

the Westerly

FREE monthly community magazine for Massey to Hobsonville

PROPERTY MARKET REPORT

HERBAL WINTER WARMERS

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

WORKS WITH WOLVES

Circulation is 12,000 print copies.

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

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

September 2016

Intro

Welcome to the Westerly. September already! Where is the year going? The weather is warming up and the evenings are lighter.

Check out the wealth of community contributions. There is so much going on in West Auckland, crafts, theatre, sports, leisure activities and arts. Who contributes to our communities? See what advice there is from the volunteer fire brigade, note the success of the newly-created Community Patrol. Need some help? Consider the Citizens Advice Bureau, they can suggest solutions before you have sleepless nights!

There is no shortage of ideas and reports about the property market and improvements you might consider for your own place. Many of our local builders are talking about their latest projects. Add colour to your location with the gardening suggestions.

See Geoff Dobson's article on the amazing achievements of our local animal behaviourist. There is a plethora of pieces about how to help your dog get the best out of life.

As usual there are plenty of places to enjoy food and ideas on preparing your own.

Don't forget to see what our Area Columnists are writing about. If you are one of those people who starts reading from the back of the magazine, this is the first thing you'll see.

Finally please remember to say where you read about it when you contact our advertisers.

Have a happy month.

John,
Editor



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you will receive a month's worth of local exposure

the Westerly

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Meyer
Lemon 2L
116035



From
\$32⁹⁸

Assorted
Deciduous
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Assorted Skus



\$9⁹⁷

Zealandia
Strawberry
6pk
181646



\$28⁹⁷

Assorted
Roses
Bush &
Climbers
Assorted Skus



\$21⁹⁷

Daphne
Perfume
Princess
244600



GARDEN READY

\$18⁹⁹

Gypsum
Clay Breaker
8Kg
187807



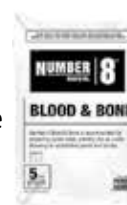
\$12⁹⁸

Number 8
Sheep Pellets
247676



\$13⁴⁷

Number 8
Blood & Bone
243539



\$12⁹⁹

Yates
Groplus Lime
10Kg
138361



\$5¹⁰ Each
OR 4 FOR **\$19⁹⁸**

Number 8
Compost 40L
246152



WEED & FEED

\$19⁹⁸

Yates
Thrive Fish &
Seaweed
274766



\$17⁹⁸

Round Up
With
20% Extra
293720



\$11⁹⁸

Acticote
Pots &
Planters 500g
142731



\$14⁹⁴

Kiwicare
Rapid Action
1L RTU
184754



\$8²⁹

Tui
Citrus Food
1.5Kg
131788



NEW POTS & PLANTERS

Wood-Look
Planters

From
\$97⁷⁹



906618 / 906616 / 906612

Stone-Look
Pots

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\$44



906652 / 906653 / 906654

Tall Grey
Square Pots

From
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906621 / 906622

Tall White
Pot Planters

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906632 / 906633

\$10⁹⁸

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Planter
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Community notices

Online video for your business

Business owners often hear how important video could be for their online presence. However the fear and high costs keep us away. Keith Delmar is a business developer, social media content creator, and artist, he works with companies to help them form exciting pathways. At the end of September in the Kumeu/Riverhead area, Keith will be doing a 4-hour video for business workshop. This is an opportunity for you to find out how to create very low-cost high-quality video for your projects, events, and businesses. Keith will guide you through the steps of small business in-house video creation, outsourcing, what are the videos that work and what ones don't, and how to use video on social media. The course will be \$149, to RSVP and sign up visit www.keithdelmar.com.



Lavenderhill

Extra virgin olive oil, hand harvested lavender oil, quality accommodation- all on our doorstep at Lavenderhill. Jason and Trisha Delamore are the new owners of Lavender Hill (11 Beacon Road), located between Riverhead and Coatesville. Jason and Trisha have undertaken a heavy workload of improvements to the property and business and are building a truly special offering for locals and tourists alike. They had a great starting point with over 400 olive trees, the large lavender fields so close to Auckland and a high quality separate B&B to cater for guests. Olive oil, a range of quality lavender products and even spray free lemons and limes are available from their farm shop. The olive harvest this year has been terrific and this fresh oil is now available in 250ml and 500ml bottles. All the lavender oil is produced on the farm from their own steam still. Recent improvements include a quality meeting space for up to 15 people, the B&B has been redecorated and alpacas are roaming the pad-



dock for the benefit of the tourists. If you are looking for quality accommodation, a workshop space or wonderful gift ideas for yourself or others just visit www.lavenderhill.co.nz or call 09 412 5275 or 021 897 586.

Indie Yoga

I'm very excited to announce the opening of Indie Yoga. The studio is a warm, light and welcoming space, positioned in an easily accessible location at 146 Hobsonville Point Rd, we are behind the red door! Classes are suitable for all levels and if you are completely new to the practice of yoga we have a beginner's class on Thursday at 7.30pm. We will eventually be running beginners 8 week courses. Follow us on our Facebook page www.facebook.com/Indie-Yoga-1565523170354856/. We post regular updates and information and have a website coming in the very near future. Look forward to meeting new faces and becoming part of the community. See you on the mat soon!



Country lifestyle & garden tour – fundraiser

Sunday 2nd October 9.30am-4pm. 7 fabulous country lifestyle properties will proudly open their gates to the public as a fundraising venture to help get one of our very own local riders, Andy Daines, to the Adelaide 4* three day event in November. Andy Daines of Kumeu is a popular young teacher, mentor and accomplished rider looking to secure his spot in the team for the World Equestrian Games in 2018, to do this he must compete in the only 4* competition in the Southern Hemisphere, and needs some serious fundraising! Make a date with friends and family to explore 7 lifestyle properties showcasing the best of our rural communities. Visit a country retreat, a professional equestrian yard, a buffalo farm, or simply enjoy country gardens at their best in the beautiful rural atmosphere. You are invited to picnic at some of these properties. Some properties will feature local entertainment, food and beverage stalls with local boutique products such as buffalo cheese, lavender oils, olive oils

Susan Annett
LICENSED SALESPERSON





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and other farm produce. Tickets can be bought online: www.willowbrookequestrian.co.nz. See www.rusticoregal.co.nz for property and tour details.

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Craft out west

Fundraiser for Hospice West Auckland, West Wave Recreation Centre, Henderson. Saturday 12th of November, 10am to 4pm. General admission \$5, children 12 and under free. Great opportunity to do all your Christmas shopping in one convenient great location. Featuring over 75 craft stalls, suppliers and demonstrators. Proceeds to Hospice West Auckland. www.facebook.com/CraftOutWest.



North West Business Awards

The first ever North West Business Awards launches this month. The Awards, initiated by the North West District Business Association (NWDBA) and sponsored by many local businesses, aims to find the 'Best in Business' amongst a range of categories, celebrate their success and communicate both the quali-

ty and quantity of businesses in the North West District. There are eight different categories to enter and two special awards: Retail, Hospitality (non-licenced), Hospitality (licenced), Recreation, Health & Beauty, Business & Professional Services, Rural Services, Manufacturing and Trade, plus The People's Choice Award and The Supreme Award. Nominations are now open and participants may nominate their own business or any other business within the NWDBA boundaries. Following the nominations finalists will be selected, a mystery shopping firm will assess all of the entrants on customer service attributes and formal entries will be submitted. The Event culminates in a black tie Awards dinner in early November. Nomination forms are in retail shops across the district and further information can be found on www.northwestcountry.co.nz. So it's time to think about your favourite shop or business, nominate them and then vote for them!

Chinmaya Mission NZ

This year, the youth of Chinmaya Mission New Zealand are proud to present a unique English stage adaptation of one of the oldest and largest epics in literature: RAMAYAN. Watch the story of Ram's unfair exile, and his righteous war to rescue his beloved wife Sita from the powerful but arrogant Ravan. Explore the deeper symbolism of this epic journey and discover our own inner war of virtue over vice. Featuring over 50 youth cast, witness the timeless values and culture of India brought to life through a modern blend of acting and dance. Relive the tale of the ages! All funds raised go to charity. Dates: 30 September - 7.30pm, 1 October - 2pm, 2 October - 2pm. Bruce Ritchie Performing Arts Centre, Don Buck Road, Massey. Tickets: \$25 each, or \$100 for a group of 5 (group booking unavailable at door). For bookings and more information please call 09 275 6954 or 021 119 2806.

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Safercommunities

Waitakere Volunteer Fire Brigade

The days are getting longer and Spring is in the air. As the ground dries out and we start to clean up our sections, keep in mind that if you are going to have a fire in an urban or rural area then please check the fire season status with the Auckland Council. Once you have done this and if the fire season status allows you to burn either with or without a permit, there are still some things that you must do to minimise the risks and impact of your burn. Ensure the fire will be adequately supervised at all times to ensure it does not escape and people can see it is under control. Allow cut vegetation to brown off and dry out before burning as this will reduce smoke and 111 calls from people who think the fire is out of control. Ensure your burn pile has no plastics, tyres, rubbish, used oil, treated wood or composite wood products such as plywood, particle board or MDF paint, appliances, chemicals, or household waste as this will produce toxic smoke that will persist in the environment. Keep soil out of burn piles as this will cause excessive smoke and make the fire burn for a lot longer. Only burn in low winds to reduce risk of fire escape. Burn in conditions that smoke from the fire will not cause a smoke/ash nuisance to neighbouring properties. Fires should be lit at a time that allows for them to be settled by nightfall to the point that they are not visible from outside of the property by anyone other than notified neighbours. If this cannot be achieved please discuss with the Auckland Rural fire team. Ensure the fire is fully extinguished before leaving it unattended.

• Follow fire seasons rules and permit conditions if applicable.
Keep safe, Denis Cooper, Officer in Charge - Waitakere Volunteer Fire Brigade phone 09 810 9251.



Massey Community Patrol

The Crime Prevention Week at Westgate in July featuring the new Police Mobile Base and The Massey Community Patrol was a success. The Massey Community Patrol-



ers have been fortunate enough to have visited Police North-

ern Communications (COMMS) in the last month and recently embarked on visiting Police District Command Centre (DCC). This gives the patrollers the bigger picture behind the scenes of how/where their patrols fit within Police. Massey Community Patrol has clocked up a huge 240hrs of volunteering in the month of July, this was made up of Patrols, Police Operations and Training. Following the successful involvement in the Crime Prevention week with Massey Police, Massey Community Patrol was also asked to assist with Operation Habit held at Westgate and run by the Road Policing sector of Police, directed at car seats and vehicle distractions. They were then involved in a third Police operation being Safer Plates at Lynn mall. On each occasion the patrollers have been highly praised and thanked by Police for their involvement. The Massey patrollers were also highly praised by Senior Police staff as the instigators in the recent arrest of two well-known criminals while out on night patrols last weekend. Exciting things coming up for the patrol is involvement in a Volume Crime Operation with Massey Police 12-23rd September and then Everyday Heroes, an emergency services day organised by Massey Police, to be held 6th October at Westgate involving Police, Fire, Ambulance, SAR (search and rescue), AOS (armed offenders), Dog Squad, Surf Lifesaving, Coastguard and others.

Not sure how to complain

At the Citizens Advice Bureau in Massey we get many people who are not sure how to complain or who to complain to, when they have a problem. There are some rules of thumb which will mean that you are likely to succeed with your complaint. Firstly you need to clear in your mind about what the problem is and what you want – within reason. You'll also need any information to support your complaint such as receipts, emails, photos etc. Be calm and polite – its best to raise your issues in writing, as then there is clear proof of what's been said. If you can't reach agreement, then you'll need to look at going to the appropriate complaints body. For example – tenancy complaints, would go to the Tenancy Tribunal, complaints about your phone service would go to the Telecommunications Disputes Resolution Service, and complaints about electricity would go to the Electricity and Gas Complaints Commission. If you're not sure where to complain there is a Complaintline website - www.complaintline.org.nz. Or you can contact us at 09 833 5775, or 0800 367 222 or massey@cab.org.nz. If you think you'd like to be part of the team helping people with problems such as this contact Barbara at massey@cab.org.nz.

Les Whale
LICENSED SALESPERSON





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LINDA COOPER

for Council 

for The Trust 

I am your strong local voice for Waitakere. Through my council & community involvement, I understand the transport & housing challenges facing us. I will speak up for West Auckland families & businesses. I will back initiatives that contribute to Auckland's economy, creating jobs to help families get ahead. I'll advocate for the North Western Busway, Lincoln Road improvements & crucial infrastructure projects while making sure the West's natural beauty is protected. I stand for leadership, hard work & responsible spending.

I remain committed to:

- **Reducing the rates burden on families**
- **Working with Government to deliver affordable housing & real transport solutions for West Auckland**
- **Supporting our local communities and natural environment**
- **Rejuvenating our town centres**
- **Local economic development and local jobs**

I am a JP & current Councillor for Waitakere, educated at Massey High School & have lived most of my life in West Auckland, working & raising my daughters here. Formerly a Registered Nurse, I have invested heavily in this community & have been involved in many volunteer & elected roles in West Auckland. I am also the President of Waitakere Licensing Trust & Chairman of Family Action & former Chairman of Hospice West Auckland & Ranui Action Project. I believe that my fellow West Aucklanders make a unique contribution to Auckland's success & deserve their fair share. "We are a smart, caring & hardworking community. I ask for your vote to make sure our voice is heard... Backing the West".

InBrief updates:events

Auckland Heritage Festival event at Hobsonville Point - What's in a name?

Hobsonville Point is again taking part in the Auckland wide Heritage Festival. This year's event is themed around the history of the road names. Come along with friends and family to explore Hobsonville Point and learn the story behind the road names and have some fun along the way. Pick up a map and 'Challenge Sheet' from the Hobsonville Point Information Centre, 1 Hastings Street (where the Catalina Café is) on Saturday 1 October between 10am and 2pm. The Challenge Sheet will ask you to find a specified number of road signs, photograph them, and answer a few simple questions related to the road names. Complete the Challenge Sheet and return it to the Information Centre with your photograph collection (can be on your phone or digital camera) for a little reward!



