

the **Westerly**

FREE monthly community magazine for Massey to Hobsonville Point

PROPERTY MARKET REPORT

VICTIM SUPPORT

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

DOING COMMUNITY GOODE

Circulation is 16,000 print copies.

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

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

September 2017

Intro

Although we may have concerns about perceived shortcomings in New Zealand, if you ask those who have come here from many countries round the world it is clear how privileged we are to live in the safety of this country. Every day there is news of terrible events in various parts of the globe. New Zealand has so much going for it. Beautiful beaches, magnificent scenery and natural wonders, unique wildlife, both animals and plants, the heritage of Māori culture, rugby and many other sports, history, local wines; the list is long, and much of it is on our doorstep.

So let us celebrate what is going on in the local community, as well as the positive aspects of the country as a whole. This month you should be able to find plenty to enjoy locally. Local history is being celebrated in Hobsonville and Kumeu - read Geoff Dobson's page on keeping history alive. With so much new development happening in the neighbourhood you don't know what you've got til it's gone. Create environmental history by planting trees in the region, or work on the revegetation of Hobsonville Point now those trees have disappeared in a dramatic way. Did you know you can help the environment too by recycling your soft plastics? Activities abound in the area to appeal to all age groups. Read about what is happening in the property and building markets, and get ideas to make your home a better space, both inside, and out, now that spring has arrived at last. As the weather wakes up, now may also be a good time to focus on those difficult but important decisions about your financial planning and your will.

You can't go far round here without the chance to find somewhere great to eat, with a variety of established and new locations. Read about tips for looking after your pets, and for taking care of your own wellbeing or having others look after you if things go awry. But buyer beware! Check out your rights when you pay for good and services.

You might have noticed that there is an election coming up. In a country the size of New Zealand, your vote really does count. Don't waste the opportunity.

Have a good and safe month!

John,
Editor



the Westerly

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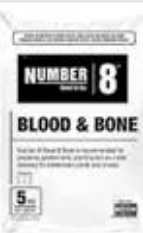
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Community notices

Greenhithe School 125th anniversary & reunion celebrations

We invite all past pupils, staff, families, friends and the community to join us ~ catch up with old friends, share memories and create new ones.

Labour Weekend: Friday 20th – Sunday 22nd October 2017



Purchase your tickets on our Eventbrite page: www.eventbrite.co.nz - "Greenhithe School 125th Anniversary & Reunion"

Join our Facebook Group & Event to stay informed: www.facebook.com/groups/GreenhitheSchoolReunion

Greenhithe School, 9 Isobel Road, Greenhithe, Auckland. Phone 09 413 9838, email: reunion@greenhithe.school.nz / Website: www.greenhithe.school.nz.

Fun, free toddler classes at Westgate Shopping Centre

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Heritage Festival: explore what came before

The use of the Upper Harbour's 'highways' for travel and transport will be in the spotlight during this year's Auckland Heritage Festival.

The annual two-week festival, which this year is being held from September 30 to October 15, showcases a range of heritage-inspired events from over 200 contributors.

One of the contributions, 'God Willing and Weather Permitting', will feature talks aboard a charter ferry ride from the Hobsonville Point ferry terminal. The event will explore how the area's harbours, estuaries and rivers were used for travel and transport by the generations who pre-dated today's modern motorways. 'God Willing and Weather Permitting' will be held on October 1 from 10am to midday. Tickets (\$12.50 for adults; \$7.50 for children) will be available via The Red Boats (www.theredboats.co.nz/about-us/online-bookings/) and are limited to 75 spaces. An announcement about ticket sale dates will be made on the Hobsonville Point Facebook page.

Event participants are welcome to bring their own food onboard and the nearby Farmers Market will be selling refreshments from 9am to 1pm. HLC is also hoping to work with local community groups and the Hobsonville Point schools on this



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event. For more information, call Louelle Botes at HLC on 09 261 5112.

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



Planting days on Herald Island and Greenhithe

Kaipatiki Project has arranged two planting days in early September. Consider making a lasting contribution to your local environment. Come wearing covered shoes or boots and



consider the likely weather and soil muddiness. Please bring your own spade if you have one (named or marked to avoid it getting mixed up with others). Kaipatiki Project is supplying plants & knowledge through local board funding.

2nd September Herald Island Coastal park entrance beside 23 Ferry Parade, Herald Island 10-12 lunchtime, BBQ to follow. Contact Jan Diprose, Chair, Herald Island Environmental Group. jjdiprose@clear.net.nz

9th September Wainoni Park, Greenhithe, entrance off Churchhouse Rd, Greenhithe, 10-12 lunchtime, BBQ to follow. Contact Priscilla Collins, Eco Community Facilitator, Greenhithe Com-



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munity Trust. clancollins@xtra.co.nz The Greenhithe plantings will include seedlings of kauris grown by the Auckland Council Botanical Gardens that are free from die-back and have been gifted to Kaipatiki Project.

EmbodyBirth™ workshops - "The most connected I have ever felt in pregnancy"

This was the response of a woman in the last trimester of her third pregnancy after attending a recent EmbodyBirth™ one day workshop.



These powerful workshops include mindful movement for birth, gentle yoga stretches, meditation, holistic birth education, sharing and support. The techniques used help prepare for birth with an experiential learning of birth. "The movements we use not only are ones which are often instinctive for women in birth and can help awaken our inherent birthing instincts, but they also help to tone and bring awareness to the actual muscles used during labour and birth. It's about as close as we can get to feeling how our birthing bodies work prior to labour" says teacher Maree Delmar, who had been teaching pregnancy yoga here in Kumeu for 5 years until recently deciding to focus solely on these workshops. "The techniques we learn can help to have a more positive birthing experience".

The next workshop in Kumeu will be on the 28th of October and in Sandringham on 23rd September. Attendance is suitable from 13 weeks of pregnancy. The cost is \$89 early bird and places are limited. Bookings: embodybirth.maree@gmail.com.




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Safercommunities

Victim Support

When the Francie overturned crossing the Kaipara bar in November last year, pitching its skipper and 10 passengers into the pounding West Coast surf, emergency services were stretched to the limit.

Rescuers on the water, in the air and along Muriwai Beach scanned the waves searching for the missing. Back at Kaipara Cruising Club in Helensville, members and families gathered after hearing the news that something was wrong.

Out on the water, it became evident that the rescue effort was rapidly becoming a recovery operation. Police quickly called in Claire, a Victim Support worker, and other members of the local Victim Support team to help at the clubrooms.

Victim Support is an agency that works alongside emergency services to support those affected by crime, violence or tragedy. It is funded by the government. Team members are specially trained volunteers, supported by paid area co-ordinators and operations centre staff. Claire joined Victim Support two and a half years ago and has been trained to provide victims with emotional support in the immediate aftermath of an incident. Part of her role is also to support individuals, families and whanau in dealing with police, the coroner and the justice system.

Usually, when Victim Support workers are called to an incident, it is easy to establish who the main victim is and who else might be affected. Support is also offered to witnesses and families of those directly involved.

On 26 November 2016, the incident was very different. Claire and the other Victim Support workers worked tirelessly alongside police throughout the night to identify victims' families, support families as official information came through and then begin the process of supporting these families as they struggle through the grief process.

After a long night, Claire headed home, having made a small difference on what, for these families, was likely the most difficult night of their lives.

Victim Support need more "Claire's" to support victims, families and witnesses in your area.

As Victim Support is actively recruiting for Volunteers at the moment they are hosting an information day and evening at ST Chad's Church in Kumeu on Thursday 21st September.

The first session is 1 - 2pm with the second at 6 - 7pm.

They are inviting any member of the Community to come in, have a cup of tea with us and hear about the Services we provide at Victim Support. They will also be talking about what it means to be a Volunteer with Victim Support.

Please feel free to email Sarah at sarah.binks@victimsupport.org.nz, or call Sarah to register an interest in attending or to find out more about their service on 09 424 6515.

Message from Massey Police

This month we would like to remind everyone of the responsibility of restraining children in vehicles. Under New Zealand law, all children under eight years of age must use an approved child restraint appropriate for their age and size. International best practice recommends the use of an appropriate child restraint (or booster seat) until your child reaches 148 cm tall or is 11 years old. Child restraint and medical professionals recommend that you keep your baby in a rear-facing restraint until as old as practicable, at least until they are 2 years of age.

Five ways to keep your child safe in the car

1. Take your child with you when you leave the vehicle, even if you're only going to be away for a few minutes.
2. In warm weather the inside of the vehicle can get very hot, very quickly. Babies and small children can become distressed and dehydrated.
3. Teach your child to get in and out of a vehicle on the footpath side.
4. Remove the car cigarette lighter, and don't leave lighters, matches, medicines or keys in your vehicle.
5. Use child safety locks on all doors if your vehicle has them.

More car safety information

NZ Police, Plunket and NZTA provide helpful information to help you make the right choices to best protect your children in vehicles (Brochures available in various languages from Massey Police)

FACT: In a crash or sudden stop, a child restraint that is used correctly will give the best possible protection to a child

FACT: Holding a baby or child in your arms will not protect them in a sudden stop or crash

FACT: Most crashes happen close to home, yet it is on these trips that many children aren't buckled into restraints

Being winter remember - Thick winter coats and car seats do not mix!

In a crash, the winter coat will become compressed and could allow your child to be ejected from the car seat through the obvious slack in the restraints. Try warming up your car before hand, or just putting the coat over them as a blanket, after you have buckled them in. And the final word is as the driver or the parent - Restraints are non negotiable no matter how short the journey. Until next month - stay safe (and buckle up).

Lyndsay Kerr
LICENSED SALESPERSON





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People:places

Keeping history alive in the Kumeu district



By Geoff Dobson

Top photo: The former Riverhead School house is being restored at the Riverhead War Memorial Park next to the courts. Development could see the loss of many buildings and sites which are part of the Kumeu district's history.

But several community groups are working hard to ensure as many historical items associated with the area are kept.

One such is the old Riverhead School house, built around 1903, which is being restored by the Riverhead Community Courts Club (RCCC) after the community rallied to buy it.

It was moved beside the tennis and netball courts at the Riverhead War Memorial Park in 2009 to make way for Riverhead School expansion.

Considerable work has already been done on the school house, but now the RCCC needs to raise about \$20,000 to repair its sash windows.

While the Auckland Council is again helping, the club will also be the major recipient of a Riverhead Charity Ball on September 23. It's hoped that together they will get to at least halfway to their target this year club spokeswoman Heather Lundon says. The masquerade ball with dance band is being organised by an informal group of Riverhead women who saw the need to raise money for The School House. It will be a night of dance and frivolity with profits going towards this vital piece of community history and will be held at The Riverhead, itself an historic building.

Sponsors were sought for the event and include The Riverhead, Soljans Estate Winery, Boric Food Market, Kumeu River Wines and Flooring xtra.

Coincidentally, a descendent of the Deacon and Griffin families which were part of Riverhead and Kumeu's history has contacted the newly formed NorWest Heritage group.

Now an incorporated society, the group led by Bunty Condon is already receiving items of interest from families associated with the area, including the Jonkers, Spences and more.

Dedicated to preserving and protecting the area's history and heritage, the group needs somewhere to house the growing number of items.

"We're urgently in need of a museum," Bunty says.

She says the Jonkers family donated some treasured family heirlooms, collected by the late Artie Jonkers. His dream was to establish a museum, but that remained unfulfilled in his lifetime. The Jonkers family has owned about 218 hectares of Waitakere farmland since 1924, with fifth generation family members now running it.

"NorWest Heritage and the West Auckland Historical Society intend to honour Artie's name with these precious items on display," Bunty says, thanking Joy Jonkers and daughter Lyn Martinac.

A hand wine press used in the early years at Matua Valley Wines for crushing small amounts of grapes has been donated by Eileen and Bill Spence.

D'Arcy Newson, a former owner of Kumeu Pharmacy has provided some early items of the type sold by Kumeu's first pharmacy. Anyone who can help find a building, house or premises for a museum, or secure storage in the meantime, should contact Bunty.

