

the **Westerly**

FREE monthly community magazine for Massey to Hobsonville

PROPERTY MARKET REPORT

HERBAL WINTER WARMERS

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

LICHELE'S FIGHT

Circulation is 12,000 print copies.

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

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

August 2016

Intro

Welcome to the August edition of the Westerly. It is with great pleasure that we welcome Geoff Dobson to the magazine. Look at the new section "People and Places" which Geoff is presenting. We will all benefit from his experience, which adds to the material currently provided by members of the local community.

As ever, there is a wealth of information in this magazine. We have community notices about local events. Stallholders from the Hobsonville Point Farmers Market are in the spotlight this month, meet them on Saturdays and Sundays from 9.00 to 1 p.m. Find out about security in the area, with new advice from our community constable; you might consider becoming involved with the Community Patrol.

Our usual pages from Graham and his team cover property news. Health and beauty columns include a piece by a local GP about the childhood infections she is seeing at the moment.

Regular columnists have their say, and the magazine wouldn't be complete without a wealth of suggestions for where and what to eat. Does your dog need grooming? See what's happening in our pets section.

The Westerly, your communication with your local community!

John,
Editor



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the Westerly

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Questions and feedback:

John Williamson

P 021 028 54178

E jbw51red@googlemail.com

W thewesterly.co.nz

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This page is sponsored by Mike Pero Real Estate, Hobsonville

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Strawberry
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Community notices

Have you visited our newest store?

On the 29 February this year our newest Hospice Shop opened its doors in the rapidly growing and vibrant area of Hobsonville. Based in the block of shops at Clark Road, the store is a veritable treasure trove of fantastic finds in a beautiful boutique setting. Store manager Leila Thompson has a real passion for hospice shops and has previously managed our Helensville and Te Atatu stores. With an eye for a great piece and a knack for finding something perfect for her customers, Leila and her team have already made themselves part of the Hobsonville scene. Pop in and check out the stock, and don't forget to follow our stores on Facebook BestOpShopsWest. Hobsonville Hospice Shop, 6 Clark Road, 09 416 0291, Open Monday – Friday 9:00 am – 4:30 pm, Saturday 9:30 am – 3:00 pm.



Kip McGrath education centres

As teachers, we have always been concerned at the number of children in the classrooms where we have worked, who have under-developed fine motor skills. This usually means they do not hold their pencil in the best way to produce neat, legible and efficiently produced handwriting. What are Fine Motor Skills? Motor Skills are divided into two categories: Gross Motor and Fine Motor. Gross Motor Skills are the coordination of movements that are required for large movements: crawling, running, jumping, throwing, climbing, etc. These are the skills that develop first. Fine Motor Skills are the coordination of movements that are required for small muscle movements: cutting, writing, opening water bottles, tying shoes, etc. Both sets of motor skills work together to help us function through our day, but fine motor skills are the more detailed of the two skills. Why develop Fine Motor Skills? Do you really need to focus on



Fine Motor Skills? Won't kids just pick up on them? To a certain extent, yes, kids will develop them as they go through life, but I'd argue that they might not be fully developed without some intentional practice. If we truly want to set up our children for success, I think it is important for us to set up opportunities for them develop. Fine motor skills are important because they directly impact how well a child can write and cut paper. In this digital age, this skill is often neglected as children spend so much time on touch-screen devices from an early age. At Kip McGrath we ensure that children who need to develop their fine-motor skills are given the opportunity to do so, each time they come for a lesson. Kip McGrath Education Centres - Westgate & Henderson 09 831 0272 or 09 836 9061.

ASAP Promo

Do you use branded pens in your business? How about USB drives? Umbrellas? T-Shirts? What gifts do you give your best customers? At ASAP Promo we put your company branding on pretty much everything and we are really good at it. We think that leaving lasting impressions is important and if your business is customer-facing, why not clothe all your staff with garments branded with your logo? Why not have your brand on all the stationery items you use? Uniformity speaks of your Professionalism. We can make it easy for you. Ask us to do the research and the running around and save yourself time and money. ASAP Promo is owned by Tea Larsen who is a proud member of the North-West community. She's on the Council of APPA New Zealand (The Australasian Promotional Products Association) so you know you're going to be looked after. To learn more about ASAP Promo and what we do, please visit our website at www.asappromo.co.nz, email us at info@asappromo.co.nz or phone 09 973 4352.

Are you wanting to go up the career ladder but are hampered by your English?

Working for the first time in New Zealand can be a challenge on many fronts. Not only do you have to learn how to complete your job to your Manager's satisfaction but there may be numerous cultural differences between your home country and

Susan Annett
LICENSED SALESPERSON





P 09 416 6900
M 021 345 788
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NZ. Have you been caught out by phrases like 'smoko', 'bring a plate', 'dress down Friday?' New Zealand workplaces tend to be less formal than those overseas, so how do migrants know whether it is appropriate to call the boss 'Mr Smith', or 'John'. If you are looking for your first job in Auckland, or if you are looking to get a new job, or progress up the career ladder, English Language Partners in New Lynn can help. Classes for employees are held in the evenings in our New Lynn office and three mornings a week in New Lynn for people looking for their first job. Classes are free for permanent residents, call us to get more information on 09 827 7882 or visit www.englishlanguage.org.nz.

West Auckland Business leaders celebrated at hall of fame

Two local business people were inducted into the BNZ West Auckland Business Hall of Fame by the Deputy Prime Minister Bill English at a luncheon on Thursday at The Trusts Arena. Joe Babich, ONZM, of Babich Wines and John Barnett, former CEO and Chair of South Pacific Pictures, were acknowledged for their outstanding contribution to business that extends beyond their West Auckland bases. The West Auckland Business Hall of Fame, previously known as the Waitakere Business Hall of Fame, recognises outstanding business achievement in the West. The West Auckland Business Club, Rosebank Business Association and UHY Haines Norton have joined forces, with the support of Auckland Tourism, Events and Economic Development (ATEED), to continue the Hall of Fame legacy. "Babich Wines is currently celebrating the 100th year of its successful dynasty and John Barnett, who has now stepped down as Chair of South Pacific Pictures, has delighted us on screen with hits such as Shortland Street, Outrageous Fortune and Whale Rider," Tim Livingstone, Chair of the West Auckland Business Club says. "It seemed like the perfect time to mark these milestones and the contribution of these two inspiring business people to both West Auckland and New Zealand as a whole," he says.



Frog pond reading tuition

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and Titirangi and now we have our eyes set on the NorthWest. Please contact us today to express your interest in tuition for your child. Amanda@tallpoppies.org.nz 09 412 7753 or 027 473 6036.

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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 \$75 plus GST you can be exposed to over 18,000 locals for a whole month. That is only \$2.50 a day. For more information email our editor at jbw51red@googlemail.com.

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Safercommunities

Waitakere Volunteer Fire Brigade

Members of the Waitakere Brigade have been attending training and development courses to ensure we keep up with the industry leaders. The diverse range of courses include fire prevention, salvage, command and control, civil defence and leading ground crews at vegetation fires. These courses are all designed to enable the team to give assistance to the community regardless of the situation. We have, over the last month, attended five motor vehicle accidents. All were related to the road or weather conditions. So with the wet weather and poor light conditions comes increased risk. The brigade are qualified in traffic management, first aid, scene safety, fire management, working with police and ambulance but we would rather all our community members return home safely without incident. We all need to drive to the conditions. Exciting development for the brigade is the approval for a brand new purpose built fire engine with expected delivery early 2017. This will be a rural focused truck that will hold 6000 litres of water, carry a crew of six and all the equipment needed. We will keep you posted. Keep safe, Denis Cooper, Officer in Charge - Waitakere Volunteer Fire Brigade phone 09 810 9251.



Community Constable Joe

This is an exciting time to be out west and to be your Community Constable. It would be hard to miss the extensive development happening all around us. The scale of the Westgate development is vast. It's not hard to see why they are promoting it as a town. Hobsonville Rd and Hobsonville Point are also undergoing huge change. Of concern is the lack of seat belts being worn, in a recent Police operation it was sad to see some children not buckled in- this is not about tickets, this is about ensuring that no one else loses a loved one because they weren't wearing a seatbelt. Ministry of Transport data shows that wear-



ing a seat belt reduces your chance of death or serious injury in a crash by 40 percent. Regardless of whether you sit in the front or the back seat, the risk of serious or fatal injury is virtually the same. We are well underway with setting up the new Massey Community Patrol (CPNZ) covering the Massey/Westgate/West Harbour/Hobsonville/Whenuapai areas. This is an excellent way for anyone with time on their hands to give back to the community while assisting the police. As a volunteer you will be trained, work on a roster (as much or as little as you want) and be the additional eyes and ears for the Police (get your own better work stories). Age is no barrier and anyone interested can call into the Massey station to pick up an application form. Another useful contact is Neighbourhood Support Waitakere. They can provide training and assistance with setting up neighbourhood support groups. Sign up and get their weekly newsletter online to find out what's happening in our area with everything covered from markets to safer plates timetables to Tsunami evacuation maps. Email them at neighbourhoodsupportwaitakere@gmail.com or visit them at nswaitakere.org.nz or join them on Facebook. Stay safe out there and if we all work together we can keep the area a great place to live. Don't hesitate to call me or pop into the Massey Community Police station 09 832 4099 if you need help or advice. Constable Joe Beaumont.

Keeping safe on social media

Privacy and security settings are there for a reason. They control who sees what you are posting. Be careful about how much personal information you post on social media. The more information you put up there, the easier it may be for someone to use that information. A hacker may recreate an individual's account using their personal details on Facebook and start adding their friends onto a new Facebook page. After making contact and getting to know the victim's friends, the scammer may then ask the friends for money saying there is some sort of crisis. If you get a Facebook friend request from someone you think you have already friended, check before accepting. Not sharing your home address might sound obvious, but informing the world that you're off on holiday might put you at risk. While everyone is admiring your holiday photos, someone may be putting together information from your Facebook friends and other sources to work out where you live and visit your empty house. Of course your kids are cute, but those online Instagrams of them may also pose a security issue. Look at your privacy settings - do you really want any random person somehow seeing photos of your family?

Les Whale
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P 09 416 9600
M 021 411 345
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All exclusive listings received between 20 June & 30 September 2016 will be included in the draw. Winner will be notified & posted on the Mike Pero Facebook page on or before 3rd October 2016. Mike Pero Real Estate Ltd Licensed REAA (2008)

InBrief updates:events

Ball season is here

That also means Xmas is not far away! Here's 5 great tips to get started. Ball season is upon us and it can be a very expensive exercise for parents and teenagers alike so at The Flower Barn by Plant



Zero we would like to share with you some cost saving ideas:

- 1) Shop Around for your Gown. There can literally be hundreds of dollars difference between retail shops, so it's best to take time to shop around, and what better place to start than locally. Support your local community and shop locally. How about a local dressmaker? It's amazing what can be made with some old curtain fabrics that have become the "In Look" for clothing.
- 2) Don't buy online unless you have tried on that exact same dress by that exact same manufacturer before! It may look stunning online and be too good to be true (and usually it is!), but one thing is absolutely for sure, it is highly unlikely to fit your body type the way it should do. Every manufacturer designs and makes their clothes with different patterns and different people, so don't expect the same fit from a different manufacturer. The last thing you need is to be running around in despair trying to find a dressmaker to alter your dress, which will ultimately cost you more.
- 3) Buy Second Hand: In the past I have brought some beautiful clothes second hand: some designer clothes, some just plain ol' kicking around clothes, and some quite wacky! But the best thing is you save a lot of money and you can look just as gorgeous!
- 4) Budget: Yeah the ol' budget! But you can save even more money if you stick to your plan and keep to your budget. Don't be tempted! If you can't find what you are looking for, you just need to look a little more! It's amazing how things appear when you really dig in your heels!
- 5) Do you know anyone who has been married lately? No, I don't want you to steal their husband!! I'm just kidding! See if your friend would be willing to loan you her gown, or the suits etc. Some brides would be more than happy to see their clothes worn again and bring back those wonderful memories, which don't last long enough! Or maybe you could do a swap. Doesn't have to be a swap for clothes, it could be anything. What do you have that she/he really loves?
- 6) And finally but not the least, Shop at your local Flower Barn

to save \$\$.

We can make up your Ladies' Wrist corsages \$30 and Mens' buttonholes \$20. All created from freshly cut same day flowers and foliage that we grow on the farm without Nasty Chemicals so it's safer for you too!

We are only a few minutes from the town centre. 108 Station Road, Kumeu. www.flowerbarn.co.nz 09 412 7606 The Barn Shop is Open Monday - Friday 10am - 4pm Saturday and Sunday and all other times by Appointment.

Tree tops

White knuckles grip frayed pieces of rope. Finches circle above, framed in blue skies. A fragrant scent of pine wafts through the air. Unique patterns of bark etched into towering trees. A carabiner attached to a metal rope, which holds you from plummeting to the ground. You pull yourself up the ladder that seems sky high. Each time you attach your carabiner to a new rope, another challenge is revealed. "Hurry up!" scream fellow students to each other. Am I going to die? You question yourself while making your way through the courses. Finally at the end of your journey, you take a zip line; to freedom. You fling your arms out. You are on cloud nine. Carried by a blue pulley you collapse on the sandbank. You're done. You're alive. This really is a once in a blue moon experience.

Massey Community Patrol Charitable Trust

Community Patrols, New Zealand (CPNZ). The purpose of CPNZ is to empower communities to prevent crime and create safer environments through the utilisation of trained and equipped



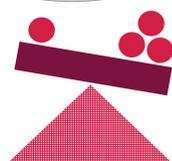
volunteer patrols. With massive growth underway in the North West area bringing a new town centre at Westgate, 5500 new dwellings in the Hobsonville Point area and growth in Marine Industry, volunteer patrollers will be rostered to work in pairs and will give as many hours as their schedule will allow. They have full backing from NZ Police (while remaining financially independent) and will in effect be the eyes and ears for Police gathering intel and reporting incidents. Massey/Westgate/West Harbour/Hobsonville patrol (known as Massey Patrol) will

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be responsible primarily for our area covering areas tasked by Massey Police, patrolling neighbourhoods, particularly where there has been a spike in crime, major carparks and just providing high visibility within the community. Massey patrol will use Massey Community Police Station as their base. Patrols will cross borders when required, covering "hot spots" in other local areas or major events such as missing children/elderly. All patrols are logged onto the Police DCC (District Command Centre) for safety purposes and have direct access to Police Communications. All applicants are vetted by Police, put through training and every member must sign a declaration of confidentiality and a code of conduct. Massey patrol is affiliated to Community Patrol of NZ.

