

the Westerly

FREE monthly community magazine for Massey to Hobsonville Point

PROPERTY MARKET REPORT

MONSTER FIREWORKS

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

SCHOOL COOKBOOK LAUNCH

Circulation is 16,000 print copies.

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

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

October 2017

Intro

Springtime, a great time to de-clutter your home before the summer! These days we are encouraged to accumulate so much "stuff", we are bombarded daily by advertising, and the suggestion of items that we cannot manage without!

Decision making can be difficult, initially. Prioritising is the key to a successful sort. Work out what to keep, what could go to a charity shop or clothing bin, what could go into recycling, and lastly the items that can only go into the rubbish bin. Some things might be better in another part of the house, and others you may want to put aside to think about later. Consider putting frequently used items somewhere readily accessible. Complete your efforts by getting rid of the rubbish and putting the charity shop items straight into the car to be delivered. You will probably want to leave the garage (remember the time when people used to keep a car there?) until last.

As a community we can lead the way to reduce waste and enable our families to 'reduce and recycle'. Sports equipment that one family might no longer enjoy might be the key to unlocking an enthusiasm for someone else.

This month's Westerly has a fair number of activities to tempt you that won't just fill the voids created by your good decluttering intentions. Sports feature highly in what's available, swimming, rugby, gym, golf, dancing, Pilates and boating will keep you healthy. Nearer home there are plenty of gardening ideas. Check that you are exercising safely, but if your body needs a break, there are massages and spas, floating for some of you, and if necessary, chiropractic and osteopathy. Read the medical advice about depression (commoner than you think). Diarise the Eco Fun Day at Hobsonville Point. Check out the various food outlets, and be inspired by Geoff's article on the locally published cookbook. As usually there is no shortage of guidance about the housing market, including pitfalls to be aware of.

Be inspired also by the experience of our local firefighters, including Graham (who heads the team at the Westerly), travelling to Canada to help with the containment of the unimaginably vast wildfires, as part of an international team.

Have a good month, and take care.

John,
Editor



the Westerly

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Community notices

Long serving members of the executive

The Massey Birdwood Settlers Association is one of the oldest resident and ratepayers in Auckland, and also has three long serving executive members.

Formed in 1925, the Association's annual general meeting will be its 92nd.

Henderson Massey Local Board member, Waitakere Licensing Trust member, Health Board member and local pharmacist, Warren Flaunty joined the executive in 1967 in the same year he opened his pharmacy in Don Buck Road in Massey.

Brian Lay, a Chartered Accountant, joined the executive 39 years ago and took on the role of Treasurer.

Allen Davies, a JP, has been a member of the Association for over 50 years however has only been a member of the executive for 45 years.

Of the current executive June Lay has been on the executive and a member of the Association for almost as long as her husband while John Riddell has been Secretary/Treasurer since 2002 and a member since 1998. Current vice President and JP, Colin Tucker has renewed his links with the Association having been on the executive in the 1980's.



Looking for affordable swimming lessons for your children?

Looking for affordable swimming lessons for your children? Massey Amateur Swim Club (MASC) offers the best value swimming option around. MASC has been involved in the community for over 20 years. We are a community based swimming club that promotes water safety in the Massey, Westgate, Hobsonville area. We operate out of the Massey High School pool and meet twice a week. Lessons on a Monday night, and



Wednesday is club night where children are timed and strive to improve their own personal best. All children (5+ years of age) of any ability are welcome to join.

The complete season from October to April is only \$90.00 for one child or \$130.00 for two children from the same immediate family or \$150.00 for three or more children from the same immediate family.

Registrations for MASC are now open for the 2017/2018 season. Please visit our website at www.sportsground.co.nz/masseyamateurswimming for more info, or find us on Facebook. Massey Amateur Swim Club.

Greenhithe School 125th anniversary & reunion celebrations

We invite all past pupils, staff, families, friends and the community to join us ~ catch up with old friends, share memories and create new ones. Labour Weekend: Friday 20th – Sunday 22nd October 2017. Purchase your tickets on our Eventbrite



page: www.eventbrite.co.nz - "Greenhithe School 125th Anniversary & Reunion". Join our Facebook Group & Event to stay informed: www.facebook.com/groups/GreenhitheSchoolReunion. Greenhithe School, 9 Isobel Road, Greenhithe, Auckland. Phone 09 413 9838, email: reunion@greenhithe.school.nz / Website: www.greenhithe.school.nz.

Sat 14th October – Upper Harbour Eco Fun Day 2017

Kaipatiki Project is partnering with Homes Land Community (HLC), the Upper Harbour Ecology Network (UHEN), Good Health, the Upper Harbour Local Board and the Hobsonville Community Trust to bring you the Upper Harbour Eco Fun Day. This event will combine family fun, learning, music, creativity, nature and sustainable living - all in a festival atmosphere at the fantastic Rifle Range facility at Hobsonville Point.

The Rifle Range facility is located adjacent to Bomb Point Park and the Coastal Walkway, so bring your walking shoes and

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cycles and explore the beautiful surroundings of Hobsonville Point. Even better, leave your car at home and cycle or walk to the event as parking will be limited. And while you're there, pay a visit to the fantastic Farmers Market located on the waterfront too! Sat 14th October 10am-2pm at Rifle Range facility, Catalina Bay Drive, Hobsonville Point. More information: www.kaipatiki.org.nz/ecoday.

To register your interest as a food or drink vendor please complete this quick form: <https://goo.gl/8VUbYd>. To register your interest as a general vendor, activity provider, community/environmental organisation or volunteer, please complete this quick form: <https://goo.gl/CgsZQb>.

Ivy Cottage parties

Is your little one's birthday party coming up soon? Are you wondering what to do to keep the kids busy & happy during the party? We can help! We can even bring the kids food and table setting.



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allowing you to sit back, relax and watch the children having a wonderful time ~ We look forward to seeing you soon.

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Having an outside wedding ceremony?

Have something semi heavy on your signing table to keep the paperwork from flying away. This could be a nice vase with flowers, a candle, reading books or a frame with tribute words to those who cannot be here today. Anna Moroz – phone 027 440 8665 or www.WeddingGirl.co.nz. Wedding Celebrant | Wedding MC | Wedding Planning.



The Santa Parade is coming to Westgate

The Santa Parade is coming to Westgate - Saturday 25th November - Join the parade this year, there are \$7,000 worth of prizes to be won. Simply sign up online at www.hendersonrotary.co.nz.



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Safercommunities

Waitakere volunteer fire brigade

Two big things happened in the Waitakere area last month. Two volunteer fire fighters joined the New Zealand deployment team to assist with containment of the wild fires in Canada. The fire was 134,000 hectares with a fire front of 700km. This is a lot bigger than we have tackled in New Zealand. The guys were gone for five weeks living out of a tent in a camp with 400 other fire fighters from Canada, America and Australia. This was a great opportunity to show the Canadians our New Zealand rural skills and for us to learn from them. The second big item is the Waitakere community has a new purpose built fire truck. The truck was a collaborative build by the Waitakere community and Auckland Rural Fire. The truck holds 6,000 litres of water, carries six fire fighters and equipment to tackle rural and urban incidents. Keep safe, Denis Cooper, Officer in Charge - Waitakere Volunteer Fire Brigade.



North West wildfire specialists battle fires in BC, Canada

On August 6, 2017 around 80 rural fire specialist personnel departed Auckland Airport on route to British Columbia, Canada. It included one incident management team and three task force teams (20 people in each task force) that would be allocated to



fires in the area. A priority for the Incident Controller of the fire complex was to minimise the spread of the fire and work systematically down the fire flank to restrict the potential fire spread to communities within the Cariboo region especially around the Green Lakes area which was home to permanent

residents and an extensive number of holiday cabins. Six fire-fighters represented the North West region and worked long days, from dusk to dawn alongside crews from Mexico, Australia and Canada. At its peak almost 800 personnel were deployed to fighting the fire, plus support from 26 helicopters and heavy machinery and a collective of water and retardant bombers. "The scale of the fire complex is the thing that most people struggle with" says Graham McIntyre, a crew member and crew leader, "the fire perimeter was over 400 kilometres and the area burnt or burning on the fire called K20637 Elephant Hill Fire was 192,000 hectares. In comparison, New Zealand's biggest fire in 2017 was the Christchurch Port Hills Fire which was about 1% of the Elephant Hill Fire being 2,075 hectares and a fire perimeter of 30 kilometres". Graham was involved in both and says "the scale and the complexity to get the right resources to the right place at the right time was a major factor in trying to manage the spread of the fire and conditions played a major part in the ability of crews to black out (extinguish) the fire edge and reduce the potential for the fire to jump into the green. At times the temperature would get up to 36 degrees, the humidity would fall into the teens and the wind would gust, and puff 25 to 40 kilometres per hour. It was these days that we could only watch embers high above transfer 100 to 300 meters and start spot fires along way into the green unburnt fuel. Sometimes the conditions just don't allow you to fight a compelling and successful battle and we found ourselves making the call to evacuate to a safe forward point and re-task to a safer zone". After almost 15 years of rural and urban fire-fighting Graham has seen more than most when it comes to extinguishing flame and reducing risk and said his highlight from the trip was working in with Canadian and International teams while maintaining the high spirited kiwi culture and humour that made time away from family and friends bearable. "Spending a month fighting flames on the other side of the world is not the normal but with extreme weather conditions all over the world it may just be the start of things to come" says Graham. The team arrived back on September 10th with no accidents nor injuries to record against the deployment.

\$85 = Exposure for a month

Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$85 plus GST you can be exposed to over 22,000 locals for a whole month. That is only \$2.80 a day. For more information email our editor at jbw51red@googlemail.com.

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People:places

Taupaki cookbook launch this month



By Geoff Dobson

Top photo: Juicing oranges are the Goldsworthy sisters, from left, Jessica, 6, Aimee, 8, and Paige, 4

The new Taupaki community cookbook 'gather' will be launched on October 18.

The 230-page recipe book is raising money for Taupaki School and will sell for \$30.

It has taken eight months to produce, including four weeks of photography.

When Principal Pete Hall first heard plans to produce a cookbook showcasing recipes from school families, he hoped it would be something the school could be proud of. "It's incredible to see it first-hand," he says. "It's a professional piece of work, and so much more than I ever expected."

The publication showcases more than 100 recipes, which often feature locally grown, raised or sourced ingredients.

Each recipe has been artfully styled and photographed by professional photographer Nicola Topping. Nicola's food photography experience includes work published in Canvas, Viva, Woman's Day, New Idea and other cookbook publications for various schools around the country.

The book captures the country lifestyle enjoyed by families living in this small community. Taupaki School students appear in the book, photographed in their home environments, which for these country kids is nurturing their animals, helping in the garden or swinging from fruit trees.

Pete believes 'gather' will become a treasured reminder of this way of life. "As principal at Taupaki I feel a responsibility to seize every opportunity to document our school and our way of life today, and to celebrate what makes our school and community

unique. 'Gather' goes a long way towards telling our story for future generations."

Along with recipes such as feijoa sorbet, Spanish paella and vanilla-bean baked cheesecake, the publication includes a bonus section containing 36 visual ideas for nutritious packed lunches. Project coordinators believe this section will offer inspiration for anyone needing to make lunches for work or school. "These lunch box pages are packed with ideas," coordinating member Linda Roodt says. "We believe they will be some of the most popular pages within the book."

Taupaki School published its first cookbook in the 1980s. Angela Chelet was one of the students whose artwork featured on the cover. She is now a parent with two sons attending Taupaki School and she contributed five recipes for 'gather'. "Things have come full circle," she says. "It's fantastic to have the opportunity to contribute to another Taupaki cookbook publication. If it's anything like the last one it will become a much loved and well used family cookbook for many decades."

Funds raised from the sale of 'gather' (which means harvesting food) go towards updating the school's technical training rooms, used to teach design, hard materials and food technology to students from nine schools throughout North West Auckland, including Taupaki.

Copies will be available from the Taupaki School office, the Monster Fireworks event at the Kumeu Showgrounds, Kumeu and Coatesville farmers' markets in November and December, or through www.taupaki.school.nz where there's more information.

Bottom photo: Taupaki School principal Peter Hall with the fundraising cookbook 'gather'. Photos by Nicola Topping.



InBrief updates:events

Waitakere Masters

Waitakere Masters hosted the event which they had been planning for over a year. It was very successful with swimmers from all over New Zealand competing and several National records were broken. The presentation ceremony was held at the Grounds in Henderson with Waitakere Masters swimmers receiving six medals. Anyone interested in joining Waitakere Masters either for fitness or competition please email for more info to: waitakerecitymaster-swimmers@gmail.com.



Kip McGrath Education centres

What parents say: "I have found the tutors to be so incredibly dedicated to teaching and always have a positive approach to making learning such a fun-filled experience. My daughter thinks going to Kip McGrath is such a treat." Mrs S.
 "...Before Kip McGrath I was struggling to help my daughter understand some of her school work resulting in both of us being frustrated." Mrs P
 "... We cannot thank you enough for helping our son. His latest report was the best he's ever had." Mr & Mrs G
 "... Her report did reflect the extra tuition and her teacher did see a great change in her confidence and achievement." W
 "...I am so grateful for the support that Kip McGrath has given my son. His progress has been well noticed by his school." Mrs H
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Psychic medium

We often need guidance or healing in our lives - I work full time as a psychic medium in Hobsonville. Along with this I offer Reiki and healing. Recently to raise funds for children in hospitals throughout NZ I worked in conjunction with Countdown to put on a show on at the local Hobsonville Coffee Club. It was a great success raising \$1700 for the cause. I'm an experienced certified medium through the UK and have over 20 years' experience. If you would like to see the services I offer or book a session with me go to: spiritualdecisions.cc.nz.



Kumeu J3 Black

We're heading south to the Global Games Tournament in Taupo. They worked hard throughout the season to sell raffle tickets to fundraise their way to the games. They also have cameo appearances in the latest series of Spark TV adverts (watch out for the green, white and black rugby stripes as extra's on the adverts!), so watch out for them.



