

# the **Westerly**

FREE monthly community magazine for Massey to Hobsonville Point

Property market report

Winterfest on the Point

- People & places
- Home & garden
- Community notices
- Food & beverage

KittyHawk

Circulation is 10,000 print copies.

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

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August 2019



## Greetings

The ancient Babylonians, Chinese, Romans and Greeks used a variety of methods of banking. Current collectors of worldwide banknotes ("notaphilists") may have in their collections notes from the last 150 years or earlier; as banknotes in Europe (to avoid the issue of the bulk and weight of coins) started to become widespread. By the early 1960s, almost the whole world was using paper money.

In an attempt to prevent counterfeiting banks introduced sophisticated engraving techniques, complex watermarked paper and fine strips of metal within the paper. Skilled engravers and artists were employed, making notes highly intricate in design, and even today banknote designers employ a number of teams to create different areas of the note. Polymer ('plastic') notes were first introduced 35 years ago, and in 1996 Australia was the first country to have a full set of polymer banknotes replacing paper. Many countries now include holograms embedded in the notes, and transparent windows containing designs to counteract forgeries.

Collectors may chose themes such as famous people, animals, architectural images, historical contexts or countries. Inflation can lead to very large numbers (such as the Zimbabwean 100 trillion dollar note), and some people even collect particular patterns of serial numbers.

In New Zealand, paper money arrived with the Europeans, and six trading banks issued their own notes until the Reserve Bank issued a uniform currency in 1934. Decimalisation took place in 1967, and polymer notes were introduced in 1999. It seems that recently the widespread use of electronic payments is reducing the demand for cash, although one may speculate that if payments were made in cash rather than on a card, people would be more aware of their spending and reduce getting into debt.

Welcome to the new look Westerly. Many thanks to Graham and Stacey for this exciting development. There should be something to cater for all tastes here, whether it is mindfulness for children or seniors learning new tricks with computers. You might even find ideas for stretching your finances a little bit further, enabling you to care for your community, care for yourself, and benefit from all our West Auckland environment offers.

If you have a story to tell, a business or activity to promote locally, please get in touch. Keep reading and enjoy August.

John, editor



## What's inside

- 3 People & Places
- 4 Community News
- 6 In brief: Updates
- 8 Run the city
- 10 Moondance Leather
- 12 Property News
- 14 Property Statistics
- 16 Property Market
- 24 Hot Property
- 26 Hobsonville Point
- 28 Home & Garden
- 30 Build New
- 32 Food & Beverage
- 34 Health & Beauty
- 36 Sore throats
- 38 Area Columnists
- 40 Strange Rites
- 42 Netball Centre
- 44 New Shoots
- 46 Toi Toi Wines

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# People & Places

## Kittyhawk

Tell us what makes the Kittyhawk offer memorable or better still unforgettable?

The interiors for starters. Each little detail is inspired after a vintage officers' mess, a place where top-ranking officers would congregate to eat, drink and socialise while serving in the Air Force. The entire fit-out, from the dining booths to the light pendants, pay tribute to the wartime era of the early '40s. Original wartime posters and black and white photos of mid-century aircraft adorn the walls. The Kittyhawk was the first aircraft to be used in the Pacific during the Second World War- and housed in the Hangar on Hobsonville Point.

Kittyhawk is a tongue-in-cheek rendition of the exclusivity that characterised the officers' mess- it is partly why we occupy a space that's separate from the communal dining area... Kittyhawk is where you'd come if you were looking for something a little more refined.

What customer experience can the public expect?

We take a lot of pride in a personable service. We love to meet people and welcoming our guests to Kittyhawk is no less special four months on. We are very lucky to be part of such a special community-warming, welcoming, adventurous and plenty of history to reflect on!



What testimonials come in from customers?

Kittyhawk operates with a very small team. We get to know our customers, whether they are regulars or first time visitors. Our guests love the space. It's so unique and the attention to detail is amazing. We are open from early until late and offer a delicious brunch to start the day off followed by an eclectic menu inspired by Italian fare and surrounding gastronomic treasures.

Our beverage list is small yet offers a variable selection of quality local and international wines and beers. The cocktail has been a massive hit. Ten unique crafted cocktails inspired by 1940's Turin... light, spritz and charismatic.

In your opinion why do customers engage and why do you get such positive feedback?

We have a winning team that is passionate about designing a unique customer experience for each and every guest.

What makes your customers passionate about what you do?

Passion breeds passion... we love what we do and our guests buy into it and want to be part of that. It's great! Delicious food and beverages in a small intimate candle lit bar and nostalgic tunes.

What's your favorite dish on the menu?

There's so many and I love the idea of our sharing menu encouraging several dishes to be shared and enjoyed in one visit. But... working my way through the cocktail list with friends and grazing on a selection of antipasto or the 'Cacio e Tartufo' (Cheese & Truffle) - crispy parmesan and tapioca bites accompanied with a truffle aioli. These have been a hit!

# Linda COOPER

My track record is common sense decision making, practical solutions and always being available to my community. We've delivered Te Atatu Library, Te Manawa/Westgate Library, unprecedented investment in our bush tracks and significant increases in bus and train services.

I've always worked in the West; Waitakere Community Board, Massey High School Foundation, Chair of Hospice, McLaren Park GP Nurse, Ranui Action Project, Waitakere City Councillor, Justice of the Peace, President of Waitakere Licensing Trust and as your current Councillor for Waitakere.

My entire life is dedicated to service. I remain committed to giving you my best.

- Making Regional decisions with the West at Heart
- Getting a fair share of your rates \$\$\$ spent in Waitakere
- I will Champion our local communities
- Keeping up the push for reliable, safe and frequent public transport
- Protecting our environment and improving beach and stream water quality

## Backing the West

# Community News

## Canada Alaska cruising, Rocky Mountaineer train journey and bears

Register your interest in our evening with our specialist speakers covering small and large ship cruising in Alaska, the Rocky Mountaineer Train, bear view options and loads of other information. The date is still being sorted for August so let us know if you are interested and make sure you reserve your seat first. Office phone number is 09 416 1799 or email [hobsonville@helloworld.co.nz](mailto:hobsonville@helloworld.co.nz).

Hayley has just returned from Sri Lanka and the stunning scenery up there. "Ayubowan" the phrase that met you everywhere you went, uttered by the Sri Lankan locals, welcoming you to their beautiful country and blessing you with long life. Sri Lanka is home to lovely English speaking locals, an array of wildlife, both on land and sea, rich culture and lots of spicy local delicacies that will keep you on your toes. This destination is perfect for the avid traveller who has been to Bali, Vietnam or Thailand and is wanting to experience, what I would say is a taste of Asia and Africa all rolled into one. Your options here are endless, whether you want a beach holiday with snorkelling and diving, to explore old ruins and temples rich in history, to stalk the local wildlife on jungle safaris, hike to the top of mountains for panoramic views or live like a local picking tea at their many tea plantations, Sri Lanka has something to offer everyone.

Carolyn has just returned from the Arctic, where she went on a flight 3 hours north of Copenhagen, then boarded a cruise for 7 nights chasing polar bears. She was lucky enough to see a bear on her first day



at sea and a few walrus and lots of reindeer. It was stunning dramatic scenery with clear blue skies and calm sea days so was fabulous. It was busy having two excursions each day on zodiacs, some zodiac cruising along glaciers and amongst the sea ice and some landing ashore visiting some sites where mining, whaling and hunting took place, and there are summer huts there for visitors. It was cold with each day being between 2-6C but the breeze made it very cold and you really needed to wrap up which is expected. It was an experience of a lifetime so call in and have a chat to Carolyn if you want to know more. There are some photos on our Facebook page which you can view as well.

## Show Dad how much you love him

Father's Day is fast approaching. How are you going to show him you care this year?

Socks? Craft beer? Tools? BBQ equipment? OR why not do something different this year and buy him a personalised gift from Precious Imprints.

Choose from key rings, guitar picks, pendants cuff links and more, or we can work together and create something unique to your relationship with him, something only you and he will "get".

Visit my website [www.preciousimprints.co.nz](http://www.preciousimprints.co.nz) for inspiration or feel free to email me [jo@preciousimprints.co.nz](mailto:jo@preciousimprints.co.nz) so we can start creating your original gift for Dad, one that he can treasure forever.

Father's Day – Sunday 1st September – Order now to be sure you have the perfect gift in time. And don't forget the grandads too!



## Calling all zero waste innovators

Jumpstart your waste minimisation project with funding from WMIF.

Grants of up to \$50,000 are available from Auckland Council for Aucklanders with innovative ideas on how to reduce waste. The Waste Minimisation and Innovation Fund (WMIF) helps bring ideas to life and support the city to reach its target of zero waste to landfill by 2040.

WMIF funds projects from businesses, local iwi, and education and community groups that will divert waste from landfill. Council is encouraging

*Massey High School's  
50th Anniversary*

SEEK THE HEIGHTS

*18-19th October 2019  
A Celebration of 50 years*

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# Community News

Aucklanders focused on waste minimisation start-ups and initiatives to think about how WMIF funding could enhance or expand their work.

Grant application workshops are running from late July to early August across the region to help people prepare for the application round, which opens on 1 September and closes at the end of the month.

Councillor Penny Hulse, Chair of the Environment and Community Committee, says the WMIF fund has been an important catalyst in fostering innovative waste minimisation projects across the region.

"We're now just over 20 years away from Auckland's zero waste target. There are some significant challenges to tackle, especially in the construction and demolition waste and commercial waste sectors."

## Teachers set their protégés on fast-track to Fashion Week

It seems that behind every emerging fashion designer there are inspiring teachers.

Four of the 10 Auckland finalists in this year's Resene NZ Fashion Tech Colour of Fashion attended Massey High School, where the school's former Fashion Academy teacher Jonelle Tumarū known as 'Mrs T' seems to have sparked a fashion phenomenon. Mrs T was the students' biggest fan, influencer, tutor, mentor and passionate believer.