Massey patrol is one of the newer patrols. We are seeking sponsorship and funding. We are currently using member's private vehicles with magnetic signs displaying CPNZ. Our goal is to own our own sign written vehicle, advertising that we are CPNZ and supporting our sponsors. Apart from the vehicle, funding will supply us with maintenance of the vehicle, petrol and uniforms. 100% of all donations will go to Massey Patrol. If you are interested in joining as a Patrol member please contact Watchhouse Officer, Massey Police Station – 09 832 4099.

Writing services at your door

When you have a business, creating a website is essential. Your first thought should be, "How do I get people to visit?" The web is an enormous place, and despite many business owners' best efforts, websites often get lost amid millions of others.



The answer to increasing the amount of traffic a website receives is simple: Create high quality, well-written content and update your website every single day. Sounds simple? It is, but creating compelling website copy can be difficult for someone who may not have a way with words. It can also be time-consuming for a small business owner whose plate is already full. Hiring a writer to provide interesting content for your website could be the solution, luckily for you, we have a local writer who offers this type of service. www.dlheather.com.

SeniorNet West Auckland

At our next monthly meeting on the 16th August, our guest speaker will be talking about online shopping – What goes on behind the Website. Members and non -member all welcome. \$2 raffle ticket at the door. Tea and coffee provided. What about writing your own stories and memoirs? If you feel that doing a family tree is a bit daunting this could be a good alternative.

They will be precious memories to your families in the future. Glenys runs an excellent course on formatting your journal or story. This would be a great winter focus for you. Contact our course co-ordinators Shirley or Pam for further information. Classes are held at 67 Henderson Valley Road, Henderson. Monthly meetings on 3rd Tuesday of each Month at 10am at Kelston Community Centre Cnr Awaroa Road, Kelston. Course co-ordinators: Pam on 09 827 2156 or Shirley on 09 817 0540. Please feel free to make enquiries for classes and workshops.

Auckland's west coast

Living in or visiting Auckland's West Coast is historical from the first six holiday accommodation homesteads along the West Coast: Whatipu Fishing Lodge, Kare Kare Homestead, Lopdell house, Bethells Homestead, Piha and Muriwai. The number of ways to enjoy these for the outdoor adventurer is extensive and in this area even more so - with walking tracks, holiday accommodation and wedding/events venues. The coastal scenery is breathtaking during the winter days. Sublime sunsets, wild seas and winds to blow away the cobwebs - a constant reminder of nature at its best. Artists, poets, photographers and rejuvenation to stop and remind ourselves of being. Trude Bethell.



Wedding gown style

Choosing the right wedding gown for your big day can be a difficult decision, so having the support and advice of an experienced and friendly specialist like Andrea at Fancy Frocks is one way to make finding your perfect dress easy and enjoyable. Fancy Frocks is Auckland's newest bridal showroom. Based in Beach Haven on the North Shore, Andrea has a large collection of beautiful wedding gowns for hire and for sale, along with bridesmaid dresses, flower-girl frocks and pageboy suits. Whether you're looking for a stunning designer piece or a gorgeous fashion gown, Andrea can help you find the perfect dress to reflect your personal style and capture your individual beauty, at a price you can afford. At Fancy Frocks you'll find your dream gown for your special day – be it formal, casual or something in between. Contact Andrea



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today on 021 129 8537 or andrea@fancyfrocks.co.nz to book your free appointment. Caption: A gorgeous designer gown from the Fancy Frocks collection (Photo courtesy of Sage Images).

Bridgestone Tyre Centre Westgate

A car ran a red light recently and crashed into our Office Administrator, both parties were shocked but thankfully unhurt. The other car tried to stop when they realised their mistake but, although brakes were applied, the car kept skidding and hit our Office Administrator's car on the passenger side. The St John's Ambulance and NZ Police were very supportive and a credit to their profession. When I got to the scene I surreptitiously examined the tyres on the other car (as any good tyre man would do) and noticed the tread on the front tyres had worn unevenly and they were bald in patches. This didn't cause the accident, inattention did, however the driver may have been able to stop on time had their tyres been looked after! Make sure your tyres can stop this Winter, call Bridgestone Tyre Centre Westgate on 09 833 8555 or pop in and see the Team at 1 Cellar Court, Westgate (behind McDonalds) - we will check your tyres for free and advise you on how you can stay safe on the roads this Winter.

Printed winter clothing and uniforms

The temperature outside has started to drop and the beanies and jackets are starting to appear. At Benjamin Bowring Printing we have an extensive range of custom branded



winter clothing available including Polar Fleece, Hoodies, Jackets, Hi-Visibility Wear, Corporate Clothing, Beanies, Gloves and more. Personalised with any logo, design or image you want, winter apparel is ideal to keep your branding consistent and visible all year round on tradies, staff uniforms, sports teams and promotional wear. Small and large runs available in full colour or single colour print. Check out our website at www.bbp.co.nz to see a range of styles, colours and size options to get rugged up for the coming season. Contact us on 09 412 9521, orders@bbp.co.nz or see us in store.

Health & safety

It may seem like health & safety is a fairly new concept, but the truth is, it's been around for over a 100 years. Many years learn-

ing about safety has seen strategies developed to prevent workplace injury - the more we learn, the greater our awareness of how to be safe. Awareness is about preventing injuries, whether it's caused by human error, mechanical failures or inadequate training. Everyone has a part to play and keeping safe doesn't need to be complicated! Simple things like closing a drawer or cupboard when not in use, wearing PPE as required, wiping up spills, watching where you are walking and keeping to the speed limit are all easy steps to take every day. Call or email us now to arrange an initial visit and a no obligation quote for our standard package to get you thinking safely at healthandsafety@losslink.co.nz or phone 09 837 1140.

Hydration

Perhaps the coldest part of winter has past, it's really difficult to tell - the weather's been pretty unpredictable of late and winter's been fairly mild. Whatever the weather decides to do, it's still always good to wear a moisturizer with a bit of sun protection if



you're outside. If you haven't been using an SPF facial moisturizer, then now's the time to start, and our dry skin could do with some exfoliation and hydrating all round. Pure Allies NZ can provide all that you need to nourish your skin - and don't forget the chest balms for the lingering colds and pain relief balms for the aches, pains and strains! We can make products to suit your needs, all lovingly and locally hand made by request. Facebook Pure Allies NZ or pureallies@gmail.com.

Taking Flight Exhibition - by June Mackenzie

1 - 13 August 2016. Opening Sunday 31st July, 3- 5pm, all welcome. The following quote by Edgar Degas describes the type of art work I most enjoy looking at and which I strive to achieve in my watercolour paintings. "A painting requires a little mystery, some vagueness and some fantasy. When you always make your meaning perfectly clear, you end up boring people"

Some years ago I changed from oils to watercolours, even though the medium had a reputation for being difficult, dull and insipid. Encouraged by Helen Steven, friend and tutor from WCCAC, and inspired by the work of W J Turner, I persevered and found I loved the transparent washes and the way in which the medium had a life of its own. The modern colours are vibrant, exciting and I particularly enjoy the challenges and result of working with a limited palette, say 3 colours only. My guest

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:

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



RYAN JACKSON

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P: 09 810 8609.

PO Box 133, Kumeu 0841 Auckland

artists, some of them new artists from WCCAC, some of them experienced artists, demonstrate a variety of techniques, subjects and styles and all in WONDERFUL WATERCOLOUR..... Want to give it a go, but scared to? Just remember it's only a bit of paper... Contact Kumeu Art Centre, which has a number of fantastic and encouraging tutors, who will help you get started.

Interwoven Exhibition 2016 - Sunday 14th - Saturday 27th August July 2016. Opening Sunday the 14th August at 3pm, all welcome. An exhibition featuring work of Judy Stokes (Photographer) and Eshah Hudson (Creative Weaver) both who have made their home in Muriwai, New Zealand. Exhibition theme 'When you are an immigrant, you weave who you are into where you are. You become interwoven'. Kumeu Arts Centre holds a variety of classes, workshops and groups for children and adults, alongside our exhibitions, please visit our website www.kumeuartscentre.co.nz for more information or phone 09 412 9480.

Moving house - declutter

Hospice West Auckland's six stores perform practical magic every day. The stores take quality pre-loved goods and turn them in to funds to support the care of terminally ill West Aucklanders and their families. You too can be part of this alchemy. If you have quality items you'd like to donate, any of Hospice West Auckland's stores can take donations during their opening hours. Alternatively you can call 0508 4 HOSPICE and arrange a free collection at a time convenient to you. Right now our stores need winter clothes, heaters, homewares and accessories. Please extend the life of the goods you no longer need by donating to Hospice West Auckland stores today. Their patients and their families are enormously grateful for your support.

Ivy Cottage parties

Captivating parties at your place. Is your little one's birthday party coming up soon? Are you wondering what to do to keep the kids busy during the party? We can help! We aim to bring our enchanted magic to your party and channel the children's energy into dressing



up, magical stories, treasure hunts and other fun activities that have been designed to captivate their innocence, creativeness and imagination. It's all about making your child's day extra specially magical and allowing you to sit back, relax and watch the children having a wonderful time! We'll come to your home (or chosen venue) for 1 or 2 hours and keep the kids captivated

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Historic Kaukapakapa Library hosts best selling author

Sunday 21st August 10am to 1pm. At the historic Kaukapakapa Library meet Steff Green, USA Today bestselling author, blogger, and alternative wedding celebrant. Under the name Steffanie Holmes, she has published eight steamy historical and paranormal romances, including the 'Witches of the Woods' series, and 'The Man in Black' - a gothic ghost romance. Her steampunk dark fantasy novel, The Sunken, (written as S C Green) has been described by reviewers as "one of the most original books I've ever read." (I Heart Reading). Her work is self-published, giving her complete freedom to control prices, cover art, and branding. Look up Steff and her books at steffanieholmes.com, then come to the Library for a chat about her writing, self-publishing and all things dark and gothic. Library open on the third Sunday every month in conjunction with Kaukapakapa Village Market. For more information contact Megan, phone 021 959 017 or email threehorses@xtra.co.nz.

Hobsonville Herb group

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



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People:places

Lichelle's fight

By contributing journalist Geoff Dobson

Pic 1 Lichelle and Dylan share a moment in the sun on the front doorstep of their Taupaki home.

Pic 2 Lichelle on her wedding day with sons Chris, 19, and Dylan, 9. Photo by Kim Andrews

Lichelle Tanner is fighting for her life.

The 38-year-old Taupaki mum is trying other treatment options after learning her cancer, non-Hodgkin lymphoma, cannot be cured under normal medical circumstances.

But that doesn't stop Lichelle trying alternatives, all of which come at a cost.

Told her cancer has spread, is now "untreatable", and that she may have a year to live at most, the upbeat mum is determined to live every day as best she can.

That Lichelle can remain so positive and maintain her lovely nature is amazing considering the adversity she has faced in her life.

She got Hepatitis B as a teenager, lost two children – one to an accident and the other stillborn, suffers from a chronic autoimmune condition called lupus, and nearly lost her partner of 20 years, Shannon Bingley, to a hit and run in nearby Waitakere township about three years ago.

Shannon was seriously injured but is now back working at his quarry job. Much as he'd like to spend more time with Lichelle, he has to work to pay off their Waitakere Rd home, meet living costs, as well as help pay for Lichelle's treatment.

Friends wonder how Lichelle keeps her bright outlook after such difficult times.

Events like getting married in June to Shannon before about 65 family and friends, a trip to Waiheke Island (a wedding present), and a \$3000 grant from the Mike Pero Foundation towards her treatment costs continue to inspire her.

She's started on a course of intravenous Vitamin C twice weekly at between \$167 and \$260 a shot, which the Mike Pero grant will help towards.

Alternative therapies cost plenty too. Lichelle visits an Albany healer who uses sound waves to target cancer sites. She's also



taking detox and immune boosting supplements and has a diet based on her blood group (no cheese, bread, cabbage, tea or coffee – drinking ionised water instead).

"I'm trying all sorts of different things," Lichelle says. "I've got nothing to lose."

Any money raised – including through a Givealittle page and an Australian friend's similar GoFundMe page – goes towards her Vitamin C treatment at this stage.

Anything left over could be used for a family holiday somewhere in New Zealand, as Lichelle is not up to travelling far.

She just wants more time to spend with her family.

"We may go to Rotorua or a place with theme things, perhaps day trips, just doing things together and getting good photos and memories."

Lichelle can still drive and, when she's up to it, a bit of lawn mowing. "But I have to be careful." It's difficult for the once keen gardener, and Shannon has to keep the place tidy now.

Some weeks Lichelle may have three or four good days in the week. On others she can hardly get out of bed, and gets bruising and lumps which bring considerable pain.

She's very appreciative of all the help and offers of support from people. "A big thank you to all my friends and family who've been so supportive." Lichelle has had offers from people to sit with her while on hospital visits, but she doesn't like putting others out, especially when some visits fill a whole day.

What happens to her affects her family. "It's hard enough for the adults to deal with, let alone the children."

But Lichelle is a determined woman and she's not about to give up, especially after all the hardship she's been through.

Search for Lichelle Tanner on Givealittle.



AREA PROPERTY STATS

Suburb	CV	Land Area	Floor Area	Sale Price
Hobsonville	570,000	151M2	143M2	830,000
	450,000	168M2	91M2	750,000
	7,450,000	5.213HA	130M2	12,000,000
Massey	690,000	1000M2	187M2	815,000
	790,000	736M2	300M2	970,000
	405,000	1039M2	110M2	625,000
	380,000	0M2	80M2	665,000
	480,000	0M2	210M2	730,000
	450,000	351M2	120M2	718,000
	425,000	429M2	80M2	680,000
	400,000	307M2	150M2	585,000
	350,000	0M2	80M2	610,000
	395,000	612M2	100M2	731,000
	430,000	612M2	110M2	712,000
	560,000	885M2	120M2	655,000
	490,000	606M2	90M2	687,200
	485,000	1156M2	140M2	642,000
	425,000	696M2	110M2	660,000
	410,000	1105M2	120M2	968,000
	420,000	488M2	94M2	580,000
	560,000	353M2	141M2	651,000
	600,000	456M2	159M2	910,000
	330,000	386M2	75M2	608,000
	655,000	1287M2	130M2	900,000
	500,000	588M2	170M2	747,000
	670,000	927M2	130M2	918,000
495,000	878M2	170M2	810,000	
325,000	0M2	100M2	589,000	
400,000	359M2	90M2	650,000	
Royal Heights	510,000	657M2	130M2	741,000
	485,000	664M2	120M2	600,000
	560,000	599M2	100M2	720,000
	485,000	809M2	70M2	975,000
	600,000	0M2	170M2	805,000
West Harbour	450,000	391M2	120M2	767,000
	830,000	350M2	223M2	1,150,000
	790,000	460M2	160M2	830,000
	650,000	630M2	110M2	910,000
	660,000	622M2	170M2	925,000
	460,000	491M2	80M2	795,000
	475,000	638M2	100M2	887,500
	10,000	369M2	216M2	810,000
	800,000	782M2	250M2	1,080,000
	870,000	451M2	150M2	815,000
	700,000	405M2	245M2	1,100,000
	700,000	619M2	250M2	1,405,000
	405,000	0M2	100M2	700,000
Whenuapai	700,000	0M2	200M2	1,170,000
	4,190,000	4.05HA	280M2	8,300,000
Waitakere	1,200,000	0.97HA	361M2	2,500,000
	680,000	3.14HA	62M2	1,150,000
	700,000	1.034HA	203M2	1,165,000

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

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

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

Market report with Graham

3 Months of selling time before Christmas. We are on the short slope to Spring, the days are getting longer, the lambs and the daffodils will soon be dancing in the fields, and before you can blink the big man with the red coat and the white beard will be shooting down the chimney.