Football Fiesta to celebrate West Auckland diversity – 17 September 2016

Just after the Rio Olympic games, in September West Auckland will have its local version of an event where sport brings multiple ethnicities together to celebrate: the first ever West Auckland Ethkick Football Tournament. The tournament will be held on 17 September in Starling Park, Ranui, from 8 am till 5 pm and supporters with flags, colours, and songs are very much encouraged. This a free event, for the whole family. There will be food and information stalls as well. Ethkick Football tournaments started in Palmerston North in 2009, but this is the first such tournament to be held in West Auckland. Football is a language that many cultures speak, from



Scottish to Sri Lankan and Samoan, Norwegian to Niuean, or Croatian to Chilean and Kiribati.....and the aim of the Tournament is to have a marvellous fiesta while encouraging acceptance and celebration of the cultural diversity of West Auckland: fostering friendship through football. Teams represent ethnic communities, be they refugees, recent migrants, or long established members of the community. Members of West Auckland's communities that have already registered a team include Rwanda, Fiji Indian, Myanmar Zo, Myanmar Chin, Congolese, Samoa, Kurdish, Burundi, NZ Samoa, India, Nepal, Shri Ram Mandir Youth Group, NZ Police, USA and Chile for men's teams as well as Dutch and "Wise Collective" women's teams. Teams will play 7 a side and all players must be aged 16 years and up. The winner of this tournament will go on to play in the Communities Cup later in the year. Ethkick West is organised by Community Waitakere in partnership with Auckland Council, the Northern Football Federation and NZ Police, supported by Local Boards, the Waitakere Ethnic Board, Sports Waitakere, the Ranui Swanson Football Club, the Human Rights Commission, and The Trusts Community Foundation. Further information: www.communitywaitakere.org or email Mandy@communitywaitakere.org.nz or phone 09 838 7903. Allan Hakizimana (Rwanda team), Constable Luke Wilson (NZ Police team), Francois Kayembe (Congolese team) putting in some practice, and Community Waitakere's Ethkick organiser Heather Tanguay; Photo credit: Western Leader.

SeniorNet West Auckland

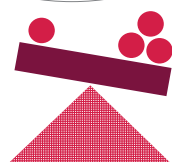
Welcome to SeniorNet West Auckland. We have been running classes during August on Gardening by Computer especially good for those not too conversant with searching the internet. Email is a 2 class workshop and Facebook for those who are interested in finding out what it's all about. It is certainly not just for the young ones. We will be repeating them during September so if you are interested please ring to put your name down. If you have joined SeniorNet at another branch but would like to come to our classes and workshops you will be very welcome – another joining fee is not charged. Our classes are held at 67 Henderson Valley Road, Henderson. Monthly meetings are held at the Kelston Community Centre, corner Awaroa Road, Kelston on the 3rd Tuesday of the Month and a \$2 raffle ticket helps towards the cost. Our guest speakers are always interesting and our next meeting is on the 20th September 2016. Visitors welcome. Please contact Course Co-ordinators Pam on 09 827 2156

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or Shirley on 09 817 0540 to ask about any classes that may interest you. Windows 10 is ongoing and iPads and iPhones, are among other classes held.

Bomb Point / Te Onekiritea Future Secure

The Hobsonville Land Company (HLC) wishes to reassure residents and park users that long-standing plans for a park at Te Onekiritea (Bomb Point) have not changed, and that this will remain a public space for everyone to enjoy. Retaining this site as a public park is just one part of a long standing agreement on a range of reserves and amenity between HLC and Auckland Council. Transfer of ownership is a complex process and it will take some time – likely a number of years – to finalize this. We hope this re-stating of HLC and Council’s long-held commitment to Te Onekiritea Park will reassure residents and the wider community that nothing has changed in our vision and planning. If you have any questions regarding the intentions of our organisations in this matter, please do contact us. Chris Aiken, Chief Executive, Hobsonville Land Company.



Poor exchange rate? A flawed argument against UK pension transfers

Since June’s Brexit vote, the British Pound has taken a battering. In fact, at the time of writing, Sterling is at its lowest rate against the NZ Dollar since the late 1970s. However, Tony Chamberlain of GBPensions believes that these factors should not necessarily concern NZ residents who are thinking of transferring their UK pension scheme. By selecting a suitable pension



scheme to receive the transferred funds, it is possible to hold Sterling in cash or investments, meaning there is no need to convert to NZ Dollars at all. Either a NZ registered superannuation scheme that has been accepted as a QROPS (Qualifying Recognised Overseas Pension Scheme) or a UK registered pension scheme, such as a SIPP (Self-Invested Personal Pension), can potentially offer such options, both of which GBPensions can offer advice on. For a confidential, no obligation chat, phone GBPensions on 0800 427 693. A Disclosure Statement for GBPensions’ advisers is available without charge or obligation.

Pure Allies NZ

Perhaps the coldest part of winter has past, it’s really difficult to tell, the weather’s been pretty unpredictable of late and winter’s been fairly mild. Whatever the weather decides it’s still always good to wear a moisturizer with a bit of sun protection if you’re outside. If you haven’t been using a SPF facial moisturizer, then now’s the time to start, our dry skin could do with some exfoliation and hydrating all round. Pure Allies NZ can provide all that you need to nourish your skin and don’t forget the chest balms for the lingering colds and pain relief balms for the aches, pains and strains! We can make products to suit your needs, all lovingly hand made by request locally. Facebook Pure Allies NZ or email pureallies@gmail.com.



We have GirlGuiding groups in your area

Get in touch to arrange a free visit to one of our West Auckland locations. We are all about having lots of fun, making friends, outdoor adventures, and more! Register your interest online www.girlguidingnz.org.nz or call us on 0800 484 331. Mums and Dads we would love you to share your skills too, get in touch as we have lots of flexible volunteering options for you (GirlGuiding NZ is a Registered Charity).



Working together on road safety

What began as a concern voiced by local parents has culminated

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ed in a creative and cooperative learning exercise for students from both Hobsonville Point schools. Parents of primary school students had expressed concern about the speed of cars and trucks in the neighbourhood.



“Knowing that the schools are very keen to contribute to this community and experience real life learning, we sought to address the issue by asking school students to design banners that will get an important safety message across to drivers,” says Kathleen Waldoek of Hobsonville Land Company. The schools gladly rose to the challenge, with students from the secondary school leading workshops with their primary school counterparts to design and produce suitable artwork. The primary students generated lots of creative and colourful ideas while the secondary students did a fantastic job of organising resources and designing the banner layouts. The winners, whose art will be printed and displayed on banners around the Point, are Andre De Billot, 7, and Caitlyn Rodolf, 8. A third banner will also be displayed to tell the story behind the project to passersby. “When drivers see these banners, we hope they’ll realise that it’s children, not just adults, who are asking them to slow down,” says Kathleen. “We think they’re a great visual reminder that there are young people in the area and as such, we all need to take extra care behind the wheel.”

Mid winter t-shirt sale

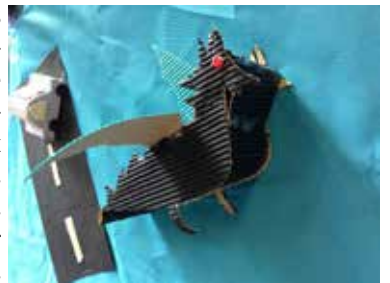
At ASAP Promo we have our most popular T-shirts on sale until the 30th of September. Do you have an event coming up? These shirts are priced from only \$6.95 + GST (unbranded). Many shirt colours are available and you can personalise these garments with any logo or design you want. Conditions do apply so give us a call to talk about what you want to achieve. To learn more about ASAP Promo and what we do, please visit our website at www.asappromo.co.nz, email us at info@asappromo.co.nz or find us on Facebook www.facebook.com/asappromonz. Telephone: 09 973 4352.



Arts in action festival 2016

Saturday the 24th September 2016. 10am - 2pm. We invite you to attend our annual Arts in Action Festival, this a FREE community event, all welcome. Activities on offer on the day will include a range of art activities for adults and children alike to

try their hand at. Last year’s lineup included: Clay animals, Clay kick wheel, Face Painting, Creative Photography, Polymer Clay, Flax Weaving, Wood Sculpting, Felt Flower making, Beading, Macrame, Kids Craft, Finger Print Art, Huristic Collage, Watercolour Techniques, Print making and more! Thanks to Pub Charity for funding for this event. Kumeu Arts Centre please visit our website www.kumeuartscentre.co.nz for more information or phone 09 412 9480.



Join the Hospice West Auckland volunteer crew and make your spare time meaningful

It may be no surprise to hear that New Zealand was ranked as the third most charitable country in 2015’s World Giving Index, which shows 45% of New Zealanders volunteering time. It’s part of who Kiwis are. You probably know people who



volunteer – you may volunteer yourself. If you’re looking for a rewarding role as a volunteer, Hospice West Auckland is always on the lookout for passionate and energetic people to help. Volunteers are part of the fabric of our organisation and we love the energy, passion and commitment they bring. Our volunteers work in a range of varied roles, from patient companions to life review writers to collecting goods for our retail stores to working alongside our retail teams in our stores, and many other roles in between. We welcome people with specific skills to join us – please let us know how you can help. Our volunteers love the camaraderie they enjoy with our staff and fellow volunteers, and knowing their time is being put to such valuable use. If you’d like to put your spare time to good, or know someone who’d like to, register your interest via our website www.hwa.org.nz/get-involved/registration or get in touch with our Volunteer Services Manager Sarah Jeffs on 09 869 2346 or via email at VolunteerServices@hwa.org.nz.

Arts in the ville

Helensville’s 3 day arts festival, at various venues through-

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



RYAN JACKSON

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

P: 09 810 8609.

PO Box 133, Kumeu 0841 Auckland

out Helensville township, Northwest Auckland. Labour weekend Oct 22nd – 24th 10am – 4pm. Helensville will be full of colour and creativity during Labour weekend. "ARTS IN THE VILLE" is an opportunity for you to meet artists in their working spaces, talk to them about their work, purchase pieces of art direct from the artist or from one of the pop up exhibitions. You can 'have a go' at one of the interactive displays and go home feeling inspired by the creativity that has collected in this historic town. Maps will be available prior to the event or on the day. Blog www.artsintheville.blogspot.co.nz.



Hobsonville Herb Group

This month we welcome Lynn Brown who will talk about herbal teas and you will be making your own tea bags. Join us for this fun evening with shared supper. We meet at the Whenuapai Hall, Waimarie Road, Whenuapai on the 1st Tuesday of each month. \$5 per session. Come along and enjoy participating in our workshops. For further information Phone/ text Diane 021 135 9613 or email hobsonvilleherbgroup@gmail.com.

Euro West Ltd your VW and Audi experts in West Auckland

For quality VW and Audi repairs and maintenance see the experts from Euro West Ltd. Serving West Auckland since 2000 this family owned and operated business specializes in vehicle servicing to VW/Audi factory standards, Computer diagnostics, Electrical fault finding and repairs, Brakes and suspension repairs, Engine and transmission, Immobilizer key programming. Rainer and Edith Zeltwanger, the company owners, have got some very exciting news. Their team has just been joined by German auto electrician Andreas Zickert. Andreas has a wealth of knowledge in fault diagnosis, vehicle electrics, modern can bus systems and even hybrid vehicle technology (Audi e-tron). Andreas worked previously at Giltrap Group in VW technical product support, Porsche technical support and training and as Audi technical trainer teaching franchise technicians from all over New Zealand the latest technology. Two first places in



the New Zealand VW technician of the year competition are further proof of his outstanding ability. Euro West Ltd will continue to serve West Auckland with quality workmanship without the franchise dealer price tag. A courtesy car is available by appointment. Please visit their website www.eurowest.co.nz or call them on 09 832 0064, 021 266 3602 (Rainer), 021 255 4678 (Andreas) for bookings.

The destination for every girl's dream party

Join us in our magical enchanted princess garden and meet some of your favourite princesses and get pampered. Hair beautifully curled, mini manicure, gorgeous princess tiara, play our fun garden games set up around the room and so much more.



Having a fairy party at home? Why not book our amazing fairy entertainer, or are you having a princess party? Why not invite Elsa, Sleeping Beauty, Tinker Bell, Rapunzel, or Alice to attend? Making your child's birthday magical and one they will never forget. Join us for one of our many events we hold at Little Miss Enchanted in Huapai. We host princess pamper days, discos and slumber parties. We are excited to announce we are currently working on a Wonderland party room. Follow us down the rabbit hole for fun had by all. Visit www.littlemissenchanted.co.nz. Find us on Facebook [littlemissenchantedparties](https://www.facebook.com/littlemissenchantedparties).

Massey amateur swim club

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 and 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 \$80.00 for one child, or \$120.00 for two children from the same immediate family. \$140.00 for three or more children from the same immediate family. Registrations for MASC are now open for the 2016/2017 season. Please visit our website at www.sportsground.co.nz/masseyamateurswimming for more info.




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Authorised by Dr Ershad Ali, 3 Jammen Drive, Massey 09 832 4213

People:places

Works with wolves

He has taught dogs to drive cars and fly planes. So what's next for Mark Vette?

Perhaps a mock fly in for dog Reggie and a drive off from giant schnauzer cross Monty at Mark and fiancée Kim Morrese's wedding, possibly later this year.

Meanwhile, the Waimauku animal behaviourist has plenty on his plate.

The 60-year-old star of the TV series *Purina Pound Pups to Dog Stars* is concentrating on his comprehensive dog training programme *Dog Zen*.

The new online venture offers 30 videos and supporting documents about why your dog behaves the way it does, solve the common behavioural problems dog owners face and teaches how to achieve results with love and gentleness.

Mark's also working with the Auckland Council to run a similar education programme. "I'd like to see Auckland show other councils how it's done," Mark says.

Especially as Auckland has 114,519 registered dogs (and probably up to 25 per cent more unregistered), with much attention nationally on menacing dogs and bitten people. Many dogs are put down too, which Mark finds sad and another reason he wants people to be better educated about dogs.

Then there are two books nearing completion for publishing mid to late next year.

The first is *Dog Zen*, which has Mark's Zen Buddhist and dog training philosophies. It will incorporate some of the driving and flying dogs' stories too. But, there will be more about that, plus the many other animals Mark has worked with for TV and film productions, in a yet unnamed autobiography.

How about *Works with Wolves*?

Yes, Mark has worked with them quite often, including in movies like *The Chronicles of Narnia*, first studying wolves in the USA while doing a Master's degree in sheep dog behaviour and genetics. Mark became probably the first qualified animal behaviourist in New Zealand, working with animals for about 40 years.

So why wolves? That's where dogs evolved from, Mark says. "It's a big migratory predator that co-evolved with tribal man and woman and created a symbiotic relationship with man as early as 10,000 to 40,000 years ago."

Indeed, Mark believes humans might have been wiped out were it not for our dog forebears.

"The wolf was our saviour. About 12,000 years ago during an ice age I think that relationship between wolves and humans kept us around as they guarded us against other predators, provided warmth (snuggling up, hence the saying a three dog night was a cold one) and helped with hunting too.