Fashion students Terrell Henry (22), Janesa Boreham (23), Rolieta Pritchard (20) and Samantha Parr (20) all attended Mrs T's fashion classes at high school. All four have been catapulted into the fashion big-time as finalists in 2019's Resene NZ Fashion Tech Colour of Fashion project. But while Mrs T gave them early confidence and skills to begin their journey, another tutor Susan Barter, who leads the Auckland Diploma programme at the New Zealand Institute of Fashion Technology (NZ Fashion Tech), helped them refine their eye for design and perfect their technical skills in more recent years.

Resene and NZ Fashion Tech collaborate to give final year undergraduates a chance to be part of a professional fashion shoot, direct their own portfolio images from behind the camera and feature in a Resene on-line gallery.

The 17 finalists in 2019 – ten from Auckland and seven from Wellington – will attend a glamorous opening night at New Zealand Fashion Week on 29 August where the Resene Designer Runway will open with their designs – dresses, jumpsuits, shorts - in an explosion of vibrant colour. Tickets to the public Resene Designer Runway shows went on sale at iTicket in June 2019.

## Don't have time to walk your dog?

Based in Helensville, Tail-Blazers covers the outer North West, and we take small groups of dogs on dog walking adventures. Just like people, dogs benefit from regular exercise. It not only helps them physically but also mentally, relieving boredom and stress. Dogs are picked up and transported in their own custom-made cage to ensure they travel safely.



We then head out for a minimum of an hour to some of the best bush and beach adventure locations in the area. Afterwards they are dropped off home; towel dried, watered, but most importantly tired and happy. So, if you work long hours or are busy with other commitments you can have the peace of mind, knowing that when you get home after a long day that your dog has had that important exercise, whilst engaging in socialisation, stimulation and play.

Tail-Blazers phone Mandi on 021 874 070 or email [woofwoof@tailblazers.co.nz](mailto:woofwoof@tailblazers.co.nz) or visit [www.tailblazers.co.nz](http://www.tailblazers.co.nz).

## See you at Burgundy's

The glamour of 1980's Parnell came to Summerset at Monterey Park for our mid-winter celebration. Debbie Dorday & Jim Joll entertained the village with their amazing show "Razzle Dazzle". After enjoying a few glasses of wine & some gorgeous cheese boards from caterers Flour Flower the show started. For the next two hours, Debbie and Jim kept everyone entranced with fantastic costumes, beautiful singing and tear-streaming comedy. Unfortunately, as they tour one show a year, we will have to wait until next year to have them back to entertain us.



Luckily for us though, Debbie has graciously agreed to come back to Monterey Park to give a talk about how a pastor's daughter from Hertfordshire found herself in New Zealand as a youngster, at stage school in London at age 10 and at age 17 was kicking up her heels at the famous Moulin Rouge! And that's just half of it!

If anyone in the community would like to come along to listen to Debbie Dorday on Wednesday 7th August at 2.30pm, R.S.V.P to reception on Phone 09 951 8920. Photo credit [livecabaretshoes.com](http://livecabaretshoes.com).

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# In Brief Updates

## The Hangar

The Hangar brings a new offering to West Auckland. An innovative co-working space with desks, studios, meeting rooms and function areas. With various membership options for a varied range of businesses, it offers a forward-thinking alternative to the traditional office. Situated on the Hobsonville Point waterfront,



The Hangar offers much more than just a desk to work from. Head downstairs to the Little Creatures Brewery for post-work wind-downs, or flex the creative muscles strolling the Coastal Walkway.

Keep things open-ended with a Flexi Desk available weekdays 8.30am – 5.30pm from \$450 a month. Or settle in to something a little more permanent with a Fixed Desk including 24/7 access, available from \$750 a month. For those wanting a designated space for their team, along with all the benefits of a co-working environment, The Hangar's private studios accommodate up to 10 desks per studio (option to combine multiple rooms is available) and provide 24/7 access. Starting from \$3,500 a month.

Functions, presentations, workshops and brain-storming sessions are all made seamless at The Hangar. Six spaces are available by the hour or day, with additional AV equipment and catering packages available.

Enquire now for availability and prices.

Note: Prices are GST exclusive and discounts are available for terms of 12 months or more.

Email [info@thehangar.nz](mailto:info@thehangar.nz) or phone 09 393 4995, visit [www.thehangar.nz](http://www.thehangar.nz).

## Hobsonville Point Photography Exhibition

The second Hobsonville Point Photography Exhibition is in the final planning stages with dates announced shortly.

The exhibition showcases the work of more than 30 local photographers who have submitted up to three photographs each. Last year's photographs were submitted by professional and amateur photographers along with photographs from students at the local secondary school. Photographic subjects ranged from treasured holiday locations from around New Zealand



and the world, local Hobsonville points of interest, beautiful nature and botanical photographs, along with portraits of people and pets.

More than 100 photographs will grace the walls of the local venue with a 2 week exhibition planned.

As part of the preparations being made local photographers, Greg Torchia and Paul Smith will be running a photography workshop in the newly opened Hangar above Little Creatures Brewery.

Proudly sponsored by Fabric Café & Bistro, House of Travel Hobsonville, Naylor Love, Photoprints and the Hangar.

## Bomb Point

With just a day's notice, near 100 Hobsonville Point locals turned up for an impromptu protest and launch of a 'Save Bomb Point' petition. The petition requests 'the House of Representatives set aside 11.2 ha of Bomb Point land as reserve, to be managed by Auckland Council'.



At the rally speeches were made by Bomb Point Action Committee chair Grant Dixon, Upper Harbour Local Board member Nicholas Mayne, Hobsonville Point Residents Society chair Errol Haarhoff and Auckland Councillor John Watson. All spoke in favour of the whole park being retained as reserve and expressed frustration as to how long it is taking to occur.

Concern centres on the rezoning of the land as residential during the 2015 Unitary Plan process. Then HLC had the land rezoned as residential which significantly increased its value. The Council has said the new value puts it beyond the parks and reserve budget. Residents are concerned that this stalemate is endangering the future of the park.

Dixon says "This is really important, as Bomb Point becoming park will benefit a huge local population that will grow to the size of Gisborne City."

The Petition can be signed online at: [www.parliament.nz/en/pb/petitions](http://www.parliament.nz/en/pb/petitions)

## So true story....

Newly-wed wife (Massey Patrolter) was away for the night visiting relatives leaving newly-wed hubby to fend for himself (1st mistake). He was outside picking winter grapes in the dark (we're really not sure if this is normal behaviour) with his head torch when he saw a large dog approach him on his property. Said dog attached to a leash. A long leash. Eyes follow long leash and found a burly cop at the end of

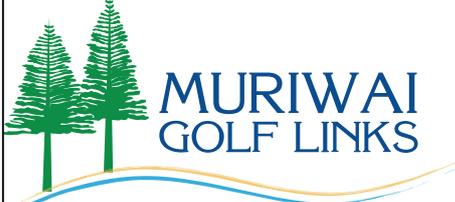


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# In Brief Updates

the leash shining bright torch in his direction.

Ah, he asks – “What’s going on, Officer?” Officer replies...“Neighbours have reported a robbery in progress”. Ah ha?

Neighbours heard him rummaging in the vine. Saw the small head lamp light. Saw the living room light was off and promptly called 111. Shame!!! Full Delta crew turns up - Dog was probably hoping for some excitement Just when the cop thinks he’s heard it all before “Just picking grapes not locks” says hubby - (Yeah right – a likely story)

Wifey will take the neighbours a cake to say thanks and keep up the good work. And great work NZ Police for the quick response to the suspect burgling his own grapes late at night.

The purpose of CPNZ is to empower communities to prevent crime and create safer environments through the utilisation of trained and equipped volunteer patrols. Massey patrol uses Massey Community Police Station as their base. If you have further questions please contact us via “Massey Community Patrol” on Facebook or at Massey Police station 09 832 4099.

## Woodside Garden water tank gets new support

Recently, members of Woodside Community Garden (based at Woodside Reserve, 28 Woodside Road, Massey) became aware that the support for the water tank urgently needed replacement. So Riverpark Action Group applied for an EcoMatters Humming Gardens grant to fund the materials and were fortunate to be awarded \$500. Volunteers



Mark and Gilles worked together on the design and build but the costs kept climbing. So the decision was made to participate in a couple of car boot sales to raise additional funds. The garden volunteers donated items and Nicole, Olga and Jacqui manned the tables firstly at the Night Market at Church of the Good Shepherd in Massey on Saturday night and then the following morning at the Swanson Market. A large number of items were sold at knock-down prices raising the grand total of \$391. The total spend to date on the water tank support was \$827 so this was sufficient to cover the outstanding costs, which was a great relief and allowed us to reimburse our volunteers for their expenditure. Our grateful thanks go to local business Bridgestone Kumeu/Westgate who kindly provided sponsorship by covering the market fees. Would you like to be involved? Contact us at rag.riverpark@gmail.com. You can also find us on the Sharewaste site ([www.sharewaste.org.nz/](http://www.sharewaste.org.nz/)) ...bring us your vegetable scraps for our compost.

## Cityhop

Cityhop Car Share allows you to rent a car by the hour. A car when you need, where you only pay for what you use. This gives Hobsonville residents and businesses a real alternative to owning a car (or a second car).



It’s easy to become a member: sign-up online, receive a Cityhop smartcard, then simply tap the card on the windscreen to unlock the car and drive away.

Two cars live at the Catalina Bay car park, and over 100 more live around Auckland (and Wellington). Pay only for the hour/day, Cityhop covers fuel, insurance, maintenance, WOF and all the heavy costs associated with owning a car. Once the booking has finished members simply drop it back to the pickup location, lock it using their card and walk away worry free.

Car sharing is a fantastic addition to the transport options available in Hobsonville and has been a proven tool to reduce car ownership. Over 49% of Cityhop members either no longer own, have sold a car, or delayed buying a car since joining the service, according to a 2018 Auckland Transport survey.