What we would like to point out is that if you are considering a change in your real estate situation you should be getting us in to appraise your property and step you through the pre-sale checklist to ensure you can achieve the very best return on your property. The Reserve Bank seems determined to implement additional mortgage lending criteria, let's call them short term dampening moves to curb the housing demand. Problem being that most of demand is created by syndicates and consortiums that are not subject to traditional mortgage borrowing. The buyer profiles we are often working with have five or six homes in a range of areas and have a long term buy and hold strategy. Therefore the latest regulations implemented on Overseas buyers are irrelevant while the loan to income ratio envelope will further disadvantage hard working first home buyers wanting to create family security and sovereignty. Chances are we haven't seen the end of changes to buyer controls.

On a brighter note, let's see what the market has achieved this month:

Hobsonville residential from \$750,000 to \$830,000
 West Harbour residential from \$700,000 to \$1,405,000
 Royal Heights residential from \$600,000 to \$975,000
 Massey residential from \$580,000 to \$2,020,000
 Waitakere lifestyle from \$1,150,000 to \$1,165,000
 Whenuapai lifestyle from \$2,500,000 to \$8,300,000

If you are considering a real estate change you would be well advised to talk with Mike Pero Real Estate because of some very clever and sensible offers: Your commission is very sensible (saving you thousands of dollars). A free marketing offer including TV, magazine, online, print exposure. Exposure to our extensive local, national, international buyer database. Service standards that revolve around you and your needs. Further to this we have a number of exclusive Trademe special offers and digital upgrades to ensure you get the very biggest marketing exposure with a very low commission rate. See more at www.grahammcintyre.co.nz or phone 0800 900 700. Mike Pero Real Estate Hobsonville - It's not about the talk, it's walking the talk. Licensed REAA (2008).

Money matters

The Welcome Home Loan scheme is about to receive a revamp with expected changes to include an increase in income levels and property price caps. Currently the maximum purchase price in Auckland is \$550,000 and income is restricted to \$80,000 per annum for a single applicant and \$120,000 for a joint application. These changes will hopefully see more first home buyers take advantage of the scheme. What is the Welcome Home Loan? It's a home loan to first home buyers with a 10% deposit. The deposit can be fully gifted so no need to prove a savings history. It's not available at all banks so speak to us if you would like to explore this option. 09 411 9251 or 027 411 9255 or david@davidlloydmortgages.co.nz.

8 ways to add value to your home

If you're looking to put your home on the market and you want to add value, or you just want to freshen the place up, then you will be surprised what you can achieve with a little elbow grease and a surprisingly small budget.



Below is a list of tips that can help you improve your home for under \$500. We also show the approximate value that you could potentially add to your property ranging from hundreds of dollars (\$\$) to several thousand dollars (\$\$\$\$)*.

Spruce up your street view - Many people will drive past your home before they decide to attend an open home and therefore first impressions are crucial. Walk across the road and view your house with a fresh set of eyes - see what your first impression is. Are there nails hanging off the letterbox, is the garden looking overgrown, do you have a partly broken fence or can you spot algae or mould? All of these small things are an easy fix and can go a long way to making a memorable first impression.

Give your kitchen a facelift - It's possible to give your dated kitchen a cosmetic facelift on a small budget. The kitchen is still considered the heart of the home and is a big draw card to many purchasers. By simply replacing tired-looking handles and repainting your units you can modernise the look of your kitchen. If you want to branch out and spend a bit more then you could look at replacing your splash-back or bench top.



David Lloyd
Director

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Smarten up your garden - A well-presented garden can add great value to any home. You can create an inviting outdoor oasis by simply mowing the lawn, pruning overgrown plants and disposing of any stray branches or leaves. However, you could go a step further and add a splash of colour by planting some shrubs or perennials.

Repaint your walls - A fresh coat of paint can add a new lease of life to your house. It's best to repaint with a neutral palate - this allows the new owners to easily put their own touches on the house. It's a great idea to use a paint calculator to help you work out how much you will need.

Make your fence fantastic - Once again, this will add to the street appeal of your home. By applying a coat of stain or paint you will revitalise your fence and get rid of any aging imperfections like chipped paint.

Take care of the little repairs - Potential buyers are going to be your biggest critics and while you may have become accustomed to dripping tap, it is something that will appear on their radar. Simple cleaning and repairs that don't cost a penny can include cleaning your windows, fixing creaky doors and filling in tiles where grout may be missing.

Install new interior door handles - This is a relatively quick and cheap way to make your home look more modern. You may no longer notice your tired, outdated door handles, but potential buyers will. By replacing handles you can give any room an instant boost.

Clean your carpet - The family carpet gets a lot of wear, spilt food and pet hair, so cleaning the carpet helps it to look - and more importantly smell - its best.

*Estimates for value are a guide only and actual returns will depend on the original condition of the house, the quality of the improvements and many other factors. Talk to a real estate agent or valuer who can recommend the best ways to add value to your property before selling. Mike Pero Real Estate phone 0800 900 700 Licensed REAA(2008).

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depending on the roof size. The team at Precision Roofing also provide professional advice and repairs for tile roofs. Call us today on 0800 002 222 to arrange a FREE no obligation quote - we would love to hear from you.

Land covenants

Land covenants are rules on the title to your land which restrict against certain materials and certain land uses such as non-residential use. They are usually intended to create a uniform high-quality subdivision neighbourhood. In practice, they are written by the developer usually according to the developer's tastes. For this reason, there are different land covenants in different subdivisions. However, they have become the norm in almost all of the new subdivision in Auckland.

Accordingly, it is helpful and important to get legal advice about the nature and content of any land covenants and the means by which they are enforced. Also, make sure that your builder is familiar with the covenants and takes any special restrictions into account. This may make building your dwelling more expensive than it would otherwise have been, given that you do not have the freedom to use the cheapest materials including second-hand materials. Problem covenants which may be relevant to the future include covenants which restrict you to one residential dwelling. This may have the effect of reducing the value of the land in the event it was ever rezoned for intensive housing including multi-storey housing. Luke Kemp - Kemp Solicitors phone 09 412 6000 or email luke@kempsolicitors.co.nz.

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FIVE BIG ROOMS, DELIVERING OPTIONS - NEAR WESTGATE 5  1  1 

By Negotiation

29 Elizabeth Drive, West Harbour
By Negotiation

Open plan living with easy flow to rooms and bathroom. Set well back off the road, it enjoys significant sunshine and privacy. Set on 795 square meters of land overlooking Midgley reserve, this two level home certainly delivers an extensive opportunity for an investor, big family or extended family. With extensive decking off the lounge the home is certainly not short of alfresco options while a fully fenced back yard delivers security for pets and children. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



Graham McIntyre
027 632 0421

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OFFERS OVER \$495,000 - ELEVATED IN HELENSVILLE 3  1 

Offers Over \$495,000

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

Seldom found in Helensville, an elevated three bedroom stand-alone home on almost 370 square meters of land. The home has a fully fenced back yard, elevated north facing land with generous sunshine through the day. The home is a standard open plan living dining with three bedrooms and a bathroom off the central hallway. A laundry, carport and storage lock-up is included. Some DIY and cosmetic refurbishment would add value but in all respects it provides an investor or first home buyer with a very good "bread and butter" home. Close to Primary and secondary schools, parks and shopping. The CV on this property is \$305,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



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SUNNY, PRIVATE BRICK & TILE HOME IN QUIET LOCATION



By Negotiation

18 Drummond Drive, Ranui
By Negotiation

Easy living is a smart choice for the discerning buyer and this property is easy in every way. Easy to maintain with its brick exterior, easy care courtyard garden and lawns. Easy to relax and enjoy with all day sun given its north facing aspect and views to Starling Park just across the road. Beautifully presented and maintained inside and out. Three double bedrooms and a generous sized bathroom which can be accessed from the master bedroom as an ensuite or from the hall. Single car auto garage for easy internal access. It's an easy decision - view it, buy it! The CV on this property is \$395,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email susan.annett@mikepero.com.



Susan Annett
021 345 788
09 416 9600
susan.annett@mikepero.com



Les Whale
021 411 345
09 416 9600
les.whale@mikepero.com

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DO-UP OPPORTUNITY IN HUAPAI

4 1 1

Offers Over \$749,000

26 Pinotage Place, Huapai Offers Over \$749,000

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



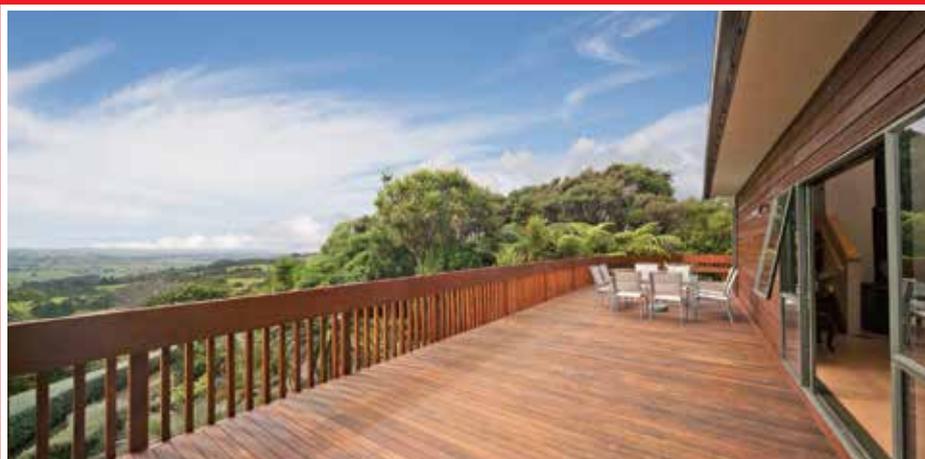
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429 Kiwitahi Road, Helensville Enquiries Over \$1,450,000

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Graham McIntyre
027 632 0421

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www.mikepero.com/RX797080

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WAIMAUKU - PEACE AND TRANQUILITY

2 4 1

By Negotiation

126 Hinau Road, Waimauku
By Negotiation

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



Ian Sneddon
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Lyndsay Kerr
027 554 4240

lyndsay.kerr@mikepero.com

www.mikepero.com/RX793380



Firstly John and I would like to say that it has been a pleasure to deal with Susan Annett and we would highly recommend her to anyone we know who is looking for an agent. Susan worked very closely with us, listening to what we had to say on marketing and advising us correctly when she needed. This guidance was gratefully accepted and taken on board. Susan helped organise staging companies and the photographer and went that extra mile in setting up appointments for the quoting process to take place. Susan was also present for the staging and photography giving her professional advice on the setup and placement of furniture or angle of photo to best suit our advertising campaign and target the buyers we were wanting to attract. Much appreciated. We would also like to thank the team at the Kumeu office for all their work put in behind the scenes. Much appreciated also. All and all for a first time seller through a real estate agent we are extremely happy with the outcome and processes of Mike Pero Real Estate Kumeu and especially

Susan herself. Thank you Susan and wishing you all the best.

Anne & John
Glen Eden
Auckland



Susan Annett

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Hi Mike

It has been my pleasure to meet an honest, polite Real Estate Agent who knew what he was talking about.

Graham McIntyre took time to explain everything to my wife and I in terms that we could understand. He made the whole daunting process of listing our property to a sale a much easier process that we had thought possible.

We are very pleased that we decided to use your Auckland agent, Mr. Graham McIntyre. He is a credit to his profession and we would gladly recommend him to anyone. Mike, you are a lucky man to have Graham McIntyre in your team. Thank you Stacey.

Jack & Robyn

Massey

Auckland



Graham McIntyre

027 632 0421 | 0800 900 700
graham.mcintyre@mikepero.com

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Health:beauty

Need dentures? Denture problems? talk to the expert

We understand that it can be a daunting process deciding to get new dentures. Mark Casey the clinical technician at DT Denture Clinic comes highly recommended if you are seeking advice on any denture needs. It's a personalised experience right from the start where Mark will seek your input throughout the whole process. You will never be rushed into a decision, you can even take new dentures home to show friends and family and get their advice before we go to the finished product. All dentures are made in-house with quality materials. As everything is made on site we are able to offer same day relines, repairs and tooth additions so you are not overnight or even days without your denture. DT Denture Clinic offers a free consultation or even a free check up on existing dentures. Call us at DT Denture Clinic on 09 416 5072 to book a free no obligation consultation.

Bronchiolitis: know the signs

When I arrive at the clinic in winter I am often met with the familiar sound of the cough. The cough can range from the chesty cough to the barking cough; it can affect the young and old alike. It can sometimes have a musical quality if associated with a wheeze. GPs up and down the country will be greeted by the cough when they arrive at work during the winter months; and will have the sometimes tricky task of determining the cause of this common symptom. Bronchiolitis is a very common condition that causes babies to cough. It is not the same as bronchitis (which affects older patients). Bronchiolitis commonly affects those under the age of one. As well as a cough, it can cause a wheeze, a runny or blocked nose and occasionally, shortness of breath. Bronchiolitis is the result of a virus, so antibiotics are rarely prescribed. The most common causal virus is Respiratory Syncytial Virus, or RSV. Some babies with this infection get quite sick; they stop feeding and can struggle hard with their breathing, which can be quite dangerous. If you think your baby has these symptoms,



take them to a doctor urgently. This may be their regular GP, an after-hours doctor or a doctor in the emergency department. The treatment for bronchiolitis aims to keep the baby comfortable. In most cases saline drops can be used to help unblock the nose and paracetamol can help minor fevers. During this time it is important for the baby to be monitored. In particular close monitoring of breathing, temperature and fluid intake is essential. Most babies will recover within a week but some babies may need to go to the hospital if they are struggling to breathe or not taking enough fluid. It should be noted that younger babies, babies with other medical conditions, and premature babies are often more prone to getting this infection. If your baby has a cough which does not seem to be settling, or indeed a cough associated with a wheeze and other symptoms, take them to their doctor for a check-up. If your baby has bronchiolitis, it is important for the diagnosis to be made early, so that the appropriate advice and support can be given. Dr Isabelle Duck is a GP and Urgent Care doctor at Westgate Medical Centre.