"*Dog Zen* is about recreating that old bond. Truly the dog is man's best friend."

Mark says it's more about educating humans. "We still live with

a wolf, even if it is in chihuahua clothing in an urban apartment. Humans need to understand dog behaviour, and we can do that by reflecting on ancestral wolf behaviour."

It's vital to "socialise" or train dogs within their first two to four months (formative period), Mark says. Otherwise that socialising needs to be recreated later. And dogs need to be in a calm learning state (zen) to be successfully trained, he says.

There are 10 basic commands, including "sit" and "heel", but some like Hercules the "Bugger" dog could learn 150 commands. "Flying dog" Reggie had to deal with 80 different things, including noise, height and working in a cockpit, Mark says. A border collie named Rico learned over 1000 words.

Sceptics, including one pilot, were blown away with what the dogs could do. And while the flying dogs' series has screened on Sky in the United Kingdom, it has yet to feature here.

Mark has worked on projects with birds like 42 paradise ducks (for the movie *Love Birds* with Rhys Darby), pukeko, and now pigeons. Many of these, plus the four household dogs Reggie, Monty, Tommy and Blue, end up on Mark's lifestyle block and clinic, where the long driveway has many appropriate warning signs.

"It's been fun over the years," Mark says. "We've had five world firsts in the flying and driving dogs, the octopus 'octographer' at Kelly Tarlton's, the 'Pound Pups' and training dogs like the one which can detect kauri dieback disease, and training rats to power a child's pushbike."

Massive interest has been generated world-wide, and has led to Mark spending much time overseas. There's a YouTube series planned and more.

Meanwhile, *Dog Zen* remains Mark's main focus.

• You could win a subscription to Mark's online dog training programme *Dog Zen*. Just email your name, address and day-time contact details to geoffdobson2017@gmail.com to go in the lucky draw.

• For more information on this issue, or to see how to fix your dog's problems, go to dogzen.com to check out Mark's *Dog Zen* programme. Read our reader's question in the pets section on page 36.



AREA PROPERTY STATS

Suburb	CV	Land Area	Floor Area	Sale Price	
Herald Island	980,000	850M2	232M2	1,405,000	
	660,000	827M2	100M2	977,000	
	1,100,000	832M2	202M2	1,480,000	
	1,640,000	1048M2	366M2	2,300,000	
Hobsonville	525,000	206M2	146M2	850,000	
	800,000	277M2	205M2	988,000	
	265,000	150M2	112M2	790,000	
	855,000	316M2	254M2	1,150,000	
	900,000	318M2	237M2	1,260,000	
	265,000	157M2	112M2	790,000	
	730,000	325M2	170m2	988,000	
	830,000	268M2	227M2	1,190,000	
Massey	550,000	351M2	153M2	624,166	
	550,000	576M2	170M2	865,000	
	430,000	446m2	90M2	670,000	
	405,000	812M2	100M2	710,000	
	570,000	599M2	220M2	900,500	
	540,000	809M2	130M2	902,000	
	390,000	607M2	90M2	655,000	
	490,000	1328M2	129M2	730,000	
	425,000	623M2	100M2	726,000	
	530,000	1194M2	170M2	818,000	
	455,000	622M2	100M2	801,000	
	480,000	637M2	120M2	703,000	
	500,000	450M2	170M2	850,000	
	490,000	1029M2	120M2	920,000	
	570,000	755M2	181M2	750,000	
	475,000	685M2	180M2	718,000	
	425,000	895M2	110M2	670,000	
	600,000	819M2	160M2	755,000	
	530,000	540M2	160M2	767,000	
	470,000	514M2	200M2	896,000	
	465,000	658M2	120M2	690,000	
	700,000	643M2	174M2	805,000	
	480,000	352M2	167M2	625,000	
	440,000	745M2	120M2	765,000	
	590,000	470M2	161M2	869,000	
	390,000	454M2	110M2	650,000	
	630,000	809M2	210M2	870,000	
465,000	908M2	150M2	780,000		
West Harbour	640,000	858M2	110M2	1,150,000	
	1,450,000	697M2	280M2	1,710,000	
	990,000	1856M2	250M2	1,350,000	
	770,000	635M2	220M2	1,110,000	
	550,000	450M2	140m2	1,004,000	
	600,000	770M2	140M2	895,000	
	980,000	847M2	370M2	1,610,000	
	930,000	800M2	280M2	1,600,000	
	790,000	859M2	190M2	1,250,000	
	870,000	632M2	220M2	1,100,000	
	Whenuapai	2,375,000	3.2HA	2000M2	7,850,000
		2,550,000	1.4HA	251M2	3,850,000
Waitakere	740,000	4HA	280M2	950,000	

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Graham McIntyre
Brand & Territory Owner

Mike Pero | REAL ESTATE

Mike Pero Real Estate Ltd Licensed REAA (2008)



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

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

“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

Market report with Graham

If you have been waiting for Spring, I think the daffodils, the cherry blossom and the new born livestock give it away. Spring is here. With spring comes a growing desire to clean and tidy your property, spring clean your home and consider if your home today will be the right choice for the future. If you are struggling to keep up with grounds maintenance and household chores it may be time to consider downsizing. Likewise if your family is bursting the seams of your present home, the dogs running amuck and the chickens are more free-range than you would like, it may be time to put things into perspective. The new Auckland Council Plan opens up a new chapter in making land accessible for development and given the demand in the area for new homes, it is not before time. So to recap the last few months we have the Reserve bank loading restrictions on the local mortgage market with loan value ratios at 40% deposit for investors, however first home buyers are still protected with Mike Pero Mortgages offering finance to purchasers with as little as 10% deposit. Auckland Council has been given the strongest mandate by government to stop procrastinating and release the base planning document through to 2025 that allows land development. It all signals a very exciting period in the Auckland property market and one which will provide challenge and opportunity. Let's consider the market: Herald Island residential \$977,000 to \$2,300,000. Hobsonville residential \$790,000 to \$1,260,000. Massey residential \$502,000 to \$2,760,000. Waitakere lifestyle \$950,000. Westharbour residential \$756,000 to \$1,610,000. Whenuapai lifestyle \$3,850,000 to \$7,850,000. A good volume of buyers reflected in the sales over the last month. We are expecting a small pause in September as buyers reflect on any value gains created by Reserve Bank policy adjustments and some new opportunity created by Auckland Council plan updates. If you are considering a real estate change you would be well advised to talk with Mike Pero Real Estate because of some very clever and sensible offers: Your commission is very sensible (saving you thousands of dollars). A free marketing offer including TV, magazine, online, print exposure. Exposure to our extensive local, national, international buyer database. Service standards that revolve around you and your needs. Further to this we have a number of exclusive Trademe special offers and digital upgrades to ensure you get the very biggest marketing exposure with a very low commission rate. See more at www.grahammcintyre.co.nz or phone 0800

900 700. Mike Pero Real Estate Hobsonville - It's not about the talk, it's walking the talk. Licensed REAA (2008).

Money matters

Increased equity requirements for property investors are now in place. Recent changes mean that equity of 40% is required to purchase an investment property. Borrowers can still leverage up to 80% against their owner/occupied property and borrow the balance against the rental property. New builds are exempt from these new regulations, as are 'dollar for dollar' re-finances. We also have access to non-bank lenders who will fund up to 80% on investment properties and at interest rates around 5.5% are worth considering. Call us for a no obligation, no cost and confidential discussion regarding your property portfolio. Phone 09 411 9251 or 027 411 9255 or email david@davidlloyd-mortgages.co.nz.

Thinking of re-roofing? Call Precision Roofing

Are you thinking of insulating your home? We can supply and install insulation at a competitive price while re-roofing. With the new laws coming in for rental properties to be insulated by mid 2019 why not get ahead and insulate your investment



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We understand that choosing the right roofing company is a crucial decision. We ensure your property; residential or commercial is water tight, air tight and the correct materials have been used for climate and sun exposure.

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Director



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* Complimentary gutter clean with every re-roof booked in before the end of September. Call us today on 0800 002 222 for a FREE no obligation quote - we would love to hear from you.

Kiwisaver and paying the deposit on your first house purchase

Increasingly, Kiwisaver investors are using their Kiwisaver fund for a first house purchase. The Kiwisaver fund may be used in 2 ways. Firstly, to fund the payment of the deposit under the purchase agreement. That is, the Kiwisaver fund can be used even while the purchase agreement remains conditional on other things such as a satisfactory builder's report or getting finance from your bank. If the agreement does not proceed, your fund must be paid back to the Kiwisaver provider. Or, if the agreement becomes unconditional, any surplus Kiwisaver fund not spent on the deposit must be applied to the purchase price. The 2nd way is to only call in your Kiwisaver fund when your agreement becomes unconditional. In each case, you will need help from a lawyer to do a declaration in support of your application. Luke Kemp - Kemp Solicitors phone 09 412 6000 or email luke@kempsolicitors.co.nz.

Spring into action

With the end of winter approaching, both buyers and sellers will be readying themselves for spring and the routine seasonal surge of new listings that enter the housing market. Winter is traditionally a quiet period



for the property market with many choosing to hold off the temptation of heading to market until the busier time of spring. Here are a few tips that can help you prepare your home for sale and have it one step ahead of the spring competition.

Presentation - Spring tends to be a more attractive time of year to list a home because the weather begins to improve and the daylight hours increase, both of which can assist your home to

look its absolute best. First impressions are crucial and will go a long way to forming the buyer's initial opinion and expectations about your property. By completing simple household chores like mowing your lawns, pruning your hedges and washing your windows, you can create a much more inviting environment for potential purchasers. You could also take the presentation of your home a step further and complete some minor updates. If your bathroom or kitchen are perhaps looking a little tired, then you could look at updating cabinetry handles with something slightly more contemporary. This is a relatively simple task that can update a space without blowing the budget.

Highlight Your Property's Selling Features - First and foremost, a simple tidy up can make a remarkable difference. Clutter can not only distract the eye and detract from your home's major selling points, but it can also make a space look considerably smaller. So have a good spring clean - banish the piles of shoes from the entrance, file away any stacks of mail and store any general clutter, from remotes and toothbrushes through to toys and clothing. Once the clutter is out of sight, it will be much easier to showcase certain aspects of your home. A great way of doing this is by drawing the eye with a pop of colour. For example, a tasteful and vibrant cushion or throw can accentuate your window seat, or a statement piece on or above the mantel can focus the attention on a fireplace.

Marketing - With so many new listings on the market, you will want to stand out and take advantage of every marketing avenue available to you. Using a combination of digital and print advertising will cast a large net to buyers and will show your commitment to achieving a sale. Mike Pero Real Estate phone 0800 900 700 - Licensed REAA (2008).

\$75 = Exposure for a month

Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$75 plus GST you can be exposed to over 18,000 locals for a whole month. That is only \$2.50 a day. For more information email our editor at jbw51red@googlemail.com.

Graham McIntyre
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FIVE BEDROOMS - OFFERS OVER \$695,000, NEAR WEST HARBOUR

5 2

Offers Over \$695,000

15 Katrina Place, Massey
Offers Over \$695,000

Situated on 413sqm of land offering a north-east aspect, elevated and gets plenty of sunshine. Split over two levels, the home has a generous open plan living with dining/kitchen upstairs and a central hall to the three bedrooms, bathroom and a separate toilet. Internal stairs lead to the downstairs two rooms, a second bathroom and a separate lounge or study, with access to the lower patio and lawn areas. The home would suit an investor looking at a good rental return or a family wanting exclusive use areas within the house. Extensive decking to the west enjoying afternoon sun, off-street covered parking and additional storage lock-up. 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/RX859193



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027 632 0421
09 416 9600

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BRAND NEW - VALLEY VIEWS ON 4027SQM

4 2 3

Set Date of Sale

26C McEntee Road, Waitakere

Set Date of Sale- 5pm, Wednesday 14th September 2016 (unless sold prior).

A brand new executive home of 237sqm offering well thought out entertaining areas and spacious living with clever modern elements including nice-and-easy Butlers Pantry and extensive alfresco to covered courtyard and grassed landing. Meticulous attention to detail from formal entrance way to storage areas including dry-store attic storage, central heating throughout all rooms. The home enjoys modern planning with all bedrooms off a central corridor and constructed to make the most of semi-rural valley views. 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/RX883782



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1603 SQM LAND - TWO DWELLINGS - OPPORTUNITY



Set Date of Sale

69 Royal Road, Massey

Set Date of Sale - 4pm, Tuesday 4th October 2016 (unless sold prior).

New planning guidelines from Auckland Council have delivered opportunity for an astute developer. A flat to gentle sloping section, with generous home, minor dwelling and separate garaging. The main home is set to the left of the section, an immaculately presented four bedroom two bathroom, two lounge home with extensive alfresco to elevated decking and views through the west. In addition a one bedroom minor dwelling delivers extra value/ income. An independent development report from Terra Nova, planners and surveyors is available to prospective purchasers. 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

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ABSOLUTE MURIWAI CLIFF TOP: RENOVATE OR REMOVE

2 1

Offers Over \$850,000

9 Ngatira Road, Muriwai Offers Over \$850,000

This large 1552 square meter section leads down to the Muriwai cliff top with viewing areas in place overlooking Oaia Island. The property features a 60 square meter two bedroom home moved on to the site in the 1980s, in need of some renovation or a great building site for that dream home. Nestled in one of Muriwai's most exclusive cul de sacs with views overlooking the Tasman Sea. Listen to the sound of the ocean and enjoy the amazing Muriwai sunset from your own cliff top location. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email ian.sneddon@mikepero.com.



Ian Sneddon
027 209 0789

ian.sneddon@mikepero.com

www.mikepero.com/RX823229

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DO-UP OPPORTUNITY IN HUAPAI

4 1 1

By Negotiation

26 Pinotage Place, Huapai By Negotiation

Enjoy this 140m2 house as it is or you can add value by renovating. The property has plenty of space, large kitchen dining area opening on to lounge with cozy wood burning stove. Four double bedrooms and dedicated office. Single lock up garage with workshop and plenty of off street parking on this flat 810m2 section. Handy location in the center of Huapai close to all amenities. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email ian.sneddon@mikepero.com.



