickle free lawn all summer long.

And once that lawn is looking good, pop into Palmer's Planet to grab everything you need for the perfect summer backyard. We have a huge range of new season's furniture in store now, including bar settings, capsule hanging chairs, outdoor dining suites and more! We are West Auckland's specialist Weber BBQ retailer and have a full range of BBQs and accessories in store, so come in and check them out - or attend one of our demos and see these popular BBQs in action. And why not treat your family to a new spa pool this summer? We have a great range to choose from, ranging from 2 seats up to 7.

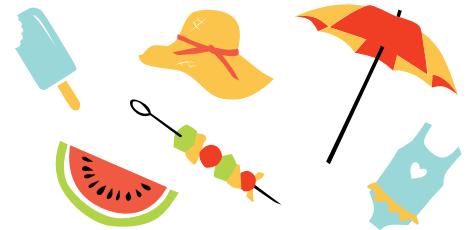
Enjoy this month in your garden

From Mark, Melissa & the team at Palmer's Planet Westgate



Get your summer vegetables and herbs planted now and enjoy the benefits all summer long!

Outdoor Living EXPO



In store now!



New season outdoor furniture



Elho Pure pots in store now

From 54⁹⁹



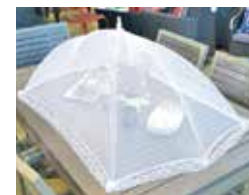
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Home:garden

Growing summer vegetables in our wet soils

Gardeners in the upper North Island need to tread carefully (literally) after heavy rain. Water-logged soil is a real turnoff for new seedling plants, cuttings and divisions. Even new trees and shrubs will suffer if they've been sitting snugly in the garden centre, in their free-draining pots.

In water-logged soils avoid doing anything until the rain lessens and the temperatures stay constantly in the upper teens. If you need to, put down a row of boards or a path of organic mulch to tread on while working on the surrounding garden, without treading on it. In soils that are more free-draining gently fork over in Living Earth organic certified compost as you go. Compost reinvigorates soils and adds nutrients for plants.

After planting, or even after you've simply turned the soil, layer with BLACKGOLD Mulch, which will, strange as it seems, help the soil. It acts like this: when the rain hits the bigger mulch pieces the water will run down the sides into the soil, allowing more even dispersal, rather than the water congregating in dips or at the low point of the garden bed.

You can scrape back the mulch for planting, then replace it and you have an excellent weed suppression cover. Extra compost in the mulch will gradually add more nutrients to the soil below. BLACKGOLD Mulch is exclusively available at Central Landscapes Swanson.

- Planting now – Most herbs (but not basil) will really get growing and produce lots of delicious leaves if you get them in now. Coriander and parsley cope with reasonable rain, as do dill and chervil. Winter dormant herbs such as chives and French tarragon are either poking through the soil from last year or being offered now in garden centres. Why don't we plant the hydroponically grown herbs from supermarkets outdoors at this time? They were grown in too tender an environment to survive our changeable Spring weather.

- Labour Weekend – Given it's been a late, wet winter gardeners can expect that Labour Weekend will be one of the earliest opportunities to plant the more tender vegetables. These include tomatoes, capsicum, courgettes and chillies.

- Planting Tomatoes – they grow in warm sunny areas and require staking – most will grow to at least 1.8m high – so plant with a tall stake!! For best results plant in Living Earth organic certified Veggie Mix and liquid feed with Living Earth Organic Liquid Compost at fortnightly intervals.

- Snail alert – Many of us are right into gardening the natural

way, but giving up some of a well-earned beer to slugs and snails is an ask... However it works! Drop a few tablespoons into a small glass jar and position amongst your plants. Choose to believe they die happy....

- Butterfly love – If you've noticed a monarch or two flying around the garden, then it's likely they have come back to the source of last year's food and the place where they laid their eggs. If you managed to pull out last year's swan plants, hightail it to the garden centre to plant more and placate these beauties! Happy Gardening from Central Landscapes Swanson and Living Earth.

Cosy spaces

Do you wish for your house to stand out of the crowd when it is time to sell?

Cosy Spaces is a boutique and unique home styling and staging business with a huge difference.

I am a sole trader with a well known flair for colour and each one of the homes I prepare for sale is soulful, individual and full of character.

Cosy Spaces are not just about throwing in some furniture and fake plants, but rather handpicking the items, which include vintage and modern pieces to suit the specific home to create a memorable, lived-in space packed with uniqueness that house hunters will remember long after leaving your home. I use fresh green plants and my use of colour will accentuate your space and bring your home to life.

Because I pay a careful and individual attention to each home, the result is projected in the sale price that homes dressed by me achieve.

My prices are fair and tailored to suit each seller's budget. I am also available for styling, advising and helping you with your new or existing home if you wish to create your own Cosy Space. Contact Shlomit on 021 251 0161 or email cosyspaces@gmail.com or visit www.cosyspaces.co.nz.