It’s currently free to sign up (usually \$39) to the service online at [www.cityhop.co.nz](http://www.cityhop.co.nz) with hourly rates starting from \$9.50 an hour.

## Exploring the world of Game of Thrones

Considering the affect Lord of the Rings has had on New Zealand, it should come as no surprise that fans are now flocking to famous Game of Thrones film sites across Europe. If you’re a fan, here’s the low down on the must visit destinations. (Let’s not discuss season 8)



The majority of the show is filmed in Northern Ireland, and you’ll instantly notice the landscape of Westeros and the Seven Kingdoms.

Just south of Belfast is Strangford Lough and Castle Ward which were used in many of the scenes of Winterfell. A little further down the road is Inch Abbey where Hoster Tully’s funeral was filmed, and Tollymore Forest



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Park, the site of the famous scene where the three Night's Watchmen encountered the White Walker. North of Belfast you'll drive through Shillanavogy Valley, aka the Dothraki Grasslands, and onto the famous Dark Hedges where ancient crooked trees enclose Kings Road, the setting of many ambush scenes. The coastal road between here and the city of Derry is home to many scenes including Dragonstone, the Iron Islands, Cushendun Caves (where the Shadow Baby was born) and Murlough Bay where a certain scene involving Theon, Yara and a horse took place. Of course, while you're up here, a visit to the World Heritage listed Giant's Causeway is a must, as well as many other sights along the way.

Kings Landing is the capital city of the Seven Kingdoms and home to the Lannisters. For the infrastructure required, the city scenes were filmed in the historic cities of Mdina, Malta and Dubrovnik, Croatia. Only the first season was filmed in Mdina, so Dubrovnik will be the more recognisable of the two.

The beautiful World Heritage listed city of Dubrovnik has long been a destination in itself, but now Game of Thrones fans can explore the historic buildings, walk the cobbled alleyways and climb the city walls on dedicated day tours. A highlight is a visit to Lovrijenac Fortress, home of the notorious King Joffrey. North of the city is Trsteno Arboretum which was used as the palace gardens, complete with stunning views over the Adriatic ... and south of the city is Marken Island, the setting of Qarth.

It's not hard to guess which scenes were filmed in Iceland, they are of course, the scenes 'behind the wall'. Most of the scenes here were filmed in Vatnajökull National Park, a huge park which covers approximately 13% of Iceland. Here you'll witness the battle between fire and ice as active volcanoes and massive glaciers carve up the landscape.

Pop in-store, call us on 09 416 0700 or email [Hobsonville@hotmail.co.nz](mailto:Hobsonville@hotmail.co.nz) and let's make this happen. If you've been longing to travel to Winterfell or Kings Landing, we can create the perfect Game of Thrones holiday. House of Travel Hobsonville 09 416 0700 225 Hobsonville Point Road.

## Run the city for Hospice West Auckland

Come on Westies: Run, walk, hop or skip for Hospice West Auckland on the 20 October 2019 for the Auckland Marathon. Whatever it may be, do it your way and help us raise \$10,000 which ensures we are there with services when people feel totally lost about how to provide the care needed for their dying loved one.



There's something for everyone: The Family 5km, 11km Traverse or for those keen on more of a challenge, you can get involved in a half or full

marathon.

One of our past Auckland Marathon runners says that Fundraising via the Auckland Marathon is a great way to raise funds for Hospice West Auckland.

"The more support Hospice West Auckland receive, the greater their impact. The essential and beautiful care the Hospice staff provide is an immense help at such a difficult time."

To kick-start this journey, you will need to: Create a fundraising page via the Everyday Hero website [www.everydayhero.com/nz/](http://www.everydayhero.com/nz/). Choose your distance. Search 'Team Hospice West' in the search bar at the top right corner of the webpage. Once you've found us, click 'join team.'

Come along on the day in some fun and quirky attire and remember that no matter the distance or the amount you raise; every step you take makes a difference.

For more information, please contact our Fundraising team on 09 834 9752 or via email [telial@hwa.org.nz](mailto:telial@hwa.org.nz).

## What is Your Interest?

Education, keep fit and sporting activities take place at the Massey Birdwood Settlers Hall. You can also learn and practice the art of scrapbooking on the first Friday of every month with Trish Kelly. Trish runs classes in the Den from 7pm.



On the second Saturday of every month, the Waitakere City Cake Decorating Club converge on the Hall. Demonstrations and classes are held that teach you how to decorate the cake for a 21st birthday, or your friend's wedding.

Some wonderful hand-crafted cakes end up being on display that are just too nice to eat. You can contact the club through the club's email address [wcdc.secretary@gmail.com](mailto:wcdc.secretary@gmail.com).

On Monday nights Aikido takes place in the hall with Craig Andrew while Kung Fu taking place on Thursday nights. The Massey Indoor Bowling club is also looking for new members to participate in its sport on a Wednesday night, while Tuesday afternoons attracts young Hip Hop dancers to the hall.

Housie attracts a lot followers on Friday nights, while on Sunday mornings the All Nations Church holds its church services.

Throughout the week the English Language School is in operation and the Red Hills Community Kindergarten is also operating in another section of the hall. The Kindy also uses a the playground at the rear of the hall for 3-5 year olds to play, the young students being connected to their teaching area by a covered and fenced walk way.

### 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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# In Brief Updates

If you're interested in any of the activities check out the website [www.masseybirdwood.org.nz](http://www.masseybirdwood.org.nz) or contact the Secretary by emailing [massey-birdwood@gmail.com](mailto:massey-birdwood@gmail.com).

## Multi-million dollar development boosts economy

A multi-million dollar retail development has provided a significant boost to the local economy with suppliers running 24 hour shifts to manufacture materials for its construction.

Furniture and homewares retailer Nido, will cover a 31,000 sqm area in West Auckland, significantly larger than any other store in the country.

Managing director Vinod Kumar says the sheer scale of the \$60 million development has put pressure on their suppliers to meet their demand for locally made materials - which has led to further job growth.

He says the logistical considerations of the project have also meant much of the work is being done in off-peak hours.

"To ensure there is no disruption to local traffic in transporting the 9,000 cubic metres of concrete being poured, 1,800 truck loads will be delivered to the site in the middle of the night.



"In addition, 1,800 tonnes of structural and reinforcing steel has been ordered. While an order of this size has been a significant boost to our suppliers, they are running in 24 hour shifts to get it manufactured in time," he says.

Kumar says the New Zealand owned company is proud to have been able to provide work for more than 450 locals on the construction phase of the development as well as employing a further 200+ when the store opens in the coming months.

He says the project is now 40% complete and expected to open some time towards the end of Spring this year.

Kumar says the project will also see the installation of more than 15,000 sqm of roofing, 1,600 piles and 12,600 lineal metres of purlins and girts.

Construction on the Nido site at 158 Central Park Dr, Henderson began in October 2018.

## SeniorNet West Auckland

We have been running classes at SeniorNet for many years now but times are changing and we are finding that people are attending our Help sessions, some on a regular basis, in order to update their knowledge of what's available to them on Tablets and Smart Phones. These things were not around when SeniorNet first started. I would be quite lost now without an iPad given all the great programs that are out there to be explored.

One of our favourite downloads is Libby, which gives you access to most of the Library books, and also RBDigital for reading magazines. If you would like help downloading either of these call and see us at our Learn-

# Massey Birdwood Settlers Association Inc.

Our hall is situated on the corner of Red Hills Road and Don Buck Road in Massey and is the home of;-

- Redhills Community Kindergarten - phone 09 833 6401.
- Massey Indoor Bowls – Wednesday nights from 7pm
- Massey Housie – Friday nights from 7pm
- Waitakere Cake Decorating Club – second Saturday of the month
- Aikido on Monday nights
- Kung Fu on Thursday nights
- English Language Partners – weekdays during the School Term
- Massey Birdwood Settlers Association (your local resident and residents and ratepayers' group)

For information about the hall and Massey you can contact our Secretary John Riddell on 09 833 6972, email [masseybirdwood@gmail.com](mailto:masseybirdwood@gmail.com), check out our website [www.masseybirdwoodsettlers.org](http://www.masseybirdwoodsettlers.org) or our Facebook page [www.facebook.com/masseybirdwoodhall](http://www.facebook.com/masseybirdwoodhall).



# In Brief Updates

ing Centre on our Help days and remember to bring along your Tablet together with your library card, which you will need to get on line. We will be running a more in-depth class on Phones and Tablets to get you started, during August, so keep watching our web page for details.

Our Centre is based upstairs in the Henderson RSA 66-70 Railside Avenue, opposite the railway station, and our monthly meeting is held at the Kelston Community Centre Cnr Awaroa Road, Kelston. On the 3rd Tuesday of the month with a guest speaker and morning tea.

Our Help days are in the 2nd and 4th Tuesdays of the month and please note the change of times, now between 10am and 11am. However if necessary our Tutors will stay on till 12 noon should you need more time. We do ask for a \$5 donation. Please contact June on 09 833 8186 or you can leave a message on our office phone 09 837 7600 if you have any further questions.

## Moondance Leather

These are New Zealand made leather bags. Handcrafted on the North Shore in Auckland.

The bags are individually made with a wide range of coloured leathers being used. We have been operating for many years selling locally and throughout New Zealand proudly pressing home the point that the bags are New Zealand made. We have now made the bags available for purchase on the following sites: [www.felt.co.nz/shop](http://www.felt.co.nz/shop) or [www.etsy.com/nz/shop/moondancenz](http://www.etsy.com/nz/shop/moondancenz).

Email: [moondanceleathergoods@gmail.com](mailto:moondanceleathergoods@gmail.com).

Phone: 09 480 6357 or 021 029 96278.



## No single-use plastic bags

Make sure you pack a reusable bag when leaving home to avoid being caught bagless as the ban on single-use plastic bags came into effect recently.