Ian Sneddon
027 209 0789

ian.sneddon@mikepero.com

www.mikepero.com/RX853254

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OFFERS OVER \$495,000 - ELEVATED IN HELENSVILLE

3 1

Offers Over \$495,000

23B Rautawhiri Road, Helensville
Offers Over \$495,000

Seldom found in Helensville, an elevated three bedroom stand-alone home on almost 370 square meters of land. The home has a fully fenced back yard, elevated north facing land with generous sunshine through the day. The home is a standard open plan living dining with three bedrooms and a bathroom off the central hallway. A laundry, carport and storage lock-up is included. Some DIY and cosmetic refurbishment would add value but in all respects it provides an investor or first home buyer with a very good "bread and butter" home. Close to Primary and secondary schools, parks and shopping. The CV on this property is \$305,000. 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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WAIMAUKU - PEACE AND TRANQUILITY

2 4 1

By Negotiation

126 Hinau Road, Waimauku By Negotiation

North facing home in elevated bush setting. Currently set up as a two bedroom but if required an easy conversion to three bedrooms can be achieved, with walk in wardrobe and own toilet with options for an ensuite. Single level, high stud, weatherboard home with open plan styling and modern designer kitchen opening on to tranquil north facing decks with flowing water fish ponds. Six car garaging with workshop and an abundance of extra parking. Close to Waimauku shops and school only minutes away to Muriwai beach and Woodhill forest and 20 minutes to new north western shopping centre this has to be the best country living around. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email ian.sneddon@mikepero.com.



Ian Sneddon
027 209 0789
ian.sneddon@mikepero.com

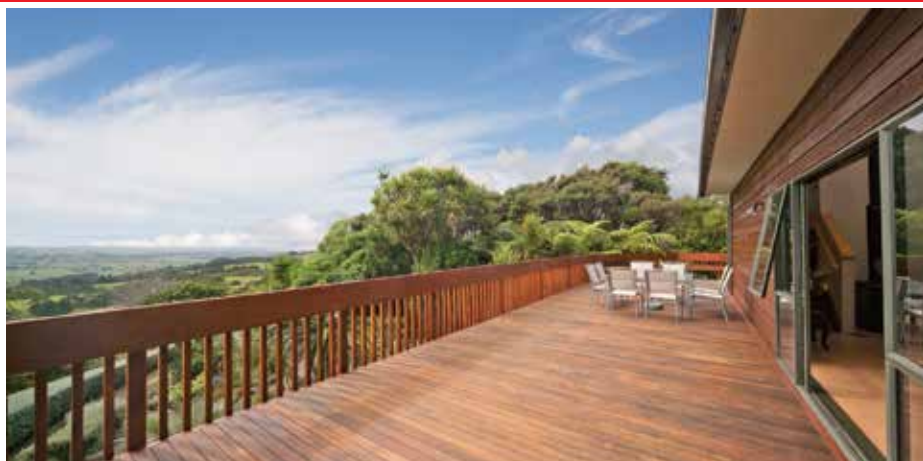


Graham McIntyre
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www.mikepero.com/RX687775

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PLENTIFUL VIEWS, CONTEMPORARY LIVING, GARDENS GALORE

3 2 4

Enquiries Over \$1,450,000

429 Kiwitahi Road, Helensville Enquiries Over \$1,450,000

Set on 1.4 hectares of unequalled and established plantings and garden, delivering enormous satisfaction to Owners and Guests alike. The property has a large amphitheater, formal walks within a range of beautiful and unique backdrops. Well acclaimed through Garden tours and regional competitions this could be the foundation for your new Wedding Venue (subject to the necessary approval) or maybe it is the good life you crave with this clean crisp air and the beautiful clear water that is drawn from the private deep water bore. The house was a finalist in House of the Year with Maddren Homes and offers a contemporary open living environment. Please email graham.mcintyre@mikepero.com for recent sales in the area.



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DECIDED YOU WANT TO BUILD YOUR DREAM HOME?

Enquiries Over \$495,000

305 Wairere Road, Waitakere Enquiries Over \$495,000

Fantastic location nestled in the native bush with only the sound of the Tuis and Wood pigeons to disturb you, yet close to a host of amenities. This 10 acre plus property already has an established retained and drained driveway down to your cleared building platform, with conduits for services already in place from the roadway. Then it's a blank canvas to build your dream home to take advantage of the amazing views. Close to the fabulous west coast beach of Bethells', Waitakere golf course, and the amazing Waitakere walking and tramping tracks what more could you ask for? The CV on this property is \$405,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email ian.sneddon@mikepero.com.



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027 209 0789

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Susan Annett

021 345 788

susan.annett@mikepero.com

Office Location: 2 Clark Road, Hobsonville

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MUST BE SOLD - 2 HECTARES, BIG BARN, CHARACTER IN COATESVILLE 4 1 2

By Negotiation

557 Ridge Road, Coatesville
By Negotiation

Idyllic setting, this 1920's old charming bungalow has character, presence and delivers a relaxed and social environment. Outdoor living flow steps out to extensive entertainment decking to the north-west, to enjoy the sun but provide shelter from the wind. Four bedrooms, two bathrooms (one traditional and elegant), integrated kitchen/ dining that makes the most of the space and the view. In addition the property also has a large 150 sqm barn that provides extra space and options for workshop projects, storage or stables. The CV on this property is \$1,100,000. 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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ULTIMATE LIFESTYLE PROPERTY - WAIMAUKU 6 2 4

By Negotiation

45 Ararimu Valley Road, Waimauku
By Negotiation

Rarely will you find a lifestyle property with so much to offer. The main dwelling is a four bedroom 210sqm home and features beautiful polished floors which open out to huge decks overlooking the pool and garden. The second dwelling is a two bedroom 170sqm with great potential. These homes are surrounded by stunning gardens and ponds that feature amazing specimen trees and fruit bearing trees, figs, walnuts, hazelnuts, lemons, mandarins, blueberries, fejoia etc. Both homes and pool are heated by a state of the art central heating system. Water is drawn from an artisan bore which is bottled by a number of suppliers in the Ararimu Valley. Close to vineyards, equestrian and mountain biking facilities. Call Lyndsay today to arrange an inspection of this truly unique property on 027 554 4240.



Lyndsay Kerr
027 554 4240

lyndsay.kerr@mikepero.com

www.mikepero.com/RX892144



It was a great pleasure for my wife and me to have met and dealt with Susan Annett in the purchase of our property in Glen Eden Auckland. It was my wife who was the first to have met with Susan at a private viewing session of the above property and the impression she gave me of Susan when I returned from work that evening was so positive, it left me wondering whether the house was good or was it Susan. When I subsequently met Susan at the Open home that was held a week later, it was then that I realised what a lovely and easy going person Susan is. Not only is she an excellent communicator, but the way she went out of her way to help us in our decision maker process by giving us all the documents and information needed and by putting herself in our shoes, it gave us a lot of confidence and positive-feel and removed a lot of stress that one would encounter when buying a house especially in the current market. There was not a single occasion where a text/email/phone call was not attended or replied back to. Friendly and efficient service, yet professional at all times. I guess it all comes with the many years of service that Susan has held dealing with customers. I would highly recommend Susan as the Real Estate agent to any prospective future home-buyers. In fact I have told my brother who is looking to buy his first home that if he sees Mike Pero as the listed agent for a property that he likes, to just call Susan. Susan, it was a pleasure dealing with you and thank you for all the hard work that you put in. Everybody should be happy in the end. We wish you all the best for the future.

Eddie & Peppy
Glen Eden
Auckland



Susan Annett

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Home:garden

LED lighting in your home

How many incandescent light bulbs have you replaced in your home over the years? At a fairly accurate guess it will be a surprisingly high number, just look around you, how many bulbs are not functioning right now? When marketing your home for sale to potential purchasers there is nothing worse than missing or damaged bulbs and bulbs of different outputs. But we see many homes with just that, which is surprising when you are attempting to present quality and good house maintenance. And we can confirm, buyers do notice and comment. There are 2 questions asked relating to LED lights 1) Why are they more efficient and 2) why do they cost so much. As a home owner, my home is all LED and I can see significant savings in my power bills of around 20% so the real question that you should be asking yourself is: Why have I not converted to LED yet? Many homes built in the eighties/nineties installed the lower price Chinese offerings, these are easily distinguishable within a house due to the yellowing of the casing because of heat generated and in many cases, non-working or damaged bulbs. So let's look at some comparisons and what makes LED so attractive:

LED lights use only use 2-10 watts of electricity meaning they consume up to 90% less electricity than a normal bulb so a huge improvement for the environment and savings in cost.

LED lights remain cool to touch generating far less heat than a normal bulb meaning lower energy bills for summer cooling and no yellowing of the fitting.

LEDs do not use glass or filaments and are encased in a form of plastic so are shatter and shock proof making them a far safer option.

LEDs have an average life span up to 60,000 hours compared with up to 1500 hours for a standard incandescent bulb meaning operational and replacement savings.

LEDs reduce potential risk of burns or fire because 90% of the energy of a standard incandescent or halogen bulb is turned into heat while only 10% is actually turned into light

LEDs are classed as recyclable and considered "green" so environment friendly.

LEDs reduce the cost significantly of maintenance and replacement cost, examples as follows:

- Constant 100% use = up to a 7-year lifespan
- 8 hours use per day = up to a 17-year lifespan
- 4 hours use per day = up to a 34-year lifespan

LED lights are now available for most light fittings including fluorescent so it is relatively easy to change the bulb but it is also worth considering changing the fitting/tracking to gain

the best reliability and longevity. This is particularly important with businesses where tracking fittings can be faulty or have inherent problems and may not fully deliver the LED to its best advantage. There may well be a higher cost to initially purchase LEDs but they are reducing in price each year and are more available. In addition, the safety factor in terms of reducing fire risk is very important and the savings in your energy bills can be significant. You need to ask yourself can I afford not to replace my current lighting with LEDs and, if you are looking to market your home for sale, would I, as a potential purchaser see more value in a property with all lights functioning correctly than portraying the look of a poorly maintained home. There is a cost to replace but with your home asset increasing by approximately 15% per year, the cost is easily justified. I know which one I would prefer, and without question I am sure you feel the same! If you would like to discuss your home in terms of its saleable value, or if you are or will be looking to market and sell in the near future, please give me a call now. Appraisals are free and no obligation call Les Whale on 021 411 345.

Bursting your bubble – could you be taxed on your property profit as a result of the Unitary Plan?

You'd be forgiven for getting tax-change-fatigue as a result of all the talk about how the Government is going to get the Auckland housing price crisis under control, but ironically it is an old law that could have the biggest effect on people who stand



to make a windfall from the re-zoning of West Auckland. A tax law that has been around for decades may have significant ramifications for you if you sell land you've bought in the last 10 years, and make a profit at least partly as a result of the zoning changes in the new Unitary Plan. Even ordinary mums and dads may have to pay income tax on any profit, if they sell to a land developer and the value has increased as a result of the scheme change. The only exception is if the vendor and purchaser both intend to use the land for residential purposes – so if it's your home you are selling to someone else who is intending to live in it, this provision won't apply to you. Only 20% of the increase in value has to be due to the zoning changes – which is a pret-

Les Whale
LICENSED SALESPERSON





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Auckland



Ground Up
Landscape Gardening Ltd

Evan Goodhue - Director / 021 924 454
groundup@vodafone.co.nz | www.ground_up.net

ty low threshold. The IRD has been allocated extra funding to enable it to enforce tax rules relating to property, so if you are selling property affected by changes in the Unitary Plan at a profit you need to call or email us. Henderson Reeves is an established law firm that has recently opened a mobile office in West Auckland. We are a full service law firm, and we also offer competitive fixed prices for people buying and selling property. Taina Henderson and Shelley Funnell are your friendly local lawyers offering smart legal solutions. Check out our website www.hendersonreevesauckland.co.nz or Facebook page (search Henderson Reeves Auckland) for more information, or you can call us on 09 281 3723.

Feng shui secrets to sell your home

Considering selling your home? Then consider using feng shui to help maximise a buyer's positive reaction to your property. The practice, which originates in China, is a very down to earth analysis of what does and doesn't make your home appealing and inviting, according to the feng shui experts. In fact the whole popular notion of staging a property, from clearing clutter to delicious smells are all feng shui strategies. However feng shui experts are the first to admit the practice alone won't sell your house. First, you want to have the right agent and the right marketing plan to achieve the best price, according to the author of feng shui for Dummies, David Daniel Kennedy. The energy around feeling confident about your agent and their skill all helps towards creating a positive flow of energy around the sale process. "Those are the basics that have to be right or feng shui is a nonstarter. Once you have those elements in place then you can put some feng shui techniques to work to further amp up your sale price," he says. Next he advises concentrating on good traffic flow. "This isn't a concept just for parties or entertaining

large groups of people." "You don't want anything that's going to keep people from feeling they can easily move through an area." Look at the room in terms of creating easy to navigate open flow. You want to show the home in a way that makes purchasers feel comfortable not cramped or claustrophobic. The way spaces in a home are arranged have a strong power over people say the experts. If you need to factor in hiring a storage locker to store items of furniture then consider it a good investment. "The more buyers pick up on a subtle sense of well-being and harmony in a house the more likely they are to get serious about making an offer." So if selling is on your agenda walk through your home with a critical eye and make feng shui one of the factors working toward achieving a great sale result. Susan Annett 021 345 788.

Sparkn update

We are now in full swing preparing for the summer months and thinking about those garden lights and how to most effectively light your entertainment areas both in and out doors. There are constantly new options and LEDs coming up on the market and we would love to help you design your space for atmosphere and practicality. While on the subject of preparing for summer, now is the time to get the boat/ caravan or motorhome out and check the electrics. We advise regular maintenance of batteries over the winter and running up all electrical systems prior to use so you are ready to just get in and head out for some fun. Please contact us if you would like an electrical inspection or EWOFF organised. Remember, our speciality in the marine sector is easily transferable to housing and we can provide plenty of off-grid and eco-friendly options when it comes to power use. Contact Tony today on 021 sparkn.

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Dan's Tips

September 2016

The signs of spring are beginning with longer daylight hours and slightly less water-logged soils, so let's get into the Edible Garden!