New arrivals

A new collection of lovely additions to your home is in! Browse and find something for every occasion in our warm and welcoming gift store. Time for a fabulous eye exam? Enjoy a thorough and informative eye examination. Then be professionally



and honestly guided in choosing a frame to suit you. Make an appointment when you drop in to 413 Hobsonville Road in the Hobsonville Village or ring 09 4163 937.

Jaw and face pain

We all know, if you get some pain in your jaw or around teeth area, the first port of call is you dentist. Quite often though, once diseased teeth have been attended, there is still some pain remaining. People feel achy when they chew, laugh or talk. This can be due to dysfunction in the joint between the jaw and the skull or muscle tightness around the jaw and face. Dentists or dental surgeons might prescribe the usual Panadol or Nurofen, but the good ones will refer their patients for some treatment. Osteopathic treatment can help with sore jaw or face by re-

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leasing tight muscles, ligaments and by gently manipulation the temporo-mandibular joint (TMJ or jaw joint). Most of the time patients start opening their mouth more comfortably almost immediately after treatment, they can now talk and laugh without cringing. We can do that for you at Family Osteopathic Clinic and you don't need any referral to come and see us. Just give us a call. Ilya and Nataliya Chemeris, 39 Hobsonville Road, Hobsonville. Phone 09 416 0097 or www.familyosteo.com.



Chiropractic care and your brain

New research published in Experimental Brain Research shows that chiropractic care can increase strength, decrease fatigue and improve the brains ability to drive muscles. According to one of the researchers, the study has shown that when a chiropractor adjusts a dysfunctional area of the spine, "we change the way the brain processes what's going on in our bodies. Hence we are able to better process all that sensory information from throughout the body, and control the body in a better way". What does this all mean? Well better control means better function. They found after a chiropractic adjustment there was a 60% increase in electrical activity in targeted muscles, a 16% increase in force and reduced fatigue. You see chiropractic care affects more than just a sore back. Read the full blog post at www.elevatechiropractic.co.nz/blog. Dr Craig Buscomb, Chiropractor at Elevate Chiropractic in Greenhithe.

CJ Podiatry

CJ Podiatry is a Mobile Foot Care Service run by Carmen Whittaker who has lived in Hobsonville for over 10 years. As a Registered Podiatrist I cater to the foot care needs of (mainly) retired folk in their Rest Home, Retirement Village or own home. Each customer is entitled to receive up to 40 minutes attention in a 'one on one' consultation. I will arrive at your place prepared with all the appropriate equipment required to ensure a safe and clean foot & nail care service for you. I am known to be gentle with my customers and pay particular attention to ensuring that a treatment plan can keep you mobile and on your feet. I cover all of West Auckland and most of the North/West. You are able to book online at www.cjpodiatry.co.nz or call me on 021 607 492.



About money & relationships

We rarely stop to think about our beliefs about money, and the way they affect how we spend and save. How we were raised often determines how we handle money. Did your parents avoid the subject? Or did they tell you that money was scarce and there wasn't enough to go around? Whatever message you received, you are most likely still acting on it today! What emotions does the subject bring up for you? Do you use money to let others know that you care? Or do you use money to make yourself feel better, as an emotional filler? Figure out why you spend money so that you can stop excessive or unnecessary spending. If money brings up negative emotions for you, how can you allow yourself to attract and keep money in your life. Would you like help to explore your relationship with money? Contact me to make a change today. As a Consulting Psychologist and Transformational Life Success Coach, Published Author and Supervisor and Trainer with more than 25 years of experience, my mission is to help you SEE -and ENGAGE in a new vision and new possibilities for your life. I use powerful trans-

Dry eyes? Eye fatigue? Headaches?

With all there is to see and share on digital devices, staring at screens throughout the day is pretty much unavoidable. But all that screen time whether at work or not can be hard on your eyes. Dry eyes, eye fatigue and headaches are just a few of the symptoms you can experience. Eyezen lenses are only available at a select few independent practices around New Zealand and are designed specifically to combat these symptoms. Give us a call to find out if Eyezen is right for you. Phone: 09 831 0202 Website: www.westopt.nz.



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formational principles to help those who are open and willing to dramatically improve their results - and live the expanded life they have always wanted. If you are READY to become AWARE of just how much you are capable of I can teach you powerful strategies that BROADEN and BUILD on your personal strengths and lead to outstanding results! Email oneyearyourlife@yahoo.com or phone 021 053 1754.

Geopathical stress

Same parents? Same upbringing? Same food, and general lifestyle? So how can they be so different? What if it has something to do with where you put their beds? Can you imagine that the location of where you put your children's bed, when you moved into your home, could be responsible for many things including, learning difficulties, ADHD, bed wetting, nightmares, as well as allergies, eczema and other more serious health issues (child leukaemia, cancer, diabetes, etc)? I have also had examples where the child that has been sleeping on geopathic stress has appeared to be affected in stature. Some have been a lot shorter than the sibling that was not affected by GS. Or other cases, where the child was irritated by GS also had weight issues, either over weight or extremely underweight. It is more important than you could possibly imagine to have your home tested BEFORE you move in and place your furniture according to findings. The flow through effect could be huge. Nicky Crocker, Clear Energy Homes – phone 021 545 299 or visit www.clearenergyhomes.com.

Cozy winter feet spa special

Spa Di Vine is the perfect place to retreat to for a little while, when you feel you need a little uplifting & pampering. With a dedicated team, relaxing ambience and innovation in Theravine treatments, Spa Di Vine offers the ultimate in spa relaxation. Winter is the perfect time to get your feet in tip-top condition and what better way to start than with our current special offer: 60 Minutes Foot Treatment only \$99 (available Tue, Wed, Thu). Sit down in a very comfy & warm seat and lean back with a hot neck compress. Sip a warming herbal tea and enjoy your me-time, while your feet are treated to an intensive clean and hydrating treatment. After a hot stone foot bath with cleansing salts and essential oils, a thorough foot peel, removing hard skin from the soles of your feet. Cuticle creams are massaged in for easy tidying and nail plates will be filed and buffed. A great foot massage and hydrating, organic coconut application to finish.



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Westgate Medical Centre

Westgate Medical Centre is delighted to announce that we are now open from 8am to 8pm seven days a week. We have full ACC Accreditation to care for injuries and can help with your long term or acute health needs. To make access to healthcare even easier Westgate Medical Centre have introduced several online and electronic portals. EVA is our new electronic receptionist where enrolled patients can check into the clinic at the front door, without the hassle of queues. Manage My Health is an online portal to your clinical information including immunisations, medications, information about any conditions you may have and even your lab results. You can make appointments directly through the portal from your smart phone, tablet or PC wherever you may be. See our friendly reception team to arrange registration. Our practice website www.wgmc.co.nz has a wealth of information and even a way for regular patients to order repeat prescriptions.

Relationship suffering from technoferece?

I hear a lot of partners complain, "I feel neglected. You're always checking your email, or surfing the web, or checking the news, even during dinner." Psychotherapy recognises that the seed of a bid for connection is hidden inside every complaint. Research has proven that in today's world the mere presence of a smart phone (even if not in use) degrades conversations and makes partners less willing to disclose deep feelings and they are less understanding of each other. Not to mention the everyday intrusions and interruptions to our couple interactions that occur due to technology. "Technoferece," family researcher Brandon McDaniel calls it. As much as I love my iPhone, it's hard to deny that technology has expanded our cultural and social worlds but is damaging our private ones. Couple therapy allows a fully focused time to connect with what is important again. Each other. Perhaps the presence of an unbiased and neutral listener



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can improve the closeness of your intimacy. Please telephone Sarah on 021 477 523.

Styles of shoes for different toe shapes

So what do your toes say about you and the style of shoe you should be wearing? Have a wee look and then match yourself with the picture below, which one are you? I've a Roman foot :-)



So what does this mean in terms of the shoes you wear? The general rule of thumb is: With the Roman, Germanic and Celtic shapes, round toes are going to suit this shape better and reduce the risk of bunions. This shape does not appeal to everyone so you can also look at the square toe shape, where the end of the shoe ends in a square and not a point. With the Greek and Celtic shapes you need to fit your footwear for your longest toe. If you don't fit for the longer toe it will cause pressure which will result in pain and also your toes being pushed out of line over time. With the Egyptian shape, you can wear most styles, including the tapered styles. The final rule of thumb is you should be able to wiggle your toes when they are in your shoes!

Celebrate our first birthday with us

We are turning 1 this August. We want to celebrate with you so we have put together 4 giveaway packages stocked with all sorts of goodies from local businesses, including Hallertau, Pita Pit, Kumeu Gym, Chateau Jewellers, Allen's Pharmacy, Oh So Beautiful, Fresh and Flawless Beauty and more. Thank you to the local businesses for their generosity with putting together these prize packs and an even bigger thank you to the community for being so supportive and keeping us busy! To go in the draw all you need to do is book an appointment with us or find our post on Facebook and like and comment on the post (for the first 2 weeks of August). At The Body Clinic we provide top quality Osteopathy (ACC Registered) and Massage Therapy to help with those aches, pains and injuries. If you are unsure if we can help you, please visit our website to view a more detailed list of problems we can help with. Contact us at www.thebodyclinic.co.nz, 09 320 3803 or info@thebodyclinic.co.nz.

Fascinating fascia

Fascia is "A sheet or band of fibrous connective tissue enveloping, separating, or binding together muscles, organs and other soft structures of the body." Fascia creates a web-like body sys-

tem of sheets, chords and bags that wrap, divide and permeate every single muscle, bone, nerve, blood vessel and organ – every bit of you is encased in it. It's our richest sense organ, it possesses the ability to contract independently of the muscles it surrounds and it responds to stress without your conscious command. That's a big deal. It means that fascia is impacting your movements, for better or worse. Healthy fascia grants you freedom of movement and always returns to its normal state; unfortunately, it's very unlikely that your fascia maintains its optimal flexibility, shape or texture. Lack of activity will cement the once-supple fibers into place. Chronic stress causes the fibers to thicken in an attempt to protect the underlying muscle. Poor posture and lack of flexibility and repetitive movements pull the fascia into ingrained patterns. Massage can help to melt the adhesions formed within the stuck and damaged fibers. Contact Debbie at Body Balance Massage and Neuromuscular Therapy 021 120 2175.

New Osteopath at The Body Clinic

Matiu is a registered Osteopath (ACC provider) who specialises in sports and rehabilitation. In addition to his Masters in Osteopathy, Matiu has a Bachelor (BPhEd) and Master's degree (MPhEd) in physical education majoring in biomechanics, exercise physiology and exercise prescription. Matiu's background involves athletic training and rehabilitation where he has worked with professional sports teams, elite athletes, and national academies of sport in New Zealand and overseas. Matiu's passion is movement, whether it is fine tuning in athletes, or in making every day activities easier. Combining his sporting background with Osteopathy enables Matiu to deliver the best care possible for his patients. Matiu is a family man and lives with his wife and three children in the Waitakere ranges. Outside of work he enjoys spending time with the family and all outdoors activities. Matiu will be working Mondays. To make an appointment please visit www.thebodyclinic.co.nz or contactinfo@thebodyclinic.co.nz, 09 320 3803.

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Area columnists

Tax tips: claiming home office and travel expenses

Claiming business expenses against your income is an important way of saving money by lowering your tax bill.

Home Office: If the home is used for work purposes, then a proportion of expenses relating to the property are deductible. To claim home office expenses, a specific part of the house must be set aside for business, such as a separate room or part of a room used for the business and nothing else. The proportion of expenses claimable is based on the proportion of area used for business versus the total size of the home. Typical home office expenses that can be claimed include interest/rent, insurance, power and rates. Repairs and maintenance may be claimed if incurred in relation to that designated home office space.

Combined Business and Private Travel: If travel is part business and part holiday – whether in New Zealand or overseas – the IRD look at the dominant purpose of the trip to determine deductibility of expenditure. If the trip is principally for business then the travel expenditure (airfares, accommodation, etc) will be deductible, except for any expenses relating directly to the personal part of the holiday. Conversely if the trip is principally for personal pleasure the travel expenditure (airfares, accommodation etc) will not be deductible, except for any costs directly incurred by business activities, e.g. taxi to a conference, meal with a supplier.

Chartered Accountants Mark Foster and the UHY Haines Norton team are located at 329A Main Road, Kumeu. If you have questions concerning claimable business expenses, or other accounting or tax enquiries please phone them on 09 412 9853 or email kumeu@uhyhn.co.nz.



Capturing leads

How do you attract new customers - leads - for your business? Assuming you have a website, you need to provide people with multiple ways to contact you. One of the methods you can use is to provide a form for them to complete with their details. These types of forms are commonly called lead generation forms. They need to be easily accessible on your website so potential customers do not need to scroll or hunt for them. The

number of things you ask visitors for should be kept short – no-one likes to complete huge forms asking loads of questions. On the form you can use fields such as name and email address. It is important to be able to follow up with your enquiry so you can contact them and get them as a customer. Before you do that, though, you'll want to

be able to qualify the lead. To do this, include fields and questions in your form that will help you identify how strong that lead is – in other words, how likely they are to become a customer. You can include fields such as company, website, role at their business, and number of employees to learn some basic background information. Then add in a question that will allow you to gauge their need for your product, their likelihood to purchase your service, or their fit with your business. When a person completes the form you need to decide who is going to receive the details - usually via email. You can also look at having them automatically added to your newsletter database. If you want to start getting leads like this through your website and need some help, contact us here at Utopia on 09 412 2473 or michael@utopia.co.nz. We are based in Kumeu and provide website design, consultancy and app development to a range of businesses all over New Zealand.



Avalon waterways current deals

They are offering an Air Credit of up to \$3000 per couple for any 2017 Europe River Cruise booked by 31 August 2016. This means you can use this towards any flights of your choice.