NorWest Heritage meets on the third Wednesday of the month at the Kumeu Cricket Club, Huapai Reserve, 7pm.

The next meetings are on September 20 and October 18.

All are welcome, with a hot drink provided.

Contact Bunty on 09 412 9451, 027 440 0044, or email buntycondon@xtra.co.nz for NorWest Heritage information.

Call Heather Lundon on 029 412 6413, email heathlun@xtra.co.nz or The Riverhead email book@theriverhead.co.nz or www.eventfinda.co.nz for ball tickets – tickets are strictly limited.

Bottom photo: Bill and Eileen Spence have donated a hand wine press to the NorWest Heritage group, which is now looking for a place to store and display such items.



InBrief updates:events

Gifts for tweens and teens

Looking for a special gift for your tween or teen daughter? A gift that is made especially for her?

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Kaipatiki project

Kaipatiki Project is one of the largest restoration and environmental education providers in Auckland, and we're looking for keen and enthusiastic people to join us.

Each year, we eco-source, propagate and pot up a massive 25,000+ native plants.

These plants contribute to restoration activities all over the North Shore, helping to rescue the bush from invasive plants and establish homes and habitat for native birds and other species.

Kaipatiki Project provides regular, easily accessible, week-day volunteering opportunities. These particularly suit people who are between jobs, have stopped full-time work, or are baby-boomers with even more time to give. There is no pressure to commit your time and we don't expect you to turn up every week, just come along if the mood takes you. A morning at Kaipatiki Project is always a refreshing distraction from the norm and a warm welcome and morning tea are always provided.

We would really appreciate your help protecting the environment – simply turn up at the following times and we will get you involved in our plant nurseries or out in the bush.

Wednesday mornings 9am-12pm. Nursery work at Engine Bay Community Plant Nursery, Bomb Point Drive, Hobsonville Point. Tasks as above, relating mainly to native plant propagation. The nursery site here is in an area of ongoing new-build and redevelopment works. Contact us to register your interest in joining this team. Email admin@kaipatiki.co.nz or phone 09 482 1172.



Rifle Range

With summer sunshine around the corner, Hobsonville Point's repurposed Rifle Range is ready for all to enjoy.

The public space, which opened in March, was formerly an Air Force shooting and target practice facility that has now been converted into an outdoor theatre. History-lovers will enjoy the information boards that are wall-mounted at the range, detailing the unique backstories of the facility and the adjacent Bomb/Te Onekiritea Point.

Located along Bomb Point Drive on the Coastal Walkway, the Rifle Range includes a full stage (with electricity), storage areas, a utility area with a basin and benches, a table tennis table, large areas of lawn, seating and public toilets.

Also available for onsite use is a range of play and outdoor equipment, tables and chairs, compiled in consultation with students from both Hobsonville Point schools. Visitors can enjoy bean bags, soccer gear, rugby balls, large outdoor games, a play parachute and other gear. The equipment is locked in storage but can be accessed by texting the mobile number listed on the wall by the storage room next to the stage.

The range may be made available for organised events for large numbers of people, including events with a commercial aspect or private events for which it may need to be closed to the public. Such bookings are dealt with on a case by case basis. Please contact HLC via info@hlc.co.nz at least 20 working days beforehand to enquire.

The facility is presently overseen by HLC but will be transferred to Auckland Council ownership and management later this year. Users are asked to take all rubbish with them as bins are not provided.



Rotalite West

This month until the 15th September we are collecting deodorant donations in our deodorant drive for Foster Hope, an organisation that helps care for children in foster homes. We need 200 deodorants by 15 September so we can donate them to Foster Hope for their packs, 100 for boys, 100 for girls (must be new). Drop off point is Ray White Glen Eden, and if anyone from the community would like to help us with this by making a donation, they are welcome. This year Rotalite's motto, is 'making a difference.' We're locals for locals, and always after new members to help us bring about positive change through practical tasks in our communities. For more information visit our Facebook page Rotalite West.

SeniorNet West Auckland

At our July meeting we had a talk by Netsafe who know all about any scams that are doing the rounds on computers. If you google them you will find no end of information and what to do if you think something is not quite right. There are contact details there too.

At our next meeting in the Kelston Community Centre Cnr Awaroa Road, Kelston, on Tuesday September 19th our guest speaker will be Grant Stevens, an IT Consultant. Grant has a wealth of knowledge to share and is always entertaining. Do come along entry is by a \$2.00 raffle ticket, so you could also win one of three prizes. The meeting starts at 10am and there is

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free tea, coffee and biscuits after the guest has finished. You do not need to be a member of SeniorNet to attend.

Do check out our website www.seniornet-west-auckland.org.nz for details of upcoming classes and ring Pam on 09 827 2156 if you wish to book in or have any questions.

Have you started recycling your soft plastics?

Last year Kiwis dropped off over 100 tonnes of soft plastic bags for recycling. Soft plastics like shopping bags, bread bags, fresh produce bags, lolly bags, plastic packaging around kitchen towels, courier wraps, chip packets, cereal pack liners are not accepted by kerbside recycling services. However, you can now bring these in to most supermarkets in the area. Soft plastics are generally squashable, so if you can scrunch it, you can recycle it. So not plastic trays from a biscuit packet, and biodegradable bags aren't suitable. Make sure the bags are empty and dry, pop them into a bigger bag and drop them off in the big bin near the supermarket entrance. For further details and to check where to take your soft plastic recycling, visit recycling.kiwi.nz.

The Mobile Care specialists – paint protection for cars

Ceramic coating technology has come a long way over the past decade, and now you can have your new (or used) car protected from the elements at a relatively low cost.

Why protect your car?

To slow down the ageing process caused by road grime, chemicals, UV rays from the sun and other every day pollutants which wear away at your car's good looks.

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Contact us on 0800 20 30 20 for a quote, or visit www.TMCS.co.nz to see our work and reviews.



New members wanted for Women's Dinner Club

The Western Districts Women's Dinner Club (WDWDC) has been meeting on the 2nd Tuesday of each month for 43 years. We are a nonprofit organisation and our aim is to 'Bring women of all ages together for friendship'. Over the years we have met at various venues in West Auckland. These days we meet at the Te Atatu Peninsula RSA for dinner (\$28) and a speaker or entertainer on second Tuesday monthly. Our next meeting will be Tuesday 12th September at 6.20pm at Te Atatu Peninsula RSA, 1, Harbour View Road, Te Atatu Peninsula. To reserve your place or for more information please contact Margaret 021 154 0946 or Doreen 021 0783 780.

helloworld Hobsonville

Thinking about travelling to Bali? Bali is a destination packed with food, culture, history, adventure, beaches, wildlife and much more to keep the family or any avid traveller entertained. Start your holiday off with a stay in Kuta where you are right in the midst of the hustle and bustle with plenty of nightlife, markets, beach bars and surf to keep you busy. If you want something a little quieter consider Legian or, Seminyak if you want luxury hotels and upmarket shopping. Next head inland to Ubud for a few nights and immerse yourself in local wildlife, rice paddies and culture, with many temples, villages, art and craft markets and the renowned monkey forest. Lastly, finish off your stay down the coast, in Sanur, Benoa or Nusa Dua and relax on the white sand beaches or dabble in a bit of water sports. Alternatively you can travel to an outer island like Nusa Lembongan where you can spend your day's snorkeling, diving or surfing to your hearts content. helloworld Hobsonville – 124 Hobsonville Road or phone 09 416 1799.



Save the date

Taupaki School is holding its annual Monster Fireworks Display at the Kumeu Showgrounds, October 27, 2017 from 5pm. Make sure you save the date! This is a fun filled family event, bring your picnic blankets along and come and enjoy a night of fun festival rides, food stalls, sky diving and one of the most spectacular fireworks displays in the west. Proudly brought to our community by Bad Boy Fireworks & Mike Pero Real Estate, Kumeu & Hobsonville. All proceeds go to Taupaki Primary to ensure they can deliver a 21st century education for all their students. For

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Truly Natural sun protection for the whole family

After three years of intense research we are very proud to announce the release of Solimara Truly Natural SPF30 sunscreen, made in New Zealand. We believe Solimara sunscreen is one of the finest natural sunscreens. It is now available at Allen's Village Pharmacy as well as The Green Grocer in Kumeu. Experience the Solimara difference: This fantastic new product is no ordinary sunscreen.



The unique Truly Natural Sunscreen is safe for the whole family, suitable for face and body, and perfect for those with sensitive skin. This sheer formula is lightly scented with a fully natural fragrance and is available in: Golden Sands - A celebration of

the summer sun; and White Marine - A refreshing and luxurious marine signature.

Don't forget to pick up our informative brochure when heading over to the Pharmacy or The Green Grocer to sample there two unique fragrances. We shouldn't forget to mention that Solimara sunscreen is Coral Reef friendly. www.solimara.net.

Community bushcare days

Come plant a tree this winter and make a difference. Dates: Sat 2nd September and Sat 9th September. Sat 2nd September- Meet at 10am at Herald Island, park beside 23 Ferry Parade entrance. Coastal cliff and sea edge planting. Sat 9th September - Meet at 10am at Wainoni Park, Churchhouse Rd (stone gates) Greenhithe. Streamside planting and plant releasing. Come and plant a kauri at this special planting thanks to The McCahon House Trust and The Kauri Project. Refreshments provided and some spades at all Bushcare Days. To Register go to www.kaipatiki.org.nz/volunteer or email restoration@kaipatiki.org.nz or phone 09 482-1172 to find out more.



Community Bushcare Days

Come plant a tree this winter and make a difference!

Dates: Sat 2nd September and Sat 9th September

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Refreshments provided and some spades at all Bushcare Days.

To Register go to www.kaipatiki.org.nz/volunteer or email restoration@kaipatiki.org.nz or phone 09 482-1172 to find out more.



You may think here at the rose farm All is Quiet!

But alas all is not! Over winter we have cut back our rose crop so she had a better chance to survive without heating. It's certainly been a challenge but we are coming out the other side - "Smelling of roses" (No pun intended!) We are making some changes so we will be able to supply roses and other flowers/produce next winter for our local market.

Other changes are we are diversifying into more herbs, edible flowers and even some vegetables. We have been growing Gherkins for 'Aldersons' who do a fabulous range of pickles, sauces and condiments. You can find some of their range at Boric Food Market Coatesville-Riverhead Hwy. We also grow Dill and on their list this year we will be growing lovely Hot Peppers. Our growing house is also perfect for tomatoes so we have these on the list in the near future too plus some other goodies I am eager to trial.

If you are wanting someone to grow Organic Fresh Herbs and Veges or anything else! Give Angelique a call on 027 519 7108. Check us out on our website www.flowerbarn.co.nz or Facebook www.facebook.com/flowerbarnnz.