- **Don't be overly ambitious with the new seasons vegetables** – tomatoes, capsicums and zucchini are more successful when we see warmer temperatures. Unless your vegetable garden is very sheltered and very sunny, it pays to wait a month
- **But, do plant the 'cut and come again' lettuces** – rocket, miner's lettuce and mesclun mixes, put in a crop of snow peas and sow onions and radishes
- The prettiest way to **ward off carrot fly** is to mix the seed with nigella or cornflower seeds and sow – such a pretty way to control pests in the garden
- **Focus on growing citrus and other fruit in pots**
– lightly fork a layer of our Living Earth organic certified Compost through the potting mix, but take care not to dig too deeply. If you've put a good layer of mulch on them, simply remove it, then replace after you've applied the compost
- **Top up your raised garden beds** – with our Living Earth organic certified Veggie Mix – a perfect chemical-free way to grow food!
- **Aphid watch** – unbelievably aphids appear quite soon after the mild weather begins – an initial infestation can normally be controlled by wiping them off with your fingers! Plants under attack can be leafy varieties such as lettuce and brassicas, or watch for black aphids on plants of the onion family
- **Remember to liquid feed everything in the edible garden up to twice a month** – most liquid fertilisers, such as Living Earth organic certified Liquid Compost are ideal for foliar feeding, using a sprayer or a watering can
- **'Hill' up soils around newly emerging potato foliage**, so you get lots of spuds for Christmas!



The good stuff!



Staking Broad Beans

This bean variety makes it through winter with ease – but often they get forgotten over winter. Now is the time to straighten up the plants, staking them up or gathering them together, so that the sun and the bees get to the flowers!



Feed the Lawns

And while we're at it - right now you should fertilise your lawn – Central Landscapes have Turfmaster Gold, a high performance professional grade slow release fertiliser which is perfect for use on all lawn grass types.



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Health and safety

Every day as we go about our lives we are exposed to risk – whether it's driving; working at an office, construction site or shop; or walking across the road. Being exposed to hazards (a source of harm) is part of life and includes a person's behaviour, using a piece of equipment or undertaking daily activities. Everyone has a responsibility to identify hazards at work which can be done by simply observing your surroundings. Many can be fixed on discovery i.e. shut an open cupboard; wipe up a spill; put tools/equipment away or highlight unsafe work practices to colleagues. Many businesses have hazard management systems to identify, control (actions to reduce likelihood of harm) and manage these to make their workplace safe but if you don't we can help you! Call or email us now to arrange an initial visit and a no obligation quote, healthandsafety@losslink.co.nz or phone 09 837 1140.

The art of hanging art

Tip one: Lean, hang prop and layer. You don't have to hang everything; have some on the floor leaning against the wall, propped up on a shelf or your fireplace mantel. You can also layer by placing one or several smaller pieces in front of one larger piece. Layering and leaning gives the space a dash of casualness.

Tip two: It's important to leave some breathing space.

Try to refrain from filling every blank space. Keeping some walls blank prevents the space from looking cluttered and allows people time to appreciate each collection. Third tip: In spaces that receive a lot of natural light avoid using glass as it will enhance the glare factor. Opt for an unframed canvas, print or wall hanging. Tip four: Don't hang it too high! This is where most go wrong. Try to position art so that your eye line is bang in the middle of your artwork. With art above your fireplace, either prop it on the mantel and lean against the wall or hang approx. 100mm above the mantel. Go for a piece that is proportionate to your fireplace and don't be afraid to go big! In instances where you have furniture positioned along a wall, such as a couch, hang your art no more than a handspan above the top line of the sofa. Fifth tip: Artwork looks great in kitchens and bathrooms. In the bathroom, you can hang it on the wall or, my favourite, lean a large tall framed piece behind your free-standing bath. In the kitchen, pick a shelf to layer a few prints,



or anchor the dining table with a gallery wall of prints or with one large statement piece. Protecting your artwork with glass will prevent damage from moisture and cooking splatters. Final Tip: Don't be afraid to take your art up a notch. To make an inexpensive print look like it's worth a million dollars, go LARGE with your mat and frame size, it will inject an instant sense of prestige.

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). The Rhododendron has shallow root systems and needs 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, provide nourishment, and limit weed growth. Prune your rhododendron after it has bloomed to shape your plant and remove any damaged branches. Pop onto our website and view the many varieties, or better yet call in and see us at Awa Nursery and pick up your favourite coloured Rhododendron.

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Winter vegetables and salads

So, should a winter gardener grow different crops depending on the climate? Not necessarily. Winter has always been a good season for a wide array of vegetables including lettuce and spinach. You can grow some of the same varieties that you would in Summer through the Winter months with the help of a winter-protection device to broaden your garden's productivity. This might be a cold frame, a simple greenhouse, the quick-hoop system, or just a layer or two of floating row cover, often called a plastic house of sorts. All of these season-extension devices capture some of the earth's natural warmth, especially at night, and block the chilling, drying effect of wind. The results that you can achieve will surprise you. So before you give up on soggy soil, consider a growing shelter. Hoop systems can be purchased for around \$80 from The Warehouse and will provide years of service.

Spring pasture management

Spring is in the air, for us lifestyle block owners this is the time to take a real hard look at what we have in our pasture. Last month I wrote about stocking rates which can be quite high in this district due to high soil fertility levels, this is of course is if the pasture is maintained. Now is the time to take some simple steps

to maintain your pasture to provide that essential nutriment for your stock. First off it is good practice to understand what your pasture is made up of, make up a 1 metre square lightweight wooden frame and place it randomly around your paddocks. Have a look at the percentage of grasses and clovers, ideally pasture should be 70% grass, 30% clover. Clover provides free nitrogen from the air through the nodules on its roots containing bacteria and it is also highly nutritious. Books which identify grasses, legumes and weeds are handy, you should be able to find these at your local library. If your pasture needs a higher percentage of grasses and clover make a note of it now as the ideal time to oversow is in Autumn. A soil test is a good thing to do, if low in nitrogen a fertiliser such as urea will give your pasture the feed it needs to grow through spring. Finally this is the time to spray those weeds, thistles, ragwort and dock being some of the most prevalent weeds in this district. A few simple steps like these will ensure your stock have the basics of a good diet, animals in work and breeding stock will more than likely require some level of food supplementation. Your vet or local rural supplies outlet will have the advice you need in this area. Lyndsay Kerr, Rural & Lifestyle Specialist - Mike Pero Real Estate. Phone 027 554 4240 or 09 412 9602.

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G.J. Gardner Homes

You may have noticed that the established G.J. Gardner Homes Showhome, on the corner of Tapu Road and State Highway 16

is currently in the process of being relocated. We are pleased to say that construction will commence soon on a new commercial development on this site that will include the offices for the G.J. Gardner Homes Rodney West team. Until then, feel free to pop in and see us at our temporary office at 3C Matua Road, or visit one of our friendly, experienced New Home Consultants at either of our showhomes located at 19 Pohutakawa Parade, Riverhead or our brand new Huapai Showhome, at 171 Matua Road. For more information visit our website or give us a call on 09 412 5371.

Maddren Homes tradie of the month

Maddren Homes would like to congratulate Kevin Maney of Jet Waste drainage for being our Tradie of the month. Kevin and his team at Jet Waste continually deliver on both timing and quality and are always available to help when required. Communication is a crucial aspect in the construction process and the Jet waste team make our site supervisors jobs that much easier by giving regular updates throughout the job.



Old Hands at Building Award Winning Homes

www.maddrenhomes.co.nz/awards



Food: Beverages

Steamed fish

I have modified this recipe from the traditional one by adding tofu at the bottom. Tofu will soak up the juice from the fish while steaming, which tastes delicious and it is also a very healthy food.

Ingredients

Whole cleaned snapper around 700-800g (other fish like gurnard, mullet and flounder are all good for steaming)

Tofu 1 pack

Sauce

Shredded Spring Onion

Shredded Ginger

Sesame oil 1 table spoon

Olive oil 2 table spoon

Soy sauce 1-2 table spoon

To Make

Drain tofu, cut into small pieces and lay on a plate, wait for about 10-15 mins to allow it to release excess water, drain again. Check if all the scales on the fish are removed, have another clean and pat dry.

Place a pair of chopsticks on top of tofu, then the fish won't be touching the tofu while steaming. This will help the fish to cook evenly (see photo).

In a wok or steamer, steam the fish for about 12-13 minutes (exact time depends on the size of the fish).

Mix all the sauce ingredients in a microwave-proof bowl, cover



and microwave for about 15 seconds.

Remove the chopsticks and pour the sauce on top of the fish. You can simply replace the pork with chicken, prawn or beef. Fresh mushroom can also be replaced by Shiitake mushroom.

Easy Lemon Slice

Base:

1 ½ cups plain flour

½ cup icing sugar

150 gms butter – melted

Pre heat oven to 180 Celsius

Grease and line a 18cmx-

28cm pan with baking paper

Combine all of base ingredi-

ents and press into pan. Bake

for 15 mins

While cooking prepare top-

ping.

Topping:

1 can Highlander sweetened condensed milk

1 egg

1 tablespoon lemon zest

½ cup fresh lemon juice

2 Tablespoons plain flour

1 tsp baking powder

Beat egg and condensed milk well, add all other ingredients

and beat until combined.

Pour topping over hot base and return to oven for a further 20

mins until topping is set.

Allow to cool in pan, then refrigerate until cold. Cut into squares

and dust with icing sugar before serving.


Taken from Nestle Kiwi Classics book. 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@paulajane cakes.co.nz or visit paulajane cakes.co.nz.



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The Riverhead

I just read an interesting article about goal setting. I have always believed in setting goals but as I watch the Olympics I see people who, I assume, set the goal of winning gold... and I wonder how they deal with the fact that there is only one gold (in their chosen field). Do they feel despondent if they fall short of their

Susan Annett

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goal of winning gold or do they see the bigger picture and celebrate their amazing successes along the way? If you set a goal and only get halfway toward it, isn't that better than not setting the goal and not making it to that half way point? I say, go for it! Set ridiculously high goals, aim high, but if you don't make it, don't beat yourself up, you would have achieved a lot more than not getting out there in the first place. Well done to every single one of our Olympians and their support teams...you make New Zealand proud. The Riverhead – phone 09 412 8902 or visit www.theriverhead.co.nz.

Peko Peko Japanese Takeaway

Now you can add your healthy option for your lunch time. We are open 3 days for lunch. Tuesday, Wednesday and Thursday 11:30am to 1:30pm. All our menu is available include our Japanese Curry dish and Bento box. Japanese Curry and rice choice is great for those cold wintery days! We are located in the Passion Produce vegetable shop car park at 92 Hobsonville Road. We look forward to seeing you at lunch time too! Phone 022 431 3462.



Majestic Tea Bar

Is a stylish and sophisticated cafe concept breathing new life into a classic range of drinks. Offering consumers a wide variety of teas selected from around the world both hot and iced, we strive to deliver an experience that will take you back to an age where tea wasn't just consumed but was lived. Majestic Tea Bar was conceived in response to the ongoing evolution of tea which is consuming the globe and reaffirming its place as the second most consumed drink on the planet, second to water. Majestic Tea Bar has been developed and refined in New Zealand combining our cultural heritage of colonial times with the height of the Victorian period of which we have crafted and associated our store with. We aim to bring back the tea culture by reintroducing generations to the period of our grandparents and great grandparents when Tea Rooms dominated the daytime scene. Complementing our extensive tea menu is also



our Majestic Chocolate range offering an extensive collection of chocolate drinks both hot and cold together with decadent chocolate pieces, desserts and other chocolate treats. Boutique Coffee is also available, servicing the needs of those requiring their ritual coffee fix with supplementary soft drinks, juices and smoothies also available to provide consumers with a complete beverage bar offering. A selection of snacks is also available both sweet and savory to satisfy those looking to fill the gap at breakfast, lunch and afternoon tea. Our showcase Majestic Tea Bar opened in the new NorthWest Shopping Centre located at Westgate, Auckland in October 2015. The response so far has been truly phenomenal with nothing but praise for our wide range of teas, coffees and hot chocolates. Majestic Tea Bar is now expanding throughout New Zealand and is in negotiations for expansion overseas. As long as our customers continue to embrace our concept, Majestic will continue to listen to feedback, work to develop itself further and refine itself to ensure it leads the way from now and into the future. Shop K10 / North-west Shopping Centre, 1-7 Fred Taylor Drive, Westgate, Massey. Phone 09 416 5533.

Jamaica Blue


At Jamaica Blue, it's all about ingredients. Every dish served at a Jamaica Blue café is created using simple, fresh, quality ingredients; our recipes are simple and uncomplicated – classic dishes with a twist – allowing the taste and goodness of the ingredients to shine though; and our menu is conceived to make the most of locally sourced, seasonal produce. And, with our coffee it's all about the bean. Since we opened our doors, back in 1992, Fred Vains, our very cool Master Roaster has been sourcing the best coffee beans in the world from the Blue Mountain region of Jamaica, for our celebrated Wallenford Estate single-ori-



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gin ... And, also creating his unique blends: the award-winning Jamaica Blue Signature™ Blend and the Jamaica Blue™ Organic Fairtrade Blend. Visit your nearest store at Jamaica Blue North-west, 1 - 7 Fred Taylor Drive, Auckland. Opening Hours: Monday - Wednesday 9am - 6pm. Thursday 9am - 9pm .Friday - Saturday 9am - 6pm and Sunday 10am - 5:30pm.

Robert Harris

The coffee that so many New Zealanders enjoy today began as one man's obsession with excellence. Robert Harris was someone thinking ahead of his time. Bob, as he was known, was determined to awaken tastebuds in New Zealand and had a vision of creating great coffee for kiwis. It all began in 1952 when Robert Harris opened



a delicatessen in Hamilton. He recognised a niche market for his European customers, and began blending coffee beans. He also imported percolators, grinders and coffee machines. At the time most people did not have coffee grinders at home, so he offered three grinds: fine, medium, or coarse. If customers moved out of Hamilton, they could order their coffee by mail; Harris posted coffee in brown paper bags tied with string. Bob was a family man of many talents; a champion sportsman who enjoyed tennis, bowls, golf and swimming. Amateur theatre was another passion. He was a member of the International Brotherhood of Magicians, and every year he was the Santa Claus at the local or-

phanage. The next chapter in the story came about when Murray and Val Connelly took over the business after the death of Robert Harris in 1979. They introduced the Robert Harris brand into supermarkets where, to this day, it remains a leading brand of fresh coffee. As the brand's popularity grew, Murray and Val opened cafés in Parnell, Takapuna and Wellington. Then in 1990, Cerebos Gregg's bought the business, with the aim of taking it to new heights. There are now over 40 Robert Harris Cafés nationwide, and their number is growing all the time. (Westgate Shopping Centre), 1-5 Fernhill Dr, Massey, phone 09 831 0274.

\$75 = Exposure for a month

Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$75 plus GST you can be exposed to over 18,000 locals for a whole month. That is only \$2.50 a day. For more information email our editor at jbw51red@googlemail.com.