We are really proud of the boys who have had a fantastic fun filled, successful rugby season. They won the seven's tournament for their grade earlier in the year, they were undefeated in their grade all season and the representative J3 team came first in the plate final. Well done boys and a huge thank you to their coaching team Graham McIntyre, Phil Brown, Shaun Murphy, Jason Veldman and Keith Lynch – you guys did an amazing job!

We look forward to updating you next month as to how the team go at the Global Games. It is certainly a different style of rugby with quick 10 minute halves. We will need to be fast off the mark but at the end of the day, this experience will be a great celebration for the boys in recognition of their season and a once in a lifetime opportunity to play in such a large tournament with over 100 teams from NZ and overseas competing. The team would like to thank all the local business's for their



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generous product support which helped us pull together an amazing raffle prize and a huge thank you to all those who purchased tickets. Thanks to Kumeu Junior Rugby Club for your ongoing support of the team this season. The raffle was drawn on September 2 at the end of year prize giving at Kumeu Rugby Club under police supervision. The 1st Prize winner was Justin from Kumeu, 2nd prize Jacqui from Blockhouse Bay and lucky 3rd prize winner was Rob from Whenuapai. Congratulations to our winners. (Picture of our lucky first prize winner).

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Gym Zone

Gym Zone is the latest offering from Gym Kids Ltd. This month we would like to let you know about our fantastic new Café and Holiday programmes. Our Café is now open serving Barista made Vivace Coffee, delicious fresh pastries, muffins and slices along with Charlies and Phoenix juices and healthy snack options for the kids. Look out for our catering options coming soon for your next Gym Zone Birthday. Please click on the link to make an enquiry. www.gymkids.co.nz/birthday-parties. Our popular Gym Kids holiday programme will be running at Gym Zone Hobsonville



for the October holidays. Children from 4.5 - 11yrs will have a fantastic time with us learning new gymnastics skills and having fun with great games, art and craft activities and making new friends. Gym Zone – Where movement begins. Opening 7 February 2017, 4 Workspace Drive, Hobsonville. Read more at www.gymzone.co.nz.

Fun, active and a lot of laughs

Having a lot of laughs, enjoying the fun with others, and removing the fear for new golfers is the aim of two FREE fun days at Redwood Park Golf Club, Swanson. On Sunday 29th October they are holding 'Bash and BBQ' for Dads, Lads and other keen blokes, followed by 'Golf and Glam' for ladies, mums and daughters on Sunday 5th November. Both events are from 3pm. Those who want to exercise in a beautiful parkland setting, and enjoy the company of others are encouraged to attend these FREE activities. "It is more than just about the golf" says Warren Ogilvie, General Manager at Redwood Park Golf Club. "Those who come along to either Bash and BBQ or Golf and Glam will not only participate in some simple fun golf activities, but will experience some treats in the club rooms afterwards. Golf clubs are not required and playing in comfortable casual clothing is also ok." For those who enjoy the fun, there will be an opportunity to participate in beginner coaching clinics in the following weeks. "We want men and women, of all ages, to get out there, enjoy the fun of golf, while exercising." See our Facebook page for details. If you want to register for Bash and BBQ on 29th October or the golf & glam on Sunday 5th November, please contact Redwood Park Golf Club, phone 09 833 8253 or email: office@redwoodparkgolf.co.nz.



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Ecuador and the Galapagos Islands

Ecuador is the home of the Incas and Quito which is the capital is at altitude of 2800 metres. Quito is squeezed in amongst the mountains but doesn't see snow due to its close proximity to the equator so the temperature stays the same all year round.



Mashpi Lodge is one of the unique lodges of the world situated 3 hours drive from Quito and is situated in the Cloud Forest. There is wonderful trekking and bird watching here amongst other jungle creatures, spiders, snails and snakes. It is also a sanctuary for the hummingbirds which are fantastic. The Galapagos Islands are situated 1000 kms off the coast of Ecuador and this gives its residents protection and highlights the fragility of the environment both there and the world at large. The best way to explore the Galapagos Islands is by boat, but for those not wanting to spend time at sea there are hotel options as well. Carolyn has put together a photobook of her time here so feel free to call in and browse through that and ask her questions about her trip. Our contact details are hobsonville@helloworld.co.nz or phone 09 416 1799.

Come fly with us

Would you be interested in a new dance club, for men and women, on your doorstep? We offer an enjoyable cardio workout, in a social group setting, within our community. We're looking for 15 to 50 year olds, who want to keep fit in a friendly atmosphere. This English style of dance has a relaxed rhythmic flow, yet lets you show off your athleticism and grace. It is also family friendly. We dance as a group, but there are also opportunities for individuals to excel. We will be part of a worldwide network of clubs. We dance out-of-doors in the fresh air, in many different venues. Our aim is to be ready to perform at a national meet in Auckland, January 2018. Phone me to get in on the ground floor and be part of your local side. Musicians are also welcome. Errol ph: 021 184 1683. dancingdawsons@gmail.com.



SeniorNet West Auckland

As Christmas approaches and we start to think of Christmas presents, why not make your own calendars using fam-

ily photos? We will be running another Snapfish class where we will show you how to do this or make up a photo album. They make a lovely gift. Please ring Pam to get class details. As we get towards the end of the year we have now reduced our membership fee to \$10.00 per person till the end of December. Please note that you must be a member in order to take any of our classes. The guest speaker at our Kelston meeting on the 17th October will be Steve Green who knows a great deal about computers and always has something new and interesting to talk about. Our class coordinator is Pam please phone her on 09-827-2156 for information on classes and do leave a message she will get back to you. Our monthly meetings are held on the 3rd Tuesday of the month at 10am at the Kelston Community Centre, Cnr Awaroa Road, Kelston and non-members are always welcome. Entry is by a \$2.00 raffle ticket, so you may also win one of three prizes. Classes are held at 67 Henderson Valley Road, Henderson. Phone 09 837 7600 we have an answer phone so leave a message with contact details if no one is available to answer your call.

Monster fireworks

Once a year Taupaki School puts on the Monster Fireworks Display at Kumeu Showgrounds. Don't miss out on West Auckland's best fireworks celebration. From 5pm on Friday October 27, bring the whole family and have a go on the rides, enjoy the huge range of food stalls, and of course bring your blanket and grab a spot for the spectacular fireworks finale. This is the biggest fundraising event for Taupaki School, and funds go towards delivering a 21st century education for all our students. Come along for a great night of family fun, enjoy the wide range of food vendors, amusement rides, watch the stunning display from SkyDive Auckland and then settle in for some explosive entertainment. Huge thanks to the community support from Bad Boy Fireworks & Mike Pero Real Estate, Kumeu & Hobsonville. www.monsterfireworks.co.nz.



Is your boat ready to hit the water?

Follow these simple checks and preparation so that your boat is ready when you are. Charge your battery and make sure all leads are secure. Dispose of old fuel safely and fill with new gas. Check fuel line for leaks. Attach flush cups nice and tight. Start motor and run until idle is constant. Check cooling system when engine is running. Test all electrics on board. Remove anchor warp and chain to inspect joints. Ensure steering is free. If you

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have issues with any of the above, call George at GT Marine on 09 412 8348 or 027 297 4832 for a free quote. We also stock a range of boating equipment, from outboard oil to anchor chains. Come in and see us at 156 Main Road, Kumeu, call us or go to gtmarine.co.nz.

White Tie – cooking up a storm at Summerset at Monterey Park

Summerset at Monterey Park welcomes catering company White Tie, to Hobsonville. White Tie is a family owned, top-end catering service, starting to make its mark in the retirement world. They are working alongside Summerset Villages; bringing only the best in culinary experiences. Their food is seasonal, fresh, innovative and consistent, with a total focus on quality. Using local, in-season, fresh produce, they provide delicious, wholesome food for all tastes. Menus are simple and enticing; clean and uncluttered. White Tie prides itself on turning something successful into something remarkable. They are proficient at having fun with food; making mealtime a memorable experience. Summerset –bringing the best of life to all residents.



Craft Fest

Craft Fest is planning its tenth annual fundraiser to benefit Hospice West Auckland in November. Please put 11 November in your diary. There will be inspired shopping for your Christmas presents in one great location, with over 70 stalls featuring traditional, vintage and contemporary style crafts and gifts. Hospice West Auckland is a registered charitable trust that provides palliative care and specialist palliative care for people at the end of their lives. The unique blend of holistic care extends to patients, families, whanau and carers, with practical, physical, emotional and spiritual assistance. Craft Fest will be on Saturday November the 11th at the West Wave Recreation Centre at 20 Alderman Drive, Henderson. It will run from 10am to 4pm, with general admission at \$5, children aged 12 and under free. EFTPOS will be available. www.facebook.com/craftfestnz.



Do you need direction in your life?

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www.spiritualdecisions.co.nz | kerry@spiritualdecisions.co.nz | 021 274 5001 | www.eventfinda.co.nz/2017/bridging-the-worlds/auckland/parnell

RNZAF Auckland Golf Club

RNZAF Auckland Golf Club at Whenuapai is holding its 2017 Melbourne Cup Teams Golf Tournament Tuesday 7 November. This is a four person team Stableford event with the best 3 scores per hole counting. The event is limited to 35 teams. Only NZGA handicapped players qualify for team prizes. There are excellent prizes, totaling over \$3500 (with full field). The entry fee is \$160 per Team. There will also be a Melbourne Cup Calcutta Sweepstake auction. Complimentary sausages, steak sandwiches and beverages will be provided on the course. Ham rolls and breads in the club-house afterwards during prize giving and the Calcutta draw and auction. For an entry form email brankowijnstok@gmail.com.



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West Harbour ferry service

Experience the tranquil 30 minute trip from Hobsonville Marina to the CBD. With 14 return trips daily Monday to Friday, the West Harbour Ferry service will get you to your destination on time and with a smile. Pay onboard or use your AT HOP card to enjoy a stress free journey without the hassle of traffic and delays. Visit www.belaire.co.nz for timetable and fare information.



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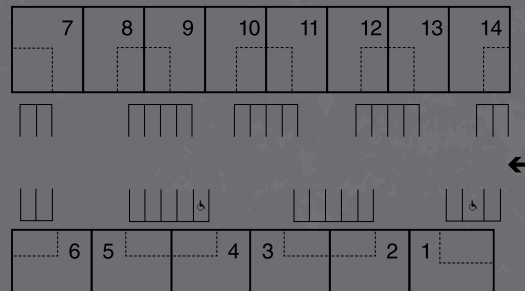
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Site Plan
 [] Mezzanine
 ← Main Entry



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area property stats

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

Suburb	CV	Land Area	Floor Area	Sale Price	
Herald Island	660,000	809M2	140M2	980,000	
	470,000	809M2	210M2	1,160,000	
Hobsonville	830,000	360M2	220M2	1,340,000	
	760,000	289M2	205M2	1,070,000	
	780,000	809M2	220M2	1,232,000	
	360,000	143M2	42M2	555,000	
	370,000	92M2	73M2	680,000	
	780,000	266M2	208M2	1,070,000	
	860,000	356M2	223M2	1,170,000	
	745,000	312M2	162M2	1,020,000	
	660,000	241M2	150M2	880,000	
	660,000	213M2	161M2	975,000	
	700,000	459M2	160M2	917,000	
	680,000	208M2	180M2	900,000	
	Massey	670,000	928M2	130M2	960,000
430,000		873M2	100M2	743,000	
430,000		530M2	80M2	633,000	
530,000		312M2	120M2	660,000	
530,000		351M2	181M2	823,000	
470,000		603M2	80M2	717,828	
390,000		880M2	90M2	699,000	
570,000		610M2	198m2	955,000	
400,000		950M2	80M2	604,000	
345,000		750M2	90M2	530,000	
470,000		597M2	360M2	620,000	
420,000		738M2	91M2	707,000	
400,000		809M2	100M2	744,000	
460,000		814M2	160M2	816,000	
570,000		450M2	157M2	848,000	
465,000		452M2	80M2	600,000	
450,000		820M2	100M2	760,000	
505,000		749M2	140M2	678,000	
450,000		330M2	127M2	630,000	
590,000		479M2	191M2	850,000	
395,000	605M2	100M2	629,500		
385,000	695M2	80M2	675,000		
Royal Heights	680,000	475M2	197M2	856,500	
	610,000	576M2	153M2	890,000	
West Harbour	960,000	965M2	280M2	1,590,000	
	860,000	700M2	260M2	1,068,000	
	485,000	579M2	140M2	785,000	
	730,000	705M2	250M2	1,031,000	
	570,000	539M2	197M2	1,000,000	
	860,000	661M2	230M2	1,155,000	
	810,000	666M2	202M2	1,110,000	
	540,000	406M2	120M2	748,000	
	820,000	635M2	260M2	1,165,000	
	465,000	157M2	133M2	725,000	
	810,000	600M2	250M2	1,160,000	
	440,000	370M2	80M2	630,000	
	810,000	644M2	200M2	1,021,800	
	760,000	799M2	180M2	1,075,000	
	Waitakere	560,000	811M2	132M2	750,000
		810,000	4321M2	210M2	1,272,500
	Whenuapai	640,000	230M2	169M2	903,500

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

“We charge 2.95% not 4% that others may charge” “We also provide statistical data, free from cost to purchasers and sellers wanting more information to make an informed decision. Phone me today for a free summary of a property and surrounding sales, at no cost, no questions asked” Phone 0800 900 700.

Propertynews:advice

Thinking about upsizing? Here are a few things to know

Upsizing in a cooling property market can have advantages, especially if you get the timing right.

With the property market showing signs of cooling, home owners keen to upsize need to consider how to best time the sale of their existing home and the purchase of their new one.

Buying your new home first: Buying a new house on the condition of selling the existing property is one way to approach upsizing. The benefit of buying first is it gives you time to shop around and find the perfect dream home. In a cooling property market, you often have the opportunity to negotiate the terms of the purchase, such as making it subject to the sale of your existing home.

This is very different to a heated property market where vendors are typically unwilling to accept conditional offers. The benefit of making any deal subject to the sale of your existing home is that there is less risk associated with the transaction. You can still walk away from the deal if you don't sell your home within the agreed time frame.

If this is the approach you are considering – it is still important to do your research on how much your existing property is worth. Some upsizers can get into trouble when they have a conditional offer accepted on a new house only to find their existing home doesn't sell for what they thought it would, leaving a shortfall in their finances. While they are protected by having made a conditional offer, it could result in taking on more debt than anticipated, or having to walk away from the purchase.