Peter Carson
LICENSED SALESPERSON





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2 Clark Road, Hobsonville, Auckland

Graeme Williams
Director
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Mobile: 027 244 2443
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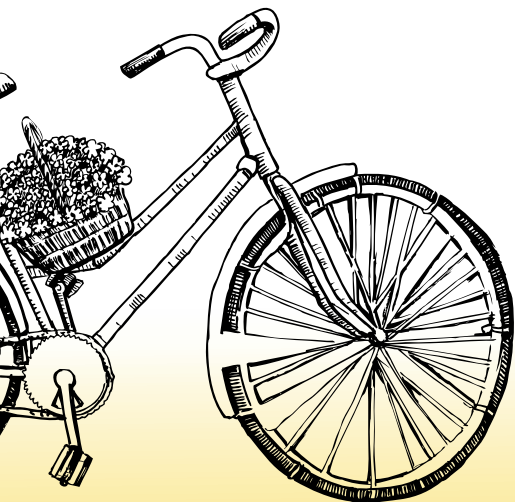
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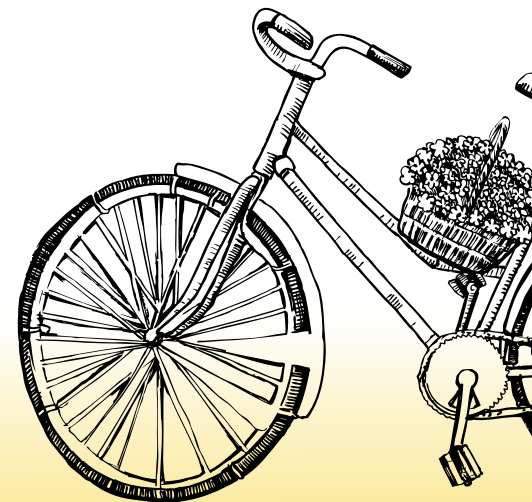
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area property stats

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

Suburb	CV	Land Area	Floor Area	Sale Price
Herald Island				
	1,150,000	827M2	310M2	1,875,000
Hobsonville				
	1,050,000	778M2	176M2	1,480,000
	1,075,000	450M2	287M2	1,457,999
	480,000	121M2	97M2	745,000
	730,000	185M2	206M2	1,055,000
	450,000	123M2	101M2	755,000
Massey				
	620,000	1009M2	130M2	920,000
	610,000	968M2	160M2	795,000
	400,000	1495M2	114M2	671,000
	490,000	706M2	130M2	739,900
	435,000	350M2	101M2	647,500
	490,000	607M2	90M2	728,000
	430,000	384M2	360M2	600,000
	450,000	663M2	140M2	777,700
	455,000	791M2	140M2	741,000
	445,000	607M2	100M2	640,000
	485,000	836M2	140M2	710,000
	460,000	355M2	90M2	670,000
	560,000	610M2	90M2	780,000
	405,000	400M2	100M2	720,000
	495,000	854M2	160M2	743,000
	500,000	553M2	90M2	652,000
	440,000	458M2	100M2	663,500
	385,000	705M2	90M2	555,000
	400,000	817M2	100M2	698,000
	500,000	441M2	163M2	732,000
	650,000	505M2	170M2	838,000
	610,000	531M2	140M2	840,000
Royal Heights				
	455,000	637M2	100M2	642,000
	690,000	890M2	174M2	882,000
	680,000	825M2	220M2	850,000
West Harbour				
	700,000	700M2	181M2	990,000
	600,000	452M2	156M2	850,000
	850,000	675M2	260M2	1,250,000
	470,000	872M2	90M2	750,000
	475,000	753M2	100M2	780,800
	840,000	664M2	230M2	1,292,000
	840,000	963M2	230M2	1,170,000
	445,000	140M2	12M2	715,000
	770,000	906M2	180M2	1,123,000
	690,000	370M2	100M2	943,600
	780,000	733M2	250M2	1,020,000
	1,050,000	1023M2	280M2	1,390,000
Waitakere				
	520,000	1095M2	130M2	670,000
	540,000	1014M2	106M2	827,000
Whenuapai				
	670,000	895M2	120M2	810,000
	535,000	1733M2	70M2	825,000
	1,000,000	5590M2	94M2	1,550,000

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

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Highly anticipated new meth testing standards finally released

Methamphetamine is a serious issue that landlords need to be aware of, as there are potential repercussions both in insurance and tenancy matters if the requirements are not met.

The long-awaited Standard (NZS 8510:2017) for testing and decontamination of methamphetamine (P) contaminated properties has been released by Standards New Zealand.

As per a recent media release by Standards New Zealand, the guidelines provide industry guidance on good practice methods in the testing and clean-up of methamphetamine contamination in houses. The standard also addresses properties used as make-shift laboratories for the illicit manufacture of methamphetamine, as well as properties contaminated by the use of methamphetamine. The standard will be used by methamphetamine testing and clean-up/decontamination companies; laboratories that analyse samples taken from meth contaminated properties; health, safety, and environmental regulators; property owners, managers, and insurers.

This new standard adopts a single level of 1.5 micrograms of methamphetamine per 100 sq.cm of surface sampled, regardless of whether a property was involved in the production or use of meth. It also specifies best-practice disruption for property owners and occupants.

The Tenancy Tribunal is also starting to expect landlords to have completed a meth test prior to signing up any new tenancy, on the grounds that it is part of the owner's responsibility to provide the property in a reasonably clean and reasonably tidy state as per their obligations under the Residential Tenancies Act, 1986 (as amended from time to time).

Quinovic Property Management has robust policies and procedures in place to help protect landlords in relation to meth. Contact Virendra Gupta at Quinovic Kumeu on 09 973 5527, email enquiries@quinovic-kumeu.co.nz for a chat.

It's important to know what's in your credit file – do you know what's in yours?

Everywhere you visit these days you're given the opportunity to go online and rate your experience. Whether it's a restaurant

you ate at, a hotel you stayed at, or your last tinder date – ratings systems are everywhere. We use them to make informed decisions about what is good and what we should try to avoid. Things aren't too dissimilar in the finance world, where lenders have access to a credit file to help assess a borrower's suitability for a loan. However, while most of us know our rating on Uber, very few Kiwis know what their credit score is – but it's hugely important.

Here are some of the top reasons why every person should know what's in their credit file.

1. You can plan around it – particularly if your credit history is not ideal.

If your credit history is not great, it can significantly impact your options when it comes time to apply for a loan. In fact, there are many lenders with restrictive lending criteria who won't even consider a customer who has any type of negative notation (being a 'hit' or mark on a person's credit file) – no matter how minor or long ago the event occurred.

Knowing what is in your credit file before you apply for finance means those borrowers that have poor credit can plan alternatives, like going to a more flexible lender from the outset.

This also means that you limit the number of unnecessary notations that get made on your credit file. This is because each lender with whom you apply for credit makes a notation on your credit file at the time you apply for the loan – irrespective of whether you are approved or not. Too many notations can negatively impact your overall credit rating.

2. You'll know if you have to wait to apply for finance.

If you know what has caused you to have bad credit, then it might make sense to delay applying for finance.

Anything like a credit enquiry, default or court judgement will remain on a person's credit file for five years. So, if you know that a default on your credit file will drop off shortly, then it might make sense to wait it out to give you more options.

3. You can make sure there are no errors.

It happens more often than people think – errors are made and a person's credit file is incorrectly noted.

These mistakes can range from tiny little things like incorrect name data to much bigger issues like having false records of unpaid bills or mortgage payments. It pays to find out what is in your credit file to ensure a mistake doesn't stop you from achieving your financial goals.

How can you access your credit file?

There are three different credit ratings agencies in New Zealand: Centrix, Dun & Bradstreet and Veda Advantage.

All three providers will give you your credit file for free, however

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if you want to get the information quickly then you might have to pay a service fee.

For further details or feedback feel free to contact Ivan on 09 427 5870 or 0275 775 995 or email ivan.urlich@mikepero.co.nz. Ivan Urlich is a registered financial adviser specialising in mortgages, his disclosure statement is available free of charge on request.

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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.

Re-roofing your home or business will usually take about a week, depending on the size of your property. We can install insulation when re-roofing, saving you time and money.

If your Colour steel roof is needing a repair, we can send an expert out to provide advice, a solution and a quote.

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

A property's true worth

By Mike Pero, Chief Executive, Mike Pero Real Estate Understanding the real value of your home, and how it is calculated, will help you establish expectations when it comes to sale time.



Naturally, sellers want top dollar for their homes, but overpricing can prove just as detrimental as underpricing. The old saying 'you can always come down but you can't go up' is somewhat misguided when it

comes to effectively marketing a property, and sometimes the cost of a missed opportunity far outweighs a minor price adjustment on your property's asking price.

Gauging the Market

Assuming you engage a licensed real estate agent to sell your home, you will most likely receive a Comparative Market Appraisal (CMA) to help you and your agent establish the most appropriate price.

The purpose of a CMA, which includes a number of recent sales in the geographical vicinity of your property, is to give you a reference point in order to establish your property's value.

Determining Factors

The value you arrive at will take into account a series of factors including: location, perspective, land size, dwelling size, age, quality, and so on. It is often difficult to be objective with your own home because you know all the extra effort and money you have invested in the property over the years - details that are often overlooked or of no consequence to potential buyers. No two houses are identical in every respect, so it's up to you and your agent to work together to reach an agreed value of your home. When you do arrive at an 'ideal value', it is important to consider the absolute 'rock bottom' price you would accept.

Managing Expectations

All going well, your eventual sale price will be somewhere between the two, and on a good day it could be even more than you anticipated. The most common, and successful, way to exceed your expectations is by going to auction. You may have a figure in mind before auction day; but if there is fierce competition for your home, and if the emotions of bidders are running high, then it could well be your lucky day.

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REFURBISHED 4 ROOMS, PRIVACY ON 2423SQM IN WAITAKERE TOWNSHIP 3 2 1

By Negotiation

2A Northfield Road, Waitakere
By Negotiation

A beautifully presented, 2423sqm with a fully refurbished and modernised three bedroom home. A new kitchen, bathroom and laundry certainly delivers the ooooh aaaah factor. Open plan living and entertaining out to alfresco decking with a distinctly private and serene backdrop. The home enjoys an easy-living style including a study nook, a large cabin and double garage with ample storage. The CV on this property is \$590,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



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www.mikepero.com/RX1092569



HUAPAI FAMILY HAVEN - NEAR KUMEU 4 1 1

Set Date of Sale

22 Trigg Road, Huapai
Set Date of Sale - 5pm, Wednesday 13th September 2017 (unless brought forward).

Traditional values, timeless construction. This four bedroom traditional kiwi bungalow on 1019 sqm delivers more than initially meets the eye. A fenced-hedges property minutes from Huapai Primary School with ¼ acre flat section complete with fruit trees, raised garden beds, chicken coop, open space for family or pets to play and utility storage adjoining a large single garage and workshop. The home also provides options to the burgeoning family with master bedroom with walk in wardrobe opening on to sunny deck area, separate laundry and bathroom. Open plan kitchen, dining and lounge entertaining area with polished solid timber flooring linking to northerly covered patio. In close proximity to Huapai Shops, close to transport links, School, Shops, Cafe and Park.



Peter Carson
027 277 1904
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Graham McIntyre
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www.mikepero.com/RX1223531



MODERN - MASONRY OVER BRICK IN WAIMAUKU

3 2 2

By Negotiation

25 Buttercup Place, Waimauku By Negotiation

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

www.mikepero.com/RX952890



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



EXTENSIVE CHARACTER HOME ON 9 ACRES OF SUB-DIVISIBLE LAND

7 4

Set Date of Sale

32 Kaipara Coast Highway, Helensville

Set Date of Sale - 5pm, Tuesday 5th September 2017 (unless brought forward).

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

www.mikepero.com/RX1218115



Lyndsay Kerr
027 554 4240
lyndsay.kerr@mikepero.com



Graham McIntyre
027 632 0421
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EUROPEAN FLAIR - SPACIOUS LIFE-STYLE WITH LAND AND VIEWS

6 2 3

Asking Price \$2,345,000

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

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



Cherry Kingsley-Smith
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10 ACRES OF FLAT USABLE LAND - HELENSVILLE

4 3 2

By Negotiation

37 Te Pua School Road, Helensville
By Negotiation

Searching for flat land with easy access to SH16, this is the property for you. Flat grazing land, orchard with shedding and near new four bedroom, two bathroom family home returning \$550 per week. In addition the property has casual grazing options, arena, sleepout, stable and tack room. Things to do, but so much on offer to the gazer or grower looking to secure an excellent long term investment. Close to Parakai and Helensville convenience shopping, schooling and transport network. Access off Te Pua School Road and SH16 makes the property multi-functional and flexible. The CV on this property is \$840,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



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ELEVATED EAST FACING ON 809 SQM - KUMEU

4 1 2

Asking Price \$905,000

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

This immaculately presented home is split over two levels to allow for a separated living environment. Three bedrooms upstairs with kitchen, dining room, bathroom and lounge leading out to a back entertainers area. Downstairs contains one bedroom, lounge and bathroom, perfect for the teenage or guest alike. Situated on 809 square meters, the section is flat and fully fenced for the kids and pets. In close proximity to Huapai Shops, close to transport links, School, Shops, Cafe and Park. The CV on this property is \$600,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



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RIVERHEAD, ¼ ACRE, POOL, SPA....