The Tasting Shed

The Tasting Shed celebrated its 5th Birthday on August the 11th, and Jo & Ganesh would like to thank all our wonderful locals who have supported us during this time. We're proud to have consistently brought you the best wine and food offering week to week, and are thrilled to have that recognised, not just by the many awards and 'Best Of'



The Riverhead's winter deals

Monday Night **Local Pool Comp** \$5 to enter, cash prizes to be won! | from 7pm in
A fun way to meet other locals | The Portage Bar

Tuesday Night **The Riv's Ribs** 'All you can eat' \$32pp | from 5pm

Wednesday Night **Quiz Night** A great night for friends, family, young & young at heart with prizes to be won! **Bookings Essential.** | from 7.30pm in
The Portage Bar

Thursday Night **Two for One Pizza's** Dine in only | from 5pm in
The Portage Bar

Friday Night **Cocktail Night** Why go all the way to town? | from 5pm

Saturday Night **Rugby on the BIG screen** | from kick off time in
The Portage Bar

Sunday Afternoon **Sunday Live** Live music from 1-4pm. Free entry most Sundays. Bring the family | gates open at 12 -5pm
in The Boat House

lists over the years, but for the full restaurant and happy faces we are privileged to serve. Most of all, thanks to the people in this photo who are all part of our Tasting Shed family - they are the heart and soul of our restaurant. Thank you for the last five years, and here's to more years to come! For reservations please call 09 412 6454 or book online at www.thetastingshed.com.

Live comedy at Hallertau

Friday, September 16, 8pm. The sixth in the ongoing series of popular and frequently outrageously funny live comedy events at Hallertau. Starring: Tevita Manukia (TV3's After Hours). The only Tongan Comedian working



in the English-speaking world today. Featuring: (MC) Nick Rado (TV3's 7 Days, 2014 NZCG Best MC Winner). Nick Rado is an international multi award-winning presenter, producer, writer, MC and stand-up comedian. Special guests: James Keating (TV2's Pulp Comedy). When it comes to energy on stage no one can put a finger on James Keating. Since he first set foot on stage in 2001, James has carved out a niche as New Zealand's master of one-liner comedy. David Oakes ('Very Scottish and very funny' Brendhan Lovegrove). Tickets \$30 or \$25 with your Hallertau Republic Card from Eventfinda.co.nz and direct from Hallertau. Ticket includes a glass of Hallertau beer, cider or local wine on arrival.

The Herbalist Craft Beer

The Herbalist craft beer has been created by local woman Rebecca Stenbeck, who has lived in Kumeu all of her life. Rebecca has used her knowledge as a qualified Herbalist and Naturopath to create a range of ales that have been finely infused with herbs and brewed with New Zealand barley and hops. There are currently two ales in her range with a third expected before Christmas. Manuka Ale - This highly refreshing ale contains Manuka Leaves, Fennel Seeds and Burdock Root and pairs well with spicy foods, all proteins and is tasty just on its own. Rosemary & Liquorice Ale - This tantalising ale with its layers of Rosemary Leaves and Liquorice Root will no doubt excite your taste buds. Food pairing includes roast lamb, blue cheese, braised fennel and lemon polenta cake! Local stockists: The Bottle-O Huapai and Norwest Liquor in Kumeu. www.theherbalist.co.nz; facebook.com/theherbalist.



herbalistcraftbeer.

Wedding expo

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 15 October 2016 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 email or call our Wedding Co-ordinator Brittany on 09 412 2824 or weddings@soljans.co.nz. Saturday 15 October 2016, 10am – 2pm. Soljans Estate Winery, 366 State Highway 16, Kumeu, Auckland.

West Harbour Tide Chart

Date	High	Low	High	Low	High
Thu 1 Sep	-	00:44	07:07	13:04	19:28
Fri 2 Sep	-	01:32	07:55	13:49	20:13
Sat 3 Sep	-	02:15	08:39	14:30	20:55
Sun 4 Sep	-	02:57	09:20	15:10	21:36
Mon 5 Sep	-	03:36	10:00	15:49	22:15
Tue 6 Sep	-	04:14	10:38	16:28	22:53
Wed 7 Sep	-	04:53	11:16	17:09	23:32
Thu 8 Sep	-	05:32	11:57	17:53	-
Fri 9 Sep	00:13	06:15	12:42	18:42	-
Sat 10 Sep	00:57	07:02	13:32	19:35	-
Sun 11 Sep	01:46	07:56	14:29	20:32	-
Mon 12 Sep	02:41	08:55	15:28	21:30	-
Tue 13 Sep	03:40	09:55	16:26	22:25	-
Wed 14 Sep	04:40	10:52	17:19	23:18	-
Thu 15 Sep	05:37	11:44	18:09	-	-
Fri 16 Sep	-	00:09	06:30	12:34	18:58
Sat 17 Sep	-	00:59	07:21	13:22	19:47
Sun 18 Sep	-	01:48	08:11	14:09	20:36
Mon 19 Sep	-	02:37	09:00	14:57	21:25
Tue 20 Sep	-	03:26	09:49	15:47	22:15
Wed 21 Sep	-	04:15	10:39	16:38	23:07
Thu 22 Sep	-	05:06	11:31	17:33	-
Fri 23 Sep	00:01	05:59	12:27	18:32	-
Sat 24 Sep	00:57	06:56	13:26	19:34	-
Sun 25 Sep	01:56	08:58	15:29	21:39	-
Mon 26 Sep	03:58	10:03	16:33	22:42	-
Tue 27 Sep	05:01	11:06	17:32	23:41	-
Wed 28 Sep	06:01	12:05	18:28	-	-
Thu 29 Sep	-	00:35	06:57	12:57	19:18
Fri 30 Sep	-	01:24	07:47	13:43	20:04

Source: LINZ

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

Disclaimer: MetService and LINZ accept no liability for any direct, indirect, consequential or incidental damages that result from any errors in the tide information, whether due to MetService, LINZ or a third party, or that arise from the use, or misuse, of the tide information contained in this website.

Susan Annett
LICENSED SALESPERSON





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Petstips:advice

Raw Essentials

We are often asked about the special dietary requirements of puppies and kittens. Ideally a puppy or kitten should be weaned onto a diet of raw meaty bones. We suggest that as soon as your pup or kitten arrives it is



introduced to a species appropriate raw meaty bones diet. Get those little critters gnawing and chewing as soon as possible – their growing bodies will love you for it! Nature has perfected the diet of pups and kittens. Raw meaty bones supply calcium and phosphorous in perfect combination, no need for guess work and formulations, and certainly no need for supplementation. Raw meaty bones provide a natural, highly digestible source of calcium and it can be up to four times more digestible than any supplement. Meat on the bone, or minces, ground with the bone-in are really important for puppies and kittens. A meat only diet is not good for any pet, puppy, kitten or adult; it is too high in phosphorous and will not support bone health. Make sure your raw fed pet is eating meat, bones and organ to achieve nature's balance. Raw meaty bones will also supply small amounts of cartilage, bone marrow and minerals, essential for healthy development. The dental benefits are integral to the development of healthy teeth and gums. Chewing on the meat and bones massages the teeth and gums, clearing away food residue and preventing tartar formation. This chewing action is important during the teething process it helps dislodge the baby teeth and allow normal progression of the adult teeth. Pop into our Hobsonville store today and get your baby carnivores eating a diet they were designed to thrive on!



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Awesome dog walk

With the odd day of sunshine recently, I hit the outdoors with my walking buddy, Mocha. We headed to Hobsonville Point to the Coastal Walkway. I parked along Bomb Point Drive (which is off De Havilland Road), as you can join the walkway anywhere along Bomb Point Drive, or you can start at the other end – Hobsonville Point Wharf. The Coastal Walkway takes you from Bomb Point Drive, past the old Air Force tunnels and bomb storage sheds to The Hobsonville Point Wharf, and then retrace your steps back to Bomb Point Drive. The walk is mostly on a sealed old air force road (Boundary Road) with some gravel areas and wooden boardwalks. The scenery is varied and interesting, ranging from native trees and plants to harbour/waterway views to old Air Force buildings. About 15 minutes into the walk (from either direction) there is a fenced off leash dog park. There were lots of rabbit holes in this area, so if you have a hound that likes to hoon around, be warned! High speed dogs can have a leg slip into, or get caught in, a rabbit hole which can lead to sprains, torn cruciate ligaments and other leg & shoulder injuries. A great nature walk right in our own back yard – give it a try! Tania Evans, Dip AnPhys.



Happy dog: happy life

Being based in Muriwai Valley and servicing the local area, most of my dog walking buddies live on lifestyle blocks and have free access to paddocks to roam... makes you wonder why they



would bother engaging the services of a dog walker? As all my customers have discovered, an outing several times a week significantly enhances their dog's world, and therefore their own world too! Being a part of the (small) pack hierarchy, following instructions and engaging in play as well as exploring new sights, sounds and smells in the bush and beach make for a happy, content dog. Increased social skills, increased fitness and digestive health (many clients comment their dogs eat

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properly only on the days they come out), burning off excess energy, mean my dog buddies sleep well after their morning adventures, they are calm and happy when home. A calm happy dog makes for a calm happy owner! Visit my website blog for ideas on entertaining an active dog at home and contact me for a chat about starting your dog on our Paws Canine adventures, limited spaces remain. These adventures are off track, through bush and beach. We swim, climb, run and play. Your dog is out of the home for up to four hours and we're walking for at least one and a half hours. Individual walks can be arranged and please drop me a line to register your interest in small dog only fun walks. Refer to Facebook pawstohoovespetcare for reviews, photos and pricing or visit www.pawstohooves.co.nz 027 380 0265.

What can I do about my dog?

Reader question: How do I stop my dog weeing inside, especially on new items I bring into the house? Mark Vette: It's called micturition and is leg raising mainly by an entire male, although sometimes a desexed dog does it too. The dog is marking or covering another dog's urine or a cat smell. That may progress to marking any novel item brought into the home. Clean the object with a solution of a quarter white wine vinegar and three-quarters water to take the pheromones out and neutralise it. Clip the dog to a short chain anchored to something solid at the site. You can leave a water bowl and food plate with them. Once the dog establishes the area as its den site then it won't mark that area. It won't normally mark near where it eats and drinks either. You can do the same at different sites around the house. It's best to desex the dog if it is entire.

Poisons

Grapes, Raisins, Currants and Sultanas. These are amongst the most dangerous fruits for canines (anecdotally there have been reports of cats and ferrets being affected too) and just a small amount can result in severe, acute kidney failure. This can develop days later. Toxicity is not dose dependent and symptoms can occur with even small amounts. All products containing grapes or raisins including grape juice, scroggen, fruit cake, bagels etc should be avoided. If you have visitors especially children keep an eye on them and make sure they know not to feed any food to your pets. Symptoms Include: Diarrhoea, Vomiting, Dehydration, Lack of appetite, Lethargy, Weakness, Little to no urination, Abnormal drinking and Bad breath. Strangely no one knows why grapes are so dangerous



for dogs, not even the experts! Keep in mind that grapes don't affect every dog BUT you don't want to find out if your dog does react the hard way; it can be deadly! The best thing to do is ensure your dog doesn't have the opportunity to consume any grapes, raisins or sultanas. Make sure they can't help themselves to the fruit bowl or if you have a vine growing make sure the dog has no access to it. Treatment: Keep the animal calm, Treat for shock and Reduce noise. If you suspect that your pet has ingested any poisonous substance contact your vet immediately and get the animal to your nearest vet.

Entertaining your dog when it's wet

It always seems to rain on the weekend at the moment! Which can make your dog a little bit stir-crazy. Some dogs enjoy a walk whatever the weather, but often we humans don't find the idea of getting soaked appealing.



So why not entertain your dog with some fun inside games and some basic training? Dogs just want your attention and they love learning something new. Thinking of new ways to challenge your dog is fun and rewarding for both of you. Hide & Seek: If your dog loves his toys, then this is a great way of getting them working. Start small and hide their favourite toy in an easy place and get them to search for it. Remember to reward them when they find it. Increase the number of toys you hide for them. Dogs love jobs: Teaching your dog to tidy up his toys into a box after a game adds another element to your play. You may even want to get them to help you with the laundry. Instead of them stealing socks, teach them to put them in the laundry basket! Do some basic training: A rainy day is a great time to work on some basic training. Just ten minutes of sits, stays and recall work will keep your dog's mind active and busy. Helen (see me at my stall at the Hobsonville Point Farmers Market) – www.walkingthedog.co.nz.

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Health:beauty

Abdominal disorders

Most people think of osteopathy an effective treatment for their spinal and joint pains. Some also know about cranial approach, whereas osteopathy has techniques to diagnose and treat some disorders of the internal organs. For example, reflux, period pain, constipation of-



ten respond well to osteopathic manipulation. So what would be the treatment approach? An osteopath will gently palpate (touch to feel) around your tummy, check for tension, tenderness, lumps and then will apply treatment techniques to stretch the tight bits, release the inner tension and move the organs that have lost their mobility. In addition, spinal alignment will be checked as well, because the nerves to your stomach come from your spine and any spinal derangements might alter abdominal organ function. We can do it for you at the Family Osteopathic Clinic. One caution note! If you are feeling sick and unwell, visit your doctor first, we want to make sure your abdominal problems are not related to any medical pathology! Ilya and Nataliya at www.familyosteopathy.com. Phone 09 416 0097, 39 Hobsonville Road.

Do you have trouble reaching your feet?

CJ Podiatry is a Mobile Foot Care Service run by Carmen Whitaker who has lived in Hobsonville for over 10 years. A convenient door to door service by a Registered Podiatrist, Carmen caters to the foot care needs of (mainly) retired folk in their own home. Each customer is entitled to receive up to 40 minutes attention in a 'one on one' consultation. Carmen will arrive at your place with all equipment required to ensure a safe and clean foot & nail care service for you. She is known to be gentle with her customers and pays attention to ensuring that a well thought-out treatment plan can keep you mobile. CJ Podiatry covers all of West Auckland, most of the North/West and Northcote too. Book online at www.cjpodiatry.co.nz or call on 021 607492. Special rates available to Hobsonville and Titirangi RSA members.

Fathers' day gifts

A huge selection of men's gifts from understated to grand, fun to serious. We will help you find a gift to suit your man. We are open Monday to Friday 9am to 5.30pm and from 9am on Saturdays in our gorgeous store within Hobsonville Optometrists-Glasses and Gifts. 413 Hobsonville Road, in Hobsonville Village. Phone: 09 416 3937.