Selling your existing home first: Some upsizers choose to sell their existing house and then start looking for a new one. Remember though that you might be homeless for some time doing it this way, so you have to be committed to the process. One of the biggest advantages of selling first in a cooling market is that if the market drops further, you could re-enter at a lower price.

However, one of the biggest disadvantages in taking this approach is that a cooling property market often means there are fewer houses on the market. So you may have to rent for an extended period of time if you don't find a suitable new home.

Bridging finance: Bridging finance is a short-term loan that some lenders offer so buyers can purchase a new home while they are in the process of selling their existing one.

In a heated property market, bridging finance is popular as it gives the buyer a better chance of negotiating with an unconditional offer.

However, because bridging finance involves taking on two loans at once, and requires you to sell your existing home within a set time period, it brings with it greater cost and risk – especially true when the market is cooling.

Given there is more opportunity to negotiate terms in a cooling market it makes sense to try and avoid bridging finance where possible.

Buy first, sell first or apply for bridging finance?

Every situation is different, so there is no easy answer to this question. However, a good place to start is by talking to a mortgage broker to learn more about your options.

Mortgage brokers know the market well so they will be able to guide towards the solution that suits you.

For more information contact Ivan Urlich – Mike Pero Mortgage broker – ivan.urlich@mikepero.co.nz or call me: 027 5775 995.

Market report

The number of homes being sold remains well down on last year, but prices are stable or down slightly. The number of properties sold in Auckland is down almost 22% on last year, however within this figure some communities are harder hit than others. While the Auckland median price rose from \$830,000 in July to \$840,000 in August. This figure also highlights two factors; a) more new homes selling at a higher price; and b) fewer sales volumes which skews the result. But this value is down from Auckland house pricing peak of \$905,000 reached in March 2016, prices have softened in Auckland.

The REINZ's House Price Index, showed Auckland prices were down almost 3% in August compared to 2016, while prices in the rest of the country, excluding Auckland, were up 7% for the same period. It is also taking longer to sell properties, with the median number of days required to sell up to 37 in August compared to 30 in August 2016. There has also been a big decline in auction sales, in Auckland the number of auction sales was down by 61% compared to a year ago.

With all this in mind it is a great time to improve your real estate position, the gap between what you have and what you want might be smaller than in 2016 and competition may well be less. Therefore if you are seeking to upsize, under your terms and favourable conditions give me a call today to discuss the best process to give you an edge. Let's have a look at the local market:

Herald Island residential	\$980,000 to \$1,160,000
Hobsonville residential	\$555,000 to \$1,340,000
Massey residential	\$515,000 to \$1,152,000

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Royal Heights residential \$530,000 to \$1,328,000

West Harbour residential \$630,000 to \$1,590,000

Waitakere residential \$750,000 to \$1,272,000

Whenuapai residential \$903,000

Upsizing or downsizing or liquidating, there are a number of things that will be important to you; a) the agent needs to be experienced and highly qualified; b) the process must attract a volume of buyers; c) the advertising plan must attract the right buyers to view the property; and d) you must feel part of the journey and involved in the success of the sale. At Mike Pero Real Estate, we provide a logical and easy solution that delivers peace-of-mind to buyers and sellers considering a property change. For more information go to www.grahammcintyre.co.nz or phone 0800 900 700.

Navigating an increasing compliance minefield

Many people believe they can save money by managing their rental properties themselves. However, with recent changes to the Residential Tenancies Act 1986 (RTA), and with more changes on the way, it is becoming increasingly difficult for landlords to keep track of the risks and compliance requirements, while still trying to maximise their investment return.

Tenancy Law Changes in the Pipeline - In May 2017 the Residential Tenancies Amendment Bill (No. 2) was introduced to Parliament. The Bill is intended to correct some issues that are very topical at present:

- **Tenant damage** - tenants are currently not liable for damage they cause unintentionally and which is covered by the property owner's insurance. This means the landlord can be left paying their insurance policy excess to cover the costs not met by the insurer. The proposed amendments will make a tenant liable for their landlord's insurance excess of up to four weeks' rent equivalent, for each incident of damage caused by carelessness. This will give tenants an incentive to take care of the property, and encourage the landlord to have appropriate insurance cover. Damage caused intentionally or by a criminal act remains the liability of the tenant, and the landlord remains responsible for fair wear and tear.

- **Unsuitable properties** - there have been recent court decisions against landlords who have let unsuitable properties, such as garages, for residential tenancies. The Bill gives the Tenancy Tribunal full jurisdiction for any premises occupied for residential purposes, regardless of whether the occupation would be unlawful.

1. **Insulation** - Insulation Statements are compulsory on all new tenancy agreements signed since 1 July 2016. The landlord must disclose whether there is insulation in the rental home, where it is, what type and what condition it is in, therefore allowing the tenants to make an informed decision. Appropriate

ceiling and underfloor insulation will be compulsory in all rental homes from 1 July 2019.

2. **Smoke Alarms** - New Regulations came into force on 1 July 2016 requiring landlords to have the right type of smoke alarms installed in the right places. All new or replacement smoke alarms must be long-life photoelectric smoke alarms with a battery life of at least eight years that meet the required product standards, or a hard-wired smoke alarm system.

To discuss these changes, or any of your property management requirements, contact Quinovic Kumeu's Franchise Owner Virendra Gupta on 09 973 5527 or email VirendraG@quinovic-kumeu.co.nz.

Precision Roofing

At Precision Roofing we specialise in re-roofing, roof repairs, gutter and down-pipe installation and tile restoration. We can also install ceiling insulation while re-roofing your property - saving you time and money.



This is especially important for any rental properties due to the new law change effective from July 1 2019 - when it will be compulsory for all rental properties to have ceiling insulation.

We are a family owned and operated company based in West Auckland, servicing the wider Auckland region. We provide free no obligation quotes and our prices are very competitive.

Testimonials:

"It was a pleasure doing business with you. I am happy to personally recommend you if you require such future references. Kind regards Kevin"

"Thanks for everything. Hugely impressed with how efficient and quick you were and especially thankful for the updates/great communication throughout." - Denise.

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

\$85 = Exposure for a month

Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$85 plus GST you can be exposed to over 22,000 locals for a whole month. That is only \$2.80 a day. For more information email our editor at jbw51red@googlemail.com.

Contact us for a **FREE** Rental Appraisal on your property.

Contact: Virendra Gupta (Franchise Owner)
Office: Quinovic Kumeu
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BUY TODAY MOVE IN TOMORROW - KUMEU

4 1 1

By Negotiation

22 Trigg Road, Huapai
By Negotiation

Traditional timeless values, robust construction. This four bedroom traditional kiwi bungalow on 1019 sqm delivers more than may initially meets the eye. A very short distance from Huapai Primary School, the property offers a ¼ acre flat section complete with fruit trees, raised garden beds, chicken coop, open space for family or pets to play and utility storage adjoining a large single garage and workshop. Open plan kitchen, dining and lounge entertaining area with polished solid timber flooring linking to northerly covered patio while four bedrooms offers plenty of space for the whole family. The CV on this property is \$640,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



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027 277 1904

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Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

www.mikepero.com/RX1223531



MODERN - MASONRY OVER BRICK IN WAIMAUKU

3 2 2

By Negotiation

25 Buttercup Place, Waimauku
By Negotiation

Open plan living, with expansive decking and alfresco leading on to partially fenced lawn areas, perfect for the pets or children. The home has a formal entrance opening to two lounges, dining and kitchen. Three generous bedrooms and a study nook with complementary bathroom and ensuite. The home has the added benefit of internal accessed double garage with exclusive drive off a quite cul-de-sac street. Close to Waimauku School, convenience shopping, parks and transport links. The CV on this property is \$780,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



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027 632 0421

graham.mcintyre@mikepero.com

www.mikepero.com/RX952890



EXTENSIVE CHARACTER HOME ON 9 ACRES OF SUB-DIVISIBLE LAND

7 4

By Negotiation

32 Kaipara Coast Highway, Helensville
By Negotiation

Built around a central courtyard, the main home enjoys features throughout, including timber French doors, high-stud ceilings and polished timber floors. Inside, there are 4-5 bedrooms with two large bathrooms and a number of living/dining areas, while a separate wing offers a further two large bedrooms with its own kitchen, bathroom and laundry. There's a two-bedroom minor dwelling. Set amidst beautiful rural outlooks, it's the picture of peace and privacy. A number of high-stud contractor sheds will ensure you're never short of space for storage. The property is perfect for extended families, with enough room for everyone to have their own space.



Lyndsay Kerr
027 554 4240

lyndsay.kerr@mikepero.com

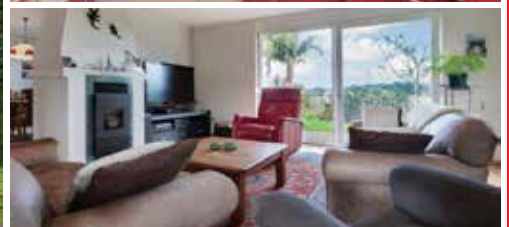
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EXTENDED FAMILY HOME, QUALITY HEBEL BRICK

6 2 3

Asking Price \$2,345,000

32 Red Hills Road, Massey
Asking Price \$2,345,000

Prepare to be very impressed with this innovative, spacious, modern and eco-friendly home. Wide elevated rural views, a gorgeous sunny aspect, landscaped and built to the highest quality. Lifestyle lovers look no further with paddocks for your horses or grazing, fresh eggs for breakfast and garden to table vegetable beds. Take advantage of the large workshop, set away from the main home with ample parking. The spacious two level home has room for everyone. Upstairs features five bedrooms, including an area for granny or extended family - complete with lounge and ensuite and the master bedroom with North facing covered decks. On the ground level, you will find immaculate open plan family living with a modern kitchen, gorgeous granite benches, Gaggenau appliances and a butler's pantry.



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www.mikepero.com/RX1236188

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www.mikepero.com



ULTIMATE LIFESTYLE PROPERTY

3 2 2

By Negotiation

45 Ararimu Valley Road, Waimauku By Negotiation

This lifestyle property ticks all the boxes. Set well off the road amidst beautiful grounds just 5 minutes from Kumeu you will enjoy the peace and serenity this unique property has to offer. There are two centrally heated homes, the main house is 210m² with a uniquely large, second dwelling of 170m². If you wish to renovate you can live next door. The gardens which back onto the Ararimu Stream are very mature with stunning specimen trees and a wide variety of fruit and nuts just waiting to be harvested. There is a planting plan available. Ducks wandering around the pond add to the rural charm this home provides. An unlimited crystal clear water supply is provided by an artesian bore. This water is bottled under a number of brands further down the valley. You can swim in it in the large heated pool.

www.mikepero.com/RX892144



Lyndsay Kerr
027 554 4240

lyndsay.kerr@mikepero.com



ELEVATED EAST FACING ON 809 SQM - KUMEU

4 1 2

Asking Price \$905,000

49 Matua Road, Huapai Asking Price \$905,000

This immaculately presented home is split over two levels to allow for a separated living environment. Three bedrooms upstairs with kitchen, dining room, bathroom and lounge leading out to a back entertainers area. Downstairs contains one bedroom, lounge and bathroom, perfect for the teenage or guest alike. Situated on 809 square meters, the section is flat and fully fenced for the kids and pets. In close proximity to Huapai Shops, close to transport links, School, Shops, Cafe and Park. The CV on this property is \$600,000. 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/RX1033818



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



AFFORDABLE, ELEVATED, SUNNY HOME IN WAITAKERE TOWNSHIP

2 2 1

Asking Price \$729,000

57 Waitakere Road, Waitakere
Asking Price \$729,000

Set on 876sqm this private home enjoys generous sunshine and privacy, while the elevated position allows for extensive views to the west over farm land and native bush backdrop. A light and open layout combining cathedral ceiling with open plan living linking to a central hallway with two bedrooms, bathroom, toilet and laundry upstairs and an office downstairs. A small section, off street parking and independent double garage adds great value to this affordable and practical family home. Close to Waitakere Township and Swanson transport links, shopping, café, parks and schools. The CV on this property is \$540,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email lyndsay.kerr@mikepero.com.



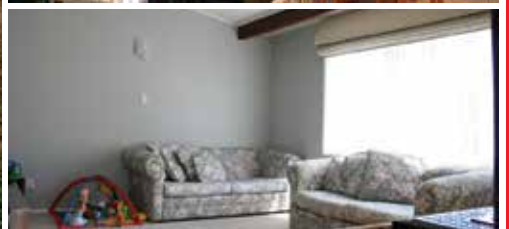
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 09 412 9602

graham.mcintyre@mikepero.com

lyndsay.kerr@mikepero.com

www.mikepero.com/RX1154898



AFFORDABLE LIVING IN WAITAKERE TOWNSHIP

4 2 1

Asking Price \$747,000

114 McEntee Road, Waitakere
Asking Price \$747,000

The family can have their cake and eat it too, space, sanity and super-sized. Four bedrooms, two living rooms, delivering easy split living space making the adult and the kids-zone effective and workable. A traditional bungalow with clinker-brick over weatherboard, offering low maintenance living on 857 square meters (more or less) of lawn with improvements. An independent double garage and wood-shed ticks the boxes for a happy, warm and desirable home. Close to Waitakere Primary School, Bus link to Swanson Rail, Convenience shopping, parks and RSA. The CV on this property is \$500,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



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www.mikepero.com/RX1176091



ELEVATED STATELY BUNGALOW - WAIMAUKU

4 4 2

Asking Price \$997,000

132 Hinau Road, Waimauku
Asking Price \$997,000

This hilltop bungalow offers generous space from the large high stud shed through to almost ½ an acre of lawn and bush. The home is split over two levels offering four generous rooms, open plan kitchen and dining opening onto extensive decking to the west. Carport and Office, Study or workshop in addition to fenced section. Located in a quiet street, away from crowds and congestion, yet a short drive to Muriwai Beach, Waimauku School and Waimauku Shops. The CV on this property is \$630,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



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THE SMELLS ARE BEAUTIFUL - VIEWS AMAZING

4 1

Asking Price \$845,000

183 School Road, Waimauku
Asking Price \$845,000

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



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HILLTOP LOCATION OVERLOOKING HELENSVILLE AND PARAKAI

3 2 2

By Negotiation

525 Kiwitahi Road, Helensville
By Negotiation

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



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

www.mikepero.com/RX1065529



ELEVATED LAND IN RIVERHEAD - COATESVILLE

By Negotiation

731A Ridge Road, Riverhead
By Negotiation

2.3943 ha (approx 5.6 acres) of land in an established country lane, a short distance to Riverhead shops and school. The land is semi fenced post and rail and has a house cut in place. From this cutting the views are plentiful through the valley and afar. Additional information is available to purchasers keen to put the dream home on a great land holding. Services at the lane side close to the proposed house site. Motivated Vendor looking to finance a new project. Call 027 632 0421 today to view or for more information. The CV on this property is \$510,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

www.mikepero.com/RX1055369



RARE EARTH

Enquiries Over \$700,000

1056 Peak Road, Waimauku Enquiries Over \$700,000

Overlooking the Tikokopu Valley this 1.25 hectares (3.1 acres) is waiting for you to build your lifestyle dream. Multiple terraces provide a variety of building platforms. The views are panoramic. Animal lovers can build on the top platform allowing you to observe your animals at all times. Rarely does land become available in this choice location. Within the sought after Decile 10 Waimauku School zone this property is your passport to the myriad of outdoor pursuits this region has to offer. Call me today to arrange a look at this unique property. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email lyndsay.kerr@mikepero.com.