3 2 2

By Negotiation

52 Great North Road, Riverhead
By Negotiation

- * Large flat quarter of an acre section (1011 sqm) in sought after Riverhead.
- * Potential for minor dwelling with own entrance (subject to council approval).
- * 200 sqm house with 3 bedrooms, study / office, 2 bathrooms and 2 lounges.
- * Large internal garage and separate laundry.
- * Pool, private spa and extensive decking.
- * Walk in pantry with granite benches throughout.



Lyndsay Kerr
027 554 4240

lyndsay.kerr@mikepero.com

www.mikepero.com/RX1168747

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SUNRISES & SUNSETS - COASTAL - HOBSONVILLE POINT

4 2 3

Set Date of Sale

77 Bomb Point Drive, Hobsonville

Set Date of Sale - 5pm, Wednesday 6th September 2017 (unless brought forward).

Edgy, contemporary, affordable and quality Jalcon four bedroom terraced home in Hobsonville Point. East and West decks maximise sunshine and views, positioned next to Bomb Point Reserve and the Coastal Walkway - you will love the open plan living spaces, alfresco dining on the patio, unique lifestyle and outlook. Enjoy the convenience of parking your cars with internal access double garaging. This home is a high quality Jalcon new build with an electrical upgrade - due to be completed in mid 2018. With a 10 year master build guarantee, 15 year weather-tightness warranty and a 50 year structural guarantee, Jalcon will give you the confidence of a home that is water tight, healthy and dry.

www.mikepero.com/RX1217329



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

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



AFFORDABLE LIVING IN WAITAKERE TOWNSHIP

4 2 1

Asking Price \$747,000

114 McEntee Road, Waitakere

Asking Price \$747,000

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

www.mikepero.com/RX1176091



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



ELEVATED STATELY BUNGALOW - WAIMAUKU

4 4 2

Asking Price \$997,000

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

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

www.mikepero.com/RX1034803



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



THE SMELLS ARE BEAUTIFUL - VIEWS AMAZING

4 1

Asking Price \$845,000

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

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

www.mikepero.com/RX1158063



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



HILLTOP LOCATION OVERLOOKING HELENSVILLE AND PARAKAI

3 2 2

By Negotiation

525 KIWITAHU ROAD, HELENSVILLE
By Negotiation

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

www.mikepero.com/RX1065529



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



ELEVATED LAND IN RIVERHEAD - COATESVILLE

By Negotiation

731A RIDGE ROAD, RIVERHEAD
By Negotiation

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

www.mikepero.com/RX1055369



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



RARE EARTH

Enquiries Over \$700,000

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

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



Lyndsay Kerr
027 554 4240

lyndsay.kerr@mikepero.com

www.mikepero.com/RX995192

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www.mikepero.com



PLENTIFUL VIEWS, 1.8 HECTARE, NTH OF KAUKAPAKAPA

3 2

By Negotiation

3020 Kaipara Coast Highway, Glorit By Negotiation

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



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Home:garden

Harvey Norman Westgate

Visit Harvey Norman Westgate at the Lifestyle centre on Maki Street for the latest Furniture designs. Explore their extensive range of IMG recliners and sofas, and experience the true comfort of Norway. Supremely comfortable, sleek and sophisticated Furniture, all superbly crafted with advanced features for your ultimate comfort.



Their IMG recliners and sofas are available in a range of styles and sizes with fabric and leather options to suit your lifestyle, plus right now get great deals across the entire IMG collection so you can experience comfort at its best.

Come in to Harvey Norman Furniture at the Westgate Lifestyle centre on Maki Street, half way between the Norwest shopping centre and Mitre 10 and explore their latest collection of Furniture designs from IMG today - comfort is what they know.

Solve your garden waste problem

With spring nearly here, now is the time to deal to your overgrown trees and shrubs in the garden. Unfortunately the more you cut and trim, the bigger the pile of garden waste becomes. With the use of a chipper shredder you not only get rid of this rubbish pile, but you create useful mulch, that will benefit your garden in several ways. Not only does mulch suppress weed growth but it will also reduce the need for watering during the drier months and improve soil quality, which all means a lot less time and effort needed by you.



With a wide selection of chippers available today, there will be a model to suit all gardens and budgets, so do call in and see Terry & the Grasslands team at 20 Shamrock Drive Kumeu to discuss which chipper shredder would best suit your needs.

Palmers Planet

It's the month we long for all winter, when spring is sprung. There's lots of new life and colour emerging, the gorgeous pink blossom of the cherry trees intoxicating the tui, brightly coloured daffodils and tulips, magnolias blooming, such promise of sunnier times ahead.

September is also the start of Bee Aware Month, Apiculture NZ's annual awareness drive to raise the profile of the honey bee in New Zealand. Bees are vitally important in the garden and in our food production, and their communal wellbeing is paramount. You can help ensure bees stay happy and healthy by planting lots of nectar and food sources for them - they especially love blue, purple and yellow flowers. Single flowers (those with one ring of petals) provide more nectar and pollen than double flowers, in which extra petals have replaced pollen-laden anthers. Flat or shallow blossoms, such as daisies, zinnias and asters will attract the largest variety of bees. Long-tongued bees will be attracted to plants in the mint family, such as salvia, oregano, mint and lavender.

Strawberries also need to be planted now so you can be enjoying their delicious fruit by Christmas - we recommend at least 5 plants per person in your home to ensure there is enough to go around. We look forward to seeing you in store soon.

All Handy Man Works

We as a company have recently decided to go into the specialty field of ready lawn especially now with spring approaching. Here are a basic few photo shots of work that we have recently completed. We are now covering more of the soft landscaping requirements and have great suppliers and can offer competitive prices.

All Handy Man Works – Phone Paul on 021 233 3897 or visit www.allhandymanworks.co.nz.



SPS Plumbing Services

Hi I'm Scott, the owner/operator of SPS Plumbing Services. I pride myself on high quality workmanship at a fair and affordable price. I am a Certifying plumber with 11 years' experience.



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I do not charge a call out fee, have a very competitive hourly rate and also offer free quotes. I am based in West Auckland and will work in the greater Auckland area.

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

My services include -

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

SPS Plumbing Services - Scott Sutherland - Certifying Plumber
027 430 0251 / 09 832 7267. www.nocowboys.co.nz/businesses/sps-plumbing-services.

Time to declutter for spring

If you're anything like me at this time of year, the process of optimistically putting away the winter clothes and switching for summer is about to begin. These days we grab Sistema boxes with our summer gear down off our garage ceiling racks, switch the content for the winter stuff in our drawers and put the boxes back up on the racks. Job done! If you're looking for the cheapest, easiest and most convenient way to add extra storage space at your place, go online and order a set of Stealing Spaces ceiling storage racks and get your garage sorted for spring. We courier them around Auckland for free from e-Pack in Kumeu, with installation by Jono from Diverse Installs. Be sure to book your install early because he starts getting real busy as the days warm up. stealingspaces.co.nz.



Laser Whenuapai - your plumbing, roofing & drainage experts in West Auckland

Introducing Laser Plumbing & Roofing, your local plumbing company based in Whenuapai.

Committed to serving our local community, western families and businesses with great service at reasonable rates, Laser has over 30 years of experience in providing quality plumbing, roofing and drainage services to Western Auckland and beyond.

24 Hour Drain Unblocking Service:

At Laser we offer full drainage solutions, including a new 24 hour Drain Unblocking Service! We have a state-of-the-art

drainage unblocking service for all your drainage and plumbing emergencies – and since these emergencies can come at any time – we are there to help 24 hours a day. We also offer a CCTV service for drain inspections and a full dig and fix service. So give us a call and one of our experienced drainage team will get you sorted.

Laser are also specialists in hot water systems, roofing and gutters, plumbing maintenance, repairs and installations.

No job is too big or too small for Laser Plumbing & Roofing Whenuapai. Our team is happy to do any job from basic tap washers right into full re-piping, re-roofing, drainage or gas systems. We offer complete solutions for any plumbing, roofing or drainage issues.

Open five days a week from 7am-5pm, Laser Plumbing & Roofing is located locally at 45 Brigham Creek Road, Whenuapai. Give us a call today 09 471 0110 or visit our website whenuapai.laserplumbing.co.nz for more information.

Forest Furniture

Why not organise your valuables and keepsakes today by displaying them in a unique, modern or traditional display cabinet made from solid Pacific kauri, rimu or



American oak? There is a design to suit all needs; from closed to open units, wooden or mirrored backs, units to sit along straight walls or fit into corners. Modularity can be used as a modern room divider, by either using just the one or by placing two units back to back.

All styles can be customised in our Hamilton factory to suit your needs. The addition of LED's, light up your treasures making

Chris Ridley 021 488 274 or chris@streamlineelectrical.nz

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them a feature of your room. Come in store today and view our selection. D9 Westgate Lifestyle, Maki Street, Westgate, phone 09-216-7674 or visit our website www.forestfurniture.co.nz. Remember all furniture is solid timber, NZ made and comes with a 10-year warranty.

You have to have an up to date will

If you are in any doubt about the benefits of having a lawyer prepare your will, right now read this. Nobody wants to think about their will - they involve you spending money on something that will only ever be used after your death. But you really have to have one.

People often ask me why they should spend the \$350 odd dollars to get a lawyer to draft their will when they can just get one off the internet. The answer is that wills are the most litigated document you will ever sign. If you don't get it right (which is the risk with home-made wills) or if you die without a will you leave an expensive source of conflict for your family to sort out. Estate litigation is a costly exercise with legal fees ranging from the tens to hundreds of thousands. It makes much more sense to invest in having a will prepared by a legal professional to be confident you've got it sorted.

In New Zealand you are more likely to go to court over a will than over any other document.

Your word is not law when it comes to bequeathing your worldly goods. You have obligations even after your death that mean the Court can overturn your will if you haven't fulfilled those obligations. The cost and stress of defending a claim to overturn a loved one's will is a real burden. And in most cases it would have been avoided if the will maker had had sensible legal advice when the will was drafted.

Another big thing is reviewing your will every 5 years. Things change, babies are born, and partnerships break up. If your new partner doesn't get around to updating her will you could be left to deal with her ex-partner who was named as executor and sole beneficiary 10 years ago when she last did her will. Wills do lapse when you get married. If you have a family trust you may also want to change the person who takes your powers of appointment of new trustees.

Another good thing to do in a will is appoint a testamentary guardian so that someone you trust will have the right to be involved in decisions about what happens to your children after you go.

Doing a quick legal spring clean is an easy way to meet your local lawyer, and get your affairs sorted so that no-one ever has to do it for you.

Henderson Reeves are your local, friendly, mobile lawyers – Taina and Shelley are happy to talk you through your legal spring clean on 09 281 3723. Or on mobile: Taina Henderson on 027 537 9222 or Shelley Funnell on 027 537 9221. We have the experience and backing of a full service law firm of 35 years standing – if you have a legal issue, we can help.

Advance of money to your children

It is often the case that parents help children purchase their first home. Usually, this is in the form of making money available for a deposit. However, the banks will usually want to make sure that such money is gifted. This is because the present banking rules restrict lending to approximately 80% of the total value of the property being purchased. Un-gifted money is arguably debt even if it is from a parent. However, as a matter of law, an advance of money from a parent to a child is presumed to be a gift. That presumption can be reversed if there is writing to

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show that the money advanced was a loan.

To make things certain, it is important to record the amount of the other advance in writing in a deed.. This is then followed by a gift deed which may be for part or all of the advance. In some cases, some of the money may remain un-gifted on the basis that when the house is sold or refinanced at some future time, the money loaned can be repaid back. It is important to get legal advice about structuring such debt assistance to your children including dealing with the estate planning aspects which usually arise from making gifts during your lifetime.