Southeast Asia for 2017 – save 10% on any 2017 Mekong or Irrawaddy River Cruise booked before 31st August 2016.

There are still some great deals for 2016

Save up to \$1870 per couple on selected Europe itineraries or \$650 per couple on all other European itineraries. This is not applicable on Royal or Avalon Suites. You can combine this with Journey's Club discounts. Book before 31 August 2016.

Irrawaddy Cruises for 2016 – save \$1875 per person on selected 2016 river cruises and pre-paid gratuities are free. Combinable with Journey's Club discount, booked before 30 July 2016. Also Avalon have waived their single supplement on selected 2016 departures.

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The annoying problem of head lice

The head louse is a tiny, wingless parasitic insect that lives among human hairs and feeds on tiny amounts of blood drawn from the scalp. Lice (the plural of louse) are a very common problem, especially for kids. They're contagious, annoying, and sometimes tough to get rid of. But while they're frustrating to deal with, lice aren't dangerous. They don't spread disease, although their bites can make a child's scalp itchy and irritated, and scratching can lead to infection. It's best to treat head lice quickly once they're found because they can spread easily from person to person. Signs of Head Lice - Although they're very small, lice can be seen by the naked eye. Here are things to look for: Lice eggs (called nits): These look like tiny yellow, tan, or brown dots before they hatch. Lice lay nits on hair shafts close to the scalp, where the temperature is perfect for keeping warm until they hatch. Nits look sort of like dandruff, only they can't be removed by brushing or shaking them off. Unless the infestation is heavy, it's more common to see nits in a child's hair than it is to see live lice crawling on the scalp. Lice eggs hatch within 1 to 2 weeks after they're laid. After hatching, the remaining shell looks white or clear and stays firmly attached to the hair shaft. This is when it's easiest to spot them, as the hair is growing longer and the egg shell is moving away from the scalp. Adult lice and nymphs (baby lice): The adult louse is no bigger than a sesame seed and is grayish-white or tan. Nymphs are smaller and become adult lice about 1 to 2 weeks after they hatch. Most lice feed on blood several times a day, but they can survive up to 2 days off the scalp. Scratching: With lice bites come itching and scratching. This is actually due to a reaction to the saliva of lice. However, the itching may not always start right away — that depends on how sensitive a child's skin is to the lice. It can sometimes take weeks for kids with lice to start scratching. They may complain, though, of things moving around on or tickling their heads. Small red bumps or sores from scratching: For some kids, the irritation is mild; for others,

a more bothersome rash may develop. Excessive scratching can lead to a bacterial infection (this can cause swollen lymph glands and red, tender skin that might have crusting and oozing). If your doctor thinks this is the case, he or she may treat the infection with an oral antibiotic.

You may be able to see the lice or nits by parting your child's hair into small sections and checking for lice and nits with a fine-tooth comb on the scalp, behind the ears, and around the nape of the neck (it's rare for them to be found on eyelashes or eyebrows). A magnifying glass and bright light may help. But it can be tough to find a nymph or adult louse — often, there aren't many of them and they move fast. Call your doctor if your child is constantly scratching his or her head or complains of an itchy scalp that won't go away. The doctor should be able to tell you if your child is infested with lice and needs to be treated. Not all kids have the classic symptoms of head lice and some can be symptom-free. Parents it is really important that you check your child's hair EVERY week. For any more info on this phone Carla at Zash Hair 021 814 663.

Herbal winter warmers and tonics

Hopefully we are into the last month of winter weather. There always colder and wetter days to come in August and colds and flu tend to hang around, so here are some helpful remedies and tonics.

Kawakawa and ginger tea

Ingredients

About 9 fresh kawakawa leaves (or 2 teaspoons kawakawa tea)

500ml near boiling water

1 cm cube fresh grated ginger

1 tablespoon Manuka honey

In a teapot brew all the ingredients for about 10min and strain for a fresh herbal tea

It can also be chilled and drunk as an iced tea.

Sage and Thyme gargle (both herbs have strong anti-oxidant

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and antibacterial actions)

Place a generous sprig of each herb in a pot or vessel with well-fitting lid and pour over 2 cups of just boiled water. Cover immediately and leave for 15-20 minutes, strain and use. Frequent use is the key to success: every couple of hours on the first day, then reduce as throat improves. It will keep in the fridge for up to 3 days.

Winter warming drink

600ml water

1 Tablespoon grated ginger

1cm of Chilli pod

2 cloves chopped Garlic

Half a lemon grated rind and juice

Simmer very gently for 20mins, strain and add honey if desired.

Tea for sore throat - The Green Goddess Wendyl Nissen

Ingredients

1 tsp cider vinegar

Pinch cayenne

The juice of 1/4 lemon

1 tsp honey

Mix these ingredients together in a small teacup and then add hot water, not boiling.

Mix well and sip.

Hot Ginger Lemonade

1-2 inch piece of fresh Ginger root, grated

1 quart of water

Juice of 1 Lemon, freshly squeezed

Honey to taste

Pinch of Cayenne powder

Grate fresh Ginger root and steep in hot water for 10-20 minutes. Strain and add freshly squeezed Lemon juice, Honey, and a pinch of Cayenne. This concoction is warming (Ginger & Cayenne), contains vitamin C (fresh Lemon juice), and is soothing to a sore throat (Honey & Ginger). The Ginger root can be used more than once

Garlic Honey immune booster

Take your garlic and peel all the papery wrappings off each clove. Take the flat side of a large knife and crush the garlic cloves and let sit for at least fifteen minutes.

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Place your garlic into your jar and cover with raw honey. Screw the lid on the jar and let it rest on your counter for 3-5 days. The garlic will absorb some of the sweetness and nutrients from the honey and the honey will absorb some of the beneficial properties of the garlic. Once it has finished sitting, place in the refrigerator to keep fresh throughout the season.

Growing Garlic

Garlic is traditionally planted in cold weather and harvested in summer ("plant on the shortest day, harvest on the longest"). Plant the cloves, point upwards, deep enough to just cover with soil. On better soil with regular watering you will get a better crop. On poorer soil, and forgetting to water them, you will still get some garlic, only not quite so much. Leave a garlic to go to seed, and you will probably get plenty of self-sown plants the following year. To keep for later use, dig up and leave to dry out for a day or so after the green shoots die down. To use immediately, pull up a clove when you need it, or cut and use the green shoots. Garlic is easy to grow. Harvest in 200 days. Sow seed at a depth approximately three times the diameter of the seed. Best planted at soil temperatures between 10°C and 35°C. Space plants: 10-12cm.

Seed Saving is a wonderful hobby and most rewarding. Share and swap with friends and family and you will soon build up a wonderful stock of plants for your garden. This is a great way to get those unusual ones.

The site of the Herb Federation of New Zealand is well worth a visit with lots of information. You will find all the local Herb groups listed and other interesting events. www.herbs.org.nz You can join the society through your local Herb group.

Hobsonville Herb Group - Phone Diane 021 135 9613 or hobsonvilleherbgroup@gmail.com.

How to get what you want faster

This article is for anyone who has ever desired something but does never get it. This is for people who dream big yet seem to play small. Maybe you want to start that business or to finally have a body you are proud of... this is for anyone who has ever uttered 'it's not fair'.

Get ready to swallow your pride and look at yourself from another angle as 99% of our lives we are single handedly creating. Therefore, if you are not getting what you want, there is probably another factor at play. I work with focus and intention. I work directly with what is happening (or not happening) in life right now and what are the main feelings and thoughts attached to this. What we tend to focus on, we get more of and in the areas of life we are not happy with, we are most likely well practiced in exactly the kind of thinking that keeps us right where we are. BELIEFS. I tend to think that word doesn't resonate with a lot of us - but that's what we are talking about here. We can think of beliefs as being installed in us - not from rational choice - but unconsciously, from our environment. They were created from

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everything that ever happened to us and every observation we ever made. Some of our beliefs work well and naturally help to accelerate areas of our lives but some of our beliefs simply don't. The areas of life we are not happy with are the red flags showing us we have beliefs that need to be upgraded.

I have a really easy way of working out what negative beliefs might be going on. All you need is a pen and paper. At the top of the page write the thing, or area of life you are working with. Now set the intention of being very honest with yourself. This is important. This isn't the time to be gracious and people pleasing - this is your life we are talking about, this is the time to get honest and real. Answer these questions: 'In this area, what are the things I'm the most worried or anxious about?' 'What do I really think about people who already have this?' 'What do I fear the most about this?' 'If I got this thing, what do I really think will happen?' 'Do I think anything is impossible around this?' You might be very surprised with what answers you get. Some of us want a business but believe that there will always be money problems. Some of us want a skinny body but believe that skinny people are awful or that they will be noticed too much. Some of us want to research an idea we have but are embarrassed about being judged. Some of us want to buy a house but believe its 100% impossible. Some of us want more money but have been trained to believe it's bad. When we want something but are not getting it, it means there is a louder, bigger belief we are living equal to.

The first thing is to recognise that these beliefs are not you. Just like a computer, we can upload new ideas and get rid of old ones. Look at every statement or belief you have written down. Most of it will likely be negative and not serving you. Your job now is to create new beliefs. The easy way to do this is to write a new statement that is the opposite. Usually, exactly the opposite of what you have written will be exactly what you need to hear and remember. Use your imagination and heart to create a new, powerful way of thinking about this area in your life. Make sure you include feelings. Life is created or responds to emotion. We are allowed to create life just the way we want it. Life wants to love you so let it! (Do you believe that life works out for you?) Now the job is to be reading and listening and reading and listening and reading and listening to the new! Remember - we get more of what we focus on.

For a session call Anna 021 555 658. anna@thinkyourbest.co.nz. Check out my website www.thinkyourbest.co.nz.

Life insurance options

Level Cover or Yearly Renewable or Both? During your life, your commitments and responsibilities will change. So it's important to ensure your Life, Trauma or Disability cover is flexible enough to accommodate these changes, yet provides some certainty.

With a Level Term policy, premiums will be more expensive to begin with, in time though you will soon enjoy an affordable

premium that allows you to continue to afford your cover for when you need it most.

Most people's needs will increase through their 30s and 40s, with family and other commitments, and then start to decrease as debts are paid off and family responsibilities lessen. This is important to consider when taking out any insurance policy.

Having a portion of Level Term cover can help keep the cost affordable for your long-term needs, such as providing for funeral cover or to provide a bequest. A combination of Level Term and Yearly Renewable Term can help provide flexibility and certainty.

With the right structure you can enjoy the best of both worlds - affordable premiums now and later on in life. If you would like further advice on any of the points above or any other personal Insurance products please contact us at Risk Solutions Ltd.

Phone 09 412 6363 or visit www.risksolutions.net.nz.

Passing on our fears to children

Within both the indoor and outdoor environment at Country Bears, we have a lot of bugs, insects, animals and birds that are a part of our everyday experience. Skinks are a massive attraction here, and the children love picking them up and feeling their cool, soft skin (see Alex in the photo below holding a baby skink). We always encourage the child to put them back gently where they found them, so they can return to their family. As adults, we may have fears from flying in a plane, a large dog, heights or an animal/insect. If we exhibit these fears with our verbal and non-verbal cues, the children will pick up on these and take these fears on as if they were their own. As teachers, adults and parents, the best way to prevent children from taking on these fears or phobias, is for us adults to "ac-



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knowledge". This could look something like this: We see a large spider in the corner of the deck, building a web. We bring the children's attention to the spider and point out all the things that make up the spider: "Wow, look how many legs the spider has" or "This spider has such a large body compared to its legs". Acknowledge what the spider is doing, and why. We don't have to be brave and touch or hold the spider, we just have to acknowledge its presence, and encourage the children to have respect for this beautiful spider. If children show respect and empathy to the smallest of insects, this then carries with them through to their relationships with peers and their community as they get older. If you would like to visit our wonderful Centre, designed to provide the children space and time to develop at their own individual time, give us a call on 09 412 8055 to arrange a suitable time. In the meantime, check out our Facebook page: www.facebook.com/cbearsecc. Country Bears Early Childhood Centre, 79 Oraha Road, Kumeu – phone 09 412 8055.

e-pack celebrate ½ year birthday

It's been 6 months now since Mike and Kathy Parry established e-pack in Kumeu offering a local alternative for courier shipping around New Zealand and the World.

In the last 6 months they have shipped everything from tables to Tauranga and China ornaments to Christchurch and shipped for many local businesses and people - their warehouse facility is almost full to capacity with e-pack2 coming soon to allow for more customers stock.

e-pack offer 3rd party logistics solutions to online companies selling to NZ and the world, by taking away the fulfilment side of the business it gives business owners the chance to focus on growing their business not doing the day to day time consuming stuff. Using e-pack can save you time and money.

The customers who have used e-pack always ask how they can ship things so cheaply - the simple answer is we consolidate '000's of shipments per week and gain discounts which they pass on to their customers.

e-pack offers shipping from as little as \$3.00 nationwide* with many services specifically created for the needs of locals e.g. their saddlery service offers saddles / horse blankets packed and shipped from as little as \$20 nationwide.

Everything is packed as though they are sending it to themselves and tracked for delivery using the best courier solutions in the market.

If you haven't tried e-pack yet you won't be disappointed when you do and they offer a 100% money back guarantee on all the shipments sent. Whether you are a business or for personal shipping selling online or sending gifts to relatives they can help.

Next time you have to send anything try them out. E-pack are located conveniently in Kumeu at 16 Shamrock Drive with heaps of parking and best of all - no waiting in line.



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Why not discover Bridge?

Pictured are members with NZBRIDGE Certificates. Van-shita with Proficiency in Bridge playing (first step), and Richard with National Master Certificate (seventh step).



As you can see, members of the Waitemata Bridge Club are varied in age and experience in Bridge playing!

In 2016 we installed Bridge pads to keep our club up to date in the technology of Bridge scoring. Results are transmitted directly from the playing table to a computer so that results are obtained at the end of play. The results are then posted on our website.

We are a nice social friendly Bridge Club who would love to see you.

Play is Monday & Wednesday evenings starting at 7-30 till 10-30pm, and Tuesday & Friday morning at 11 – 2-30.

If you need a refresher first, come to Easy Going Bridge on Thursday.

Bridge is a Great card game that keeps your mind active no matter what your age. For young and old, bridge can be a great way to spend time with others and enjoy a good game of cards.

The Waitemata Bridge Club is situated in Covil Park at the end of 56 Covil Avenue Te Atatu just off SH16.

Next Lessons start at the Waitemata Bridge Club in September Ring Denise 027 286 4396 or email us at waitematabc@xtra.co.nz. Visit our website www.bridgewaitemata.co.nz.