The government announced the complete ban on plastic bags in 2018 and have given businesses time to prepare for the change. It's a move fully supported by Auckland Council and one that many Kiwis have embraced.

Last year, 92 per cent of the more than 9,300 people and organisations who had their say in the Ministry for the Environment's consultation supported a mandatory nationwide phase out.

"It's an issue we know Aucklanders are concerned about. We love our harbours and beaches and the bag ban is a practical, simple step that

protects our environment from a major source of litter and stops hundreds of millions of plastic bags going into landfill each year," says Councillor Penny Hulse, Chair of the Community and Environment Committee.

"Removing plastic bags from our environment is great news. But, we won't reach zero waste to landfill by banning plastic bags alone. We also need to look for ways to remove single-use items from our lives and focus on how to find reusable alternatives," says Councillor Hulse.

## Sundowner of the Skies

In the early morning of 16 October 1930, Oscar Garden taxied his tiny Gipsy Moth he had named Kia Ora, across London's Croydon aerodrome. His plan was to fly to Australia, which was sheer madness as he only had a mere 39 flying hours under his belt. When he landed at Wyndham 18 days later no one was expecting him. However, his flight – the third fastest after veteran aviators Bert Hinkler and Charles Kingsford – captured the world's imagination.

The press dubbed him 'Sundowner of the Skies'. Unlike most of his contemporaries who died in crashes, Oscar survived and went on to a career in commercial aviation. In April 1940, he delivered the flying boat, Awarua, to Auckland for Tasman Empire Airways Limited (TEAL), the forerunner of Air New Zealand. In 1943 he became TEAL's Chief Pilot and Operations Manager; as the 'Boss' of this fledgling company, he steered it through its formative years, but left suddenly in 1947. He never flew a plane again.

Sundowner of the Skies is a deeply personal study told by his daughter Mary Garden. 'He was an absolutely bitter, cold, authoritarian bastard of a father, says Mary. 'This is a warts and all account of a flawed character.' Until recently, she knew little about her father's life as an aviator. As well as digging up his amazing flying adventures, she uncovers his tumultuous childhood in north Scotland, the ghosts of his past, which he could not escape, and shines a light on the intergenerational trauma that impacted her own life. She even discovered photos of her father on the wall at Little Creatures at Catalina Bay on Hobsonville Point (formerly the Sunderland Hangar). The book is published by New Holland at \$32.99 RRP and available in all good bookstores.



## Is sponsorship tax-deductible?

If your business provides sponsorship to an individual or organisation, it may be tax-deductible. The IRD's position is that for sponsorship to be tax-deductible there must be a connection between the sponsorship expenditure and the business/income-earning activity. Businesses must

### Vote for John Riddell in the local government elections 2019

For the Henderson Massey Local Board

For the Waitakere Licencing Trust

View his Facebook page [www.johnriddell.co.nz](http://www.johnriddell.co.nz).

Authorised by Dr E Ali, 3 Jammen Drive, Massey, Auckland



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# In Brief Updates

be able to show that the sponsorship is likely to increase their taxable income. For example, a business sponsors a local sports team and in return has their logo and phone number printed on the team's uniforms. The business believes this local promotion of their brand will help to raise their profile in the area and generate new business enquiries. In this way the sponsorship can be shown to have the ability to increase their taxable income and therefore it would be tax-deductible.

Mark Foster and the friendly UHY Haines Norton team are your local accounting and tax specialists. Contact them on 09 412 9853 or email kumeu@uhyhn.co.nz.

## Be in to win a \$100 Prezzy card at the COGY facebook page

You may have seen in your letter box, a yellow piece of paper together with a COGY sticker. They are an invitation for this campaign. Answer a questionnaire about your parents/grandparents and be in to win a \$100 Prezzy card. Entry is through facebook.com/kokocogy where you can click on the "Learn More" button to go to the questionnaire and enter the draw. Entry closes on 31st August. Any questions regarding this campaign, gocogy@gmail.com.



## Waitakere Fire Brigade

Referred to as the "pit crew method", high performance C.P.R is being rolling out throughout New Zealand in response to an elevated rate of successful outcomes using the technique. Like a pit crew, the technique has an emphasis on key performance areas, with rapid and seamless chest compressions intersected briefly by the defibrillator and the lead medic. Thirty chest compressions followed by two oxygenated air bags are the base line. Everything else happens around this, with key positions being a lead medic with the defibrillator, medical support on drug administering and a support rotation through the airway and CPR compressions. Medical and Fire Personnel are trained in this area and offer fast, accurate response to public that are suffering from breathing or heart complications. In an



emergency dial 111.

Please appreciate that all Fire Personnel and most of the first response Medical personnel in Kumeu and districts are volunteers, (they don't get paid to save people's lives) so please appreciate what these people do, understand the hundreds of hours that these volunteers train and work with and acknowledge them. In addition it would be great if you could say thank you to them and support them, because the next life that they save could well be yours, and not having them around wouldn't be pretty.

Graham McIntyre - Chief Fire Officer, Waitakere Fire Brigade, Phone 09 810 9251.

Pictured: Past and Present Chief – Waitakere Fire, John Jull and Graham McIntyre. (A tribute to days gone by – John Jull gave 28 years of his life to the community as a Fire Volunteer, thousands of hours and very little thanks said. We can do better for our volunteers – say your thanks today).

## Don't be caught by a scamming schemer

Most scams start when someone contacts you out of the blue. Recently people have getting calls usually on their landline from a caller saying they are from Spark's (or Microsoft's helpdesk) – they will usually say there's a problem with your phone, internet or computer. They work to gain your trust and then they want you to pay to fix the problem.

The people who operate scams often develop sophisticated ways to fool you into believing they are a legitimate organisation who is contacting you for legitimate reasons. This might include developing a fake website or organisational letterheads that look like the real thing.

Scams succeed because they look like the real thing and catch you off guard when you're not expecting it. You should be suspicious of: Anyone calling, emailing or texting you on behalf of a Government agency, demanding payment or threatening deportation. Anyone calling or emailing you to ask for your PIN or Internet banking password. Banks will never do this. Any door to door salesperson or charity donations collector who is not wearing clothing or other items that identify them as such. Anyone who calls you unexpectedly, claiming to be from Microsoft or your Internet provider and offering to fix your computer or internet problems – especially if this service requires you to give them access to your computer.

Any bargain that sounds too good to be true. Any person whom you have only met online, who starts talking about their problems and suggesting that only you can help them. Any correspondence that tells you you've won a lottery, if you never bought a lottery ticket in the first place. If you'd like to help people in your community solve these and other problems, you may wish to be a volunteer at CAB Massey. Volunteering is incredibly rewarding and no session at Citizens Advice is the same as any other. For more information contact Barbara 09 833 557 massey@cab.org.nz or call in and see us at level 2 Te Manawa, Kohuhu Lane, Westgate, it's right beside the North West Shopping Centre.

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# Property

## So what's happening in the rental market?

There has been a lot of talk about the recent deluge of landlord compliance and what effect that may have on the rental market so I thought it may be interesting to write an update on the issue

A lot of commentary has been made around the possibility of landlords exiting the market and causing a shortage of rentals, I can certainly confirm that there has been continuing rent inflation in 2019, there are many contributing factors but landlords exiting the market has not been one of them, in fact we are seeing the lowest levels of landlord attrition in our business that I have ever witnessed, the reality is the current Auckland real estate market has discouraged many landlords from selling yet.

Strong rental demand suggests that there are plenty of people still wanting rental accommodation and I would suggest that some of these people are "would be buyers" that are not in a hurry to make the commitment to purchase and perhaps the restrictions on new immigrants from buying property until they have residency will have an impact on rental demand.

When you consider some of the above points you might wonder if it is actually good time to purchase a rental property, interestingly I am increasingly having this discussion with some of my clients. When you start looking for investment properties in Auckland one thing that becomes immediately clear is that rental yields have improved significantly from what they have been, this coupled with the very low interest rates may present an opportunity for investors with a long term view on the Auckland market.

As always this is a highly summarised view of the market I work in every day, if anyone is interested in a more detailed discussion, require rental appraisals or some frontline perspective on investment property purchases then I am happy to be contacted directly by phone or email, Brendon Stuckey from Quinovic Property Management West Auckland, [brendon@quinovic-wa.co.nz](mailto:brendon@quinovic-wa.co.nz), 09 837 6000, 027 490 7777.

## Property market report

When you buy gold, shares, bonds or put money into managed funds, it is only an investment. It might look good(or not) on paper, but it represents a financial worth, a present day value that you hope will increase as time goes by and the world changes.

When you buy a home it is a tangible asset. A living thing that delivers pleasure for purpose. You can add value, you can redeem an income (if insulated correctly) and you can call on additional cash funds and reserves to make life more liveable. Property like all investments has a trading cycle which like all financial commodities is heavily influenced by how many similar properties are on the market and how many buyers there

are. If there is a glut of land on the market and very few buyers, prices will weaken and if a home is unique and many buyers are interested, then competition will drive value up, based on desire for ownership. We are facing an unusual situation at present that some areas have a significant oversupply of land and houses and some areas have fewer properties and strong unique strengths causing demand to be high. What I can guarantee you is that if you are buying in this market you will achieve a very fair buying price and you will be able to start adding value to your investment straight away, increase the desirability and enjoy it for everything it is.

Because buying a home is more than just an investment, it feels really great, and you can make it uniquely yours. Make that happen today and see the benefits tomorrow. Now let's look at the market sales:

Herald Island residential	\$1,690,000
Hobsonville residential	\$670,000 to \$1,350,000
Massey residential	\$529,000 to \$970,000
West Harbour residential	\$665,000 to \$1,200,000
Westgate residential	\$973,500
Whenuapai residential	\$1,041,000 to \$1,168,000

Whatever your position and whatever your choices it pays to have a honest and upfront relationship with a professional and competent real estate professional to get your marketing and sales process on course and ensure your journey is well mapped out and well driven. Even if you are considering renovation and refreshing we have a suite of information and a checklist for ensuring you spend money in the right places to achieve a solid financial gain.