Luke Kemp - Kemp Solicitors phone 09 412 6000 or email luke@kempsolicitors.co.nz.

Lifestyle property/farm supplies

Western ITM Kumeu specialise in the stock and supply of Lifestyle Block/Farm supplies. Posts, strainers, battens, fence rails/palings. Metal & wooden farm gates and heavy duty gate hardware. Portable electric fencing and Strainrite fencing tools. Water troughs (round/rectangular). Zilco horse rug range and PurePine Shavings. Visit www.westernitm.co.nz today for a free online quotation. Try us, you'll be impressed. Western ITM - 154 Main Road Kumeu. Phone 09 412 8148 - open 7 days.

Progress for rural developments in the North West

A West Auckland business, Thomas Consultants, is proud to welcome their first Land Surveyor to their team. This is an important step in enabling progress for rural developments in the North West. In any development, rural or urban, Land Surveying is essential in enabling the development to progress. Land



www.thomasconsultants.co.nz

Surveying is the science of measurement and Thomas Consultants now has in-house capability and can offer a full range of services to the North West Community. The North West can now take advantage of these local services and see their development progress from concept to approval. Whether you require subdivision, boundary redefinitions, unit title developments, Maori land or topographical surveys, Thomas Consultants new Surveyor will be able to help. Interested? To find out how easy your development could be, find us online www.thomasconsultants.co.nz over the phone 09 836 1804, or on email info@tcec.co.nz.

Brand new office/warehouse units

Local business and trade companies now have the opportunity to occupy brand new office/warehouse units in the recently completed Founder Lane development located at 3 Workspace Drive, Hobsonville that adjoins Hobsonville Primary



school. With each unit having warehouse area of 100sqm and attached office/mezzanine the Founder Lane complex has been developed for small business owners in mind says Travis Coffey from Phoenix Property. The complex can cater for a variety of small business owners – from a business who has outgrown their home office and now requires a more professional presence to an importer who requires high bay racking and a secure premises. With rental equating to \$665 plus gst/opex per week the Founder Lane Business & Trade Centre is an affordable alternative for any growing or transiting business. Units are also available for sale. All units have 3 phase power, dedicated car-parking, kitchenette and bathroom facilities. To find out more contact Travis Coffey at Phoenix Property on: 09 215 9105; 021 414 384 or travis@phoenixproperty.co.nz.



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Dan's Tips

September 2017

Now's the time to add compost, fertilise the lawn and add nutrients back into the soil.

Get rid of pests and do weeding while the soil is still moist. Plant snow peas, onions, radishes and herbs, plus don't forget the flowers to add some colour.



Beer bait for garden pests

Tip some beer into a small marmite size jar and half bury in the garden near prized new seedlings.

Make sure part of the jar is angled level with the soil so slugs and snails can crawl in.

Growing Food

- Successful cropping starts with **Living Earth Garden Mix**, our 100% weed-free growing mix, packed with fertiliser and Living Earth's famous compost!
- Sow a crop of **snow peas, onions or radishes**.
- It's early to plant out tomatoes capsicum or zucchini, but you can **place tender young seedlings under cloches** (cut-off plastic drink bottles will do) in the garden. Or, try them in pots under the eaves in a sunny spot.
- **Herbs such as sage, coriander, parsley and thyme can be planted** – but basil is much more susceptible to cold, so wait a month or so.

Lawn

- **Go forward with the fertilising!** After the wet winter, lawns will be looking for nutrients that have probably washed through the soil. Apply Prolawn Turfmaster Gold – it's perfect for all lawn types.



Fertilise Lawns

After the wet winter your lawns need nutrients, we recommend Prolawn Turfmaster Gold

Other Work

- Do lots of **hand-weeding** while the soil's still moist – creates room for new and spreading plants.
- **Go floral** – plant fashion's darlings – gladioli and dahlia bulbs, delphiniums and larkspurs – but sprinkle slug bait or use the beer trick (below) to ensure they don't get lopped off in their prime.
- **The Beer Trick** – tip some beer into a small marmite size jar and half bury in the garden near prized new vegetable and ornamental seedlings. Make sure part of the jar is angled level with the soil so slugs and snails can crawl in. It's very effective in catching them.
- **Cats be gone** – they don't like the smell of citrus, so if they're digging in your best soil, sprinkle citrus - lemon, mandarin, lime and orange skins, over it.
- **Fruit trees and ornamental cherries** that are prone to diseased leaves later in the season, can be sprayed with copper now, as long as they are not yet in bloom.



Protect the trees from disease

Spray copper on fruit trees and ornamental cherries that are prone to diseases later on in the season before they bloom.



Feed the soil, help your garden grow

Add Living Earth Garden Mix to your gardens and raised beds to help replenish the soil and help your plants grow.

At Central Landscape & Garden Supplies Swanson we have a wide range of fertilisers, composts, barks and mulches so come talk to our friendly staff about your garden needs.



Open Hours: Monday - Friday: 7am - 5pm, Saturday: 8am - 4pm, Sunday: 9am - 4pm
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Build: New

Is green the new gold?

The Kiwi fascination with property means that many of us have considered an investment property at some time or another. If you're looking to start or grow your property portfolio, then why



not consider making the most out of your existing section.

Building new can help you avoid the heat and uncertainty of auctions, LVR restrictions and expensive renovations for minimum rental dwelling standards. With potential capital gain at handover, alongside a comprehensive 10 year warranty, investing in property doesn't come much smarter.

There are also significant benefits to this form of building for both a consumer and an owner-developer, with the reduction in land area helping affordability, variation of housing types, established desirable locations and reduced maintenance through modern construction standards.

At G.J. Gardner Homes we have many options for you if you're considering making the most out of your current section, and believe we can help you as our team are ready and primed, offering to evaluate your existing home as to its suitability for subdivision, with a no obligation Preliminary Development Appraisal of site potential.

Visit our website to request a brochure or give us a call on 0 9412 5371 to speak to one of our friendly New Home Consul-

tants today.

New Home Consultancy

Embarking on building a new home can be both exciting and daunting. There are many twists and turns involved. Often the extent of the intensity is underestimated. That is why at Signature



Homes we provide a New Home Consultancy service. This may be the first person you encounter on entering the build process with our team. Their role is to advocate for you to ensure all your needs are met. It may involve hunting down the perfect site, or advice on marrying plans to site, providing solutions to budget demands, narrowing down design requirements. Furthermore your NHC can liaise with engineers, planners, council and contractors to ensure your project is meeting requirements. Further down the track they can walk you through specifications and provide clarity around costs and our fixed price build contracts and robust guarantees. Additionally your NHC can be a point of contact to discuss subdivision services and or knocking down and rebuilding on your present property.

Signature Homes West Nor-west Auckland have 3 highly experienced consultants available to discuss your building aspirations. Contact Lloyd, Simon or Stephanie today. 0800 020 600.



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Tradie of the month

Congratulations go out to Kyle Munro, our Tradie of the Month. Kyle owns Concrete Connection and has been laying concrete paths, driveways and vehicle crossings for Maddren Homes since 2015. Tony describes Kyle as "a great team leader and player who is an excellent communicator with both our clients and site supervisors". His workmanship is top notch. He is dedicated and takes pride in his work, always working in where he can. Well done Kyle! Maddren Homes would also like to thank Western ITM for their continued support to acknowledge the hard work and dedication of our Tradies.



Our expert team are always on hand to discuss and facilitate any changes you may wish to make or design something that specifically meets your living requirements. We would love to explore your new home ideas with you and share our extensive knowledge in single, dual dwelling and extended family living options. We take care of everything from planning and consenting right through to the completed build. Ask us about our Future Lifestyle Plans. Feel free to drop Scott a line on 027 406 3684, make a time to meet or visit us at our show home at 3 Larmer Drive, Huapai.

KVN Builders

KVN Builders is owned by local business man and Licensed Building Practitioner, Kevin Mullany. Kevin is one of life's genuine good guys and works hard to make sure his clients are extremely happy with the end results. He can assist with any of your building needs, new-builds, renovations, decking, they do the lot. With over 20 years' experience in the building trade, and qualified, hard-working staff, Kev has a wealth of knowledge and experience to ensure your project is completed to a high standard at a reasonable price. Go to www.kvnbuildersltd.co.nz to see more testimonials like: "We love the transformation of our house and great work was done! It's an awesome job, and we'd recommend KVN to others. We will be booking KVN Builders in for further renovations next year, pleasure doing business." Phone Kev 021 065 9612.



Plan your retreat with Compass

Does the idea of escaping to your own private wing complete with spacious master bedroom, ensuite, walk in wardrobe and patio sound like something on your wish list? Then, check out our latest Exclusive House & Land Opportunities in Tilly Lane and Nobilo Road and start creating your own unique, personal retreat today.



Old hands at building award winning new homes

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



Food: Beverages

Citrus Mud Cake

2 tsp finely grated lemon rind
2 tsp finely grated lime rind
3 tsp finely grated orange rind
350g butter, chopped
180g white chocolate, chopped
2 cups caster sugar
2 teaspoons vanilla extract
1 1/2 cups milk

3 eggs (large)
2 cups plain flour, sifted
3/4 cup self-raising flour, sifted

Orange slices, to serve

WHITE CHOCOLATE GANACHE

360g white chocolate, chopped
2 teaspoons finely grated lemon rind
2 teaspoons finely grated lime rind
2/3 cup sour cream

METHOD

Preheat oven to 160°C/140°C fan-forced. Grease a 6cm-deep, 19cm (base) square cake pan. Line base and sides with 2 layers of baking paper.

Combine lemon, lime and orange rind, butter, chocolate, sugar, vanilla and milk in a saucepan over low heat. Stir until smooth. Transfer to a large bowl. Cool for 10 minutes.

Add eggs. Stir to combine. Add plain flour and self-raising flour. Stir to combine. Pour mixture into prepared pan. Bake for 2 hours or until a skewer inserted in the centre has moist crumbs clinging. Stand in pan for 10 minutes. Turn out onto a wire rack to cool.

Make ganache: Place chocolate, lemon rind and lime rind in a heatproof bowl. Place bowl over a pan of simmering water.



Cook, stirring, for 4 to 5 minutes or until melted. Remove from heat. Stir in sour cream. Refrigerate for 30 to 40 minutes or until thick enough to spread. Spread over top and sides of cake. Stand for 10 minutes or until ganache is set. Serve with orange slices.

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 www.paulajane-cakes.co.nz.

Cafe & Japanese Restaurant in Huapai

Café menu but we also offer the option of Japanese meals for lunch and dinner to give you the ultimate cultural experience within your meal. Our community is continuously growing and so is our menu to satisfy our customers and keep things exciting



for you all. If a romantic dinner for two or a family dinner with the kids sounds like what you're after give us a call and book in now. Not only do we deliver delicious meals but our talented chef has previously done photography for National Geographic and has some of his work on display here for you to view and even purchase. So be sure to pop in for a coffee, breakfast, lunch or dinner and check out what The Gallery Café and Restaurant has to offer. Pop online to our Facebook page www.facebook.com/thegalleryjapaneseandcafe too find out a little bit more about us and the food on offer. 329a Main Road, Huapai 09 412 8983.

160 Hobsonville Point Cafe

As the new team in this cafe, we are dedicated to presenting a fabulous and welcoming local cafe for Hobsonville Point Community. We have been in here for just over a month and thank all our lovely customers for their



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support and help. Our business is already growing even in this cold winter.

We feel confident with the standard of our coffee, food and service and we are keen and ready to build up the best cafe in Hobsonville Point. For all the people who haven't got to know us, just simply walk into the cafe, and we will make you walk out with a smile! We regularly update our menu and will try to accommodate your requests. We are grateful for the positive comments from our customers on our Facebook page. We are open from 7 am to 4 pm. Find us on De Havilland Road and call us on 09 215 8642. Roy and May.