Four wallpaper do nots

Hi everyone, just a quick word on wallpaper today. More specif-

Joanne O'Brien
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ically, what not to do!

Remember to sign up to my blog www.loubrown.co.nz so you don't miss a post.

Coaxing a friend, handyman, builder, painter or husband to hang your wallpaper is a BIG no no. Hanging wallpaper is an art in itself and needs to be done by an expert – truly IT DOES. There are different installation and wall preparation methods for each different type of wallpaper! Instructions up the wazoo, as Hosking would say! Your wallpaper might look great to begin with, but then after a month or several years starts to have problems; peel, bubble, peaking seams and stains. 90% of wallpaper faults come down to poor surface preparation and installation. This can be a very expensive and time wasting mistake, especially if you're forking out \$100 plus per roll.

Wallpaper makes a great feature wall and feature walls add much needed drama in a room, especially when you use inky, moody hues. Take your space to that next level and go as bold as you like with your wallpaper, however, the trick is not to let it be the only feature in the space. This is where most people go wrong; you don't want it standing out like a sore thumb. Add other bold focal points, such as a feature chair, pendant lights, artwork and plants that both echo and complement the palette of your wallpaper.

Unless you really know what you're doing don't butt a highly contrasting paint colour right up against your wallpaper. Choose a paint colour that complements and ties in with your bold but beautiful wallpaper. Alternatively go the whole hog and paper the whole room – go on, I dare you!

Never apply wallpaper straight onto unsealed plaster board. Use an oil based pigmented sealer and leave it to cure for a few days. This will stop moisture damage and staining down the track. Same applies if you are wallpapering over an acrylic paint. If it is an oil based paint you will get away with a sugar soap

wipe down and a quick sand. You can get acrylic based sealers, but most hangers would argue you can't beat oil based.

A final tip - I LOVE dark moody wallpaper, however, when it is hung you can see the white edges of each drop, so it's best for your hanger to colour the ends of the rolls before they start unrolling the roll. You can use felt pens, pastels or even chalk, just make sure it is a close match to the surface colour of the wallpaper.

See you next month for more interior design tips! Hayley - Anne Brown – Phone 021 814 329 or visit www.facebook.com/lou-browndesign or www.loubrown.co.nz.

Deck and Fence Pro

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

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company also cleans and restores brick, block and plaster fences, as well as water blasting to clean driveways, garden paths and other outdoor areas. Deck and Fence Pro also supply and fit garage carpet, an option that appeals to an increasing number of people using their garage as extra living space. Carpet can be professionally fitted in just half a day and will transform the look of your garage.

Call your local Deck and Fence Pro Specialists, Zane and Jaimi Scott for a free no obligation quote, on 0220963172 or email zane.s@deckandfencepro.co.nz.



Ladies night

18 Nov 2015 - 7.00pm - 9.30pm. Get the girls together for a fabulous night out at Mitre 10 Mega Westgate!! Get the chance to pick up expert tips from our huge range of suppliers, plus gain some hands on experience building your own planter box with our very own Stan Scott. With refreshments & nibbles plus loads of spot prizes and giveaways this event is not to be missed! REGISTER TODAY!!! www.mitre10.co.nz/local/MEGAWestgate/

The Little Interiors Co

Now that Spring has truly sprung, it is a great time to freshen and spruce up and around home. Do you know what you would like to achieve? Have you got any clear ideas on where to start? Do you know where to find exciting and new products at an affordable price? This is where we can help you!



The Little Interiors Co has evolved over the past two years (you may remember us from the Pop-Up Shop last year in Huapai) and has gone in an exciting new direction with the principal designer and director, Kelly

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Contact Sarah Brightwell on 021 250 7324 or
sarahcartwright022@gmail.com to book

you will receive a months worth of local exposure

Wright at the helm. Interior Design Packages to cover a number of various needs are now publicly available and these also include some exciting e-Design options so we can aid you in your bid to stylize your home anywhere in the world! With new house builds, renovations, product designs and implementation along with personal experience, you will be in good hands with us. Here are some thoughts from one of our lovely clients: I have had the pleasure of refreshing my bedroom and lounge recently and couldn't have done it without the expertise of Kelly. I LOVE walking into each room and seeing the difference of how some gorgeous custom products and organisation can make such a difference! Highly recommend such professional and personal service. Suzanne, Auckland
We would love to hear from you with any queries so please drop us a line at hello@thelittleinteriorsco.com or our Facebook page www.facebook.com/LittleInteriorsCo. There is also more comprehensive information and products available to you over on our website www.thelittleinteriorsco.com.