Call me today for a no obligation chat about your situation and what you are seeking to achieve. Phone 0800 900 700, text 027 632 0421, email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com) or view [www.grahammcintyre.co.nz](http://www.grahammcintyre.co.nz) - Mike Pero Real Estate Ltd Licensed REAA (2008).

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# Property

include; colour steel roofing, tile roof restoration, replacement of gutters and downpipes, and we also provide repairs on all of the above. All of our replacements, restorations and repairs on homes and businesses in Auckland are backed with an exceptional 10 year workmanship guarantee, and manufacturer's warranties also apply on most materials of up to 30 years. Precision Roofing and Spouting - phone 0800 002 222, email [info@precisionroofing.co.nz](mailto:info@precisionroofing.co.nz) or visit [www.precisionroofing.co.nz](http://www.precisionroofing.co.nz).

## Meet the Team at Gina Jansen Lawyers

Meet Gina Jansen, the Director of Gina Jansen Lawyers. Gina is a senior tax and property lawyer who is widely sought after throughout New Zealand for her tax, property and business legal skills. With two decades of legal experience including litigation in the District and High Courts, Gina is highly effective in her specialist areas and has helped thousands of clients solve their legal problems, get rid of tax arrears, get cash flow under control again and return businesses to growth and profitability. Gina is highly motivated, an extremely effective networker with a reputation for being direct, but with a common sense approach to solving legal problems and from which Gina has won considerable loyalty and reputation amongst her colleagues and clients. Gina works hard for her clients to help translate legal jargon and achieve their goals, whether individual or corporate. Gina has achieved consistent and significant results for her property and tax clients. Gina is dedicated to her business and yours. Call now for enquiries on 09 869 5820 or visit [www.ginajansen.co.nz](http://www.ginajansen.co.nz) for more info.



## Capacity and making a will

It is commonly accepted that we all live longer than say 20 years ago. However, living longer does not always mean having capacity in a legal sense. Lawyers are essentially required to make a judgement about a will maker's capacity to ensure that the will is valid. Lawyers are also expected to know that verbal ability is governed by a different part of the brain from decision making ability - and capacity cannot be assumed from verbal ability.

Things which also put a lawyer on guard about capacity include where a will maker is strong minded and provides, for instance, for current caregiver (who has driven them to the will appointment) in competition with the will maker's children and grandchildren. A contest about capacity can lead to an expensive and time-consuming court contest about the

validity of the will. Do not be surprised if your lawyer asks for a specialist geriatrician report where a will maker is say over the age of 70 or there is some other reason to question capacity.

Luke Kemp - Kemp Solicitors phone 09 412 6000 or email [luke@kemp-solicitors.co.nz](mailto:luke@kemp-solicitors.co.nz).

## Why do I need a will?

If you have wondered if you need to have a will, then I think the answer lies in whether or not you wish to have a say in how your estate is distributed to your family and loved ones + getting a say about who is charged with the responsibility of the task or caring for your infant children in your absence.

If you do not have a will then the Administration Act 1969 establishes that the first \$155,000 of your assets and chattels will be given to your partner. What's left will go 1/3 to your partner and 2/3 to your children. If you do not have children then 2/3 to your partner and 1/3 to your parents.

If you have a Will in place then it will be possible to apply for Probate at the High Court. The alternative is to apply for Letters of Administration which requires more steps/legal costs and can also result in distress for family members.

ClearStone Legal incorporating Kumeu-Huapai Law Centre can assist putting a Will in place for you. Telephone 09 973 5102 to make an appointment.



## Kawau Blinds and Awnings

Kawau Blinds & Awnings started up in the middle of 2018 after returning from 30 years in this industry in Queensland Australia.

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# Area Property Stats

Every month Mike Pero Real Estate Hobsonville assembles a comprehensive spreadsheet of all the recent sales in the area that reviews the full range of Residential transactions that have occurred.

To receive the full summary simply email the word "full statistics" to [hobsonville@mikepero.com](mailto:hobsonville@mikepero.com). This service is free from cost.

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
HERALD ISLAND	1,325,000	827M2	172M2	1,690,000		630,000	1014M2	100M2	635,000
HOBSONVILLE	960,000	269M2	186M2	1,020,000		810,000	450M2	203M2	820,000
	860,000	159M2	161M2	883,000		730,000	453M2	100M2	575,000
	790,000	134M2	132M2	800,000		810,000	450M2	203M2	804,500
	960,000	222M2	203M2	1,075,000		740,000	911M2	114M2	713,500
	1,100,000	245M2	200M2	1,000,120		700,000	0M2	110M2	672,500
	1,200,000	700M2	210M2	1,100,000		930,000	0M2	230M2	780,000
	965,000	191M2	185M2	900,000		620,000	0M2	110M2	594,000
	680,000	94M2	74M2	670,000		980,000	500M2	120M2	740,000
	750,000	0M2	111M2	690,000	WEST HARBOUR	870,000	743M2	180M2	665,000
	735,000	162M2	83M2	725,000		920,000	691M2	220M2	895,000
	1,320,000	268M2	263M2	1,350,000		740,000	674M2	90M2	730,000
MASSEY	690,000	454M2	95M2	665,000		690,000	0M2	110M2	655,000
	510,000	450M2	193M2	970,000		1,230,000	651M2	220M2	1,200,000
	1,075,000	675M2	350M2	820,000		940,000	0M2	160M2	829,000
	680,000	0M2	90M2	630,000	WESTGATE	1,050,000	545M2	190M2	973,500
	720,000	459M2	120M2	683,000	WHENUAPAI	1,125,000	345M2	232M2	1,041,000
	650,000	607M2	90M2	665,000		1,150,000	330M2	249M2	1,051,800
	475,000	0M2	70M2	529,000		1,150,000	819M2	290M2	1,168,000

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

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Mike Pero Real Estate Hobsonville 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 and no questions asked. Graham McIntyre 027 632 0421

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[www.mikepero.com/RX1782778](http://www.mikepero.com/RX1782778)



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**2B McEntee Road, Waitakere**  
By Negotiation

Some TLC and elbow grease is the order of the day with this classic 1980's kiwiana home set on over 2300 square meters of land. A four bedroom home plus study with the opportunity to renovate, refurbish and establish your look and feel whilst making the most effective use of the extensive valley views. Traditional bedroom access off a central hallway with galley kitchen and central bathroom. An independent double garage for tools and toys. Northwest facing the home is elevated and enjoys a section that will ensure your creativity can develop some effective opportunity. The CV on this property is \$795,000. 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](mailto:graham.mcintyre@mikepero.com).

[www.mikepero.com/RX1980408](http://www.mikepero.com/RX1980408)



**Graham McIntyre**  
027 632 0421

[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)



**MOTIVATED OWNER SEEKS OFFER - HUAPAI**



**By Negotiation**

**8 Remana Crescent, Huapai**  
By Negotiation

New Zealand built Signature Home with transferable guarantee, this distinctively different with an emphasis on open plan living, alfresco entertaining and secure spaces. The home boasts over 200sqm (approx) of home which enjoys the best of open plan entertainers living which opens out to a fully usable and fully fenced back yard. The four bedrooms and bathroom are all off a central hallway which ties into the double garage providing options for storage or an indoor play area. Attention to detail with a centralised data hub, extensive data & communications wiring to every room along with CCTV for added security. Central Heating / Cooling for comfort year round & a lit portico to enjoy the outdoor area - even in winter. Set on 743sqm section with a fully fenced grassed lawn area.

[www.mikepero.com/RX1807811](http://www.mikepero.com/RX1807811)



**Graham McIntyre**  
027 632 0421

[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)



**VENDOR SAY SELL, AFFORDABLE LIVING IN KUMEU**

4 1 1

**By Negotiation**

**16A Tapu Road, Kumeu**  
By Negotiation

Set well off the road, this beautifully presented home delivers some significant value to an expanding family or a downsizing mature buyer wanting a one level home. Extensively refurbished the home offers generous modern open plan living leading onto decking and entertainers kitchen with good flow and convenience. Four bedrooms and bathroom off a central corridor providing easy flow and ample storage space. A single garage offers space to car, toys or tools. The property is 400 square meters which provides ample space for a lawn framing and a peppering of trees and shrubs to compliment this established neighbourhood. Close to cafes, new primary school, transport hub, sports park and convenience shopping.

[www.mikepero.com/RX1808247](http://www.mikepero.com/RX1808247)



**Graham McIntyre**  
027 632 0421

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**BRAND NEW SHOW HOME - 4 BEDROOM**

4 1 2

**Asking Price \$919,000**

**31 Nellie Drive, Kumeu**  
Asking Price \$919,000

Seize this unique opportunity to purchase a brand new four bedroom two bathroom home in a quiet street in Huapai. A show-home to show off the very best of Maddren Homes. One of the original craft builders in the Kumeu area and backed by an extensive Master Build Guarantee. Offering all the advantages of a new build and at a price that is seldom found in a traditional four bedroom home purchase. We have worked with Maddren to trim the costs but not the quality, fit out or guarantee. No time to loose, make your mark today. Includes: Double glazing, heat pump, LED lighting, dishwasher, rangehood, waste disposal, heated towel rails, alarm. Close to convenience shopping, sports and recreational park, transport links and of course those fabulous west coast beaches.

[www.mikepero.com/RX1840725](http://www.mikepero.com/RX1840725)



**Graham McIntyre**  
027 632 0421

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## MARINA VIEW SCHOOL ZONE - WEST HARBOUR

3 2 1

By Negotiation

### 38A Sailfish Drive, West Harbour By Negotiation

Located a small drive from Westgate, NorthWest Shopping Centre and Hobsonville shops, the location is absolutely brilliant while the cul-de-sac position delivers safety and solidity. In zone for Marina View, Hobsonville School and Hobsonville Point Secondary School. On offer is a gorgeous fully refurbished, brick, weatherboard & tile three bedroom single level home, with all rooms off a central hallway and uncompromised alfresco to expansive and usable decking. Modern open plan kitchen and dining area opening out to alfresco to expansive decking. Master bedroom with wardrobe, en-suite and two double bedrooms. Internal access double garage. The yard is fully fenced and very safe for children and pets.