Clubs, sporting groups, non-for-profit, and associations

Seldom do you have the opportunity to get your message into the community with ease, no cost and in print and online to reach thousands within the community. The reason that The Westerly exists is to provide a free community voice to hundreds of groups, clubs and associations in our area to highlight what is happening and when. The content within the magazine is also used on the web site, by email to the registered database and on social media sites; Facebook; Localist and Neighbourly. If you are involved in a club, association, or group we suggest that you drop us a note and tell us your email or your club sec-



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Could Brexit affect my UK pension transfer?

At this stage, GBPensions is of the view that perception might be worse than reality – at least for anybody considering moving their pension. In the immediate aftermath of Brexit, main concerns for potential transferees were:



- 1) Currency exchange rate movements. Many pension schemes can hold cash and investments in sterling if so desired. Verdict - neutral.
 - 2) Transfer values. Initially world markets fell, but most have returned to pre-Brexit levels. Verdict - neutral.
 - 3) Defined Benefit (DB) schemes. Low gilt yields and anticipated cuts to UK interest rates could see transfer values go up, but thereby putting pressure on funding levels. Verdict – the arguments to transfer are perhaps greater than before Brexit.
- If you are considering moving your pension, have a chat with an independent adviser for personalised advice to make an informed decision.

For more information, contact GBPensions on 0800 427 693 or email transfers@gbpensions.co.nz. A Disclosure Statement for GBPensions' advisers is available without charge or obligation.

The business end of the rugby season

2016 has been massive for Kumeu Junior Rugby. The complete rebuild of our downstairs tuck shop by our dedicated committee and some amazing volunteers has revitalised the Junior club, providing awesome food and barista-made coffee to the public during training on Wednesday evenings and on Saturday mornings. As development booms in our area,



As development booms in our area,

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our membership is rapidly growing. We are fielding five J8 Rippa teams this season and 2017 is looking even stronger!

The J1-J4 Rep Tournament will kick off at the end of the month with a slight change in format as our J1 merges with Massey forming a Western team to take on the North, South and East teams within the North Harbour Union.

As clubhouse improvements continue, so the momentum of the club keeps building, we would love to see you join Kumeu Junior Rugby in 2017! www.kumeurugby.co.nz.

The Riverhead Gallery

With new works coming into the gallery every week we have an exciting mix of paintings, ceramics, hot blown glass and jewellery. I, Donna Massey, have been busy in my studio working on pieces



from my trip to our beautiful South Island in February, as well as Northland and Tryphena on Great Barrier Island.

I'm also very happy to now exhibit work from the talented Janine Whitelaw. We have new resin mixed media pieces from her Iconik Aotearoa series. These long works are great in a narrow space that needs brightening up.

We are open from Wed-Sun from 11-5pm or by appointment 027 227 8450 and are located opposite the Riverhead Dairy at 1044 Coatesville-Riverhead Highway or check us out online at www.theriverheadgallery.nz.

SHOP HERE TO WIN - A LITTLE SOMETHING FOR DAD, THIS FATHER'S DAY!

Simply spend \$10 or more in any participating store, fill out an entry form to go in the draw to win one of our fantastic prizes.

There are a number of prizes up for grabs, that will inspire, excite and even challenge that dad, husband, brother or son in your life!

NorthWest COUNTRY

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Food: Beverages

Pork and mushroom chow mein

Ingredients

Pork 300g

Mushroom 300g

4 Choices Brand Egg noodles

Bean Sprout 200g

Spring Onion

Minced garlic

To Make - Marinate pork with 1/2 tablespoon soy sauce, a slash of sesame oil and a dash of pepper.

In a big bowl, soak dry noodles in hot boiling water for about 3-5 minutes, until loosened (do not over soak). Drain and put aside.

In a saucepan, heat oil with minced garlic, sauté pork until it is nearly cooked and set aside.

In the same saucepan, add oil and fry mushroom for 1 minute, add a little bit of water (1 tablespoon) and cover for 1 minute. Remove lid and add the pork back to the pan and fry with mushroom and 1 teaspoon oyster sauce for further 1 minute. Set aside.

In the same saucepan, heat up oil and garlic, then fry bean sprouts to desired texture and set aside (as some people like it pretty raw).

In the same saucepan again, heat up oil and stir in drained noodles, use a chopstick or kitchen tongs to loosen the noodles, add one tablespoon of soy sauce, one tablespoon of dark soy sauce (as its name suggests, this is used to make the noodles look more "dark"- the sauce itself is not too salty), a slash of sesame oil and keep stirring until noodles are evenly coloured.

Assemble the noodles, pork and mushroom, bean sprout on a



plate. Add some spring onion to enhance the colour contrast to the dark soy sauce.

You can simply replace the pork with chicken, prawn or beef. Fresh mushroom can also be replaced by Shiitake mushroom.

Apple cinnamon muffins

2 cups plain flour

2 tsp baking powder

1/2 tsp salt

1 1/2 tsp ground cinnamon

1/4 tsp ground ginger

3/4 cup brown sugar

1 large egg

2 tbsp butter, melted and cooled

2 tbsp vegetable oil

1 tsp vanilla extract

1 cup buttermilk

1 1/2 cups diced apple

3 tbsp coarse sugar

1/2 tsp ground cinnamon

Preheat oven to 180 degrees. Line a 12-cup muffin tin with paper liners. In a medium bowl, whisk together flour, baking powder, salt and spices. In a large bowl, whisk together brown sugar and egg. Whisk in melted butter, vegetable oil and vanilla. Working in two or three additions, alternately stir in flour mixture and buttermilk, ending with an addition of flour and mixing only until no streaks of flour remain visible in the batter. Stir in diced apple. Divide batter evenly into prepared muffin cups filling each to the top, or slightly over. In a small bowl, stir together coarse sugar and additional 1/2 tsp ground cinnamon. Sprinkle generously over muffins. Bake for 15-18 minutes, until a toothpick inserted into the centre of a muffin comes out clean and the top springs back when lightly pressed. Cool muffins on a wire rack. Makes 12. Recipes supplied by Wedding and Birthday cake specialists Paula Jane Cakes. Contact Paula on 021 208 8604 or Jane on 021 273 6139, email info@paulajane cakes.co.nz or visit paulajane cakes.co.nz.



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Peko Peko Japanese Takeaway

We started our food truck business in February 2014. We now feel a true part of the local community here. We have lovely customers from Kumeu, Te Atatu, Greenhithe and of course mostly

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Hobsonville/West Harbour. We always feel overwhelmed to get lovely comments from our regular customers who know our food very well. It is a source of great happiness to find that children love our food and some of them have even started to eat vegetables because of our food!



Our goal is to provide healthy, fresh and homemade Japanese food to our locals. We cook our food with passion and love, like we cook for own family at home. We hope you enjoy it! Come and see us at Passion Produce carpark on 92 Hobsonville Rd. Or check our Facebook page and place an order on 0224313462 for pick up. We are here for 6 nights Tuesday to Sunday 4:30pm to 8pm and we have a table and seats now for customers eating in.

Have you visited your local hero yet?

Karen Radd is the owner of Local Hero Coffee Works and has worked in Hobsonville for the last five years. Before opening her coffee stall at the Hobsonville Point Farmers Market she worked at Catalina Cafe until her boss sold it and an opportunity arose and she took over the business.



"I was definitely in the right place at the right time."

Since she took over in February 2015, she's made a few changes to the business, including changing the name from Fabric Bay Coffee Works to Local Hero Coffee Works. In June that same year, she started opening the stall during the weekday mornings from 6.30-10.30am to cater to the ferry commuters and locals in the area as well as still operating on the weekends for the farmers market.

"We have a great location here at the Landing. The Hobsonville Point Farmers Market is in the best spot right beside the water. I think I'm quite lucky to be working here with these view". I love that this community is still growing and we will continue to grow with it."

Spaceman coffee

Spaceman Coffee is a New Zealand based fair trade organic

coffee roasting company located in West Auckland. We specialise in small batch roasted coffee bean blends and single origin roasts. Once the beans are roasted they are left to rest for up to 5 days to allow the flavours to develop and excess gas to escape before being packed in waxed lined brown paper bags with a built-in wire tie to lock in the freshness.



Come down and meet the Founder, Daniel King at his Spaceman Coffee Stall at the Hobsonville Point Farmers Market every Saturday and Sunday 9am - 1pm. Ask us about our coffee subscription where you can have your coffee delivered to you on a scheduled delivery. Like us on Facebook and follow us on Instagram and Twitter! www.spaceman.co.nz.

Edo Sushi

Offering a sumptuous range of sushi including single offerings to party boxes. The owners/chefs have over 5 years' experience in retail food providing single rolls from \$1 to packs, hot foods and take always meals. The Chefs pride themselves on freshness and tidiness, no MSG in any sushi, and using the best ingredients, premium quality that would make it onto the plate to good friends and family. The chefs are very proud of what they make. Close parking and easy access to the store, with a fantastic range of products in a beautiful presentation and regular food rotation. Reasonable price from \$1 for single roll to \$75 for an extensive party pack, open 9.30am to 7pm Mon to Friday, sat 11am - 6pm. For more details Phone Jason on 09 416 7733.



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Kofte Kofte

The first original KOFTE KOFTE eatery established in New Zealand 2015 this eatery is very handy indeed in the heart of Hobsonville. I spent time with Ramazan, a genuinely lovely man that many refer to as a Ray of sunshine.



Ray and his wife have a background in cafe's and restaurants over last 23 years, and they wanted to provide a healthy food option in a takeaway, with cafe quality, in convenient options, generous portions, to take home and enjoy in the comfort of your home.

KOFTE KOFTE menu offers balance and diverse range of healthy food options; grass fed New Zealand beef - lamb, free-range chicken, fish and vegetarian falafels are very nutritious and have all the ingredients for a healthy diet. A selection of drinks compliment the food with a mix of fair trade product sourced locally and shakes.

Our philosophy is Handmade, natural healthy food.

Our aim is simple - to offer our customers the freshest food using the finest quality ingredients at an affordable price.

Our meat is sustainably sourced and cooked the order.

Our vegetables are carefully selected and freshly hand cut daily on our premises.

Our meats and salads are made entirely from natural ingredients and are great source of protein, fibre, iron, vitamins.

Ray invites you to learn more about healthy balanced -diverse food options on their web site www.koftekoftenez

Open 11.30am - 9pm daily, phone 09 9480500, Email eat@koftekoftenez.

Hobsonville Tank

We've been a New Zealand owned and family run business since 2001 and are still going strong with over 50 stores across the country from North Auckland to Dunedin. The original TANK concept came from two brothers who found that the majority of juices on sale in NZ contained lots of sugar and were pasteurised, therefore removing a lot of the natural goodness.



Enter the TANK concept; juices made with REAL fruit and vegetables, so you get the REAL benefits. In 2010, TANK also decided to grow the business to offer salads and wraps; making a welcome change from the usual food court offerings, fast-food and the like. Unsurprisingly, TANK's menu has been a huge success; healthy, accessible and outstandingly good. Visit your local Tank store at 124 Hobsonville Road, Hobsonville near the new countdown or phone 09 416 0177.

Eating organic just got easier

Every day families and individuals who experience food allergies and illness are deciding to add organics to their shopping lists.

Parents are over having pesticides, herbicides, and fungicides in

The Riverhead's winter deals

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

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

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

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

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

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

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

Call 412 8902 or email our team on book@theriverhead.co.nz

www.theriverhead.co.nz

their family dinners. Can eating organic food be made easier?

In May, Back To Basic introduced BioInside Snap Frozen Organic Vegetables to conscious retailers throughout NZ. You can now buy certified organic frozen peas, corn, carrots, brussel sprouts, broccoli, edamame, green beans, mixes and much more, in easy to use packs. Three months ago buying organic peas, corn, and stir fry mixes was not an option in NZ, but now they are! For meal ideas and giveaways, like the BioInsideNZ Facebook page at www.facebook.com/bioinsidenz. Find BioInside locally at Boric Food Market, PassionProduce, KumeuProduce, OrganicsOutWest, Naturally Organic, IE Produce, Commonsense Organics, Harvest, and Wise Cicada. For stockists visit backtobasic.co.nz/stockist.



The Riverhead

I was out at dinner in town with some friends and we were talking about the cost of things back in day. He mentioned that a friend of his flew from the UK to the USA in the early 1970's just to buy the 'latest big thing' and sell it on his return....it was a calculator and he made money on the entire expedition! I bought a 600dpi printer and a couple of Apple computers for my business in the mid 80's and they cost me over \$120,000, but the first house I bought cost me \$15,000 and it had 5 bedrooms! I wonder how long it will take for us to laugh at the cost of a house in Auckland and actually think it was cheap! Check out our Winter Deals later in the Westerly and remember if you have a power outage, we'll be open (thanks to our trusty generator) & it's always cozy at The Riverhead.

Book your function at Soljans Estate Winery

With exclusive use of the venue for a dinner function (or a private function room for a brunch or lunch), Soljans Estate Winery & Café is the solution. Enhance your event with a vineyard experience, a wine tasting of exquisitely crafted, award-winning wines, a winery tour and a great menu selection to choose from. We can also offer some exciting team building activities and cater to groups of 10-130 with customized packages to suit. Soljans Estate has a dedicated Functions Manager on site to take the stress out of planning your event. Give Brittany a call on 09 412 2824 to discuss your groups requirements today or email us at functions@soljans.co.nz. Don't forget our Café and Gift Shop is open 7 days a week so pop on over for a browse and a delicious brunch/lunch.

Susan Annett
LICENSED SALESPERSON





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 2 Clark Road, Hobsonville
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The Tasting Shed

The Tasting Shed is open from Wednesday the 3rd of August after our winter hiatus, and the team are raring to go, especially after receiving the news that we have been announced in Cuisine Magazine's 2016 Good Food Guide, one of only 32 restaurants in Auckland, and in the overall 83 top restaurants in the country! We're thrilled to be included in this prestigious listing, and we appreciate your continued support over the last five years. Book your table online at www.thetastingshed.co.nz or call 09 412 6454 to make a reservation.