New Zealand Herbal Brew

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



"A therapeutic dose can be achieved in three to six cups of tea a day, depending on the ailment and person." Her range currently includes health teas for liver, digestion, heart & circulation issues and coughs & colds – with more therapeutic blends to come. It also includes single blends like hibiscus, lemon balm, peppermint and chamomile as well as fun blends like a craft beer tea with malt and hops - great gift for enthusiastic craft beer lovers. Teas are available in small and large jars, along with re-sealable pouches. For more information visit www.newzealandherbalbrew.co.nz or [Facebook.com/NewZealandHerbalBrew](https://www.facebook.com/NewZealandHerbalBrew).

Peko Peko Japanese Takeaway

Yes, it's officially spring from 1st September. Although we still have a few chilly days and I know some people got bad colds. During winter, our homemade teriyaki sauce contains kombu kelp seaweed, manuka honey and ginger ... a winning combination for curing colds. Our sauces are homemade from original recipes, you would



taste the difference once you try them. We are a little food truck located at the car park of Passion Produce vegetable shop on 92 Hobsonville rd. Please check our Facebook page for menu, trading hours and updates. We look forward to seeing you. Phone 022 431 3462.

Soljans Estate Winery

With the wedding season just around the corner, it is the perfect time for those newly engaged couples to start searching for their ideal wedding venue. Soljans Estate Winery has a wealth of experience as a successful wedding venue and would like to showcase their stunning grounds at the Soljans Wedding Expo on Saturday, 14 October 2017 from 10am to 2pm. Enter the architecturally designed winery that reflects their Dalmatian heritage, wander the surrounding home vineyard and experience the ambience of the rural setting. Come and talk to the dedicated staff about Soljans wedding facilities and gather contacts from recommended vendors. If you have any questions, please do not hesitate to call or email our Wedding Co-ordinator Brittany on 09 412 2824 or weddings@soljans.co.nz. Saturday, 14 October 2017, 10am – 2pm. Soljans Estate Winery; 366 State Highway 16, Kumeu, Auckland.



Forage and you shall feast!

But wait there's more. The anchor tenant of Riverhead's newest development, 'Riverhead Central', presents a multi-faceted offering all flowing from a central hub; Forester, a relaxed gastro, Harvest, a light filled cafe, and The Chippy, a modern takeaway bar. Seamlessly blending fresh produce foraged from local farm and field with international dining experience, the food at Forester is an exciting modern take on classical bistro dishes which



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includes the famed Roman wood-fired pizza. This is complimented by homemade baking and Havana coffee at Harvest as well as firm family favourite fish and chips at The Chippy. This new venue will provide quality night and day dining options for the expanding demographic of the area - the city slickers will love the digital loyalty program too.

With all dining options being fully licensed the selection on offer has been well considered. The wine list is packed with local NZ staples such as Kumeu River, Hunting Lodge, and Te Mata with an array of international selections for good measure. Also on offer is a great range of premium and local craft beers including a selection from Melbourne brand Mountain Goat Beer. Have a brew after a hard day in the office, while the kids make their own pizzas at 'Babysitter Club' Fridays or perhaps while you await your fish and chips? Don't mind if we do.

The brain child of seasoned hospitality veterans Dan and Ange Housley, the new offering will be the flagship premises of the well-established Black Pepper Hospitality brand which includes Executive Chef Campbell White and General Manager Jared Smith. The team have a wealth of local and international experience spanning over 20 years including the much loved Bellota tapas bar in Skycity and Merchants of Venice in Wynyard Quarter (Dan and Ange), Hip Group and Regatta (Campbell) and the Queenstown and Wellington dining scenes (Jared).

In a further nod to the forestry and farming roots of the area, the venue is awash with rich greens in a 'board and batten' style. The venue was designed by the team at CTRL Space to reflect the forest and hill surrounds. The venue offers spacious and comfortable dining and a café setting that can also accommodate semi private functions.

The new heart of Riverhead will be open from mid-July starting with Harvest café and The Chippy followed by Forester in Au-

gust. Harvest will be open for coffee and breakfast from 6.30am Monday to Sunday, Forester will be open for lunch Friday to Sunday from 11.30am until late and dinner Monday to Sunday from 4.00pm until late, and The Chippy will be open for take-aways Monday to Sunday from 4.00pm until late.

The locals are excited. And you should be too. With whispers of later plans for a gourmet deli, visiting guest chefs, international wine and whiskey tasting evenings Riverhead Central is one to watch. This is definitely a dining destination well worth the easy 25min drive from downtown Auckland to the lush Riverhead countryside.

The Tasting Shed

The Tasting Shed is back from our winter break and there are some changes afoot. First up is the launch of our Junior Platter, designed for our littlest diners to take the hassle out of dinnertime on week-days (available Wednesdays to Fridays from 5pm-7pm). Succulent meatballs, homemade focaccia, crispy potatoes and gorgeous greens, plus a little Tasting Shed chocolate treat. It's been given the thumbs up by our discerning panel of kid judges, so we know your kids will love it too! There are new menu items to celebrate the start of spring, and don't forget our monthly Trust the Chef nights are back, with our recent August nights fully booked out from the moment they were announced. Like us on Facebook.com/TheTastingShed for the latest updates so you don't miss out next time!



Wedding Expo

Saturday, 14 Oct 2017

10 am - 2 pm

366 State Highway 16, Kumeu

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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.



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Kanika Park Cat Retreat

In his latest book, "Your Cat: The Owner's Manual," Dr Marty Becker offers his expert advice for new cat owners. Tips on how to prevent health problems to how to stop cats from scratching the furniture, this book covers any cat-related question you might have and can be purchased from Amazon



One of his top 10 tips - Canned Cat Food Is Preferred.

Veterinarians recommend feeding canned cat food over biscuits. Canned foods have a higher percentage of protein and fat than dry foods and are significantly higher in water content than biscuits (70% vs 10%). Canned foods tend to be more palatable to cats that are finicky, elderly or have dental problems. Kanika Park Cat Retreat offers quality canned food morning and night. Bottled water and high grade biscuits available all day. Please do contact us 09 411 5326 or 027 550 1406 for a viewing.

The importance of recall

Recall is getting your dog to come back to you when you call them, sounds simple right?

Unfortunately many dogs and their owners struggle with this skill, quite often people find themselves wondering, why doesn't my

dog want to come back? In truth, it's not that the dog doesn't want to come back, it's just that they want to explore the world and play with their friends more.

Think about when you were younger and you were out with your friends and your parents would call your name to tell you it was time to go in. How often did you tread the line and get as much extra time as you could by pretending you couldn't hear them? Nowadays how often do parents call/text their children



RYAN JACKSON

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P: 09 810 8609.

PO Box 133, Kumeu 0841 Auckland

with no response but convenient excuses like 'my phone was in my bag so I didn't hear it'. All so that we get that extra time exploring with our friends.

So to get your dog to come back to you, you need to become more interesting and important to your dog than the distractions they come across. The best place to start is to change the way you think about walking your dog. Instead of it being a chore to drain energy out of your dog, try thinking of it as a time to build your relationship. It shouldn't be that your dog is off charging around while you walk along on your phone not paying attention to them. In your dog's eyes you are being really boring so it's no wonder they go off and find their own entertainment. Your dog walk should be like when you meet up with a friend for coffee, the focus is on them, if the focus switches to something else then both of your attention goes to it. Using things like food, or their favourite toy can really help in keeping your dog's attention.

You need to practice getting your dog to come back to you, don't expect them to just suddenly know to do it. If you are worried about your dog not coming back then use a long line. A long line provides your dog the freedom to move around but gives you the reassurance that if they're about to run off you can stop them.

What If Things Go Wrong? When your dog is ignoring your calls it can be really disheartening and start to become embarrassing. This often leads to us doing the worst thing possible which is to get annoyed and show it in our body language and tone of voice. How often have you been on the beach and heard someone shout 'GET BACK HERE NOW!!' whilst standing face on to the dog and quite often aggressively pointing to the ground in front of them. Imagine if someone was shouting at you, would you willingly go to them or would you avoid them until they had calmed down?

Instead of showing your annoyance the best thing you can do is hide the annoyance and pretend to be really happy and fun; you may feel like you deserve an Oscar but you will be much more successful in getting your dog to come back. Also instead of being face on to the dog, turn sideways or even possibly away from them, this is you communicating that you're planning on going the other way so they need to come back and keep up.

Another great tip is to move. Quite often dogs get a bit cheeky and when we call them realise we're where they left us so don't bother looking round (they can tell where we are just using their hearing!) By moving and then calling them they will hear that you have moved and often look to investigate where you've gone, once you have their attention it's a lot easier to get them to come all the way back.

You may need to take the moving to the next step and start hiding. If you hide and call your dog's name, chances are they will look up and when they can't see you will come running and search for you.

Recall is so important and if you put in some work, a very achiev-

able thing. It is our responsibility as dog owners to have control of our dogs in public. If you do not have a good recall your dog should be on a lead or long line, end of story. Too often children, adults and other dogs are injured by an out of control of leash dog and it needs to stop.

It may sound harsh but it is actually the safest thing for your dog. In our society dogs are guilty until proven innocent. If they are off lead and perceived dangerous because they are out of control then they will face the repercussions. Do not put your dog in a situation where they are set up to fail.

If you do not trust that your dog will come back to you then make sure they are either kept on leash or you use a long line to ensure that you can get control when needed. As a dog trainer I am more than happy to help you with building your dog's recall to the level that you need or I can point you in the direction of other great trainers in your area. When training your dog remember you want coming back to you to be a positive and rewarding thing for your dog.

For more information contact Laura Purkis at The Dog Safe Workplace – www.dogsafeworkplace.com.

The life of our Country Pets

"Lisa is a star. My dog cannot wait for his adventures with the gang. Lisa is great with their personalities and matching the groups well. The photos are also great. I trust her with my fur baby and that's important. ****highly recommend****" Jo Cooper and Sprocket



"Shiloh adores going for her walks with Lisa while I'm at work. So great to know she's been well taken care of with great company and will sleep until I get home" Clare Nicholas and Shiloh. Country Pets is based in Muriwai and offers daily dog walking adventures out to the beach or forest. Walks are off leash and dogs are well matched to ensure fun and safety for all. Most clients have their dog walked 3-4 days a week, giving them peace of mind their beloved fur-baby is getting quality attention and sufficient exercise while they work. The service includes pick up and drop off. Clients of Country Pets can request feeding and bathing of their dog too. From only \$25 per walk. Country Pets are pet first aid certified and have experience with all kinds of breeds. Please contact Lisa on 027 380 0265 to see if Country Pets is right for your dog and follow us @countrypetslimited on Facebook for more testimonials, dog photos, homemade food and toy ideas, training tips and more besides.

Jeremy Dean

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Special thanks

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

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

Health:beauty

Hobsonville Podiatry selling Frankie4 shoes

Frankie4 is an Australian brand of footwear that is the brainchild of Physiotherapist/Podiatrist Caroline McCulloch. Caroline is on a mission to create comfortable, functional shoes that also look great - gone are the days where comfortable, functional shoes have to be ugly and bulky!

We currently sell the styles

JENNi & NAT and will be getting SOPHiE in for spring 2017. If you are interested in trying on a pair of Frankie4 shoes, get in touch, we offer free fitting sessions, where we make sure the shoes fit properly.

For more information on Frankie4 shoes please visit Frankie4.com.au or give us a call on 09 390 4184.

Hobsonville Podiatry is located at level 1, Hobson Centre, 124 Hobsonville Road, Hobsonville. www.hobsonvillepodiatry.co.nz.



Elevate Chiropractic – is stretching first thing in the morning a good idea?

The answer to this question is ...sometimes. Stretching for some injuries is great, however there are certain types of injuries that can be aggravated by spine-bending movements (these are stretches that round your back, like bending over to touch the toes). If your injury or discomfort is caused by irritation to a spinal disc or a disc bulge, then these spine-bending movements could make the problem worse. This is due to how your spinal discs swell overnight. The best advice is to avoid these types of stretches until you have been up and about for



an hour or so. You can then proceed with caution. For more information on why you should do this and why it is important, read the full blog post on our website, www.elevatechiropractic.co.nz. Elevate Chiropractic: Shop 1, 10 Greenhithe Road, Greenhithe. Phone 09 413 5312.