[www.mikepero.com/RX1805391](http://www.mikepero.com/RX1805391)



**Graham McIntyre**  
027 632 0421

[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)



## HARBOUR VIEWS

3 1 1

By Negotiation

### 69 Garfield Road, Helensville By Negotiation

This fully renovated home offers commanding views of the surrounding countryside, Kiapara River and the Kaipara Harbour overlooking the Kawanui Inlet. Recently renovated this spacious three bedroom home features a large light filled open plan kitchen and living area with a conservatory. The three large bedrooms all have built in robes and new carpet throughout. There is internal access from the garage which is accessed by a remotely operated door. The external perimeter of the property is secured by high walls and lockable gates. This home sits on a quarter acre section (1012 sqm) with plenty of room for the kids to play or secure your dogs. Mature fruit trees abound. Come and have a look at this well priced family home and marvel at the panoramic views.

[www.mikepero.com/RX1861152](http://www.mikepero.com/RX1861152)



**Lyndsay Kerr**  
027 554 4240

[lyndsay.kerr@mikepero.com](mailto:lyndsay.kerr@mikepero.com)



## MASSEY - FULLY REFURBISHED 4 ROOMS

3 1 1

Asking Price \$685,000

**72 Gallony Avenue, Massey**  
Asking Price \$685,000

This fully refurbished three bedroom plus separate office delivers great space on the outside and the inside. New kitchen and very well presented bathroom and separate laundry area. Open plan living and dining with sliders to north facing decking, the home delivers options for the whole family. Fenced for pets with a single garage and off-street parking, this is a home that will suit purchasers looking for a pleasing bush and pasture outlook over the neighboring reserve, peace and quiet and easy living over one level. Suitable for young and old. Close to transport links, primary and secondary schools and convenience shopping.



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[www.mikepero.com/RX1825742](http://www.mikepero.com/RX1825742)

Mike Pero Real Estate Ltd. Licensed REAA (2008)

[www.mikepero.com](http://www.mikepero.com)



## MOTIVATED VENDOR - AFFORDABLE LIVING WEST HARBOUR

3 1 1

By Negotiation

**2 / 109 Oreil Avenue, West Harbour**  
By Negotiation

A short walk from Westgate, a short drive to the Motorway onramp, a stone throw from West Harbour primary school. If location, location, location is a key criteria, this home is a prime contender. Three bedrooms, one bathroom, integrated dining and lounge and alfresco decking to the North and South, this home offers a mountain of advantages for a first home buyer or investor. Small lawn area, entertainment decking and an independent double garage. Let's make no mistake it's a bargain box of value. Includes features HRV, heat pump, closed woodburner fire, and is recently painted and carpeted. The home is set down a small drive away from the road and backs onto the Manutewhau Reserve delivering a peaceful, setting and great views over the tree canopy to the South West.



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## THE PERFECT LIFESTYLE PROPERTY

4 2 2

By Negotiation

### 535 Peak Road, Kaukapakapa By Negotiation

This property enjoys north facing panoramic views of the surrounding countryside. A spacious 252 m2 four large bedroom home provides plenty of room. A large open plan kitchen with breakfast bar opens out to the dining area and the lounge, there is also a large media/family room which opens out on to the two level deck. This house has great indoor/outdoor flow, there is a spa pool inset into the lower deck. This home is complimented with a high quality renovated kitchen with marble benchtops and a modern bathroom and ensuite. There is a well appointed sleepout for when guests come to stay and a large double garage which includes a workshop. There is plenty of grazing on this 3.1 ha property (7.66 acres) with four paddocks a set of yards and a loading ramp.



**Lyndsay Kerr**  
027 554 4240

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[www.mikepero.com](http://www.mikepero.com)



## WAIMAUKU LIFESTYLE - AFFORDABLE ON 1.3 ACRES

3 2 2

By Negotiation

### 805 State Highway 16, Waimauku By Negotiation

On offer is all day sunshine, green fields and options for chickens a vegetable patch or a pony and motorbike for the children. Whatever your plans, this small acreage lifestyle property delivers fantastic choice for a buyer that wants to get out of the urban jungle and have a life that is more wholesome and earth centric. The land is 5346 square meters and has options for plantings, propagation and pets, all flat fenced and usable. The land is fenced for dogs. The house is traditional kiwiana, 1950's with weatherboard cladding and painted galvanised steel roof. Generous rooms, two lounges, two bathrooms and three bedrooms, the home offers some excellent entertaining space and alfresco to north facing decking. Close to Kumeu and Waimauku Shopping, transport links, parks and schools.



**Graham McIntyre**  
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[www.mikepero.com](http://www.mikepero.com)



## AFFORDABLE LIVING IN RIVERHEAD - ENTERTAINERS HOME

3 1

By Negotiation

### 1014 Coatesville-Riverhead Highway, Riverhead By Negotiation

Owners motivated to move onto new project and welcomes your interest. A beautifully finished and landscaped contemporary bungalow. Offering a very modern open plan living out to sunny North facing decking to melt away the autumn shades. An altogether picturesque country cottage entrance entices you through the door to an open plan integrated kitchen, dining and lounge, with good flow to decking North and South. The home boasts three generous bedrooms and comfortable bathroom off the central hallway with ample storage all on one level. If you're a mature downsizer or a growing family you'll find plenty to be impressed by. A hop, skip and dawdle to Riverhead School, Hall, Cafés, Restaurants, Parks, Inner Harbour and walks. Brand spanking new CCC.

[www.mikepero.com/RX1814073](http://www.mikepero.com/RX1814073)



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[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)



## TAUPAKI LIFESTYLE HOME NEAR KUMEU

5 6 3

By Negotiation

### 296 Taupaki Road, Taupaki By Negotiation

Elevated living with a generous serving of land, stables and sheds. The home offers a total of five rooms, two lounges, three bathrooms, laundry area and open plan entertainer's kitchen, dining and lounge. The living areas and bedrooms open out to an exquisite garden, pool and lawn area that delivers options for glamping, marquees, or lazing away long summer evenings. The House offers options to close off areas so that it can be used for guests or family delivering great flexibility. Three double garages, two box stables and a tack room certainly delivers storage and amenities for a family wanting to have a horse or a pony, and with 1.5 hectares of land it provides just enough space for a ride or a graze. Mains gas, good water storage, heat pumps galore and options for extended family or storage income.

[www.mikepero.com/RX1730148](http://www.mikepero.com/RX1730148)



**Graham McIntyre**  
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[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)



## NO COVENANTS 2 ACRES - TAUPAKI

Asking Price \$699,000

### Lot 2 Taupaki Road, Taupaki Asking Price \$699,000

Well presented, North facing, elevated lifestyle section with boundary to a riparian strip. The land has an established access way off Taupaki Road. Gentle sloping with House site options that can make the most of the valley views and the sunshine. A short distance from Kumeu (city side) and North West Mall/ Westgate, the property is a short drive from the North Western Motorway. 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](mailto:graham.mcintyre@mikepero.com).



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[www.mikepero.com/RX1732517](http://www.mikepero.com/RX1732517)

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## 813SQM SECTION

By Negotiation

### 8 Drovers Way, Riverhead

By Negotiation

Flat, easy access, section in desirable Deacon Point. Take the time to appreciate the value attributed to the unique section within a short stroll to reserves, coastal walkways and the changing tidal patterns of the inner Waitamata harbour. Buy the section as is, or work with our building partner; Maddren Homes, a highly skilled team of multi-award winning Master Builders.



**Graham McIntyre**  
027 632 0421

[www.mikepero.com/RX1835033](http://www.mikepero.com/RX1835033)



## 428SQM SECTION

By Negotiation

### 11 Papa Orchard Drive, Kumeu

By Negotiation

This beautiful Maddren Homes package has been designed to deliver convenient, easy living. Buy the section as is, or work with our building partner Maddren Homes, a highly skilled team of multi-award winning Designer and Master Builders.



**Graham McIntyre**  
027 632 0421

[www.mikepero.com/RX1835017](http://www.mikepero.com/RX1835017)



## 472SQM SECTION

By Negotiation

### 38 Vinistra Drive, Kumeu

By Negotiation

Flat, easy access, section in Kumeu. Take the time to appreciate the value attributed to the unique section within a short stroll to sports park, Beer spot, convenience shopping, restaurants and cafes. Buy the section as is, or work with our building partner; Maddren Homes, a highly skilled team of multi-award winning Master Builders, priding themselves on quality, service and excellent outcomes.



**Graham McIntyre**  
027 632 0421

[www.mikepero.com/RX1834904](http://www.mikepero.com/RX1834904)



## 451SQM SECTION

By Negotiation

### 42 Jane Maree Road, Kumeu

By Negotiation

Blank canvas to build in Kumeu. Take the time to appreciate the value attributed to this unique section within a short stroll to sports park, Beer spot, convenience shopping, restaurants and cafes. Buy the section as is, or work with our building partner; Maddren Homes, a highly skilled team of multi-award winning Master Builders, priding themselves on quality, service and excellent outcomes.



**Graham McIntyre**  
027 632 0421

[www.mikepero.com/RX1835003](http://www.mikepero.com/RX1835003)

# Hot Property



## Weatherboard and concrete tile roof - West Harbour

Located a small drive from Westgate, NorthWest Shopping Centre and Hobsonville shops, the location is absolutely brilliant while the cul-de-sac position delivers safety and solidity. In zone for Marina View, Hobsonville School and Hobsonville Point Secondary School.