Lyndsay Kerr
027 554 4240

lyndsay.kerr@mikepero.com

www.mikepero.com/RX995192



PLENTIFUL VIEWS, 1.8 HECTARE, NTH OF KAUKAPAKAPA

3 2

By Negotiation

3020 Kaipara Coast Highway, Glorit By Negotiation

Traditional and timeless, this solid timber fraemos home delivers the very best of Scandinavian inspired interlocking wood homes with a picturesque setting overlooking the Kaipara Harbour and surrounding hills and valleys. A three bedroom home with two bathrooms, wrap around decking and easy access from Kaipara Coast Highway. Easy access to Wellsford and Kaipapakapa and to boat ramp to the Kaipara harbour. If you are seeking the good life with sunshine, seaside and some farm animals, this 4.5 acre property and home will tick the boxes. The CV on this property is \$465,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

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Home:garden

Forest Furniture

Meet Forest Furniture's new range, Lund. Named after the beautiful Swedish town, Lund makes a modern yet comfortable addition to any home. Along with Lund, Forest Furniture is also introducing two new stain colours- Ivory and Asphalt. Ivory is a pearly, cream tone while Asphalt brings a cool, subtle touch. Both allow the beautiful grain of the timber whether it is used on Kauri, Rimu or Oak to be admired. Used alone or in contrast with any other stain (Fudge, Coco or Natural) to give a stunning look, making any piece a feature of the room.



Come in store today and give this new dining setting a try. We are shop D9 Lifestyle, Maki Street, Westgate or visit our website www.forestfurniture.co.nz, phone 09 216 7674. Remember all furniture is solid timber, NZ made, with a 10year warranty.

Rhododendrons at Awa Nursery

Awa Nursery currently has an abundance of rhododendrons and the variety of colours is fantastic. There are many an avid rhododendron gardener out there and we thought we would pop a few growing hints for those who would like to add some of these to their garden. A rhododendron bush is very attractive, especially when in full bloom and hard not to miss in the landscape. We have large and small varieties in stock to suit any garden situation. Rhododendrons do well with direct light for at least part of the day, and prefer dappled shade rather than excessive shade. Protection from the wind is also preferred. Ideally soil should be well-drained, humus-rich, and acidic (pH4.5-6). Rhododendrons have shallow root systems and need moist soil and mulch to keep them from drying out. Be sure not to pile the mulch right up to the trunks though. The mulch will help in keeping the soil moist and cool, provides nourishment, and limits



weed growth. Prune your rhododendron after it has bloomed to shape your plant and remove any damaged branches. Pop onto our web site and view the many varieties, or better yet call in and see us at Awa Nursery and pick up your favourite coloured rhododendron.

Spring clean time

Spring is here, so now is a good time to begin cleaning away the dirt and grime that has built up over the winter months. With a decent water blaster (high pressure cleaner) from Grasslands, you will be able to blast that dirt away and restore some order in your outdoors. We have a particularly good deal on a very easy to use 3100psi petrol powered unit for only \$599.00, a saving of \$300.00. This unit is mounted on a robust trolley and has inbuilt detergent tank to make the cleaning job a whole lot easier. It may be that an electric powered water blaster is more suitable, so do call in and see Terry & the Grasslands team at 20 Shamrock Drive Kumeu or 570 Swanson Road Ranui to discuss which water blaster would best suit your needs.



SPS Plumbing Services

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

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

My services include:

Full bathroom renovations. (I can organise the whole job including all other trades from start to finish): kitchens, toilets, solar systems, water mains, hot water cylinders, burst pipes, spouting, dishwasher and washing machine installation.

SPS Plumbing Services - Scott Sutherland - Certifying Plumber



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Laser Equipped.

Lifestyle property buyers' guidelines: Part two

There is no doubt that a drive around the outer city limits reveals some idyllic scenes. More and more New Zealanders are choosing to make their home on a relaxed lifestyle property. However, trying to get your head around all of the many issues that go with buying and owning a rural lifestyle block can be very daunting to those new to lifestyle living.

The inspection of a lifestyle property involves two main components:

1. The dwelling and residential area
2. The land and any features that are relevant to farming, horticulture or other uses.

Dwelling: When you approach the house from the main entrance, make a note of your first impression. Are there other lifestyle properties nearby? Neighbours can be very helpful and become good friends. Take careful note of the building's orientation for the sun and, if necessary, the likely impact of the prevailing wind on outdoor living areas. (Rural properties are often exposed because they don't have protection from neighbouring houses.)

Observe the general condition of the home and note any modernisation and upgrading. Inspect all the outbuildings, note the available garaging and how many vehicles can be put under cover.

If a self-contained flat is an additional feature of the property, ensure that a Consent has been issued allowing it to be used as a residence.

Fences: These are a vital part of lifestyle properties. Boundary fencing is essential for containing or excluding livestock. Owners are obliged to keep boundary fences to a stock-proof standard. Different kinds of stock require different levels of fencing.

Water: Water is a major consideration on lifestyle properties. Check the type of water supply at a property along with the storage capacity and continuity of supply. Make sure you know where the water comes from. Rainwater can be collected from the roof and stored in tanks. Most water tanks are constructed of concrete or plastic. The standard size is 22,000 litres (5000 gallons). In areas of moderate to high rainfall one tank may be sufficient for an average family, but two tanks are usually preferred. Other water sources can be bore water for stock and grounds; water may also come from a spring or dam.

Sewage: Many rural lifestyle blocks are not connected to reticulated sewage schemes and instead rely on septic tanks or sewage disposal systems. It is important to understand what type of system has been installed, whether it has the appropriate permits or consents, and whether there are ongoing maintenance

obligations. The tank is usually emptied every 3 to 4 years. Services: If you are looking to purchase a bare land block, services such as power and telephone are usually available at the road frontage. Bear in mind that it can be costly to get these services connected from the front boundary to the house site if it is a significant distance from the road.

Communication Technology: Many prospective buyers will also want to know whether the property has, or is able to connect to, broadband internet and other types of information and communication technology.

If you require any further information on lifestyle properties or wish to buy or sell a property please give me a call on 027 554 4240 or 09 411 7854. Lyndsay Kerr Lifestyle Specialist Mike Pero Real Estate. Licensed REAA (2008).

Palmers Planet

Spring is in full swing in October and is definitely one of the most exciting months in the gardening calendar. It is the traditional time to start putting down tomatoes and other summer vegetables, and with the temperatures rising the growth of everything just takes off.

This is an essential time to turn your attention to your kitchen garden, so prepare the area first with plenty of compost dug well in and a dressing of Palmers General Garden Fertiliser. Sow vegetable seedlings straight into the ground including beans, spinach, radish and courgettes, and tomatoes really hit their stride now the warmer weather is here. Plant new seasons herbs like basil, chives, coriander, parsley and rocket, for fresh zingy flavour in your summer salads. Liquid feed all of your kitchen garden plants with Seasol and make sure to repeat every 10-14 days for amazing instant results.

Herbs and veges in pots are convenient if you have a smaller



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make a big
difference





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Sales & Property Management

garden area, but also need a little extra love: use Palmers Premium Tub & Container Mix as it contains water crystals to help retain water when the air and soil are getting warm. Increase watering of all of your container plants at this time, and add Phostrogen Plant Food at each watering for that extra boost of health.

Enjoy this month in your garden, from Mark, Melissa & the team at Palmers Westgate.

Western ITM – your lifestyle property supplies specialist

With all the excess water around at the moment a sure remedy is installing Marley Drainflo/ Draincoil. Drainage lowers the ground water level whilst retaining moisture in the pores of the soil.

Prepping a driveway/gate-way? Ensure you install Landtex Mud Cloth, Landtex is a woven polypropylene roading fabric for use under gravel on roads, driveways, parking areas, farm access & races. Landtex spreads the vehicle wheel loadings, prevents mud being pushed up & the gravel lost into the soil/ground below.

Water line sprung a leak? We carry the complete range of low density polyethylene pipe, fittings & troughs for domestic/commercial use. We also stock Hansen Easy Fit Poly Fittings.

To help you work in these damp conditions we've got a great deal on Redband Gumboots - NOW \$69.90 (women's sizes),



\$79.00 (men's) saving \$10 on each style. Offer valid to 31st October.

For further advice/information visit us instore today OR visit westernitm.co.nz for a free quotation. Western ITM Kumeu - 154 Main Road, Phone 09 412 8148. Open 7 Days.

Meth and crayfish: two degrees of separation

That's a headline not many of us thought we'd ever see, but crayfish and methamphetamine recently established a connection when a large quantity was stolen in Northland, destined for an Auckland gang in exchange



for P. Both locations aren't surprising when you look at the areas branded as New Zealand's "P Lab hotspots" by University of Auckland researchers. Herekino in the far north took the number two position, while two Auckland suburbs rounded out numbers four and five. Indeed, New Zealand has one of the highest rates of meth usage in the world. A 2015 survey found that only El Salvador, The Philippines and Australia consume more meth per capita. And it's not just the usual drug suspects you'd expect to be prisoners of meth. Over the past year, Drug Detection Agency testing showed that 13.4% of all positive pre-employment drug tests detected meth. Meth has long been an issue in the construction, forestry and meat working industries, but the epidemic has now spread to tourism, the public sector and professional services. Only one thing is certain. Meth

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Tui Vegetable Mix 40L

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or \$16.99 each



SAVE \$10.98

Premium Potted Colour

3 for \$10
or \$3.99 each



Lemon Meyer

\$22.99
was \$29.99



SAVE \$7.00

23 Jet Wanaka Spa Pool

\$5,999
was \$6,999



PLUS!

Get a FREE cover lifter worth \$349*

Palmers Rewards unavailable with this offer

SAVE \$1,000!

Ready to Eat Vegetables

3 for \$10
or \$3.99 each



Hostas

\$12.99
were \$16.99



SAVE \$4.00

Swan Plants

4 for \$10
or \$3.99 each



SAVE \$5.96

Red Back Gloves

\$9.99
were \$13.99

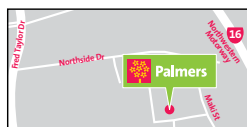


SAVE \$4.00

Open 7 days from 8:30am

Offers available at Palmers Westgate. Wanaka Spa Pool offer ends Monday 23rd October, all other offers available till Tuesday 31st October. While stocks last.

Join Palmers Rewards in store or online & earn a \$10 voucher for every \$100 spent!

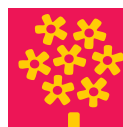


Palmers Westgate

Northside Drive, Westgate
09 810 8385

0800 PALMERS

www.palmers.co.nz



Palmers

has planted its feet firmly in our soil and doesn't intend to go away without a fight. Code Green provides methamphetamine decontamination services whereby we clean your property and remove methamphetamine contaminated materials where required, eliminating health risks and making your property safe to reoccupy. Contact in-fo@codegreensolutions.co.nz for further information.

Stealing spaces

There are a good number of storage solutions available for that extra gear you have that has taken over your garage, or when things have really got out of control and you're considering off-site storage. But if you look at the cost of solutions like attic stairs, or the month-on-month cost of off-site storage, it's likely that the solution will soon cost more than the gear you are storing. There is also a growing list of storage services that will drop off and pick up mobile storage units and then charge you a monthly fee for storage. All very innovative but you need to watch that monthly cost. We really like the idea of keeping the gear at our place up off the floor in ceiling racks. That way everything is there when you want it, you save all that floor space and at a cost of not much more than shelves from the hardware store. Take a look at the options on our website stealingspaces.co.nz and give our installers a call on 027 366 1939.

How to avoid owning a rent-free rental property

If your rental property has alterations that weren't properly permitted, you may be in for a nasty shock. The Tenancy Tribunal recently ordered a Dunedin landlord to give back over \$10,000 in rent to his tenant because of unpermitted alterations on the ground floor of the home.



The Tenancy Tribunal said that the tenancy agreement was unenforceable, because the property itself was not lawful. As well as having to refund all the rental paid to him by the tenant over the term of the tenancy, he wasn't able to have his own claims for damage to the property considered by the Tribunal. The decision appears to be that because there were aspects of the property which were not permitted the whole tenancy was unlawful and the rent was not recoverable. The decision may be destined for appeal.

The lesson for landlords is to know their property. When buying, get a LIM report but also check the Council property file. The Council doesn't know what it isn't told – the property file

gives you a better picture of what has been signed off. A builder can also be helpful in spotting works done since the house was built. In the Dunedin case, the landlord was able to get a Council certificate of acceptance for the work, which will put things right for the next tenancy.

Taina Henderson and Shelley Funnell are local lawyers, offering smart legal solutions with the backing of a full service law firm that has been helping people in Whangarei for over 35 years. We'd be happy to help you: Taina on 027 537 9222 and Shelley on 027 537 9221.