\$75 = Exposure for a month

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

West Harbour Tide Chart

Date	High	Low	High	Low	High
Mon 1 Aug	05:33	11:37	18:07	-	-
Tue 2 Aug	-	00:08	06:30	12:32	19:00
Wed 3 Aug	-	01:01	07:25	13:22	19:50
Thu 4 Aug	-	01:51	08:15	14:10	20:37
Fri 5 Aug	-	02:39	09:02	14:54	21:22
Sat 6 Aug	-	03:24	09:47	15:37	22:05
Sun 7 Aug	-	04:07	10:30	16:19	22:47
Mon 8 Aug	-	04:49	11:11	17:01	23:28
Tue 9 Aug	-	05:31	11:53	17:44	-
Wed 10 Aug	00:10	06:13	12:36	18:31	-
Thu 11 Aug	00:53	06:58	13:24	19:22	-
Fri 12 Aug	01:39	07:48	14:17	20:17	-
Sat 13 Aug	02:29	08:42	15:14	21:14	-
Sun 14 Aug	03:23	09:38	16:11	22:09	-
Mon 15 Aug	04:18	10:34	17:05	23:00	-
Tue 16 Aug	05:142	11:26	17:55	23:50	-
Wed 17 Aug	06:07	12:14	18:42	-	-
Thu 18 Aug	-	00:38	06:58	13:01	19:27
Fri 19 Aug	-	01:25	07:46	13:46	20:133
Sat 20 Aug	-	02:12	08:34	14:31	20:59
Sun 21 Aug	-	02:59	09:21	15:18	21:47
Mon 22 Aug	-	03:47	10:09	16:05	22:36
Tue 23 Aug	-	04:36	10:58	16:56	23:26
Wed 24 Aug	-	05:27	11:49	17:49	-
Thu 25 Aug	00:19	06:20	12:44	18:47	-
Fri 26 Aug	01:14	07:16	13:44	19:50	-
Sat 27 Aug	02:13	08:17	14:47	20:5	-
Sun 28 Aug	03:15	09:21	15:52	21:58	-
Mon 29 Aug	04:17	10:24	16:53	22:58	-
Tue 30 Aug	05:18	11:22	17:49	23:53	-
Wed 31 Aug	06:15	12:16	18:41	-	-

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.

Pettips:advice

Raw Essentials has just opened a store in Hobsonville

We provide a range of real raw foods for cats and dogs which are as close to their natural diets as possible. Our lovely staff are highly trained and experienced raw-feeders. They provide ongoing support to all our customers, to ensure the best species-appropriate nutrition for their pets.



Hayley and her team are heading up the Hobsonville store. With the right food and the right advice, a dramatic improvement in health is a very achievable goal! Raw Essentials has won awards for their sustainability focus – how is sustainability a part of the business? We offer a sustainable nutrition option with a minimal environmental impact for cats and dogs in Auckland and Hamilton. This is better for people, pets and the environment. We source products from wild species which threaten our environment and agriculture: rabbit, hare, wallaby and possum. These are highly nutritious and appropriate foods for cats and dogs. All our products are New Zealand-grown. How do people get to your new Hobsonville store? Our Hobsonville store is at 124 Hobsonville Road (near the Countdown). We are open 9-6 on weekdays, 9-5 on Saturday, and 10-4 on Sunday. Our number is 09 971 1215. Visit www.rawessentials.co.nz to see the opening hours for all nine Raw Essentials stores. Hayley and her team can't wait to meet the Hobsonville cat and dog community!

Your dog will love us – we Shih Tzu not

Our Massey based dog grooming salon has been designed for the comfort, safety and health of your dog. We believe that dog grooming isn't just about having your dog look and smell nice from the outside – it's about making your dog more comfortable, happy and healthy on the inside as well. With our stylist trained/certified in Australia and the US, you can rest assured your furry friend will be in professional and caring hands. There are 3 main packages to choose from – Full Groom, Bath & Tidy and Posh Puppy. We also stock a range of dog shampoos, conditioners and other doggie products. For more information and other services offered, please visit our website www.thepetstylist.co.nz. We are open 7 days, by appointment only, and we'd love to meet you and your dog! For bookings call Sonia on 09 833 3112 or 021 766 421 or send us a message through our Facebook page www.facebook.com/thepetstylistnz.



Sniff play run repeat

During the week, things get busy - there never seems enough time to fit everything in... We can help with your dog - a bit of company or burning off excess energy on our safe, secure 16 acres of rural backyard through supervised socialisation and playtime. No concrete warehouse here! No extra charges for day trips to the park - here it is our default setting where dogs get to be dogs:



sniffing, snuffling, playing, exploring or snoozing on the comfy couch or mattress in the fully insulated den house or huge covered deck, away from the action. We only cater for small numbers, so there is no overcrowding and your dog can make up his/her own mind to do as much or as little as they want. Check



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out our Facebook page to see for yourself. All the details are on our website: runplaystay.co.nz.

Helping pets in the cold

Our pets feel the cold just like we do and if they get too cold they can suffer from hypothermia, which is when their body temperature drops dangerously low. So here are a few tips to help them through the colder months: Let them Inside - It



really is a lot warmer inside and your pets will greatly appreciate being somewhere warm. If your pet can't come inside then make sure they have a warm cosy shelter so they can get out of the cold weather when they need to. Also note that if your pet is being kept outside during winter they may require extra food to stay fit and healthy as they will burn a lot of energy keeping warm. Keep them Warm - If your pet will let you, then you can use clothing to keep them warm. Small pets and the young or old tend to feel the cold quite badly and will greatly benefit from having the extra layer of warmth. Thin or shorthaired pets may also need the help of extra layers, as they don't have as thicker natural layers of insulation to keep warm. Dry Them - Anyone who has 'water babies' knows that it doesn't matter what time of year it is: if they see water; they have to get in it! You might not be able to stop them from getting wet but it is important to make sure that your pet gets dried off as much as possible. When they are wet your pet will feel the cold a lot quicker and their core temperature can plummet easily leading to hypothermia. Your pet may not have been swimming but if they have been out in the cold snow/ice make sure you dry them off too. Take special consideration of their feet as they will have been in direct contact with the cold ground...imagine going out in the snow without shoes on! Brrrrrr! How to Know Your Pet is Getting Cold - Pets can show the same signs as we do when we get cold. You might see them shivering and they may be cold to the touch. Think about when you get cold: the first thing you notice is your extremities feeling cold, such as your hands and feet. For pets their extremities are their paws, tail and ears so these will start to feel cold first. If you notice your pet is getting cold then you need to try warm them up. Keep an Eye Out for Signs of Hypothermia - If you notice any of the following then your pet may be suffering from hypothermia: Pale gums & lips, Depressed, reduced responsiveness, Slow pulse/low heart rate, Collapsed/unconscious. If you observe any of the above you need to get them warm and dry and call your vet! Laura Purkis, PET First Aid & Training (NZ) Ltd.

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\$75 = Exposure for a month

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

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Build: New

Constructing dreams

In a booming housing market, building is an affordable option. With less of a deposit needed, your home ownership dreams can come true. Scott Gordon and Kim Williamson have embarked on their own dream journey with Compass Homes Rodney. They've recently completed their concrete show home in Huapai, using a proven construction method of pouring the concrete on site (in situ). Scott and Kim chose concrete because of the incredible benefits; speed to build, warmth, weather-tightness and affordability. Concrete homes are also great for those suffering from allergies, as it doesn't support the growth of mould or mildew. If you're looking to buy, why not consider building in concrete? Not only will you be building your dream home, you'll create a stronger, safer, more secure environment for your family for years to come. For enquires contact Scott 09 412 2112, scott.gordon@compasshomes.co.nz or visit our show home at 3 Larmer Drive, Huapai. www.compasshomes.co.nz.



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Mikes Greer Homes – bringing you more

New Home Design and Build Consultant Trish Day has been involved in the building industry for almost 30 years. Trish specializes in both Design & Build and Home & Land packages. "I am passionate about the building industry and I particularly enjoy working in the design area of the business, helping my clients achieve the best result possible. If you are in the market for a new home, then I'd love to talk to you and show you what Mike Greer Homes has to offer."



Mike Greer Homes have been building award-winning homes for over 25 years and are now New Zealand's largest home builder, having earned a formidable reputation as a company that exceeds customer expectations. Offering high quality homes that stand the test of time in terms of both design and construction, homes that are innovative and flawlessly finished. New homes available from Huapai and Hobsonville to Millwater, Beachlands to Pokeno. Please call me for an obligation free chat on 0275 616 556 or email tday@mikegreerhomes.co.nz.

G.J. Gardner Homes

G.J. Gardner Homes Rodney West are proud supporters of many local teams and organisations from Scout Groups to Rugby Teams, Bowling Clubs to Playcentres, Kindergartens and schools.

G.J. Gardner Rodney West Directors Matt Lelean and Ross and Elaine Morley enjoy giving back to the community that the business has grown in, growing a sense of social responsibility. Matt Lelean says "We build homes for the community so it makes total sense that we support that community at the same time."

If you have a team or organisation in need of funding G.J. Gardner Homes Rodney West would love to hear from you. Call Kim

Les Whale
LICENSED SALESPERSON





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F 0800 FAX MPRE
E les.whale@mikepero.com
www.mikepero.com

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Auckland

Ardin on 09 412 5371 or email her on kim.ardin@gjgardner.co.nz.

Alternatively, if you have an event that needs shelter, G.J. Gardner Homes Rodney West has a small variety of popup tents and a marquee available to use free of charge – call 09 427 9231 to book.

Maddren Homes tradie of the month

Maddren Homes would like to congratulate Tubs from Aims Hire for being our Tradie of the month. Tubs and his team set very high standards when it comes to response and delivery and this is greatly appreciated by the companies' project managers. Aims Hire have impeccable standards when it comes to cleanliness and take great pride in their work, making them a great fit for our team at Maddren Homes.



abling us to continue offering our high service levels, customer satisfaction and great value for quality homes.

At the Signature Homes National Annual Sales Conference and Awards Night, Signature Homes West Auckland had an outstanding performance. Simon Wilson came second place for Home Consultant of the Year. Lloyd Hallett was also a finalist in this category and won a Diamond Sales Award. Our consultants are high achievers! Overall Signature Homes West Auckland is one of the top performing franchises nationally. We are committed to the Signature Homes Vision and Values.

We anticipate continued growth with the Proposed Unitary Plan coming into effect next month. This is a confusing time for many but if you are thinking of subdividing or even knocking down and re-building and are unsure how the PUP will affect your site we are happy to offer advice! Come talk to us today.

Lloyd Hallett, New Home Consultant 021 175 1670. 80 Main Road, Kumeu.

News from Signature Homes West/North-West Auckland

Signature Homes West Auckland has experienced significant growth over the past 6-12 months, which is a reflection of growth in the region. Our team has also grown significantly en-



Old Hands at Building New Homes



Home:garden

Growing fruit trees

It is the time of the year to plant fruit trees, and at Awa Nursery we have plenty to choose from, with more to come. Planting now ensures they have the rest of winter and all of spring to establish before their first summer.



You will want to choose a sheltered, open sunny spot for your fruit trees, with good drainage. Once you have chosen your tree or trees (remember some trees need a pollinator), prepare your site well. Dig a hole that is slightly deeper than the root depth of your plant and partly fill with a good garden mix. Place some slow release fertiliser tablets in the bottom as well. Most of our fruit trees are recently bagged having come to us bare rooted. The soil in the bags will be loose and the roots of your fruit tree must be kept moist. Hold the bag over the hole and cut it open so you do not lose any soil and disturb any new roots developing. Before back filling the hole, position the tree stake so you don't damage any roots. Firmly compact the soil, making sure your tree is no deeper than it was in the bag. Water well.

Watering is very important when growing new trees, and regular watering in dry periods over spring and summer is a must. Mulch your trees, which will conserve moisture, protect the roots, add nutrients and prevent the growth of weeds.

Come and see us at Awa Nursery and get your orchard underway. Phone 09 411 8712 or visit www.awanursery.co.nz.

Live-life-outside and keep your family protected

Total Cover are on a mission to educate the Nation on saving lives. Being outdoors in the fresh air is incredibly good for our health and we are here to encourage you to do that! Nature does amazing things to our mental and physical state of being. Experiencing outdoor living will bring you focus, relaxation, mental stability and happiness for everyone in your household. Total Cover Shade & Shelter are here to make it possible for you and your family be outdoors all year round. The outdoor cover we provide not only gives you endless outdoor opportunities but most importantly protects you and your family from the high risk of being exposed to our harsh UV Rays and our rapidly

changing weather pattern.

Did you know New Zealand has one of the highest Melanoma rates in the world and we want to educate you on how important it is to stay protected but still be able to enjoy the outdoors. We know how much your family and friends mean to you, because we feel the same about our loved ones! The ones we are close to are the ones we love, the ones we care for, and the ones we would do anything for! So keep them protected!

We are constantly being fed information everyday through marketing channels on how we should nourish our bodies with healthy food and water, but one thing which is not encouraged enough is to get outside and stay protected even when you are home...so why not protect the outside of our bodies as well. Sunscreen is great for when you are on the move but realistically you cannot keep your skin coated in sunscreen 24/7 can you? Having the ability to let the kids play outdoors undercover at home without having to worry will give them the best opportunity at life. Let them be outside, encourage them to play and watch them grow and excel into healthy active adults!

Article written by Kourtney Ngaamo – Total Cover Shade & Shelter, 191A Archers Road, Glenfield, phone 09 444 0019.

Hobsonville Point development recognized at Property Industry Awards

Hobsonville Point north-west of Auckland has been recognised at the country's premiere property development awards.

The Property Council New Zealand Rider Levett Bucknall Property Industry Awards accorded Buckley A



– the first precinct to be developed at Hobsonville Point – an Excellence Award in the Urban Land Developments Property Award category at a gala dinner in Auckland on Friday, June 17th.

Led by lead developer Hobsonville Land Company (HLC) and project development partner AVJennings, the former air force base was transformed into a 30.4ha neighbourhood comprising 818 homes. Today, Buckley A is home to 1,500 people.

HLC CEO Chris Aiken says: "We are delighted that the first pre-

Les Whale
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cinct to be developed at Hobsonville Point has been acknowledged in this way. We have successfully applied a design-led, master-planning approach that puts community first, and this recognition is a credit to the whole development and design team.

"The first precinct in the 167ha master-planned development has become a blueprint for the remainder of the site and Auckland as a whole; with its commitment to quality, affordability, amenity and sustainability, the precinct demonstrates how to increase suburban density in a way that will be embraced by the market."

AVJennings project director Adriaan Vlok says: "We are proud to be part of the team that created the award-winning precinct. The increased density – an average lot size of 240m² for a stand-alone home and 190m² for a terraced home – and innovative operating model has allowed high quality, sustainable homes to be delivered. Competitive prices and an exceptional level of public amenity ensured demand remained high, even throughout the global financial crisis."