On offer is a gorgeous fully refurbished, brick, weatherboard & tile three

bedroom single level home, with all rooms off a central hallway and uncompromised alfresco to expansive and usable decking.

Modern open plan kitchen and dining area opening out to alfresco to expansive decking.

Master bedroom with wardrobe, ensuite and two double bedrooms.

The internal access double garage offers options to be used as a rumpus, workshop, games room or traditional storage. One look is all it takes for

# Hot Property



you to be engaged and compelled to act.

The yard is fully fenced and very safe for children and pets. Safe, so close, and so affordable.

For viewing and more information, contact Graham now on 027 632 0421 or [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com) - Mike Pero Real Estate Ltd Licensed REAA (2008).



# Hobsonville Point

## Starry, starry nights... Winterfest on the Point 2019

Welcome to the Hobsonville Point Page for August. This month our story writer Sue Heggie and photographer Leanne Silver review the wonderful Winterfest event. I am your local real estate specialist and delighted to sponsor this page. For a free no obligation appraisal of your home, contact Cherry Kingsley-Smith on 021 888 824 or [cherry@mikepero.com](mailto:cherry@mikepero.com).

This inaugural festival had something for everyone- the astronomer, the crafter, the wriggler, the writer, the singer, the dancer, the hula hooper and especially the sparkler. What better way to raise the spirits in the middle of winter?

This special, lit up, light-filled week began with a closer look at the night sky with over 100 people meeting for an evening of planet and star watching, kicking off with a seminar about the planets and Matariki followed by telescope viewing.



The LED workshop saw all sorts of wacky creations being formed in preparation for the evening sparkle parade.

At the same time Annie and her team were quietly forming some lovely flax flowers and fish. This seemed like a particularly meditative craft and many locals were keen to learn.

At the Oval things were beginning to stir. The Hobsonville Point School Kapa Haka group delighted the gathering crowd. This group is Raratonga-bound soon.



As dusk and a crisp, clear night crept down from the hills, light creatures, illuminated prams, phosphorescent jellyfish and flashing bikes began to congregate on the oval. Bowties winked, headgear flashed, glow sticks glowed and fairies frolicked. They followed the tall, bedecked stilt-walking butterfly and the dot and dashing robot down to Catalina Bay.



Here hula hoops swung and singing was sung, and prizes went out to the brightest of all. Baby eyelids drooped and woolly hats were donned, there was a chill in the air but a warmth there too.

The next day wriggling was wriggled and rhymes were recited and flash-writing was writed...



# Hobsonville Point

Lindsey Dawson, our local famous author ran a flash-writing workshop and one of the topics was the colour yellow.



Tanya McQueen was in this group and took the cake with this little gem (or rather didn't, spoiler alert).

## The sunshine of my day by Tanya McQueen

*There it is. It's been waiting for me all morning - just sitting patiently, shining in all its glory. Then suddenly a vibration shocks through it. The yellow creamy juiciness of its jelly-like filling shakes from side to side, almost as if it's excited. Yes, it's excited, it knows! It knows I've arrived, I'm there to order it. The yellow changes from a bright deliciousness to a watery glow as it settles back into its place in the cabinet. There is only one left amongst the dark chocolate cream cakes. The yellow seems to shine out like a bright sunshine light, on a clear spring morning. You can almost feel the heat on your face through the glass.*



*"I'm all yours. Soon you will be able to inhale my yellow goodness into your mouth. In just a few minutes, you'll be able to meet the sweet smell*

*of my yellow belly under the crust of pastry and white icing. For I am Custard Square, the only one left, waiting to spring my yellow juiciness into your day."*

*But then, oh no wait, no it can't be! What's going on? I don't understand. Why is the waitress selecting it when I have not yet ordered it? No, no, no! My tummy drops, my mouth opens with a gasp. No, my last sunshine has been ordered by someone else.*

We've all been there!

It was a week where there was something for everyone. The large crowd at the Oval, glowed with goodwill and warm spirits from the tiniest fairy to the old crones like me in my dignified single circlet of light and my merino undergarments.

It's the start of something big, a tradition, a thing we do, a week to look forward to in mid-winter, a Hobsonville Point community calendar event.



We truly appreciate the effort and organisation, the wrangling with health and safety behind the scenes, the unglamorous meetings and plans and signs and advertising and all that stuff that goes into a week like this. A massive thank you to the leading lights, Lindsey Dawson, HPRS Committee member, and Christine Glover, our own resident event manager. Love your work.

**Your feedback and ideas area welcome:**

**Story Writer - Sue Heggie, [heggies@xtra.co.nz](mailto:heggies@xtra.co.nz)**

**Photographer - Leanne Silver, [leanne@argent.me](mailto:leanne@argent.me);**

**Argent photography on Facebook, [instagram@argent\\_photography](https://www.facebook.com/argent_photography)**

# Home & Garden

## What is a hybrid solar system?

There is so much going on in the ever-changing world of renewable energy.

Hybrid Solar systems are an interesting one. This is where you fit batteries to a new or existing system, so you can enjoy the convenience of both on and off-grid solar power.



Simply put? The power you don't use during the day, can be stored into your battery for later use through the night or during pesky power cuts. Excess power still gets fed back to the grid for a return on your bill!

A built-in monitoring system automatically runs appliances, so your solar power is used in the best way. Depending on your system size, you can run essentials such as refrigeration and lighting, up to your entire home power requirements during temporary power outages. Sustainability at its best!

Any Solar questions? Contact us any time! PH: 0508 272389 W: [www.solarcraft.co.nz](http://www.solarcraft.co.nz).

## SPS Plumbing Services Limited

Hi I'm Scott, the owner/operator of SPS Plumbing Services Limited. I pride myself on high quality workmanship at a fair and affordable price. I am a Certifying plumber with 15 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 Orewa and will work in the greater Auckland area. I cover most aspects of plumbing and treat every job as if I was work-

ing on my own home. I strive for customer satisfaction and believe in getting it right first time. My services include – hot water cylinders, new builds, bathroom renovations, plumbing maintenance, kitchens, toilets, spouting, water mains, burst pipes and dishwasher and washing machine installation. SPS Plumbing Services Limited - Scott Sutherland, Certifying Plumber. Phone 0274 300 251 or visit [www.nocowboys.co.nz/businesses/sps-plumbing-services](http://www.nocowboys.co.nz/businesses/sps-plumbing-services).

## Rhododendrons at Awa Nursery

Awa Nursery currently has an abundance of Rhododendrons and the variety of colours is fantastic. There are many an avid Rhododendron gardener out there and we thought we would pop a few growing hints for those who would like to add some of these to their garden. A Rhododendron bush is very attractive, especially when in full bloom and hard not to miss in in the landscape. We have large and small varieties in stock to suit any garden situation.



Rhododendrons do well with direct light for at least part of the day and prefer dappled shade rather than excessive shade. Protection from the wind is also preferred. Ideally soil should be well-drained, humus-rich, and acidic (pH4.5-6). The Rhododendron has shallow root systems and need moist soil and mulch to keep them from drying out. Be sure not to pile the mulch right up to the trunks though. The mulch will help in keeping the soil moist and cool, provides nourishment, and limits weed growth. Prune your Rhododendron after it has bloomed to shape your plant and remove any damaged branches. Pop onto our web site and view the many varieties or call in and see us at Awa Nursery and pick up your favourite coloured Rhododendron. Mahana Road, Waimauku phone 09 411 8712 or email [info@awanursery.co.nz](mailto:info@awanursery.co.nz).

## Laser Whenuapai

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 248 Main Road, Kumeu, Auckland



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# Home & Garden

constitute a binding contract and acceptance of the terms and conditions contained herein. Payment for goods and services shall be made in full on or before the due date. Contact us today on 09 417 0110 or whenupai@laserplumbing.co.nz.

## NaturalFlow power free sewage treatment

The NaturalFlow wastewater system is revolutionising domestic water waste and sewage treatment processes in New Zealand.

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eco-system that stimulates the natural forest floor. Nature is one huge recycling mechanism. The NaturalFlow system utilises these recycling mechanisms of nature by harnessing its forces that have been quietly working together for thousands of years to break down and decompose waste all around us, and positions them in an enclosed eco-system module that simulates the natural forest floor. It will treat and break down your wastewater – just as nature does – and then reintroduce it into the environment when it is perfectly safe to do so. Waterflow NZ spent more than a decade researching and developing the NaturalFlow system

before integrating it into the New Zealand market. Home owners from Cape to Bluff now have access to advanced water treatment solutions that are synonymous with clean, green 21st century ideals. NaturalFlow - Phone 09 431 0042 or view [www.naturalflow.co.nz](http://www.naturalflow.co.nz).

## Norwood Albany

Norwood Albany is located on 3 Gills Road Albany and offers a complete level of support including sales of new and used equipment, parts and service support for the range of Kubota equipment this includes, a full range of construction equipment (one to eight tonne) excavators, skid steer and wheel loaders, Kubota replacement engines and diesel powered generators, Agricultural and compact tractors from 23hp to 170 hp, residential and commercial lawn mowing equipment and a full range of side by side utility vehicles



So don't delay contact our team today.

Norwood Albany Sales/Parts and Service direct line 09 414 0017.

Sales enquires on Kubota Tractors, mowing equipment and side by side vehicles contact Richard Wallington on 0274 430 780.

Sales enquires on Kubota construction equipment including generators and power equipment contact Johnny Buckingham on 027 602 9867. Parts and after sales enquires Jonathan Farley 027 580 0197.

# WYATT

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- Cambian Bark

# Build New

## Maddren Homes tradie of the month

It's the finishing touches on a home that can turn 'great' into 'wow', and David Mitchell from Toben Decorating is a master at doing just that. His work ethic and years of expertise in drapes, blinds and shutters is so well regarded, he's earned the Maddren Homes Tradie of the Month. From concealed tracks and automated to manual systems; Toben Decorating can do it all from their on-site manufacturing facility and David is the go-to guy. His exemplary project management skills always keeps clients happy by working to have the drapes fitted before they move in to their new home. Great job David, you've earned a voucher from proud sponsor Western ITM.



this home is a perfect example of contemporary family living designed to accommodate all walks of life.