Need a plumber?

You can depend on Laser Plumbing & Roofing Whenuapai. We have over 30 years of experience in providing plumbing, roofing and drainage services. We are here to help 24 hours a day, 7 days a



week and offer an emergency service. No matter the time of the day or night, you can call us. Laser Whenuapai is a leading plumbing contracting business providing domestic, commercial and maintenance services to our local West Auckland community as well as across the greater Auckland area. We offer competitive pricing, friendly and highly skilled plumbers and can provide complete solutions for all your plumbing needs. Do you have problems with blocked or leaking toilets and drains, hot water systems, leaking taps or burst pipes? Or do you want new installations, refurbishments or gas installation? Whatever your needs, one of our great team of plumbers, like Nathan, is here to help you with this and much more.

Kumeu Garden Hub

Let's get back into the garden. Come and visit your lovely local Garden Centre. For plants or garden ideas such as pots and birdbaths make good focal points amongst in your garden beds. Wall hangings will cheer up a fence, pots of colour on an outdoor table. A great range of herbs, healthy vegetable punnets, fruit trees etc, shrubs, and perennials are looking good. Great range of potted colour and even pots to go, full of colour to cheer up your deck or patio. Beautiful hanging baskets or all you need to make your own. New kit sets are also in store. You can make your own compost bin or vegetable planter. Easy assembly and moveable. Try making a fairy garden. Accessories available. Don't forget the gift store with new arrivals every week. Shop early for Christmas. Check out our Facebook page (kumeugardenhub) for specials and competitions.

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Dan's Tips

October 2017



Get those summer veges in - tomatoes, chillies, capsicums and herbs are all ready to be planted into your garden.

Don't forget to fertilise your young seedlings regularly to boost your crops.



It's the month to plant tomatoes

Make sure to stake up vine varieties - they grow very fast.

Don't crowd tomato seedlings - they need to space to spread out.

Growing Food

- **Top of the list – summer vegetables!** Plant tomatoes, capsicum, chillies, zucchinis and aubergines can be planted into your garden now.
- Tender **cucumbers** go in later this month or under a protective frame.
- **Herbs that save money:** grow your own French tarragon, dill, coriander, sage and parsley.
- **Liquid fertiliser:** Use it at planting time to boost young seedlings at their roots and then regularly at fortnightly intervals.

Lawn

- **Sowing a new lawn or renovating your lawn after winter:** see our friendly and knowledgeable staff at our yards. We have Prolawn products for every purpose – the products lawn professionals use.

Best way to plant tomatoes

- **Most tomato varieties are tall-growing vine types.** Putting in a least one stake 1.8m high at planting may look silly, but is great for training your plants as they grow quickly.
- **Grafted tomatoes**, often called Supertoms, have been grafted onto rootstock that 'supersizes' your plants. Give them lots of space, a strong framework of several stakes, or anchor them against a warm wall.
- **In windy sites or pots where space is limited**, grow 'Baxter's Early, a good-sized cocktail tomato that is a tough plant and should fruit around Christmas.

The smart gardener gets the worms



Want the effects of a worm farm in your garden?

Grab **Grow-all:** a compost product packed with worm castings that will really feed your soil!

Look for the eye-catching bags now available in our yards.



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Elegant Granite Bench. Easy to transport and assemble as it comes in three pieces – a perfect addition on your deck or in the garden.

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Simply shop at any Central Landscape and Garden Supplies store during October, fill in an entry form and you're in the draw to win a travel holiday worth up to \$3,000!

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Build: New

G.J. Gardner Homes new Huapai premises coming soon

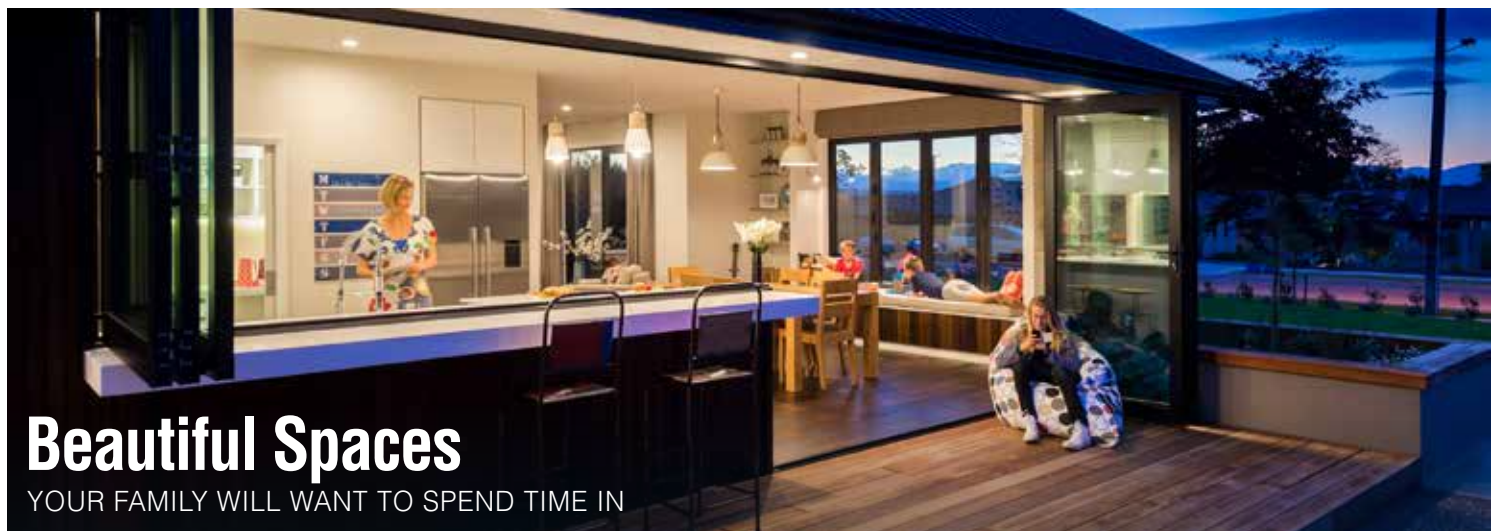
The G.J. Gardner Homes Rodney West team are on the move to their brand new offices situated on the corner of Highway 16 and Tapu Road Huapai. After more than two years camping in temporary offices in Orewa and Huapai the team are really excited to make the long awaited move into our professional new premises. The new office promises to offer a welcoming space where clients can enjoy a coffee with the team whilst perusing the latest home design and style ideas with our New Home designers. The two-building centre, known as The Vine, is themed around the local areas history in wine production. Construction is due to be completed by November 2017. Along with G.J. Gardner Homes in building one, there will be a new café complemented with a fantastic outdoor seating area, this will be an inviting area to have a catch up with friends and family. Building two will host a new Day Care centre with a 60-child capacity to cater for the growing area. If you are thinking about building, you're welcome to call in to our new show home at 7 Grove Way, Riverhead. Our experienced new home consultants would love to help you in bringing your new home dreams to life, we have some great ideas on design and build options in a wide range of



options. Drop in for a coffee, we are open 7 days.

Roofing materials 101

A beautiful roof is the crowning glory to any home but what goes on it is more than just a visual choice. Your choice of roof materials plays a critical role in the performance of your home, and it impacts your budget now and when it comes to maintenance down the line. One of the advantages of building new rather than buying an existing home is access to terrific new product technology and guarantees that mean your home will be weathertight for decades to come. Whether you know exactly how you want your roof to look, or if you just want a cost-efficient and durable solution, Signature Homes West-Norwest Auckland can explain the most common roofing materials used in New Zealand, and give an insight into how they can affect the look of your home and your budget. We can discuss mono-pitch, gable, hip roofing styles or a combination for your home. Then create your vision exploring the various roofing materials to complete your design. Taking into consideration family needs, desires, weather tightness, insulation, durability and budget. We look forward to discussing your project with you. Contact us on 0800 020 600 or 09 412



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Are you ready to create your ideal home?

If you know a thing or two about construction, choosing the right home for your family comes with a high sense of responsibility. Your extensive knowledge and 'know how' means you will



not settle for just any kind of home. And although you've explored some options, you haven't found one that meets your criteria - which is frustrating. Our proven system is designed to enhance our customers' building experience and optimise the liveability of their home. Creating a living environment that meets their ideal criteria and build a home they are proud to call their own. Where their family is happier and healthier, with more time for the things that matter most because why settle for anything less? For 15 years we've been building homes for a variety of delighted NZ families. So, if you are looking for a credible partner to help you create your ideal home -you are in the right place. scott.gordon@compasshomes.co.nz.

Grabit

Now is a good time to start thinking about cleaning up your property, so you can enjoy it in the summer months. If you have a hedge, fence, large pile of garden waste or even a building you want gone, and not sure where to start or how to go about

it. Think the job's too big? Give me a call , Stephen 0800 47 22 48 with 20 years' experience helping locals out this their waste solutions through owning and operating Mr Binz, we have seen it all. Now with our specialist Grab Trucks operating throughout Auckland under the '0800Grabit' brand we have the right gear, experience and knowledge to tackle your job. It is a quick, cost effective, safe and tidy way to remove vegetation, rubbish, concrete, dirt, buildings etc. Call be on 0800 47 22 48 or check out our latest projects on Facebook [2grabit.co.nz](https://www.facebook.com/2grabit.co.nz) to discuss how we can make your next 'to hard job' to easy!

Tradie of the month

Congratulations go out to Den Coombe from Handle Solutions in Albany. Den is our Tradie of the Month. Den has an extensive knowledge of all different types of handles, hinges, door stops, locks and closers. There are many different types of product finishes depending on the type of environment. Den can be relied on for his



expert advice in providing the right product for the right purpose. He is always extremely helpful and accommodating with our clients and will always find the right solution for them. Well done Den! Maddren Homes would also like to thank Western ITM for their continued support to acknowledge the hard work and dedication of our Tradies.



Old hands at building award winning new homes

We are not part of a franchise. We are not owned by overseas interests. We are proudly 100% New Zealand owned and committed to building award winning new homes that are personalised to your way of life. **Call us 09 412 1000 or visit www.maddrenhomes.co.nz**



Food: Beverages

Peko Peko Japanese Takeaway

We have been having good chats with quite a number of customers who have travelled to Japan recently and we are always happy to hear about their great journeys to our country. Now we need to let you know that we will have a break from Saturday 21st October until Thursday 9th November as Aki is taking her son for a family event back in Japan. She will try to upload some photos of Japan on our Facebook page during her stay (most of them could be food photos!). We apologise for any inconvenience during our holiday break. We will look forward to seeing our lovely customers till 20th October before we close. Thank you for your continuing support and we appreciate it. Peko Peko is a little food truck located on 92 Hobsonville Rd, car park of Passion Produce vegetable shop. Phone order recommended. 022 431 3462.



Soljans Estate Winery

With the wedding season just around the corner, it is the perfect time for those newly engaged couples to start searching for their ideal wedding venue. Soljans Estate Winery has a wealth of experience as a successful wedding venue and would like to showcase their stunning



grounds at the Soljans Wedding Expo on Saturday 14 October 2017 from 10am to 2pm. Enter the architecturally designed winery that reflects their Dalmatian heritage, wander the surrounding home vineyard and experience the ambience of the rural setting. Come and talk to the dedicated staff about Soljans wedding facilities and gather contacts from recommended vendors. If you have any questions, please do not hesitate to call or email our Wedding Coordinator Brittany on 09 412 2824 or weddings@soljans.co.nz. Saturday, 14 October 2017, 10am – 2pm. Soljans Estate Winery; 366 State Highway 16, Kumeu, Auckland.

Hallertau and Boric collaborate

It's collaboration time again here at Hallertau Brewery. We have joined forces with Boric Food Market to produce a seasonal fruited Witbier. This 5.2% Belgian style wheat beer had the juice and zest from 50kgs of Tangelos added to the brew which had been freshly picked from the Boric orchard. Expect Crazy fruity aromas of banana and tangelo. Light soft body with a tart lemony finish. Very refreshing. It's tap only so fill up your flagon next time you're passing the Hallertau Biergarten.



NoShortcuts

September was a prodigious month for NoShortcuts, having received accolades from some pretty important players in the food industry.

Firstly their Feijoa & Ginger Jam was selected as a finalist in the 2017 NZ Food Awards,

for not just one, but two categories; the 'Artisan Food Producers Award' and the 'Bite Gourmet Award'. Each year these awards recognise and celebrate innovation in food and beverage manufacturing, showcasing what the organisers refer to as "the finest food producers in New Zealand".

The judges take into account taste and visual appeal, nutritional



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value, innovation, processing, value and shelf life – so it's a real honour to have made it as a finalist. NoShortcuts owner Mary Brons says "We take our place among some other very well respected brands and couldn't be more proud!"

NoShortcuts was also selected in September by Farro Fresh as their 'Food Hero of the Month' and took pride of place instore and in their 'Feast' magazine. The nearest stockists are Farro Fresh in Constellation Drive, and Organics Out West, 7/273-273 West Coast Road, Glen Eden, 09 813 6678 www.organicsoutwest.co.nz. To learn more go to www.noshortcuts.co.nz or No-shortcutsnz on Facebook.

New Zealand Herbal Brew

New Zealand Herbal Brew teas aren't just leaves in a bag for making a cuppa; there's a lot of thought behind them. This new range has been meticulously developed, tested and tweaked by West Auckland local Rebecca Stenbeck —a qualified herbalist and naturopath – resulting in teas for both interest and therapeutic qualities....



"A therapeutic dose can be achieved in three to six cups of tea a day, depending on the ailment and person." Her range currently includes health teas for liver, digestion, heart & circulation issues and coughs & colds – with more therapeutic blends to come. It also includes single blends like hibiscus, lemon balm, peppermint and chamomile as well as fun blends like a craft beer tea

with malt and hops - great gift for enthusiastic craft beer lovers. Teas are available in small and large jars, along with re-sealable pouches. For more information visit www.newzealandherbalbrew.co.nz or [Facebook.com/NewZealandHerbalBrew](https://www.facebook.com/NewZealandHerbalBrew).