Colour your world

Calling all those gadget guys and gals out there. We have sourced a great new LED product, the colour change LED strip that also does warm white (the same colour as halogen lamps). They will add colour to any room and add an air of festivity to the bach, the garden or the boat and change colour. Feeling cold? Change the lights to a warm yellow glow, again and your room is blue, refreshing and apparently a colour to reduce the appetite, change again and you have red for passion. All done with the remote control. Wow your friends at dinner parties and give the children a light show. The LED strip light can brighten up the pantries and underneath wall cupboards. The waterproof version can go outside, along deck rails, around outside seating or under the surfait. The options are endless. For pictures and ideas go to <https://www.facebook.com/sparknelectrical>. For more information please call us today on 021 772 756.

Pimp your mower

Blazer Engineering – saving the world from badly mown grass!

If you've got grass you have probably got a mower. Spring is finally here so now is the time to ensure your mowing machinery is in tip-top condition to tackle the



summer ahead. Blazer Engineering are the people to call for all your mower servicing and repairs. Their on-site service will have

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your mower running and cutting sweetly with the minimum of fuss.

John Tutchen from Blazer Engineering has established his new business in order to make his skills available to a wider audience than just those lucky JD owners he has met around West Auckland over the past seven years working as a Specialist Technician for the local "Green & Yellow" dealership.

John is widely regarded as Auckland's top mower technician. He will check your mower and your grounds, then advise a cost-effective service and /or repair to enable you to mow with the confidence that your lawn will look its best this summer.

It doesn't matter which brand of mowing machinery you have – John has the experience and skill to make sure your mower is performing at peak efficiency. "Poorly maintained mowers can be costly in both fuel and repairs," he says, adding "Blunt or damaged blades can lead to disease in your grass and poor 'after-cut appearance."

Factory trained on John Deere, Toro, & Ransomes Jacobsen mowing machinery due to his specialist skill as a Golf Equipment Technician, John has experience both here in NZ, and overseas in Britain where the art of mowing grass is not just a matter of life and death: "It's more important than that!" he quips.

So, if you want prompt, professional and proper service for your grounds care machinery – Call John at Blazer Engineering on 021 663 669.

Our culture is a massive popularity contest

Whatever you do – look good in front of people at all costs. Is subtle, but it's there. And for all the people who say 'I don't care what people think' – it's a blind spot. The whole of Facebook is based on this. Despite our best intentions the 'likes' or lack of them will create a feeling of either self-acceptance and everything's OK in the world or of slight anxiousness. Facebook is everyone's highlight reel. Is it any wonder we suffer from insecurity when we are comparing our 'behind the scenes' with everyone else's highlight reel?

We are part of a community who, the vast majority of the time, secretly believe we are not enough. Any good marketer also knows this. 'If you can give voice to what I privately believe or fear in my heart but have never told anyone, I'll trust you forever'. Most TV ads want us to feel incomplete in some way before they show us the smiling, good looking person, now happier and totally in control of life because of their new perfumed curtain spray.

As our feeling of 'needing to be better' gets in the way of how we communicate and how we act - we don't know it, but we are doing ourselves the biggest injustice ever. It affects decisions - which school, which car, which ring, which career, which part-

ner. We forget it's our honesty, humility and ability to be vulnerable that endears us to others and creates opportunities. We humans don't like to appear less than, weak or vulnerable which means we are subject to what I call The Human Condition. We live from the part in us that doesn't feel proud yet and if we keep letting this part of us run the show we will remain unfulfilled and dissatisfied.

I was recently told that some people have bigger egos than others! Until this point my take on it was that we all have an ego but some people are just more self-aware so theirs don't get in the way as much. You can make up your own mind on that one, but I do know this: the more you care or worry about what others think, the bigger your ego is.

So then what happens when we do hear the authentic whispers from our hearts and we decide to follow through? Now you're in uncharted territory. This calls for personal innovation, creativity and focus. This calls for a different you to step forward. It can feel hard. Your whole body doesn't like it either. We are chemically wired to live equal with who we were yesterday. Some of us dip a toe in then run back to the familiar and tell ourselves a little lie about how it didn't suit us or just didn't feel right.

We live our lives by the strongest feeling in any moment and that one will mostly always win. You have to say it and say it and say it. Be it, live it, breathe it. Visualise it. Focus. If it's a goal in line with your truth, then ignore any debilitating negative bullshit mind chatter. After coaching clients over the years I don't think we really know what it feels like to focus on something. It's a feeling. It's also peace. When you're in peace, it's a position of power. We tend to create equal to how we feel. What you focus on expands. This is real. I have seen it happen over and over. Get a filter on your thoughts. This does not mean every single thing you think is positive but successful people seem to naturally know which thoughts are useful and which thoughts are not. Coaching is about cultivating real learning inside the client. It's about helping someone look at their situation without the usual filters. It's an exciting thing to feel that growth and moving forward is an easy thing. Call or email me for a session: Anna 021 555 658, anna@thinkyourbest.co.nz.



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