HLC and AVJennings developed the Axis Series homes to provide opportunities for first homebuyers to get into the tough Auckland market. Mr Aiken says 22% of homes in the first precinct were delivered at or below the Axis Series price cap of \$485,000.

"High demand for the high-quality homes meant we had to introduce a ballot system to give would-be buyers an equal opportunity to purchase. Eligibility criteria ensured the homes went to first homebuyers intending to live in the home and earning below a combined annual \$120k," says Mr Aiken.

Six of the country's leading building companies were selected by HLC and AVJennings as 'builder partners' for the precinct. The builder partners bought and built on blocks of 30-40 lots at once to streamline design, planning and construction processes, and allow them to operate at the required pace.

Hobsonville Point's masterplan aims to provide a complete suburb in which the community has everything it needs and so, prior to any houses being built at Hobsonville Point, HLC and AVJennings delivered three standout amenity projects: Catalina Café, a repurposed defence building; Hobsonville Point Park complete with sculptural playground; and Hobsonville Point Farmers Market. Together they offer a focal point around which community activity and spirit can thrive. This amenity was complemented by a public primary school in 2013, secondary school in 2014, and local shops and a medical centre in 2015.

The Property Council Rider Levett Bucknall Property Industry Awards are the country's most prestigious and longest running commercial property awards. The night is an annual celebration of excellence in property development judged on economic and financial factors, project vision and innovation, design and construction, owner and user satisfaction, and sustainability and efficiency of operation.

Get a Greenbox – the perfect solution when it comes to de-cluttering your home

A question that is often asked of real estate agents is: "Do we need home staging and is the expense justified?" Most of us have read tips on how to present a home for sale, but would we be better off getting some professional home staging advice? De-cluttering is the process of reclaiming the space in your house from years of collecting and storing. House owners should not expect buyers to ignore this clutter and have to try and imagine your house in a clutter-free state!



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love to be
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A perfect solution is to hire a Greenbox, a mobile, self-storage unit delivered to your front door in a purpose-made, New Zealand designed vehicle (actually, it's a forklift which is road registered and can do 100 miles per hour!). This means the Greenbox can be manoeuvred into a convenient position, close to your home or office for easy and secure loading and unloading. Most times the Greenbox team can get right up to the house or in the carport for increased security and less walking with no need to leave it on the roadside.

As the team at Greenbox have observed, when house hunting, buyers are often looking for size and space. The more perceived space we're able to create, whether it is living or storage space, the greater chance of selling at a premium price. This is often easier said than done because we all feel comfortable in our own space with our familiar things around us. But often other people will see these rooms as having too much furniture and clutter where things are overflowing into every nook and cranny. The key is to create lots of space in every room where it is easy to see the size and scope of each room. It might not seem practical – but remember this is for selling, not living and perception is everything.

Professional home stagers can walk into a home and see what's lacking or what feature is not being presented to its best advantage. They know what should be taken out and what needs to be added. It can be a lot more challenging for a homeowner to be objective enough to see what needs to be changed. A second opinion and an experienced eye is always valuable. So the answer to the question, "Is the expense justified for a home stager?" is definitely, "Yes."

Well-prepared homes sell faster, and for a better price, so hire a homestager and a Greenbox as **FIRST IMPRESSIONS COUNT!**

For more information on Greenbox please go to www.greenbox.co.nz. For more information on real estate advice or the value of your home in today's changing market, contact Susan Annett on 021 345 788. Susan.annett@mikepero.com.

Gutter maintenance

Gutters are designed to flow and flush themselves into the storm water system that has an inbuilt capability to deal with any materials carried by the flow of storm water. The capacity of gutters to remove water is determined by various factors such as the original design capacity, the effect of any modifications, condition of the gutters, the amount of debris in the gutters or downpipes etc. This is why a regular check of your gutters is so important.

So what can you do to alleviate any potential problems! Firstly, there are many companies specialising in gutter maintenance so if you are not of a handy man disposition then these are contactable via the internet or phone book, or via recommendation. The other option is of course to do it yourself.

- Clear the roof of any debris beforehand to save this entering the gutter after all your hard work.
- Wear some tough gardening gloves to protect your hands because guttering has some very sharp edges.
- Remove any gutter mesh to enable you to get to the debris.
- Scoop out loose debris. Starting at a drain outlet at the low end of a gutter, use a narrow garden trowel to scoop out loose debris, working away from the drain outlet. It's best to do this when the debris is slightly damp and pliable and to minimize cleanup later, drop debris into a plastic bucket.
- Blast out the gutters with a hose. Using an off high-pressure nozzle on your garden hose, wash out each length of gutter, working toward the drain outlet. If necessary, use a stiff scrub brush to remove encrusted dirt.
- Clear obstructions in drainpipes. If the drainpipes are blocked, flush them with a hose or hire a plumber's auger (snake) to free and pull out the debris from the bottom or, in some situations, to push it through from the top.
- Check for leaks, rust, flaking, or peeling paint, and make sure guttering is affixed tightly against the fascia boards. Check the fascia boards themselves for dry rot or other damage, and, if need be have them replaced.
- The slope of gutters may need to be adjusted from time to time to keep water moving toward down pipes. Run water through them, and if they drain slowly, reposition them so that they slope toward the downspouts at a minimum fall 1/4 inch for every 10 feet.

Remember, your guttering has to allow water to flow freely and any obstacle, including mesh, can reduce the capacity of a guttering system especially in a storm situation because it slows down the speed of the water flow to the downpipes and can lead to damage.

In terms of marketing your property for sale, and considering the amount of rain we experience in NZ, there is nothing more uninviting to a potential purchaser interested in your home to be put off by leaking or damaged gutters, or to take this into account when and if they make an offer. A little gutter maintenance can go a long way to preventing damage, and help lead to a successful sale. For any advice on getting your home ready or to discuss any real estate issues on your mind, please contact Les Whale on 021 411 345 or les.whale@mikepero.com.

Preparing your property for rent

Filling vacancies in a rental property can be one of the biggest challenges of owning a property. A great showing is often the best way to move a property quickly. Here are some tips from Quinovic-Takapuna for doing just that.

Curb Appeal - First impressions are essential to attracting tenants, so it goes without saying that the exterior of your rental property should be in tip-top shape.

Cleaning & de-cluttering - Getting your property professionally

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cleaned is crucial. When cleaning the property it is also important to deal with any smells that may be off-putting. Ensure the property is tidy and decluttered to maximise space.

Repairs - Doing repairs before tenants move in ensures you start off on a good foot with them. Presenting your property with no damage will also set the standard for tenants once they move in. Working alongside landlords, Quinovic-Takapuna makes the whole process easy; let us show you how we are different. We offer a free rental appraisal for your property with absolutely no strings attached. For more information contact: Janine McCormick, Business Development Manager. Phone 021 844 531 or 09 390 4277 or email janine@quinovic-takapuna.co.nz.

SPS Plumbing Services Ltd

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 Certified plumber with 11 years' experience. I do not charge a call out fee, have a very competitive hourly rate and also offer free quotes. I am based in West Auckland and will work in the greater Auckland area. I cover most aspects of plumbing and treat every job as if I was working on my own home. I strive for customer satisfaction and believe in getting it right first time. My services include - Full Bathroom renovations. (I can organize the whole job including all other trades from start to finish), Kitchens, Toilets, Roofing and spouting, Solar systems, Water mains, Hot Water Cylinders, Burst Pipes, Dishwasher and washing machine installation. Scott Sutherland - Certified Plumber contact 027 430 0251 or 09 832 7267. www.nocowboys.co.nz/businesses/sps-plumbing-services.

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Winter vegetables and salads

So, should a winter gardener grow different crops depending on the climate?

Not necessarily. Winter has always been a good season for a wide array of vegetables including lettuce and spinach. You can grow some of the same varieties that you would in Summer through the Winter months with the help of a winter-protection device to broaden your garden's productivity. This might be a cold frame, a simple greenhouse, the quick-hoop system, or just a layer or two of floating row cover, often called a plastic house of sorts. All of these season-extension devices capture some of the earth's natural warmth, especially at night, and block the

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chilling, drying effect of wind. The results that you can achieve will surprise you. So before you give up on soggy soil, consider a growing shelter. Hoop systems can be purchased for around \$80 from the Warehouse and will provide years of service.

The facts about water collection tanks

An estimated 10% of New Zealanders obtain their drinking water from rainwater collected from the roof.

Safe drinking water is vital for good health, if your water comes from a water collection tank, it is up to you to keep your water safe and reduce the risk of water borne illness from contaminated tank water. Tank water can be collected from: rain off the roof, natural water (from streams or lakes), a bore or a spring.

Contamination of tank water collected from your roof may be caused by: Animal or bird faeces entering at the source of supply. These can carry harmful germs and can cause serious illness. Dead animals and insects in the gutters or the tank itself. Leaves, soil and other debris entering the tank. Lead flashing on the roof causing high lead levels in the collected water. Volcanic and wood ash, chemical spray drifts, cracks or holes in partially buried tanks. A number of actions can be taken to prevent contamination: Ensure the roof surface is suitable for collecting water. Keep the roof clean and free of debris. Keep the roof catchment area clear of overhanging branches and therefore away from birds, rodents, possums and cats. Avoid installing television aerials or other fixtures that may provide roosting for birds on the roof. Install mesh guards over gutters. Install leaf screens over downpipes. Install a first flush diverter to divert the first flush from the gutter away from the tank. It is also advisable to fit a filtration system, there are a number of systems available. Point of use system, where the filter is attached to the inlet supply, a tap or plumbed in with a dedicated faucet. Point of entry system which is centrally installed system to treat all water. There are a range of filters available including: Mesh filter, Carbon filter, Reverse osmosis filter, UV sterilizer. It is important that inspections and maintenance are carried out regularly: Every 3 to 6 months - Inspect and clean gutters. Before cleaning be sure to disconnect the pipes feeding the storage tank. Every 12 months - Check the roof, remove debris as required and prune any overhanging tree branches. Check tank inlets mesh covers and leaf filters, clean and repair as necessary. Check the exterior of the tanks and pipes for any leaks or seepage and repair or replace as necessary. Check for evidence of access by animals, birds or insects and the presence of algal growth and accumulated sediment. Tanks and pipework should be disinfected every 18 to 24 months to reduce algal growth: Adding chlorine the Ministry of Health guidelines state that it is acceptable to add half a teaspoon of plain household bleach for every

10 ltrs of water, this process will kill most germs, it is important to be sure the product contains no added perfumes, colorants or detergents (surfactants). Any enquires regarding this subject or any Real Estate related questions please contact Ian Sneddon at Mike Pero Real Estate on 027 209 0789. Next month we will giving you the facts on septic tank systems.

The search for perfect water pressure is over

The search for perfect water pressure is over. Introducing the NEW GRUNDFOS SCALA2. Grundfos Scala2 is a robust, composite, variable speed pump that adjusts performance according to water demand, providing constant pressure to all taps. The fully integrated pump includes a motor, tank, sensor, drive and non-return valve in one compact unit that is quick and easy to install. SCALA2 is self-priming, allowing for use from both above and below ground water sources and the water-cooled motor ensures quiet operation. Proudly displayed in our showroom, call in and talk to our friendly staff 156 Main Road Kumeu 412 9108.

What stock for my block

Choosing which stock and in what numbers you can graze on a particular block of land is dependent on a number of factors. The Waimauku, Huapai, Kumeu area is fortunate to have some of the most fertile soil in the Rodney District. This will allow you to stock at a higher rate than other areas. Stocking rates are based on an old method, Livestock units (LSU) or Ewe Equivalents (EE), these standards are what other classes of stock can be compared. This area has the potential to allow stocking rates of between 7 and 13 LSU's per hectare, depending on the quality of your pasture. Now comes the fun bit, how many LSU's are your target stock. I hope I am not making this too complicated as I am unaware of any other method of ensuring your lifestyle block is grazed in a sustainable manner.

Alpaca are 1 unit

Ewe - 55 kg at mating is 1 unit

Hogget - 40kg is 1 unit

Weaners - 135 - 270kg are 3.50 units

Heifers, steers, bulls - 200 - 400kg are 3.70 units

Pony - 6 units

Horses up to 15.2 hands are 8 units

Large horses 500 - 600 kg are 12 units

These rates are based on a pasture only diet. Pregnant stock and horses in work will require more grazing and possibly dietary supplementation. I recommend you ask your vet or your local rural supply store as they are a great source of local knowledge.



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Lyndsay Kerr your Lifestyle block specialist, Mike Pero - Kumeu, 027 554 4240.

New homes require interior help

Building a new home can be daunting. A lot of you are going through the process right now. Once you have decided on your building company, it is important to enlist the help of an interior designer for at least one consultation. If you go for a template design, get an interior designer to really look at the layout and help you make decisions on increasing the size here and there, heightening the stud in areas or fleshing out your storage requirements. Secondly an interior designer is a great asset to help you decide your scheme. Paint, carpet, tiles, hardware, and electrical requirements for the future. And thirdly I have provided many 3D renders for families to really make them understand the space. We all know that moving into a new house with your old furniture just doesn't look the same so it's about being smart and compromising on a few top pieces that you should retain and purchase to reflect the overall integrity of your new beautiful home. For more information, or a consultation, contact Pocketspace Interiors. www.pocketspaceinteriors.com.

Featherwood Furniture

Featherwood Furniture got its name from a beautiful black rooster who would wander in and out of the factory. Situated in the foothills of the Waitakere Ranges, the factory is nestled amongst bush and farmland and is an idyllic place to work. Ken Marshall, the owner and senior cabinetmaker has been crafting furniture most of his life. He is committed to craftsmanship

and has a love for wood and nature. Having learnt the trade as a youngster and then acquiring the machinery from his mentor some years later, he was well equipped. A new rural property with an empty barn saw the realisation of a dream and the beginnings of a furniture business. Ken started making children's furniture for his daughter's business TomTomJak, formerly Treehouse, 20 years ago. Lucky children slept in bedrooms with the most stylish furniture in town - princess beds with pretty accessories, sturdy bunks, toy boxes, play tables & chairs to name just a few. Still crafting the TomTomJak range, Featherwood now has its own luxurious sleep range of mattresses, bed bases and upholstered headboards. Not just for children, they make all sizes of beds and the beauty is that these items can be custom made. Recently added to the busy factory is a repair and repaint service and they can pick up and drop off too.



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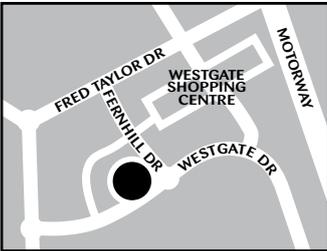
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