Raspberry and white chocolate buttermilk muffins

Makes 12
 2 cups self-raising flour
 ¾ cup brown sugar
 1 cup frozen raspberries
 1 egg, lightly beaten
 ¾ cup white chocolate (drops or chopped)
 ¾ cups buttermilk
 ½ cup vegetable oil (rice bran or canola etc.)
 Grease or line with cases muffin/ cupcake pan



Sift flour into a bowl, stir in brown sugar, raspberries, egg, buttermilk and oil. Stir quickly with large spoon until only just combined. Spoon the mixture into muffin tins and bake at 180 for approx. 20 mins. (Tip – If you don't have buttermilk, - then use normal milk at room temp and squeeze some lemon juice in to sour it.) When cool sprinkle with icing sugar.

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 www.paulajanecakes.co.nz.

Wedding Expo

Saturday, 14 Oct 2017

10 am - 2 pm

366 State Highway 16, Kumeu

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Petstips:advice

Do cats and dogs on a raw diet need extra fibre & omega3?

Dietary fibre promotes gut health in people by releasing short chain fatty acids (SCFAs) into the large intestine. SCFAs benefit the cells lining our gut. A diet with plenty of vegetables provides us with the fibre that we need.



We are often asked "Does my pet need fibre? Should I add vegetables to their diet?" But studies have shown that when animal products such as cartilage, collagen and bone are fed to carnivores, they have fibre-like effects – producing SCFAs to nurture the gut. So, dogs and cats on a well-planned raw diet will be getting a carnivore-appropriate version of fibre.

This makes perfect sense from an evolutionary perspective: carnivores are built to get the nutrients that they need from eating prey. This is yet another reason why a raw diet must be carefully planned, and should include a mix of meat, bone, and organs from a variety of prey species.

You may have noticed that many processed pet diets have added omega-3 fatty acids (the 'anti-inflammatory' fatty acid). This is because the ingredients of most processed diets (such as grains, and grain-fed animals) are naturally high in omega-6 (the 'inflammatory' fatty acid). A recent study compared the ratio of omega-6 to omega-3 in grain-fed versus grass-fed cattle. Grass-fed cattle had a good ratio: 2-2½ times as much omega 6 relative to omega 3. Grain-fed cattle had 8-30 times as much omega 6!

Research suggests that the negative effects of a high omega-6 diet cannot be offset by simply adding in more omega-3. The overall level of dietary omega-6 needs to be reduced so that a healthy level and ratio of fatty acids can be achieved. This is where a well-planned raw diet comes in...We are lucky with our omega-3 fatty acids in NZ. Wild, and grass-fed animals have excellent fatty acid ratios: they are naturally lower in omega 6, with plenty of omega-3.

The team at Raw Essentials offer guidance, support, and product to help you feed your dogs and cats the carnivorous diet they were built to thrive on.

Fleas! A biting topic

Now that we are coming up for some warmer weather some pet owners may notice an increase in the numbers of these hungry little critters on their pets and in the environment.

Our warm, wet and humid climate in Auckland is the perfect breeding condition for fleas. It is especially common to experience an explosion in numbers during the warmer months of spring and summer.

Apart from the "ick factor" for us humans, this can cause health issues in some animals including a condition called Flea Allergy Dermatitis (FAD). FAD can develop when an animal has an allergic response to the saliva left in their skin by the flea when it bites. This reaction causes the animal to experience intense itching in the area they were bitten. As a result they will scratch, chew and lick the area in an effort to deal with the itching. The most common area for this to occur is around the tail base on the back of the animal. Constant irritation of the area can allow bacteria to enter the skin, and this is where costly visits to the vet can begin.

So how do we prevent this? By far the best way is to prevent flea bites and control the numbers of fleas in the environment. There are a multitude of products available at your local vet, and staff will be trained to advise you of the best ones to use in your situation. Best practice is to use them all year round, paying particular attention to the spring and summer months.

Did you know:

- Fleas have a 4 stage lifecycle. The fleas you see on your pet are adults and only represent 5% of the flea population.






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RYAN JACKSON

M: 027 498 6202. E: ryan@treehouseprint.co.nz

P: 09 810 8609.

PO Box 133, Kumeu 0841 Auckland

- Non adult flea stages live in carpets and bedding and in outdoor places where pets run around.
- 10 fleas on your pet can produce 3500 eggs in one week.
- Flea pupae can sit in their cocoon for up to 6 months before conditions suit them to jump out.
- Some fleas can jump more than 150 times their own body length– the same as you jumping a skyscraper.
- Adult fleas can bite your pet up to 400 times a day.
- If you're seeing fleas in your home after using flea products on your pets, these will be new fleas hatching from eggs laid in the last 3 weeks to 6 months.

Fleas are no fun for you or your pets, plus getting on top of an existing flea problem can be costly and time consuming. Avoid the hassle by keeping your pets treated all year round.

By Michelle Irwin – PET First Aid and Training. For more information on pet health go to www.petfat.co.nz.

Are you ready? Disaster preparedness for your dog

We never like to think of it happening to us, but in our tiny country we are often slammed by Mother Nature... in the event of a disaster have you got your plan? Are you prepared for your family AND your dog? The SPCA and Ministry for Primary Industries are just a few resources online giving helpful advice on what to organise. Here's just a few of their ideas of what you can do to keep your fur-baby as safe as can be in a disaster. www.mpi.co.nz www.sPCA.co.nz



Make up a home kit and an away kit: 'home kit' with all you need if you're unable to leave for a few days and an 'away kit' that's portable if you need to drop everything and run.

In the kit you should pack at least five days of food, dry or tinned. Include a can opener, five days of water and a collapsible bowl. Make sure your dog always wears a collar, ID tag and council rego. Have extra medication or any special dietary items your dog requires and check these every 6 months for expiry. First aid kits: I've written previously about what to put in a kit, you can find info on my page Country Pets/Facebook. Blankets and repeats of your dog's favourite toy, good supply of chew treats will help your dog feel less stressed. Sanitation items like poo bags, newspapers, litter, Dettol/bleach. Store vet details and any special information about your dog in a waterproof container. Pack an extra collar and lead and a photo or two of you with your dog for identification.

I hope none of us are ever in need of such kits, but making them up one of these wet weekends will give peace of mind you and your dog can be ready. Country Pets is Muriwai's dog walking

service. For more information see our Facebook page or contact Lisa on 027 380 0265.

Some spring issues

Pet hair is part of everyday life for cat owners. Cats with access to outside shed their coat more heavily in spring & autumn. Daily brushing really can make a difference to the amount of pet hair in your home. A grooming routine will help reduce this, your cat will swallow less hair during washing, therefore fewer hairballs. Warmer days spark the arrival of fleas which spread once they find a host. To stop fleas taking hold, owners should apply regular flea control. As cats return to exploring in the garden, lawn fertilisers and other pesticides are dangerous. Gardeners should remember these can be very appealing and highly toxic. Make sure you follow the manufacturer's instructions on how long to wait before allowing your pet into the area. At Kanika Park Cat Retreat our guests are brushed regularly and we are fully internal with individual suites. Contact 09 411 5326 / 027 550 1406.




West Harbour Cattery

West Harbour Cattery has re-opened under new management, and we are ready to welcome your feline family members. Short and long stays are available and we offer affordable rates. You can rest assured that all furry guests will be comfortable and cared for in the shared or individual spaces. Inspections by appointment are welcome to view our safe and clean accommodation.



We're easy to find at 97 Hobsonville Road, just 1.5 kilometres from the North West Shopping Centre. We're new to the business, but are committed, keen and passionate about cats. Love them to bits! Judy, the previous Manager is sharing her wealth of knowledge with us, and we're confident our service will have all guests purring in delight. See you soon. Kelly and Eric. Phone: 09 416 5586. Email: info@cathotel.co.nz or Web: www.cathotel.co.nz.



Love Your Dog has moved!
Our new location is 14 Matua road, Huapal.
We are open Tuesday to Saturday 8:30am - 5:30pm.



We offer a quality dog grooming service in a relaxed environment where every dog is given the care and attention they need. We groom all breeds, from Toy Poodles to Great Danes.

Puppies having their first groom are given the best possible experience, which is important for the ones that will require regular grooming throughout their lives.

We love to see a happy and confident dog bound into our shop, excited about their day out at the dog spa!

So, if you're sick and tired of the hair and the mud - bring your precious pooch in to visit us and we will work our grooming magic!

Please feel free to phone us with any questions, or find us on Facebook:
09 412 9026
www.facebook.com/loveyourdognz

Special thanks

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

- Countdown Westgate
- The Warehouse Westgate
- Mitre 10 Mega Westgate
- Countdown Hobsonville
- Countdown North West
- Mike Pero Hobsonville

Health:beauty

Elevate Chiropractic – how is your health account?

“Your health account, your bank account, they’re the same thing. The more you put in, the more you can take out” - Jack Lalanne. How is your health account at the moment? Can you afford to take anything out? Make it goal this month to add to your health account. Do some more exercise, get up from your desk more regularly, improve your diet or get adjusted. There are lots of ways to add to your health account. If you have niggles or pain that may be hindering your attempts to increase your health balance, we may be able to help. Visit our website or call us to arrange a time. Your body will thank you for it. Elevate Chiropractic: Shop 1, 10 Greenhithe Road, Greenhithe. Phone 09 413 5312. www.elevatechiropractic.co.nz.



Chiropractic and headaches: How it could help

A headache is the body's way of telling you something isn't right. But what you may not know is that the headache doesn't always originate in or near the area where you feel pain.



When it comes to your body, everything is connected. For example, a wrist problem can actually be a spinal complication, whereas elbow trouble can actually result from a shoulder issue. Of course, headaches can also be directly related to the spine, being caused by a number of reasons including: Compensation for low back problems. Misalignment. Poor posture. Muscle spasm.

Chiropractic care is a natural regime that promotes the body's own healing ability. At Kumeu Chiropractic, we see many practice members who come in seeking relief for headaches. To their surprise, Chiropractic isn't just about bringing relief—adjustments may actually help correct the underlying issue at hand to help prevent a relapse in the future, and other health issues can

often resolve as well.

Are you tired of taking painkillers for the pain in your head or neck? Whether you've exhausted traditional methods or are just starting to look for a more natural way to help your headaches, contact Kumeu Chiropractic today to find out how we can help. Kumeu Chiropractic 8 Shamrock Drive, Kumeu - Phone 09 412 3356.

Ho! Ho! Ho! Oh Nooooo!

By the time this edition is published, most of our Christmas stock will be in the store.

Sad but true. The reason is that suppliers of our gifts offer their selection of goodies in January each year and then deliver from September on. Crazy? We think so, but it is what it is. It's also a huge surprise for us when we



open the boxes because we have completely forgotten what we bought 9 months ago.

So come in from now on and see what lovely and unusual Christmas gifts and decorations are here to tempt you at Hobsonville Optometrists - Glasses and Gifts, 413A Hobsonville Road. Monday to Friday 9am to 5.30pm and Saturdays.

Wedding season is fast approaching

Fresh & Flawless would love to help you look and feel your best on your big day. Get in touch today about makeup & hair for your big day.



“Lauren did mine and my bridesmaids and mum's make up for my wedding in January 2017. She did an absolutely amazing job, my makeup lasted all day and she was awesome to deal with. Professional, on time, and did my makeup exactly how I wanted it. Can't recommend her enough and if you are

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getting married any time soon definitely check out fresh and flawless and get in touch with Lauren" Mell Cole www.freshandflawless.co.nz lauren@freshandflawless.co.nz.

Christmas spa packages at Spa Di Vine

Spa Di Vine (est. 2002) in Waimauku is the perfect place for a great experience and relaxing time with the girls, so plan now for a Christmas get-together.



Arrange a half day spa for your Christmas do, a birthday, or, just because it would be lovely to catch up with each other for more than just a minute. A friendly welcome and expert spa therapists, a soak in the hydrotherapy spa pool, various massages and facials to choose from and time for morning tea on the sunny terrace or courtyard. The team at Spa Di Vine have more than 15 years' experience to ensure a great experience. Phone Paula on 09 411 5290 to ask about The Girls' Day Out package or send an email to relax@spadivine.co.nz www.spadivine.co.nz. Spa Di Vine is located in Waimauku, open by appointment only.

Shoe Talk's tips on how to fit shoes

- Try both shoes on, you really want to have the footwear on both feet as it will feel different and sit differently on each foot. Have you ever tried on a high heel when you had a sneaker on the other foot and then done the "bob-hop" around the shop?



- Buy the shoes that fit your larger foot. You can always make a shoe fit better with heel grips and insoles.
- I love high heels but ladies if you are going to be walking a long distance, wear a pair of flats or sneakers and change over at your destination.
- There needs to be room for your toes, they should not feel cramped and in sports shoes you should be able to wiggle them up and down and side to side.
- Try to select footwear that is shaped like your foot, if you have bunions, select footwear that has a nice supple or soft leather upper, so that it will stretch over this area.
- Your heel should fit comfortably in the shoe with a minimum amount of slipping - the shoes should not ride up and down

excessively on your heel when you walk.

- Buy shoes with padded insoles and good out soles. These take the impact away from your joints.
- Your foot bed should not be wider than the shoe, there should be no spill out, spill over, or ballet flats that do not cover the tops of your feet at all.

If you are selecting footwear and the ones you "love" don't fit correctly and the ones you "like" do, buy the ones you "like" your feet will "love" you forever.

Huapai Massage Therapy

Huapai Massage Therapy is holding an October special - \$10 off all bookings for the month.

Whether you have an injury, postural and work related issues, or just need some time out for relaxation, Vikki can tailor her massage techniques to suit your individual requirements.

Vikki is a qualified Massage Therapist, graduating from the New Zealand College of Massage in 2010. She specialises in sports/deep tissue massage, relaxation & pregnancy massage.



Take advantage of this deal, it's time to make time!

Call Vikki now on 021 755 745 to book in and visit the website www.huapaimassagetherapy.co.nz for more information.

Floating during pregnancy

Floating is a unique and one of a kind environment that offers a warm, calm and peaceful place for mamas to be to reflect, restore, bond with baby and relax. The stresses of daily life can often feel compounded



during pregnancy and on this whirlwind of a journey our bodies can often be challenged both mentally and physically. Floating offers tremendous health benefits to expectant mothers who can find much needed pain relief in the use of float therapy during pregnancy, along with time to bond with baby, and practise visualisation and breathing techniques in preparation for the upcoming birth.