Shoe Talk's top tips

So top tips to keep your boots in top condition are: Are there any small repairs required? Have you worn your heels down, lost an eyelet or have a shoe lace that you have tied a knot in? Take your boots into your local shoe repairer and get these things done while you don't actually need to wear them. Once they are repaired check them out for stains, if you have a suede pair you can buy the cleaners to use on any marks. If they are normal leather wipe any dust and dirt off them. Let the boots dry and then moisturise them you can either use a beeswax if they are a harder leather or a leather balm, please note don't use either of these products on suede or nubuck. This will keep the leather in top condition while they are stored away and stop them drying out over the warmer season. Now that the boots are all sparkly you can pop them away, if they are calf boots then invest in a pair of boot trees like this to stop them slouching and creasing while you are not wearing them and to keep them looking in top condition for next season. Shoe Talk, 401A Great North Road, Henderson. www.shoetalk.co.nz.

We know your body deserves better

So what have you done about it recently? 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

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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! We are also currently offering \$10 off all massages for new clients. You can book online at www.topnotchmassage.co.nz or call 021 181 8380.

Go smoke-free

One of my aspirations as a GP is to empower patients to help themselves. In many aspects of health and wellbeing, the doctor can merely educate and advise. One example is smoking cessation. Stopping smoking is one of the best things you can do for your health. As I am sure most of you are aware, smoking increases the risk of many illnesses such as heart disease, strokes and several cancers such as lung and bladder cancer. It can also cause fertility problems, and smoking whilst pregnant can harm your baby. It is never too late to stop smoking. It is not always easy but it will be well worth it. I am yet to meet a person who has regretted going smoke-free. There is help out there. Nicotine-replacement therapy can work. This can be prescribed by your doctor or bought over the counter in pharmacies. It comes as patches, chewing gum and lozenges. In some cases, medications can be prescribed which have been shown to significantly increase your chances of stopping. These work by reducing the powerful cravings. They are not suitable for all, so ask your doctor if you are interested. Don't forget Quitline (www.quit.org.nz), which is another good resource that can provide education and support. If you live with another person who smokes, and you are both serious about quitting, one idea is to both stop together. A good time to stop is when there is a change from your usual routine, for example, when you are moving house or whilst on holiday. Don't forget to warn those around you that you are quitting, as it is not unusual for cravings to affect your mood. Don't wait until your health is affected. Think not only of yourself but of your family, who want the best for you. By quitting smoking, you will certainly save a lot of money. Go smoke-free. It will be one of the best decisions you will ever make. Dr Isabelle Duck is a GP and Urgent Care doctor at Westgate Medical Centre.

Shape up for summer – 10 week challenge

Register now - \$5,000 first prize. Start Date: Saturday 17th September. Summer is coming! Want to fit in your swim suit? Lacking motivation or self-confidence? Make friends and have fun while getting rid of those unwanted Winter kgs. Register now www.kumeugym.co.nz. S.M.A.R.T. Training is coming to Kumeu Gym!! Register now – limited spaces. Check out our website



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Rehab products

At Elevate Chiropractic, we provide quality and affordable chiropractic care to people of all ages. Along with traditional chiropractic adjustments we aim to give you the tools to use at home to help you get the best and fastest results. These include stretches, appropriate exercises, movement advice, stability training etc. Of course you need the right tools to get the best outcomes. That is why we stock a range of rehab tools including;



Wheat bags, pillows, foam rollers, massage balls, Kirimi cream, exercise bands and air cushions. Visit our website www.elevatechiropractic.co.nz to find out more. Whilst you are there, check out our blog to learn lots of interesting information and tips and tricks to help you feel great. Elevate Chiropractic: Shop 1, 10 Greenhithe Road, Greenhithe. Phone 09 413 5312.

Reasons why your knee hurts

A conundrum for you – rarely, if ever, is the site of pain the cause of pain! The area screaming the loudest, is not necessarily where we need to focus our attention. Pain doesn't tell you a lot, it lets you know that there is a problem, it does not tell you what it is. Pain is a request for change. Movement is a way of doing just that. Our knees are pretty clueless – they do what the foot allows and the hip can control. If you have knee pain look above and below. For example: Decreased ankle mobility leads to increased motion at the knee. Loss of mobility in the hip leads to more force being transmitted through the knee. Restricted big-toe extension decreases the ability to efficiently extend the



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hip resulting in more knee flexion. Body-Balance Massage & Neuromuscular Therapy can help to get you moving. To book an appointment call Debbie from Body-Balance Massage & Neuromuscular Therapy on 021 120 2175.


Westgate Medical Centre

Did you know, Westgate Medical Centre offers some unique services in West Auckland? WGMC is accredited to perform immigration medicals for both registered and casual patients. Please phone and book these with our team. You will need to see a doctor and a nurse so please allow up to two hours to complete the process. Exciting developments in fracture casting mean that Westgate Medical now offers Exos Casting. This is a heat activated cast which can be removed without the use of a saw, is light, and is fully waterproof and washable making it perfect for active children and adults who won't let an injury slow them down. The Exos casts are available for some fractures requiring below elbow immobilisation, ask your doctor or nurse if Exos is right for you. No appointment is required for urgent care, however we do have an appointment system for our registered patients for your convenience. Westgate Medical Centre – phone 09 833 3134 or visit www.wgmc.co.nz.

Creating a brighter future

A new initiative supported by the Essilor Vision Foundation has begun in New Zealand to explore and address undiagnosed vision problems in low decile schools. New Zealand is just one of a number of other countries that have introduced eye screening to help identify vision problems when children first start school. Yet despite these and state subsidies to finance appropriate vision correction, too many students aged 8-12 find themselves struggling to learn at school due to unidentified eye conditions like myopia. With the help of local Optometrists, the goal is to improve school performance nation-wide and create a brighter future for New Zealand's children. Pictured is our very own optometrist/owner Ricky Lee helping to screen over 80 children at Colwill Primary School last week. Phone: 09 831 0202 or visit www.westopt.nz.



 Westgate Optometrists

The Podiatrist

The average person walks about 10,000 steps every day. During

a lifetime it's thought that you have walked enough steps to have travelled the world more than four times. Yet, we often take our feet for granted. We worry about our figures, our appearance and general health but always seem to forget about those two things at the end of our legs that carry the entire weight of our bodies in our daily lives. Podiatrists are highly trained health professionals who specialize in foot care and lower limb conditions. Podiatrists treat people of all ages, from young children, to athletes to elderly. Many people with chronic health conditions such as diabetes and rheumatoid arthritis are encouraged to seek help from a podiatrist on a regular basis. In addition, many sports people are treated by Podiatrists, who specialize in biomechanics of the lower limb. For all your foot-care needs, contact The Podiatrist. Phone 09 550 6324 or visit www.thepodiatrist.co.nz.

Can facials make a difference?

Being short on time and low on maintenance, most busy women rarely have a facial and maybe even question the need for them. You may think, I have no acute skin troubles, and as long as I cleanse and moisturise, I am good to go, right? Well the fact is that all the best facialists work primarily with their hands, feeling their way around your face and sensing what's needed, then matching the correct product to your needs. Their touch can be soft or firm, but it's always very controlled and methodical; most of them have developed their own unique technique, based on years of experience and study of how the skin and face work. This in-depth knowledge of skin and how to nurture and care for it, coupled with product know-how on a regular basis, can make the difference whether your skin will still look and feel good and be trouble free in 5, 10 and 20 years from now. Facials should be all about re-hydrating and re-plumping skin and stimulating your body's own self-healing mechanisms. Fatigue and stress cause your features to tighten and your face to look drawn. Your connective tissues harden, and blood, oxygen and nutrients no longer flow freely to your skin cells. The professional massage restores the nutrient flow and elasticity of the tissues, and re-boots the production of collagen, elastin, and natural moisturising substances that are all there in your skin. Even a single treatment gives skin an instant boost and will make you feel renewed. Facials start at \$119. Phone Mary or Paula to book, on 09 411 5290 or email us relax@spadivine.co.nz or www.spadivine.co.nz.

Spring has sprung

With winter on the way out and spring on our doorsteps, it's a great time to have a clear-out and de-clutter. However you may have areas in your home that no matter how much you

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

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clean and de-clutter, there is still something not quite right! Did you know that there IS Geopathic Stress (GS) in YOUR home (in every home and office actually). This means an area of Earth's energies made up of magnetic fields and possibly underground water, so you must be aware of where they are, especially if it's where you sit or sleep, as they will irritate. If GS is present, then you could be experiencing major health issues (or minor ones that are not going away). This includes anything related to your immune system. Allergies, Arthritis, Crohns, Irritable bowel, or any skin and gut issues. These are what I see weekly related to where people are sleeping or sitting. Don't let them get to 'stage six' of GS, where things like Diabetes, ADHD, Depression, Cancer, or Chronic Fatigue occur. A simple Building Biology check will identify them for you. Call Nicky on 021 545299 or check out the website www.clearenergyhomes.com.

Massage Therapy now available weekends at The Body Clinic

Kimberly has recently joined the team, completing a team of 2 Osteopaths and 2 Massage Therapists. Kimberly is a qualified massage therapist registered with Massage New Zealand. Kimberly has completed her Certificate in Relaxation Massage, Diploma in Therapeutic Massage (New Zealand Collage of Massage) and is currently studying to gain her Diploma in Sports Massage. Kimberly takes a holistic approach to treatment and specialises in deep tissue, sports and relaxation massage. She can provide a wide range of different treatments including, neuromuscular massage treatment, pregnancy massage, trigger point therapy or classic Swedish massage. Kimberly enjoys meeting and getting to know people from all walks of life and is interested in helping clients achieve their goals, whether it be relief of muscle tension, reducing aches and pains, increasing sporting performance, or simply relaxation and stress management. Kimberly enjoys activities such as yoga, mountain biking, swimming and going to the gym. To book in please contact The Body Clinic 09 3203 803, info@thebodyclinic.co.nz or visit www.thebodyclinic.co.nz.

Gain energy for a positive day

Here are some easy, effective ways to gain more energy for your busy day head. Start your Day with Low GI Foods - This will give you slow release of energy throughout your day, rather than a sudden burst in the morning before the midday energy slump. Some great ideas for this is Overnight Oats, Chia Pots, nutty grainy toast, LSA based spreads etc.... Snack ideas - Fruit & Nuts - Fruit & nuts are a easy to carry snack which are also great quick refuels between meetings, phone calls etc. Fruit is full of vitamins, minerals & natural sugar. Much better option than



muffins & coffee which will only give you a short burst of energy. Nuts such as macadamias, almonds, brazil nuts, walnuts are also easy & effective energy snack ideas too. Refresh your brain - A dehydrated brain will not perform 100%, causing frustration & mistakes. Make sure to drink plenty of water throughout your day. If you have coffee handy, you will tend to drink this more than if you have to walk to the kitchen to get water. So keep your drink bottle handy so you are balancing your hydration correctly & effectively. Water also helps to hydrate your other body organs, plus your skin to help give you that glowing soft appearance. Take a moment to rebalance - When your day is busy & stressful, you tend to speed up & stress more. If you feel yourself stressing, remember this will drain you more. So..... Stop - Breathe - Calm Your Mind - Smile. Now you have rebalanced, you will be able to think clearer without zapping away vital energy levels. Meals are important - Do you tend to skip meals when you are busy? DON'T! If you want to remain productive, accurate & achieve more in your day, then best you remember to refuel your body with natural, crunchy, colourful goodness when those fuel levels start depleting. Exercise in the morning - A great way to start your day awake, alert & energised is to get up in the morning & pump out a workout. It doesn't have to be long, it can be as little as 15-20mins. This will get the lungs huffing & puffing, increasing oxygen into your blood plus get your heart pumping which will get that vital oxygenated blood circulating throughout your body. Refreshing you, awakening you & putting your body into optimum performance to start your day. Phone 021 798 435 or email melissa@benefityou.co.nz.

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Choosing a website CMS

A Content Management System (CMS) is an application that allows you to create and run your website. With it you get an administration panel - an interface where you can create and update pages, posts and other types of content (images, videos, etc) and arrange the content the way you need. You will also be able to change some aspects of the design of the site. All the actions are done simply by clicking buttons - you will not have to write code or scripts in most cases. There are many different CMS systems on the market which are open source - this means you do not need to pay for the actual system itself. When Utopia designs websites we select the best CMS for our clients and use our experience and knowledge to then design and implement your new website. In many cases our clients request a certain CMS platform which they have perhaps used before, or heard good things about. The various CMS systems available are targeted at specific customers - Wordpress (great for blogging but often hacked), Magento (creates large e-commerce websites but is very slow), Joomla (a community platform, with strong social networking features), Drupal (requires the most technical expertise out of all the CMS platforms) and lastly CMS Made Simple (very easy to use for site owners but still powerful enough to deliver a modern site with modern features). If you are looking at creating a new website or want to upgrade your existing one then please contact us here at Utopia to discuss what CMS platform would be right for you. We can be reached on 09 412 2473 or michael@utopia.co.nz. We are based in Kumeu and provide website design, consultancy and app development to a range of businesses all over New Zealand.



Accounting software: is Xero right for me?

Accounting software for small businesses has evolved dramatically in recent years. The right system can revolutionise the accounting function, saving time, money, paper and not to mention frustration, while improving efficiency and reducing

potential errors. Our clients regularly ask us if Xero is right for their business, or if one particular accounting software system is better than the rest. Xero can be as simple or as complicated as you need it to be to suit your business needs. It handles common business functions such as invoicing, quoting, bank reconciliation, payroll and purchasing with ease, optimising administration functions as well as accounting. Its user-friendly interface is easy to learn and navigate and there is an abundance of support available to help you get started or upskill. It is also mobile- and tablet-friendly and has a free app available for downloading from the Google Play Store or iTunes. However, there are other accounting software solutions available that also offer great features for small New Zealand businesses. Our advice is to talk to us about your business and what your needs and expectations are for an accounting system. We can then advise you on the different options available to best meet your requirements. UHY Haines Norton are Certified Advisors for Xero, and specialists in MYOB, BankLink, Figured, Reckon, Easybooks and Cashbook. Chartered Accountants Mark Foster and the UHY Haines Norton team are located at 329A Main Road, Kumeu. If you have questions concerning accounting software, or other accounting or tax enquiries please phone them on 09 412 9853 or email kumeu@uhyhn.co.nz.