No bull - it's Fathers' Day

Hobsonville Optometrists

- Glasses and Gifts has the men in your life covered.

Leather goods, American Crew cosmetics, books, belts, clocks, coasters, decanters, ice buckets, books and book-end, candles and candleholders, nutcrackers, Peugeot salt and pepper mills, keyrings,

games, umbrella stands, hats, knives ... all beautiful quality. Feel free to browse every day 9am to 5.30pm except Sunday. 143A Hobsonville Road, Hobsonville.



Arthritic joint

Joint diseases, or arthritis, are very common not, especially with our aging population. The most common age related type - degenerative osteoarthritis - starts causing pain during movements and the movement gets progressively stiff. At the later stages

it may become so disabling that any activity causes pain in the joint, such as walking with arthritic hip, lifting the arm with the arthritic shoulder. In the early stages arthritis is treated with pain killers and anti-inflammatory medications. In the advanced stages surgical replacement is often the best available option. Osteopathic manipulation can't cure an arthritic joint, but it can help a great deal in managing stiffness and movement restrictions. With the gentle soft tissue stretching and joint mobilisation patients commonly get pain reduction and freer movements. This improves quality of life when the disease has not progressed to the surgical stage, ease symptoms waiting for the surgery and speed up recovery after the operation.



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At Family Osteopathic Clinic we helped many patients with different stages of arthritic disease. We will be happy to help you. We are at 39 Hobsonville Road, phone 09 416 0097.

Spicy October special at Spa Di Vine

Turmeric (Curcumin) has been in the news a lot lately, due to its wonderful health benefits. Turmeric is used in cooking and in drinks and topically in herbal poultices.



Spa Di Vine's Benefic Herbal Poultice body treatment not only includes turmeric and white turmeric but also 16 other herbs and spices, equally potent and beneficial for body balance.

Try it yourself, book your appointment for October and receive a 60min Herbal Stamp Treatment for only \$130 (saving of \$35), plus if you book on a Wednesday or Thursday you also receive a complimentary Himalayan Salt foot scrub.

Phone Paula on 09 411 5290 to ask about The October 2017 special or send an email to relax@spadivine.co.nz, www.spadivine.co.nz. Spa Di Vine is located in Waimauku, open by appointment only.

Physio, Chiropractic or Osteopathy?

Basically, there is a lot of overlap between the professions. But though very similar, they are each derived from independent schools of thought and their approach to patient treatment differs.

A Chiropractor primarily focuses on the diagnosis and treatment of neuromuscular disorders, with an emphasis on manipulation of the spine. Biomechanical and structural derangement of the spine is thought to affect the nervous system. Restoring the structural integrity of the spine reduces pressure on the sensitive neurological tissue, consequently correcting nerve, muscle and joint disorders.

An Osteopath focuses on how different systems within the body function together. They use a range of hands-on-techniques to facilitate healing and look at vascular health, nerve health, musculoskeletal health and mental health to assist with a complaint.

A Physiotherapist is experienced in movement and function and uses diagnostic methods to assist them to correct movement and musculoskeletal disorders, which may have been present from birth, acquired through accident or injury, or are the result of aging or life-changing events. Physiotherapists focus on the biomechanics of the body and how this impacts the

other body systems and functions.

Still not sure, but would like to talk to someone anyway? Give us a call on 09 412 2945 and let's see if we can help. www.north-westphysioplus.co.nz.

New spring pedi + gel super deal

Say hello to the new generation pedicure which has arrived just in time for spring. We love bringing you the latest and greatest products and this pedicure won't disappoint. Mediheel is the scientific solution to dry, cracked heels and callused feet, the pedicure that lasts. You will want to pull out those sandals and show off your fresh feet. An introductory offer you will get you the MediHeel Pedicure which concentrates on the heels and dry callus removal, a fabulous exfoliant, then a soak in spa salts. Followed with a hydrating balm full of vitamins, cuticles oiled finishing with a spray of gold spritz.



Plus a pretty polish in a colour of your choice. You can have Gel or regular polish. This is incredible value at just \$65 for the month of September. RRP \$80. To book Phone/Text Larissa 027 407 2264 alternatively see facebook.com/thepolishroom.

Optomap at For Eyes

The eye is a sphere, like a ping-pong ball, with a tiny hole for light to enter (the pupil). Looking in through the pupil isn't easy, as much of the retina is hidden behind the iris. Enter the technology



of Optomap, incorporating collimated light and a curved mirror, to image that tricky-to-see peripheral retina that is prone to tears and detachments that progressively damage vision, and to document moles and freckles that (like the ones on your skin) should be monitored over time. A Comprehensive Eye Exam at For Eyes includes an Optomap Scan. Give them a call and book an appointment today, For Eyes Optometrists, in the Kumeu Village, 09 412 8172 www.foreyes.net.nz.

Are your kids an 'excuse' or a reason? Chapter two

Last month I spoke about why you should make your children



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the reason you exercise and here are the practical tips I promised. Try a bush or beach walk with your children – whether they can walk themselves or they're in a pram (you'll need big wheels!). They'll love being outdoors and checking out a new environment. Spend an hour kicking a ball around with your children. You'll work up a sweat and it won't even feel like exercise. Put the music on and let your inhibitions fly out the window. Children love to dance – so dance with them! Set up a fitness circuit in the backyard or park that your children can use too. I set up 'cones' (we just use shoes) for Harrison to run around, have a station where he kicks a ball at a goal and one where we both carry some weights (his are a lot lighter than mine) and Bob's your uncle – a great workout for you both!

Peter Bristow - B3 Personal Training, 027 359 0976, www.b3training.com, peter@b3training.com.

Broken dentures? We do same day repairs

Often we get asked about broken dentures that the person has tried to glue back together but it doesn't seem to hold. Can this denture be repaired? In most situations yes, this can be repaired depending on the severity of the damage. The worst part of the glued denture is not the damage done but rather the harmful chemicals that are in the glue; this isn't healthy! The good news is that even when the denture has been broken and glued back several times in the wrong position, sometimes we can re-orientate the broken pieces in the right position with an impression of your mouth. People often think that it's too far gone to be repaired if it's been glued but this isn't necessarily true. Dentures that are constantly cracking or breaking may need to be reinforced with something stronger than the high-impact acrylic the dentures are constructed of. If you are wearing a full denture, you can do this by reinforcing the denture with a cobalt-chrome alloy: none of which is visible when you smile! When it comes to partial dentures that break frequently, these too can be made from cobalt chrome to allow greater strength

and thinner feel.

We do same day repairs meaning you do not need to go overnight without your dentures! Call us at DT Denture Clinic for a free consultation 09 416 5072.

Shoe Talk's top tips to store your winter boots:

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 bees-wax 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 09 835 9936, www.shoetalk.co.nz.

West Auckland's first float studio

The Floatation Tank looks like a large enclosed tub and is designed to block out all external sensory input, such as sight, sound, touch and gravity. The tank contains a saturated Epsom salt solution, with the water being 35.5°, the same temperature as your skin, allowing your body to float weightlessly. After 15- 20 minutes you begin to lose the perception of where your body ends and the water begins which gives the feeling of floating in space. With virtually zero effects of gravity on joints or muscles it allows your body to completely relax. Floating can be used as a tool to aid in the relief of stress, depression and anxiety, deep relaxation, and pain. Come try the ultimate relaxation experience yourself. Follow us on Facebook and Instagram for discounted floats, specials and competitions @blacklotusfloatstudio or book online at www.blacklotusfloatstudio.com.





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

Is a pebble stopping you from your goals?

If you were heading out for your evening walk, got half way through and a pebble got into your shoe.... would you give up, sit down and think 'oh well that's it I can't walk on that foot now'

Ridiculous right? Right!

Or would you take off your shoe, remove the pebble and put that shoe back on nice and firm so you could keep going?

Absolutely!

Therefore, why would you stop your fitness routine if you had one bad day? One slip up with your healthy eating. One day where you were too exhausted from busy routine and needed rest. One day where you needed to focus on the kids after school events. One day where you need to complete a project or the accounts on time.

Don't let one pebble stop you from achieving the healthy, fit, strong, confident goals you desire.

You are way more determined, more focused and more intelligent to let something so small control something so important to you.

If you are ready to stop the excuses & start loving the body you are in, call or message Melissa 021 798 435 for a chat today.

Check out this month's offer at www.benefityou.co.nz.



\$10 off your first massage with Top Notch

At Top Notch Massage Therapy, we understand the stress that is placed by the modern life; whether from a hard training session, the pressure of work and a busy lifestyle, or the impact that pregnancy has on the body. Our professionally trained therapists are ready to work with you towards better health, ensuring you get more out of life. So if you want to get better results in the sporting arena, re-balance yourself or make that pregnancy more manageable, then you need to get in touch with Top Notch today. Clinics are located in Massey and Hobsonville. We are currently offering \$10 off all massages for new clients, so take advantage of this deal today. You can book



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online at www.topnotchmassage.co.nz or call 021 181 8380.

Doctors are patients too

One of the strangest experiences about being a doctor is visiting the doctor oneself. This is particularly humbling when there is a potentially a serious medical issue. When I go to the doctor myself it reminds me to step into the shoes of my patients. Many of you will have read the fabulous 'To Kill a Mockingbird' by Harper Lee. One of the most famous quotes from this book is "You never really understand a person until you consider things from his point of view . . . until you climb into his skin and walk around in it."

As health care professionals who see many patients on a daily basis, it is easy for us to normalise illness, especially as it is not happening to us. But by becoming unwell and seeing the doctor ourselves, it reminds us what it is like to be the patient, and the unpleasantness and the uncertainty from this. The key here is to have empathy: an ability to see things from another's perspective.

When I go to the doctor, attributes I look for are respect, good communication, knowledge and kindness. This reminds me of how I should be with my patients. I certainly hope that my patients see some of these qualities in me.

It is also good for patients to remember that doctors are just people too, and they get sick just like everyone else.

It is often said that doctors make the worst patients. I can see how this could be the case. I certainly ask a lot of questions when I visit my doctor. Sometimes I believe ignorance is bliss, although I think that it is always good to question the doctor when something is not clear or you want to know something in a little more detail. The doctor should be able to answer your question, or indeed find the answer for you.

So next time you go to the doctor, remember that although that doctor will be seeing thirty patients that day, they are only human, and suffer the same infections, aches, pains and injuries that you do. They do try to understand what it is like to be sick. Dr Isabelle Duck is a GP and Urgent Care doctor at Westgate

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Warmth is known to be soothing and healing for our body. It helps to relieve pain, increase circulation, relax spasms of the muscles, and help in wound healing. The same is true for eyes. Hot compresses are very beneficial to the normal functioning of the eye. For chronic conditions such as dry eyes, the warm moisture helps loosen up eyelid debris that has collected on the eyelash follicles which will help to relieve symptoms. For more acute conditions like a sty, hot compresses help increase the blood flow to the eyelid area and help the body's natural process of healing. Combat dry or achy eyes this winter with our newly stocked range of heat packs. For more information or to make an appointment - phone our friendly team. Phone: 09 831 0202 Website: www.westopt.nz.



Why elephants have no need for dentists

Unlike most mammals elephants are not limited to only two sets of teeth: baby teeth and adult teeth, but six sets of large brick-like teeth.

The teeth grow in at the back of their mouths and slowly move to the front as they are worn down. The teeth then fall out and are replaced by fresh ones.

Consequently, elephants have no use for dentists, and have been known to laugh openly when they encounter dental hygienists on safari. There is evidence of elephants in the wild eating three hundred kilograms of coconut cakes in one day, without flossing.

Brought to you by Westgate Dental – because, unfortunately, wild elephants do not live in New Zealand. www.asmile.co.nz 09 832 2998.