Some of the health benefits of floating during pregnancy include relief from swelling, hypertension, Braxton hicks, insomnia, leg cramps and stress.

Floating in Epsom salts during pregnancy can help boost the



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natural magnesium level in your body. When you float, your body becomes weightless. Epsom salts are known for their healing and anti-inflammatory powers, so floating can decrease your pregnancy aches and pains. Book a float today @ www.black-lotus.co.nz or call us to make a booking on 09 412 9827.

For Eyes

Eyes aren't just the window to your soul—they also offer a glimpse into your health. Changes in your eyes can signal vision problems, diabetes, stress, even retinal detachment. What's more, most of these you can actually see for yourself—assuming you know what to look for. Follow our series in Kumeu Courier as Natasha Herz, M.D., clinical spokesperson for the American Academy of Ophthalmology, explains what your eyes reveal about your health, and how you know it's time to visit your optometrist.

Visit Matthew and Molly Whittington, For Eyes, Kumeu Village Phone 09 412 8172 for top quality eye examinations and for reading disability or colour vision assessments and treatments. (*Acknowledgement: M. Bonner, Marie Claire, 24 March 2017).



\$10 off your first massage with Top Notch

At Top Notch Massage Therapy, we understand the stress that is placed on the modern life; whether that is from a hard training session, the pressure of work and a busy lifestyle, or the impact that pregnancy has on the body. Our professionally trained therapists are ready to work with you towards better health, ensuring you get more out of life. So if you want to get better results in the sporting arena, re-balance yourself or



make that pregnancy more manageable, then you need to get in touch with Top Notch today. Clinics are located in Massey and Hobsonville. We are currently offering \$10 off all massages for new clients, so take advantage of this deal today. You can book online at www.topnotchmassage.co.nz or call 021 181 8380.

The painful thumbs of mums

You may have noticed thumb and wrist pain when gripping, turning your wrist or trying to pick up or feed your child.

De Quervain's tendinitis is very common in mothers.

Changes in hormones during pregnancy are linked to De Quervain's. Changing nappies, repetitive lifting & carrying of baby can place additional strain on wrists and thumbs. Hand therapy can offer:

- A variety of splinting options to rest & protect your wrist / thumb
- Management of swelling
- Activity modification, exercise programme & advise to return to full use

Call The Hand Institute Kumeu – phone 09 412 8558.



Reformer Pilates

A couple of months ago we wrote about the virtues of Reformer Pilates, whereby exercises are performed on a 'reformer machine,' and is generally more dynamic and intense than mat based Pilates.



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

The great news is NorthWest Physio+ is now offering group Reformer Pilates classes. Check out our page at www.northwest-physioplus.co.nz/yoga-and-pilates.html for more details.

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Shoe Talk Ltd: 401A Great North Road, Henderson, Ph: 09 835 9936

1/32 Clyde Road, Browns Bay Ph: 09 479 7807.

www.shoetalk.co.nz

Fancy a round of golf?

Here at Westgate Optometrists we have ten vouchers for one round at the picturesque Huapai Golf Club to give away. Simply book in for a full eye exam and mention this offer to claim your voucher. This offer is on a first-in-first-served basis. We can even assist you in some suitable eyewear for your round. For more information or to make an appointment - phone our friendly team. Phone: 09 831 0202 Website: www.westopt.nz Facebook: www.facebook.com/westgateoptometrists.



Weight loss vs maintenance

I was having a conversation with a very talented lady recently & she has been lovely enough to let me share as you may be feeling the same way.

She was telling me about all the times she has done 'diets or programmes' & lost heaps of weight. Of course I congratulated her because YES it was amazing that she had lost all the weight. However I then asked her "so if this has helped you to lose weight in the past & you saw great results, what is it that has brought you to me today?"

"I am here because yes, I got results after I followed really restricted eating plans & exercise regimes for a few months. BUT I found that it was too hard to stick to with my work & family commitments. For example all the food to prepare for me & then on top of that I would make a separate meal for the family. Once I had the results I wanted, I found myself slipping back into old habits and slowly over the next few months gained it all back again. This was so depressing and before I knew it I had put on an extra 5kg on top of that too! I would then start another diet/regime and spent the next few months losing it again, only to find myself start repeating the same patterns as life would get busy & I would feel guilty for putting my needs etc in front of my family & work deadlines."

Our conversation continued to find out what her triggers, habits etc were that she knew were helping her or hindering her results. We came to a conclusion that short term diets with short term weight loss were not what she wanted. As with most women, she wanted something that was simple, effective & she could easily fit into her busy schedule to create the healthy life long changes she wanted.

TIP: Focus on weight maintenance (small changes that you can easily stick to every day) vs weight loss (fads, diets, short term results. When you create a healthy lifestyle, your body will thank you and start dropping the kilos off slowly but consistently &

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If you are exhausted and ready to create a simple plan to maintain the healthy, vibrant body you desire then contact Melissa 021 798 435 or info@benefityou.co.nz.

The Polish Room

We are spicing up your October manicure with a tangy grapefruit organic skin peel. Yes, it is time to kiss goodbye to those dry winter hands and brighten them up with our beautiful hand treat.



This zesty citrus skin peel will roll and lift away any dry, dead skin cells and leave your hands instantly fresh and glowing.

So if you have a special occasion coming up or you just want to feel fabulous with some pretty nails, we would love to treat you. We love nails and we love to pamper you, so be sure to visit us this month to get your complimentary grapefruit hand treat with your gel manicure. The Polish Room 027 407 2264.

Depression

One condition that all general practitioners manage on a week-to-week basis is depression. Depression is an extremely common illness which manifests in a number of ways including sleep disorder, poor appetite and feelings of guilt and isolation. It is common for patients to have suffered for symptoms for many months prior to coming to the doctor. Typically, if the symptoms have lasted two weeks or more, then a patient can be diagnosed as having depression. Depression is not uncommonly complicated with other conditions such as anxiety and substance misuse. It can be precipitated by an event, such as a bereavement, or can come on by itself.

One thing I always try to stress to patients is that depression is not a reflection on an individual, that it is a medical illness just

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as asthma or diabetes. Depression causes a chemical imbalance within the brain. Patients are often reluctant to come to the doctor and ask for help, but it is very important that they do. Management of depression can range from counselling or self-help techniques to medications. Most of the medications take at least two weeks to work so it is important that you follow up with your doctor at this time.

There are many things which people can do to prevent depression. This includes keeping physically active, cutting down on alcohol, eating well, getting plenty of sleep and managing stress.

If you think you may have depression, visit your doctor. There is a lot of help out there and by simply asking for it, you will not have to suffer alone. Dr Isabelle Duck is a GP and Urgent Care doctor at Westgate Medical Centre.

Which is the best pillow? Osteopathic view

People often ask what would be the best pillow for them to sleep on. There are so many options on the market no wonder one can get confused. There no single answer unfortunately. People have different mobility in their neck, different sizes of their shoulders, and different hardness of their mattresses. We usually recommend getting medium size feather down pillow and see if it works for them. For the majority of people it will be comfortable. If the feather down pillow is uncomfortable, then it is worth trying memory foam pillow, shaped pillow or even a buckwheat pillow. Sometimes the body needs about a week to adjust to the new pillow, so don't give up after the first night. Commonly though, when people feel sore neck through the nights or in the morning it is not the pillow, but cervical spine



dysfunction, such as stiffness in the joints or tightness in the muscles. During the day it is not felt much because we are moving and distracted, whereas at night when we relax it becomes more noticeable. This sort of problem can be assessed and treated with the osteopathic approach. Come and see Ilya or Nataliya at Family Osteopathic clinic, 39 Hobsonville Rd, they can assess you spine and give a more specific advice on the type of pillow that would suit you. Phone 09 416 0097 www.family-osteo.com.

Geopathic stress

Imagine having a headache or migraine every day for a year or more, I'm sure you would start to go crazy. Or having tinnitus in your ears and ringing you can't get away from. How's your memory? Do you feel that it's starting to deteriorate and you are just blaming it on 'age'? What if it's not? What if geopathic stress is the culprit. Would you give something a go if you had never heard the term before? Luckily for my clients they were willing to try anything, and after identifying this phenomenon in their homes and clearing it, the results are amazing. Headaches gone. Tinnitus gone. Fuzzy head and memory improving. What else are you suffering from that perhaps geopathic stress is causing? Check out Nicky at www.ClearEnergyHomes.com now to find out or call 021 545 299.

Mums – are you exercising safely?

Are you struggling to flatten your 'mummy tummy'? Having pelvic floor issues? Trainer and mum-of-two Kirstyn Campbell of KCFIT can help. After experiencing abdominal separation seven years after having her daughter,



she now specialises in helping mums exercise safely. Kirstyn says it's crucial women understand how pregnancy and birth change their bodies before embarking on burpees, sit-ups, crunches or planking, which can damage the abdominal area and affect digestion, pelvic floor and cause hernias.

Kirstyn offers 1 hour classes for mums (with free babysitting) focused on improving fitness, burning fat, strengthening, reducing stress and lifting moods. She also offers focused training to help repair 'tummy split' or bladder leakage due to a weakened pelvic floor. Whether you're returning to exercise or want to take the first step – do it safely with KCFIT.

Find out more about upcoming classes at facebook.com/KCFIT. You can email Kirstyn on kirstyn@kcf.it.co.nz or call 022 637 5410.

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Income protection insurance, mortgage protection insurance, ACC- how does it all work?

In basic terms, income protection insurance in New Zealand replaces a percentage of your income when you cannot work in your own occupation for a medical or injury reason. It is designed to provide 75-80% of your in the hand earnings to you when disabled at claim time. Most policies today have a range of options and different flavours. Fundamentally there are two types, those you pay tax on at claim time and those you do not. The rules and approach around each one are a bit different which is where we come in as specialist advisers on protecting your income. What are the types? In simple terms, there are three flavours of income protection.

- Agreed Value in which you prove the level of cover at application time to have more security at claim time that you will get paid.
- Indemnity Value where you prove your loss of earnings at claim time, and it pays or replaces, your income up to a certain level. Which runs the risk of not being able to if your employment and earnings situation has changed.
- Loss of Earnings where you prove your loss of earnings at claim time, and it pays a percentage of your lost earnings. Like indemnity this option has risks at claim time though is usually a stronger option than the indemnity approach.

What about ACC?

Yes, we also have ACC, something quite unique to New Zealand. ACC replaces up to 80% of your personal taxable earnings if you are disabled in an accident and are unable to work in any occupation.

You do need to keep in mind, 75% of white collar occupation disabilities and 50% of blue collar occupations do not involve ACC disability or weekly compensation claims. So the prevailing idea ACC has you covered is not as secure as you might like.

If you are self-employed there are a couple of catches with ACC claims. Income split with your spouse isn't included in the 80% claim calculation. Also, because ACC pays your personal earnings, if you have business expenses that don't stop when you do, you will have a shortfall as ACC will not pay these either.

As an employee, you need to keep in mind ACC may require you to return to another occupation if you cannot return to your own occupation. This is subject to existing knowledge, experience or further training. With income protection this is a choice you can make to return to work in a different occupation, it can't

be forced upon you like ACC can.

In a disability situation where you have ongoing income or ACC payments, Income Protection policies can and do take this into account when your claim payment is made.

Mortgage Protection Insurance

Mortgage Protection is very similar to Agreed Value Income Protection, with some providers it is the same with one key exception if you have a mortgage, and a claim is paid, there are no offsets. Seem complicated? – Please contact Risk Solutions if you would like to go over these options and more. www.risksolutions.net.nz. Tim Peat – 027 573 4064.

Post separation improvements to property

Often as not one of a couple may remain in the relationship home after separation usually by agreement. That is, until the property is sold by agreement. The person in possession will usually be obliged to pay a notional occupation rent which is essentially a compensation amount to the party who is not in possession. However, arguably improvements to the property such as refurbishing or remedial work should justify a compensation amount to be balanced against occupation rent. This includes getting the property ready for sale and putting up the inconvenience of open homes. This is an area where legal advice is important to make sure there is no challenge to the nature and value of such refurbishing or remedial work. There are weaknesses when it comes to proving the value of such work where it has not been carried out by an independent person who would presumably be paid by the parties. For this reason, such work should be supported by estimates or quotes from suitably qualified people setting the nature of and standard of work to be achieved. Preferably then agreed with the non-occupying partner. Luke Kemp - phone 09 412 6000 or email luke@kempsolicitors.co.nz.

Improve cash flow in your business

Poor cash flow is one of the biggest reasons why businesses fail, but there are many things business owners can do to improve and maintain healthy cash flow. Following up customers for payment of overdue invoices should be a top priority – after all, what is the point of working hard providing great products or services if you are not going to get paid? Your terms and conditions should set clear timelines for payment, and we also rec-



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ommend credit checking everyone you are considering extending credit to. From an accounting point of view, remember that not all of the money you collect in is yours, so don't forget to set money aside to meet your PAYE, GST and provisional tax obligations. To improve your cash flow management we recommend preparing simple monthly cash flow forecasts. Forewarned is forearmed, and forecasting allows you to work out strategies to counteract any shortfalls as well as plan for capital expenditure and growth. For more advice on how to improve your cash flow, contact Mark Foster and the UHY Haines Norton team at 329A Main Road, Kumeu, on 09 412 9853 or email kumeu@uhyhn.co.nz.

Doing community Goode

Goode Brothers is living up to its name.

The North West restaurant is supporting community organisations the best way it knows how.

That ranges from shouting Waitakere township firefighters to free pizza at the restaurant, delivering free pizzas to a different local school every Monday for staff, providing vouchers – and that's just the beginning.

Goode Brothers even donates basil plants past their restaurant best standard to a kindergarten to revive in spring and summer. There's also a rugby team sponsorship (Massey's under-85kg team).

Now there's a new involvement with Jonesy's Youth Foundation



formed by Michael Jones (not the former All Black).

A youth foundation pizza fundraising day in November is under discussion with Goode Brothers. Still in the planning stages, the event could help the foundation's aim of providing support and assistance to those aged 5 to 18 with education, finance, health, wellbeing, life skills and more.