Practice what you preach

I had the good fortune to experience coaching myself lately! A fabulous reminder for me as I have not had coaching myself for 7 years can you believe. When I first did my coach training 11 years ago they urged us to have coaching ourselves at least every 3 years, as a form of quality control. I totally agree with this approach. Perhaps more people in the land of therapy should look at this - it's a kind of 'cleaning' as you go. It's checking in with your higher self. It forces you to look at your stuff (which I love), it's walking your talk. So I walked my talk and it was AMAZING. Most of us will, from time to time, stumble into an unfocused, challenging times. Some have more of these times than others. It's totally normal and very human. The people I admire the most in life are those who don't hide this part. They are comfortable with vulnerability - to share the ups and the downs. Its honesty that connects us. We don't like salesman - they make us uncomfortable - is it because most are not being authentic? They are trying so hard, probably feel uncomfortable themselves, and ultimately have forgotten to be real. Little do they know it's the realness, a truthful vulnerability that makes us feel connected. In getting coaching myself the shoe was on

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the other foot and it solidified a few things for me:

1) Our mindset and the way we view ourselves is our biggest obstacle. Our mindset is who we are identifying with, what we say to ourselves in private. When this voice is not serving you, you don't stand a chance. When we really get an insight about this it opens doors for us!

2) Where you put your energy – you get results. What you focus on expands. It's almost a universal law. I could talk for an hour on this if anyone's interested! We just don't focus on things we want and when we do -well look out because life responds.

3) The answers are ALWAYS very simple. We often know this stuff and just need reminding. When we get down to it our solutions are not complicated or hard. Our solutions have always been right there; we just have not seen them.

4) Coaching is not just about want, want, want. There are also holistic, spiritual and philosophical pieces to it. But of course there is – we can't authentically talk about one's life without it. Every coach is slightly different. You would come to me for a 'sort out', or a 're-focus'. You would come to get back in touch with the authentic part of you. Get really clear and focused on the things that make you happy. It doesn't take long and I don't believe you need hours and hours of therapy. Because most of it is mindset and we have the ability to change in an instant. Changing one's mind can takes seconds – we just don't believe it's possible and direction with this is so helpful.

Call Anna 021 555 658 or email anna@thinkyourbest.co.nz.

Luxury Holiday Company

There are already specials in the market for 2017, earlier than usual this year. Some of the specials we have are Back-Roads Touring, small group minivan touring in the UK and Europe. You need to book and pay in full before 31st August to receive 10% discount off your 2017 tour. They have a maximum group size of 18, they avoid motorways preferring instead the scenic tour, they use boutique accommodation and have leisurely

paced itineraries. Explore the South Pacific Cruising with Royal Caribbean Radiance of the Seas, purchase before 1 October. A 13 night Cruise departing Sydney on the 3rd December 2016 visiting New Caledonia, Lifou, Suva, Lautoka, Vavau, Nuku-alo-fa including all main meals and entertainment onboard, port charges, taxes and gratuities from \$1819 for an oceanview cabin or \$2189 per person for a Balcony Cabin. There are travel specials being released all the time, if you would like to join Carolyn's mailing list you can do so here: www.luxurytravelagents.co.nz/contact or let Carolyn know by email carolyn@LHC.co.nz or phone 09 416 1799.

It's free, it's fun, everyone come

Muriwai fun palace, 10am-3pm Saturday 1st October @ Muriwai Surf Club. Muriwai's fun palace is a day of free, interactive arts and science activities for all ages; an opportunity for everyone in the community to get together, discover more about one another, have fun and learn something new. It's taking place at the Muriwai Surf Club (100 Jack Butt Lane) from 10am-3pm on Saturday 1st October, and the programme for the day includes a fantastic line up of interactive activities, including theatre, dance, medieval swordsmanship, pasta making, illustration, drumming, knitting, crochet, floral art, geo-patchwork, painting, henna, scratch film, multimedia, ukulele, weaving, gardening, sustainability, composting and more! Muriwai's fun palace is part of the international fun palaces movement, which began in the UK a few years ago, and believes in "celebrating the artist and scientist in all of us". In the short time that fun palaces have been running (happening on the same weekend each year around the globe), there have been 280 fun palaces across 11 nations, involving over 90,000 people. Once again, the event is free, interactive, and open to all. Find out more about the fun palaces movement by visiting the UK website: funpalaces.co.uk - or find out more about the local event by searching 'Muriwai Fun Palace' on Facebook. Any further enquiries, phone Danielle



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09 411 8445 or 021 880 028 or Helen 09 411 7003 or 021 208 2284. The Fun Palaces Manifesto: "We believe in the genius of everyone, in everyone an artist and everyone a scientist, and that creativity in community can change the world for the better. We believe we can do this together, with radical fun - and that anyone, anywhere can make a fun palace."

One year, your life – make it happen

If you keep trying to succeed - but just keep getting the same results - then this is the place for you to break through the barriers that are holding you back! As a Consulting Psychologist and Transformational Life Success Coach, Published Author and Supervisor and Trainer with more than 25 years experience, my mission is to help you see -and engage in a new vision and new possibilities for your life. I use powerful transformational principles to help those who are open and willing to dramatically improve their results - and live the expanded life they have always wanted. If you are ready to become aware of just how much you are capable of I can teach you powerful strategies that broaden and build on your personal strengths and lead to outstanding results! Contact Michelle: Email: oneyearyourlife@yahoo.com or phone 021 053 1754. Find us on Facebook: www.facebook.com/oneyearyourlife.

How can trauma affect preschoolers?

At Country Bears, we would like to think that we are constantly providing positive experiences for young children. However, what happens when a young child is subject to a trauma or an event that affects them? This could



be something like a car crash, seeing a parent have an accident or become hurt, or something like a natural disaster such as an earthquake. When young children experience this, they can become more vulnerable to display or have a feeling of helplessness. They may not fully understand the levels or the degree of any continued danger, even if those dangers exist or not. With young children, fear about any sort of danger can transfer into other aspects of their days. They could have trouble explaining how they feel, as they do not have the developmental process to understand it yet themselves. This then reflects in behavioural issues; not wanting to participate in an activity or go to school,

not being able to fall asleep independently, even if they have been doing it previously, or waking throughout the night, and not having any recollection or ability to say why. Children can recreate their experiences or trauma through their day to day play (either directly or indirectly), so as teachers, we are trained to be able to look for these signs. However, teachers need parents help as well! As parents who have children in preschools, it is really important that you feel you have a relationship with at least one teacher who you can have discussions like this with. Informing their teacher that they had a difficulty sleeping, or that you have noticed a change in their behaviour, helps the teachers to gain an understanding of your child, even if the behaviour is also happening in the centre or not. We would like to be able to help and support your child through whatever is happening for them, as their emotional wellbeing is paramount to the teachers here at Country Bears. If you would like to visit our wonderful Centre, designed to provide the children space and time to develop at their own individual time, give us a call on 09 412 8055 to arrange a suitable time. In the meantime, check out our Facebook page: www.facebook.com/cbearsecc. Country Bears Early Childhood Centre, 79 Oraha Road, Kumeu – phone 09 412 8055.

Huapai – your neighbourhood golf club

Huapai is an 18 hole Golf Course in a beautiful, peaceful setting. Holes 11-15 command idyllic views of the upper remote reaches of the Waitemata Harbour. First established on the boundary of the Huapai township, this site proved to be too small so the land was purchased for the present site. There is a colourful history attached to the Huapai Golf Course. For example the land overlooking the upper Waitemata Harbour was used as the landing for the passenger ferry at Harkins Point where passengers then caught the train to Kumeu. Another area was used as a sanitary depot for dumping night soil. In 1920's the Auckland City Council established a Clydesdale horse stud. Huapai is a fully licensed club where one can enjoy a drink and excellent food from the café in either an indoor or outdoor setting with tranquil views. Our club is not just for golfers all are welcome to come and use the facilities.

The C Clef

By Andrew Harris. Published by Faithful Hound Media Ltd. Lawrence McGlynn is going through a mid-life crisis. He finds work in the cancer research industry and meets up with leading American oncologist, Dr Hannah Siekierkowski. Together they stumble across a secret buried in a London research laboratory

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that will change medical science forever and raise new questions about the cause of the disease. In the book, the World Health Organisation puts up a US\$7.5 billion prize for whoever is the first to find an irrefutable scientific cure for cancer. The C Clef is the debut novel by local author Andrew Harris. The book features fictional characters in real-life situations and uses frightening statistics which really bring home the urgency for us to find a cure. There will be 13 million new cases of cancer in the world this year, of which 14,000 will be in New Zealand where 22 people die of this shocking disease every day. Whilst survival rates may be improving, the questions still remain - why does the first cell turn cancerous? And how do we stop that happening? It might deal with serious issues, but The C Clef is also a rattling good read. The action takes place in the present day, with references to dark periods in our history. Brace yourself for racy office sex scenes, cold-blooded murders, twists and turns, codes and clues, and chilling psychopaths as it takes us on a tantalising ride from London through Europe and then... but that would be giving too much away. The C Clef will leave you breathless and just a little uncomfortable. For the lovers of crime fiction, conspiracy theories, and free spirits looking for a really gripping read. \$1 per book is being donated to the Malaghan Institute for Cancer Research. The C Clef is on sale now in Kindle and Paperback through Amazon.com.

What kind of a nut are you?

There are many things that you might like to be...but have you ever thought of being an oak tree? Well, I have! I've been thinking about what kind of person I want to be when I grow up...I found myself listening to a world-renowned author and speaker, Jim Cathcart. He describes how to think about the person you would like to become and asks "How would the person I would like to be do the things I am about to do?" That gave me some real food for thought as I think about my next steps. He uses the example of an acorn growing into an oak tree. Before you can become an oak tree you have to be an acorn. This has three parts, a stem, a cap and a seed. The stem represents the

genetic traits that you get from your parents. For example I have pale skin and red hair from my mother and the shape of my face is from my father. These are aspects about myself I can't change. Next is the cap that holds onto the seed until it is ready to grow on its own. The cap represents the influential people in your life, like your parents, teachers, coaches and friends who help mould you into who you are now. The final part of the acorn is the seed. The seed represents me and my potential - who I could become. So I've had to ask myself "What kind of seed is in me?" I am a human nut trying to discover what makes me tick. There are aspects about myself I can't change but the influences of those around me is something I can be aware of. It can allow or prevent me from being the person or oak tree I want to be!! Sometimes you have to decide what path you are going to take even though it might not be what is driving your friends along. I need to piece myself together with all the needs that are important to me to help me grow into that oak tree in the future. Aristotle said 'Know thyself' so that needs to be my job, to know me, not try to be like someone else. Next year my life is going to change because I'm going to high school. This has really made me think more seriously about what is up ahead and where it could lead me. I understand my stem, where I come from and where I get some of my traits or my nature. The cap still holds me firmly in place. And me the seed is trying to think like an oak tree that stands proud and tall on its own. So I find myself back at the beginning, reminding myself how would the person I would like to be do the things I am about to do.

Herbal winter warmers and tonics

Hopefully we are into the last month of winter weather. There always colder and wetter days to come in August and colds and flu tend to hang around, so here are some helpful remedies and tonics. Kawakawa and ginger tea - Ingredients. About 9 fresh kawakawa leaves (or 2 teaspoons kawakawa tea). 500ml near boiling water. 1cm cube fresh grated ginger. 1 tablespoon Manuka honey. In a teapot brew all the ingredients for about 10min and strain for a fresh herbal tea. It can also be chilled and drunk as an iced tea. Sage and Thyme gargle (both herbs have strong anti-oxidant and antibacterial actions). Place a generous sprig of each herb in a pot or vessel with well fitting lid and pour over 2 cups of just boiled water. Cover immediately and leave for 15-20 minutes, strain and use. Frequent use is the key to success: every couple of hours on the first day, then reduce as throat improves. It will keep in the fridge for up to 3 days. Winter warming drink - Ingredients. 600ml water. 1 Tablespoon grated ginger. 1cm of Chilli pod. 2 cloves chopped Garlic. Half a lemon grated rind and juice. Simmer very gently for 20mins, strain and add honey if desired. Tea for sore throat - The Green Goddess Wendyl Nissen - Ingredients. 1 tsp cider vinegar. Pinch cayenne. The juice of 1/4 lemon. 1 tsp honey. Mix these ingredients together in a small teacup and then add hot water, not boiling.



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Mix well and sip. Hot Ginger Lemonade - Ingredients. 1-2 inch piece of fresh Ginger root, grated. 1 quart of water. Juice of 1 Lemon, freshly squeezed. Honey to taste. Pinch of Cayenne powder Grate fresh Ginger root and steep in hot water for 10-20 minutes. Strain and add freshly squeezed Lemon juice, Honey, and a pinch of Cayenne. This concoction is warming (Ginger & Cayenne), contains vitamin C (fresh Lemon juice), and is soothing to a sore throat (Honey & Ginger). The Ginger root can be used more than once. Garlic Honey immune booster. Take your garlic and peel all the papery wrappings off each clove. Take the flat side of a large knife and crush the garlic cloves and let sit for at least fifteen minutes. Place your garlic into your jar and cover with raw honey. Screw the lid on the jar and let it rest on your counter for 3-5 days. The garlic will absorb some of the sweetness and nutrients from the honey and the honey will absorb some of the beneficial properties of the garlic. Once it has finished sitting, place in the refrigerator to keep fresh throughout the season. Growing Garlic - Garlic is traditionally planted in cold weather and harvest in summer ("plant on the shortest day, harvest on the longest"). Plant the cloves, point upwards, deep enough to just cover with soil. On better soil with regular watering you will get a better crop. On poorer soil, and forgetting to water them, you will still get some garlic, only not quite so much. Leave a garlic to go to seed, and you will probably get plenty of self-sown plants the following year. To keep for later use, dig up and leave to dry out for a day or so after the green shoots die down. To use immediately, pull up a clove when you need it, or cut and use the green shoots. Garlic is easy to grow. Harvest in 200 days. Sow seed at a depth approximately three times the diameter of the seed. Best planted at soil temperatures between 10°C and 35°C. Space plants: 10-12cm. Seed Saving is a wonderful hobby and most rewarding. Share and swap

with friends and family and you will soon build up a wonderful stock of plants for your garden. This is a great way to get those unusual ones. The site of the Herb Federation of New Zealand is well worth a visit with lots of information. You will find all the local Herb groups listed and other interesting events. www.herbs.org.nz. You can join the society through your local Herb group. Hobsonville Herb Group (and surrounding areas). Phone Diane 021 135 9613 or email hobsonvilleherbgroup@gmail.com.

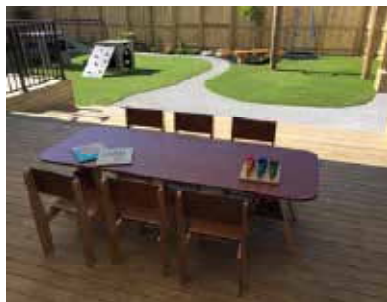
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