Hobsonville Chiropractic Centre

September is an exciting month here for Hobsonville Chiropractic Centre. I have had the privilege to return to Sherman College of Chiropractic in Spartanburg, South Carolina where 30 years ago, on the 20th September 1987 I graduated as a Chiropractor. It has also been 20 years since I had the honour of teaching at this same College. It has also been 20 years since we proudly opened this office here at 295 Hobsonville Road, in the very centre of this awesome growing community. This year also marks a new era with my son Trent Stewart following in my footsteps and attending his first year at the NZ College of Chiropractic.

If you would like to learn more about Chiropractic and determine how it could benefit you, to celebrate we would like to offer 50% off the cost of all Initial Consultations for the month of September with either Dr Lynnette or Dr Aimee - just mention this article when you book. Dr Lynnette Orrell, Hobsonville Chiropractic Centre, Phone 09 416 7589.



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RIVER CRUISE INFO EVENINGS



Ever thought about a river cruise?

helloworld Hobsonville have planned 2 informative river cruise evenings this September. Join our cruise gurus to learn about cruising with APT & Avalon Waterways.

APT River Cruise Information Evening

When: 6pm, Thursday 7 September 2017

Where: In store at *helloworld* Hobsonville

RSVP: by Tuesday 5 September
for catering purposes

Avalon River Cruise Information Evening

When: 6pm, Wednesday 20 September 2017

Where: In store at *helloworld* Hobsonville

RSVP: by Monday 18 September
for catering purposes

Drinks & nibbles will be provided.

If you are not sure which cruise line suits you best, contact us today to help match you with the cruise line best suited to you.



Areacolumnists

All Things Marketing

When you come right down to it, all business exist to take their wares to the marketplace and sell them. From a multi-national company like PriceWaterhouseCoopers (PWC), selling professional services, a large product based company like Philips International, a vineyard or the town dentist – they all exist to sell their products or services. In marketing-speak we call this process 'co-creating value'; we provide value for the customer in the products and services that we bring to the market and customers provide value when they buy these.



Fundamentally, the role of marketing is to create wealth (the role of accounting and finance is to administer it). Marketing is the most crucial function in any business or not-for-profit organisation. It includes a wide range of functions: Sales, PR, brand management, product/service development, packaging design, customer support, distribution and channel management, advertising etc. Anything that touches a product/service or relates to a customer is touched by marketing. It's strategic and tactical, creative and pragmatic, an art and a science, always challenging and that's why we love it!

We can work together to develop a Competitive Strategy for

your business ie. How they will win against competitors: local, national or global. This establishes your 3-5 year focus and clarifies the road ahead. Once this strategy has been developed, all the functional areas of the business can then be focused on achieving those objectives that drive your competitive edge and maintain profitability. However, maybe you need to start with getting your branding sorted, working out a 12 month promotional schedule or getting some feedback from your customers. It doesn't really matter where you start – as long as you do.

Moxy Marketing provides services and consulting to local businesses. We work in partnership with owners/managers to improve competitiveness and profitability. With over 20 years' experience and Postgrad qualifications, we provide the first one hour consultation free (you provide the coffee). Call Andrea 022 327 4758 and start now.

Buying goods

One of the joys of working at the Citizens Advice at Massey is that no two days are the same – even when a problem seems very similar there will be differences. It's part of what makes life in a Citizens Advice interesting and rewarding.

A lot of people don't realise they have rights when they buy goods. According to the Consumer Guarantees Act goods must be of acceptable quality, fit for their normal purpose and in

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good working order. There must be a problem with the goods, it can't just be that the person has changed their mind. We recently had a client who bought some bunks and when they got them home found they were too large for the room they were to go in. There was nothing wrong with the bunks, so this really fell under a change of mind situation or buyer's remorse. In this instance the client was able to negotiate for another product from the retailer.

We've had several clients who have had problems with phones they have bought, and then they've also had problems with the phones they've been replaced with. Any goods you buy must be fit for purpose under the Consumer Guarantees Act, a phone which doesn't work, would clearly be unfit for purpose, and therefore the client would be able to get it replaced or given a refund.

Some people think that once a warranty expires then they have no rights, but that isn't true at all. Goods must last as long as a reasonable consumer would expect them to. A client approached us, as they had bought a washing machine 15 months ago, the washing machine had broken down five times. The retailer was asking the client to go to the manufacturer to get the machine fixed and they were generally being given the run around. Under the Consumer Guarantees Act the client could reject the washing machine and expect a full refund from the retailer.

People also have the same rights if they buy something second-hand from a dealer. They must be of acceptable quality, though of course you shouldn't expect a second-hand item to last as long as a new one. You do need to take into account the age and price of the item.

If you have a problem with something you've bought – we may be able to help you. If you can't sort the problem out by talking to the retailer, then come and see us in the Library Building cnr

Don Buck Rd and Westgate Drive Massey. You can also phone us on 09 833 5775, or 0800 367 222 or send us an email massey@cab.org.nz. There's also information on our website www.cab.org.nz. If you think you may be interested in helping people find answers to such as this contact Barbara 09 833 5775.

Deliberate focus will benefit your business

As a business owner, you probably know that your business is an extension of you. No doubt you have heard that your business can't really function any other way than the way you are being. You are also probably aware that money and abundance is a mindset, your business is like your third arm - whatever you are doing, it is doing. I hear you say, 'my staff problems are not my doing, I didn't create the customer that constantly doesn't pay on time'.

I'm saying that it is your doing. Everything in your business, bar nothing, is a reflection of where you are at. How your business is functioning is a brilliant indicator of how you're thinking and feeling every day. There is a saying that is very true regarding what I do - 'tell me your values and I might believe you, show me your bank account and your calendar and it will reveal all' It's all well and good knowing that our business is an extension of ourselves, but what do we do with this information? How do we work with ourselves to create more of what we want?

We get to work. Your business will be the result of focus. I'm not talking about physical work, door knocking, scheduling more meetings or traditional personal development. I'm talking about conscious, deliberate positive focus on what it is you want. What it is you want will be a 'something' and there will

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also be a positive authentic feeling alongside it. None of us are visiting that feeling or focusing on it at any point during our day. We have so much power at our fingertips – positive power to guide outcomes and open more doors but we don't tap into it. So, am I saying that better focus and tapping into your higher business vision will help with staff problems? Yes. You can't continually focus on something and not have it in your life. Also remember that happiness will usually come before success. True focus does not feel negative feel in any way (those emotions lead us in the opposite direction of abundance).

Great business is satisfying business. It feels like being in the right place at the right time, its connecting with everyone around you, its smiling at the person who makes your coffee. Great business is money flowing in so you and the family can go to Fiji. Great business is fun. Great business is an adventure, it's a platform to be more engaged, more motivated in life. Great business is enabling others, offering jobs. Great business is teaching and guiding those around you, raising people up. Great business is walking beside other successful people. Great business is having time off. Great business is operating in the world in a bigger way. Isn't it great to be part of a thriving, successful community? There is evidence of success and increase and abundance everywhere - right in front of you, every day, and you are a part of it.

That is mindset. But we are never in it or doing it. Mindset and focus will set you apart from others. Usually what follows true focus will feel effortless. It's natural. You are naturally on the receiving end of more innovation, more motivation and ideas. Remember that it also does not feel like hard work. The thing about mindset is that it naturally guides behaviour, you will sometimes not realise you made 3 extra calls and bumped into such and such yesterday because it just feels effortless. You

can't control being in the right place at the right time – life just unfolds in alignment with who you are being.

This is what I do for clients. Come for a session and get your head in the right place. Mindset comes before everything. Get yourself into the flow of life.

I am now doing presentations to groups about what I do – I can tailor the message to the group's needs. I also hold workshops for smaller groups which are more interactive. Please get in touch if you think my message would be of benefit or if you would like more information. Anna Wheeler 021 555 658 anna@thinkyourbest.co.nz.

DARMIC

DARMIC is a NZ family owned (local) business, that manages condos located in the Waikiki Banyan - one block away from the stunning Waikiki white sand and blue waters. With 22 apartments (all with one bedroom and a kitchenette) to choose from, on various levels, you have a choice of view, and the room you see online is the room you can expect to walk into. We promise there are no surprises here.



You are within walking distance from restaurants, cafés and shops - so it's easy to choose which day to relax and which day to adventure.

So if you are sick of this cold winter weather, afraid of booking overseas accommodation that looks nothing like the picture and have noticed all the awesome deals to Hawaii lately, then head to www.darmic.com today. Once you have stayed with us, you will consider it your home away from home.

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Are you building or renovating?

This is the time to not only decide on colours, styles, building materials, which windows you like, how many rooms you need, where will the kitchen go and what appliances will I put where? Should the wardrobe go here or there? Should we have solar or gas? Etc etc etc...

Now these are very important questions...but has anyone ever told you it is just as important (if not more) to also check the 'land' for Earth Energies?

These can make a difference years after all those other decisions have been made to your health and the general wellbeing of your family.

Geopathic stress is present in every home, but you don't want it to be where you spend time 'still... bed, couch, desk or even places where you stand a lot i.e. kitchen.

Have a Geomancy inspection while you are making those other important decisions and it could save a lot of health issues and dramas later. Call Nicky on 021 545 299 or visit www.clearenergyhomes.com.

Don't you deserve a fancy frock?

Andrea is reluctantly selling her stock of over 400 gorgeous dresses and dreamy wedding gowns. You don't have to spend a fortune to look like a million dollars! Andrea has a selection of ballgowns, party frocks, cocktail dresses, flower-girl dresses, pageboy outfits, beautiful designer wedding gowns, off-the-rack wedding gowns and bridesmaid dresses, at a range of prices to suit any budget. Hurry before they disappear! Contact Andrea at www.fancyfrocks.co.nz www.facebook.com/FancyFrocksNZ.



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

West Harbour Tide Chart

Date	High	Low	High	Low	High
Fri 1 Sep	02:53	09:06	15:40	21:39	-
Sat 2 Sep	03:49	10:04	16:35	22:32	-
Sun 3 Sep	04:45	10:58	17:26	23:22	-
Mon 4 Sep	05:3	11:47	18:12	-	-
Tue 5 Sep	-	00:08	06:27	12:31	18:55
Wed 6 Sep	-	00:52	07:13	13:13	19:37
Thu 7 Sep	-	01:35	07:56	13:54	20:19
Fri 8 Sep	-	02:18	08:39	14:36	21:02
Sat 9 Sep	-	03:02	09:23	15:18	21:46
Sun 10 Sep	-	03:46	10:07	16:03	22:32
Mon 11 Sep	-	04:32	10:53	16:51	23:21
Tue 12 Sep	-	05:20	11:43	17:43	-
Wed 13 Sep	00:12	06:12	12:37	18:41	-
Thu 14 Sep	01:07	07:08	13:37	19:44	-
Fri 15 Sep	02:07	08:10	14:42	20:49	-
Sat 16 Sep	03:10	09:16	15:47	21:54	-
Sun 17 Sep	04:15	10:21	16:50	22:55	-
Mon 18 Sep	05:18	11:21	17:47	23:52	-
Tue 19 Sep	06:16	12:16	18:40	-	-
Wed 20 Sep	-	00:45	07:09	13:06	19:29
Thu 21 Sep	-	01:34	07:58	13:52	20:16
Fri 22 Sep	-	02:20	08:44	14:36	21:01
Sat 23 Sep	-	03:03	09:27	15:19	21:44
Sun 24 Sep	-	04:44	11:09	17:00	23:25
Mon 25 Sep	-	05:24	11:50	17:42	-
Tue 26 Sep	00:06	06:04	12:31	18:26	-
Wed 27 Sep	00:47	06:46	13:14	19:12	-
Thu 28 Sep	01:30	07:31	14:02	20:04	-
Fri 29 Sep	02:17	08:22	14:56	21:00	-
Sat 30 Sep	03:0	09:19	15:54	21:57	-

Source: LINZ.

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

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

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