The community projects are run by Goode Brothers North West general manager Mike Elsom and the restaurant's events co-ordinator Jess Longdon.

In fact, it was Jess's idea to get the 20 or so firefighters in for free pizza through her dad Stan Longdon's involvement with the Waitakere Volunteer Fire Brigade.

Jess's family has lived in the Waitakere area many years and she attended Waitakere Primary School, starting at Goode Brothers when the restaurant opened in October last year.

Coincidentally, Waitakere firefighter and owner of this magazine Graham McIntyre is on a nearly six-week mission with about 80 other New Zealand firefighters battling enormous wildfires in Canada.

About 200 wildfires are burning across the country, especially in British Columbia, reportedly having its worst wildfire season in 60 years. The Kiwis are joining nearly 3800 others fighting to contain the fires, unlikely to end until winter snow hits.

Perhaps Graham will qualify for another free pizza on his return. Meanwhile, Goode Brothers provides pizzas to other workplaces deserving of recognition.

Jess and Mike say it's good to be able to help in the community where they can. "We try to assist some local charities, including school fundraisers, with no strings attached," Mike says.

He sees it as an opportunity to interact with local organisations that may need a lift.

So the title Goode Brothers means just that, especially in the

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North West.

Photo: Jess Longdon and Mike Elsom are doing good deeds at Goode Brothers North West.

All things marketing

Getting it wrong is not just very expensive, it can risk lasting harm to your brand. Developing and establishing a brand requires professional management and investment over time. A brand includes:



the vocalised name, visual identities of design, colours, symbols and typography also the key phrases and words used in communications. These are combined to create a unique multi layered identity which reflect the organisation, its product or services. A brand can become an intangible asset of the business which can be valued and included in an Annual Report. Big brands like Virgin and Apple are inspiring examples of what can be achieved in terms of brand value. A brand also forms part of the intellectual property (IP) of a company and should be protected by law. Registering a trademark ensures that only you have the right to use the brand and prevents others copying it or impinging on it. In New Zealand copyright is automatically applied to protect any creative or literary works.

Marketing is specialised and highly skilled field that is best done by those who are qualified and experienced. Managing your marketing requires an overall or holistic view of the business and its competitive environment. Never allow well-meaning accountants or bored secretaries to 'have a go'. Just as you would not get an untrained mechanic to repair your car or someone unqualified to advise you on legal matters.

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Why problems aren't all bad

The bigger the problem the more you think about it. The longer we have the problem the harder it is to find a solution. The more we talk about the problem the more entrenched we are in it. The things we don't like in our lives tend to get talked about the most. It's hard to get off the subject of that big thing. Reality is a funny thing -it's hard not to focus on it. Fat thighs get focused on all the time. Lack of money gets focused on all the time. That annoying staff member gets focused on all the time, our sore back gets focused on all the time. The one thing that needs to be different is being affirmed every day. 'The way things are' tend to stay the way things are because pointing it out all the time ensures our focus on it and we keep it all as it is.

On the other hand, I believe we are built to want and we should want! We are a race of wanters and perhaps there is perfection in this. At first we wanted food, then we wanted warmth, then we wanted health, then comfort, then fun, then more fun and on it goes. Without desire perhaps evolution wouldn't exist.

Usually we want something because we believe we will be happier when we have it. When we are hungry we want food then we are happier. When have more money to renovate the bathroom we will be happier. This goes for wanting a pain free, healthy body and it goes for wanting more confidence or wanting our partner to be different. There is no difference. We want what we want because we believe we will be happier when we have it. But we need to get the balance right here! We don't want to be in the trap of wanting and waiting – only becoming happy when we get the thing. Letting things and people in our lives dictate how we feel is conditional – and it's creating more of what we don't want. Creating things with thoughts works when we don't need conditions to be a certain way before we feel a certain way. Having the right mindset and creating our life with our thoughts is not about focusing on reality. We need to be able to rise above our daily conditions and feel a different way about ourselves, our money, and our job before things are different.

Life does not respond to what we say - life is responding to what we mean (the way we really feel). Mindset and positive thinking will only go so far – if you're not feeling it – it can't happen. Dr Joe Dispenza says the definition of change is 'to be bigger than your environment'.

Problem is good, as it kick-starts desire. Without desire or want for something we are not expanding or creating – and there is

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such joy in expansion! There can be clarity in problem. We have been shown what we don't want, so we know more clearly what we do want. Without a question, there cannot be an answer. Problem produces solution that puts you in a better place. So now you know what you want – time to get your thinking in the right zone. We need our expectation to be different. Expectation is desire and belief in the same place. This is mindset. Expecting something but deep down believing it's not possible will not move you forward. Having your desire and your belief in an equal place together steers you more in the direction you want to go.

Call Anna for a session 021 555 658. Check out my website www.thinkyourbest.co.nz I help with specific ways to think about any situation and give my clients a personalised guided visualisation to get you in the habit of the new way of thinking. Learning new thoughts is just like learning anything. What you focus on expands – so start focusing on the right stuff!

Lavender-infused gin released by Lavender Hill

Photo: Trish Delamore with Lavender Hill's new products and a 1947 Ford V8 Jailbar truck which will become a mobile billboard for the Riverhead venture.

A high-quality lavender-infused gin has just been released by Lavender Hill, an unusual product for New Zealand.



Another gin in the South Island includes lavender along with citrus and manuka, but lavender-only gins seem especially rare. Both the lavender gin and a limoncello (from spray-free Yen Ben lemons) have been professionally tasted by Wine Orbit, which gave them 93 out of 100 and five stars.

Wine Orbit describes the gin as "very seductive and highly attractive" and the limoncello as "an instantly likeable refreshing drink".

Lavender Hill has recently received its off-licence and remote licence, with the lavender gin and limoncello available online or from the farm shop.

Riverhead couple Jason and Trish Delamore featured in the Kumeu Courier February issue about their efforts to establish a tourism business and provide a variety of products.

Lavender Hill has been working hard on product development using ingredients from the sustainable 2.8 hectare farm the Delamores bought in November 2015.

Jason says the lavender-infused gin was inspired by overseas trends where gin is experiencing a renaissance. Augustifolia lavender oil (a culinary oil) is infused with a high-quality triple distilled gin to create the drink.

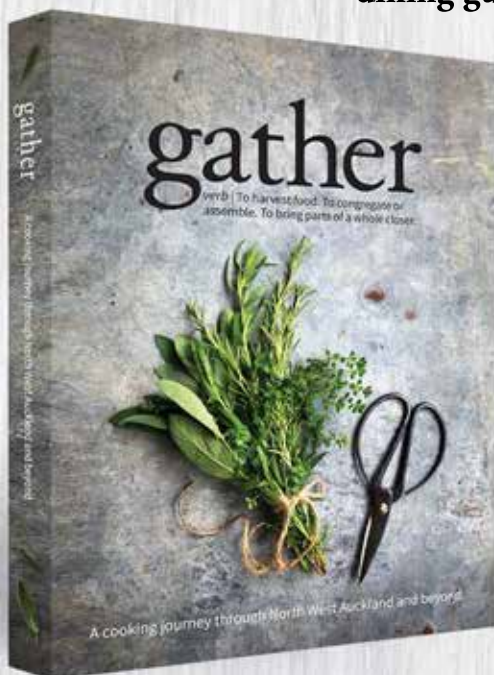
He's also acquired a 1947 Ford V8 Jailbar truck to help advertise their lavender farm, the largest within two hours' drive of Auckland. It's ready for the road and may even feature in the Kumeu Christmas parade.

The business includes a high-quality four-bedroom bed and breakfast, a meeting room/workshop/function room for up to 15 people, and produces extra virgin olive oil from 400 olive trees, along with a variety of products sold through their farm shop or online.

Alpacas and sheep help keep the grass down and provide an additional visitor attraction. Visit www.lavenderhill.co.nz for

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Landlords are now PCBUs

The Health and Safety at Work Act (HSWA) is part of a reform package aimed at addressing the increasing number of serious work-related injuries and deaths in New Zealand. Landlords are now responsible for ensuring health and safety at rental properties. "Landlords will be regarded as PCBUs and have a responsibility to ensure health and safety of workers they engage or who are influenced or directed by the PCBU while they are doing work for that PCBU 'so far as is reasonably practicable... [at the end of the day, it is] about what the Landlord can reasonably do to manage health and safety." PCBUs must also maintain any worker accommodation that is owned or managed by the PCBU, and provided because other accommodation is not reasonably available. The accommodation must be maintained so the worker is not exposed to health and safety risks. A case scenario from Worksafe - To give more clarity on the HSWA, Worksafe has provided a landlord case scenario: "For example, if a landlord engages a plumbing firm to do repairs on a rental property, they have control over the engaging of that company. So they could set healthy and safety standards they expect of the company they hire (e.g. they have to be a member of a professional body, they have to be qualified for the job they have to have previous experience of doing this work etc). But once the plumbing company is on site the landlord will have little influence or control over their day to day work (unless there is some hazard on the property the plumber should know about). The risks created by the plumbing company on the job are up to them to manage." John Riddell - H&S Consultant Securo.

Northwest shopping centre's art exhibition showcasing work from 17 local schools

Last month, the work of young local artists was the main attraction at NorthWest Shopping Centre. From 11 to 17 September, the centre showcased the artwork of local students in the North West Cluster Art Exhibition. Twenty-five schools ranging from decile 2 to 10 belong to the 'cluster', and a majority - 16 primary schools and one high school - contributed to the exhibition.



The theme of the 2017 exhibition was Heal the World, which students could interpret in any way using their choice of media. The biennial exhibition was staged in two areas adjacent to Farmers and Countdown. Each school had a 3m x 2m display case with extensions and low tables for 3D displays.

Robert Taylor, the principal of Colwill School in Massey, was instrumental in establishing the exhibition. A purpose of the exhibition, Mr Taylor says, was to motivate students to participate in non-core curriculum subjects such as the arts. "During my career, I have witnessed the real value that hands-on visual arts practices brings to students as part of their overall education. Participating in art has the ability to broaden minds, encourage creativity, and allow a moment away from textbooks to exercise other important senses.

"These days, unless schools have teachers who were trained

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with some strength in this area, students don't necessarily get the opportunity to make art. Many schools rely on parent donations to fund materials, and the lower-decile schools tend to miss out.

"The exhibition was intended to help keep students involved in and excited about art, and to showcase the talents of children and young people in the area – there is no barrier to artistic ability, so viewing and participating in art should be accessible to all. We are hugely grateful to NorthWest for hosting this exhibition and helping us to shine a spotlight on the importance of art in education."

NorthWest Shopping Centre senior marketing manager Linh Luong says, "As a community hub we are extremely pleased to celebrate and showcase the artwork of local primary and high schoolers. Thousands of people come through NorthWest every week and we selected two of the busiest areas to stage the exhibition, so as many people as possible could view and appreciate our local students' talents."

"What's more, we're looking into making a long-term commitment to support the creativity of local students by displaying their art at the centre. The idea is for the centre to function as an art gallery of sorts, highlighting contributing students and their schools and adding new pieces regularly. Our intention is to set this up shortly and we will be talking to Rob and the school cluster to find out what will work best for them."

e-pack is making Christmas "shopping & shipping" easier

It's not long before the crazy Christmas rush hits and if you have relatives and friends overseas you need to make sure you send gifts to them as early as you can. E-pack offer a comprehensive and robust service to most parts of the world and a range of services to suit size of parcel, budget and delivery time. From postal to tracked express courier we can fulfil any shipment to UK / Europe / USA / Asia Pacific. We will also pack your shipment for you so it arrives safe and sound at its destination. To make

sure you get your presents off in time to friends and relatives you should aim to have them away by late November at the latest, then you miss the delays that the huge volumes create. And with e-packs nationwide services we can reach your relatives and friends across New Zealand too. e-pack – 5b Wookey Lane Kumeu. Call us today on 09 412 7018.

West Harbour Tide Chart

Date	High	Low	High	Low	High
Sun 1 Oct	04:07	10:20	16:52	22:53	-
Mon 2 Oct	05:06	11:18	17:45	23:45	-
Tue 3 Oct	06:02	12:10	18:34	-	-
Wed 4 Oct	-	00:33	06:54	12:58	19:20
Thu 5 Oct	-	01:20	07:43	13:43	20:05
Fri 6 Oct	-	02:06	08:29	14:27	20:50
Sat 7 Oct	-	02:51	09:14	15:11	21:36
Sun 8 Oct	-	03:37	10:00	15:57	22:24
Mon 9 Oct	-	04:24	10:47	16:45	23:12
Tue 10 Oct	-	05:12	11:36	17:36	-
Wed 11 Oct	00:03	06:01	12:27	18:30	-
Thu 12 Oct	00:56	06:54	13:23	19:28	-
Fri 13 Oct	01:53	07:51	14:23	20:31	-
Sat 14 Oct	02:53	08:54	15:26	21:36	-
Sun 15 Oct	03:57	10:00	16:30	22:40	-
Mon 16 Oct	05:01	11:05	17:31	23:40	-
Tue 17 Oct	06:02	12:05	18:26	-	-
Wed 18 Oct	-	00:35	06:59	12:58	19:18
Thu 19 Oct	-	01:25	07:50	13:46	20:06
Fri 20 Oct	-	02:12	08:37	14:30	20:52
Sat 21 Oct	-	02:55	09:21	15:12	21:34
Sun 22 Oct	-	03:36	10:02	15:53	22:15
Mon 23 Oct	-	04:15	10:41	16:32	22:55
Tue 24 Oct	-	04:52	11:20	17:13	23:34
Wed 25 Oct	-	05:30	11:59	17:54	-
Thu 26 Oct	00:13	06:10	12:40	18:39	-
Fri 27 Oct	00:55	06:52	13:25	19:27	-
Sat 28 Oct	01:40	07:40	14:15	20:19	-
Sun 29 Oct	02:29	08:34	15:09	21:14	-
Mon 30 Oct	03:24	09:33	16:05	22:10	-
Tue 31 Oct	04:23	10:34	-	-	-

Source: LINZ.

Daylight Saving: Please note that tide times have been corrected for daylight saving time.

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