A home with plenty of space it's also filled with popular design features. Modern design and flair starts in the cutting edge kitchen with sleek black Fisher and Paykel appliances, gorgeous family and dining areas that extend to a large sun drenched deck providing plenty of indoor outdoor flow. Formal lounge, four bedrooms and two bathrooms showcasing clean lines, light warm colours and touches of character.

Why not take a look for yourself, our new showhome will be open from Tuesday to Sunday 12 - 4.00pm, situated at 4 Urumaraki Drive, just off 157 Rautawhiri Road, Helensville, opposite the Helensville Sports Grounds.

Our very experienced team of New Home Consultants would love to show you the possibilities of building a new home, why not make this your first stop for ideas and inspiration. Open daily from 12-4pm.

## Signature Homes

As you have probably been reading in the media, the property market has been booming. This boom hasn't just happened in Auckland, many other cities and regions



## G.J. Gardner Homes

The team at G.J. Gardner Homes Rodney West are very proud to bring you another fantastic new showhome. Located in Parkview Helensville,

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E: deanpritchard@signature.co.nz

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# Build New

are also seeing an influx of new residents. As New Zealand grows, the building industry is growing along with it – now is a good time to be a builder - however, as the industry grows, we are beginning to see some cracks forming. The pressure on the industry, caused by demand outstripping supply, is also creating a lot of competition in certain areas, which puts pressure on price and unfortunately creates opportunities to cut corners.

This has been highlighted in articles by the New Zealand Herald (you can read here and here) investigating substandard building practices including a class action in Christchurch against three companies using substandard steel mesh and another article on substandard products being sold to builders out the back of cars on building sites, products that don't meet compliance.

As stated in the NZ Herald by the General Manager of Auckland Council's building control team, Ian McCormick, council building inspectors were noticing more and more substitutions than ever before. The pressure to deliver a home on time, for less money was the main driver for replacement products being used. McCormick states that he is aware of a number of incidents where faulty or non-compliant products were used, and had to be removed after the completion of the home. Ranging from non-compliant roofing and electrical wiring, to substandard pre-cast concrete, the issue is wide-spread and not always easy to detect by your average homeowner. In some cases, where the company cannot prove compliance to the council, the homeowner has ended up footing the bill for the replacements. And these are the ones that have been identified before compliance. There is a reason that we have compliance, for the safety of the families who live the buildings, so in the future there may be more cases brought to light through damage to homes or loss of life caused by substandard building materials.

These examples are another reason you need to have full confidence in who you are using to build your home, that all the materials will meet compliance once completed, and that you are aware of the details of the guarantees you have on the home, from which suppliers and how long those guarantees last.

Signature Homes guarantee all our homes, and all the products we use. Our extensive supply chain of locally recognised building suppliers has been cultivated over time, allowing us to acquire the best quality products that have been tested to NZ Standards. Everything we use, our supply chain, products and trades, are the highest quality and ensure strict compliance to the New Zealand Building Code and applicable laws. What makes Signature Homes different is our guarantees, provided by an independent company, which provide the most extensive and comprehensive cover in the industry.

Throughout the Signature build process, our Project Managers and specialist Production Teams will personally oversee your entire build. They can help you stay abreast of everything that happens with your home, and are there to answer any questions you may have. Beyond that, they are there to manage all the contractors who work on your home, the quality of the work and ensure that your new home flies through the Code Compliance Certificate checks from the council without any hitches. This process is how Signature Homes can confidently guarantee the lasting structural integrity and weather tightness of your new home. Simply put, the guarantees Signature Homes offer are the best in the business meaning you can trust that you will not be left with any nasty surprises, and can sleep easy at night.

Call our team at Signature Homes North West to discuss your options; obligation free 0800 020 600. [www.signature.co.nz](http://www.signature.co.nz).

## Exciting New Showhome



**If you're thinking of building and looking for ideas and inspiration then make this your first step.**

4 Urumaraki Avenue, Parkview  
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09 412 5371 [gjgardner.co.nz](http://gjgardner.co.nz)



**G.J. Gardner.** HOMES

# Food & Beverages

## Casablanca NorthWest offering a slice of the Mediterranean

Inspired by travels around Turkey and the Middle East, Casablanca delights in bringing the warm hospitality and the bustling markets of Marrakesh and Istanbul to West Auckland.

The restaurant, located on Maki Street outside NorthWest Shopping Centre offers a delicious array of classic flavours and fresh seasonal produce as well as a hand-picked drinks list. The menu showcases contemporary Eastern Mediterranean cooking, all bursting with authentic flavours.



Owner and Director Murat Avcioglu, whose group of Casablanca restaurants have been operating for over 10 years says, "We are passionate about producing dishes that we are proud of. Our goal is to deliver food straight to the heart. Our way of dining certainly does that."

The ambience at Casablanca NorthWest is relaxed with authentic music, and staff happily assist with food choices for an enjoyable experience. Families are welcome with a kid's menu and bonus activity bag to keep them amused.

Monday night is Tagine Night. Gorgeous delights to warm your soul, try the new winter flavours Beef Cheek, Moroccan Lamb, or Vegetarian plus their classic Citron Chicken for just \$20 per dish.

Drop by Casablanca for coffee, meal with the family, or a wine and meze with friends. Or turn your lunch break into a moment worth savouring

with Casablanca's express lunch menu.

Open Monday- Friday 11.30am 'til late and weekends 10.30am 'til late.

Casablanca NorthWest - Kohuhu Lane, next door to Goode Brothers, phone 09 600 2797 or visit [www.casablanca.co.nz](http://www.casablanca.co.nz).

## Something Special for Dad

With Father's Day looming on the horizon, NoShortcuts is making available a special deal; free delivery North Island wide, on each of their gift packs.

It's so easy to choose from the NoShortcuts range, because it offers something for every Dad's taste, from the tried and true Mustard Pickle and Gherkin Relish through to the spicy Sambal Ulek and exotic Feijoa Kasundi.



These products and all the others are 'hand made just like mum made' meaning all the health benefits, flavour and aroma are retained. And of course, there are no added artificial flavours, colours or preservatives.

The award-winning range of NoShortcuts chutney, pickle, relish and jam is wholesome, real food in the fast and easy convenience of a recyclable glass jar.

Make your own 2 or 3 jar gift pack selection for Dad, Priced from just \$20, online at [www.noshortcuts.co.nz](http://www.noshortcuts.co.nz) or go to Noshortcutsnz on Facebook and follow noshortcutschutneys on Instagram.

## Peko Peko

Hello community! It's been so long but we are finally ready to come back to you. We are opening our brand new shop on 6/102C Hobsonville Rd, on the corner near the traffic lights just along the road from Hobsonville Primary School. We will have some spaces to dine in, as well as offering the takeaway service you are used to. Our opening day and menu will be notified on our Facebook page or please check us out if we are open when you pass us on Hobsonville Road. We are looking forward to seeing you guys again soon.



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# Food & Beverages

Aki and Kazu / Peko Peko 09 416 1197.

## Allely Estate

There's something really beautiful about the grounds of Allely Estate in winter. Sure, they look stunning in spring, with everything in flower, but they're magical in winter too. The beautiful hedging has been clipped and manicured, topiary trees have been trimmed, and our mature deciduous trees are leaving behind a colourful dusting of leaves. The grounds looked gorgeous for our recent Wedding Open Day, where the local vendors did us proud, showcasing their talent in cake-making, styling, DJing, photography and more. We're proud to celebrate and elevate local companies and hope our Wedding Open Day brought them new business. We've had some beautiful celebrations held at our Estate in the past few weeks: high tea for a school fundraiser, a corporate strategy day, a dinner for a milestone birthday, and a touching funeral for someone who wanted her send-off to be held in a garden setting. If you're looking to hire a local venue with incredible food for your event this winter, talk to us – we'd be happy to give you a private tour. Find out more at [www.allelyestate.co.nz](http://www.allelyestate.co.nz).



## Soljans Estate Café

Soljans Estate Café and function centre is perfect for groups of all sizes and celebrations of any kind. Soljans Café is dedicated to producing a varied and delicious menu for its customers, whilst ensuring that all dishes represent excellent value for money. Soljans has long been a popular spot, with loyal customers returning time after time to enjoy the Soljans experience. Soljans offers the perfect vineyard setting for all functions: from wedding ceremonies and evening receptions to corporate conferences and private parties such as birthday and anniversary celebrations. Soljans provides flexible facilities to cater for all requirements so get in quick as available dates fill up fast. To get in contact and receive more information please email [Chloe Wintour at functions@soljans.co.nz](mailto:functions@soljans.co.nz) or to book your table in the café phone 09 412 5858.



## Hallertau x KidsCan

Hallertau Brewery donate \$1 from every kid's meal sold to KidsCan. So far this year they have raised \$2500. This has been enough to help provide the food received by three KidsCan supported schools in West Auckland – West Harbour School, Royal Road School and Colwill School. Winter is the toughest season for families living in poverty, so KidsCan aims to ensure every Kiwi kid has a warm lunch, appropriate shoes, and a raincoat to thrive at school. Support their winter appeal at [www.KidsCan.org.nz](http://www.KidsCan.org.nz) to donate today.

## The Herbalist Craft Beer

This Mulled IPA recipe is really delicious and great to serve on a cold wintery night after dinner.

Ingredients: 500ml The Herbalist Horny Goat Weed IPA, 2 tablespoons maple syrup, 2 kaffir limes leaves, 1 heaped tablespoon of freshly chopped ginger, 2 fresh mint sprigs, ¼ teaspoon fennel seeds, 10cm piece of crushed fresh lemon grass, 1 teaspoon of 'Fresh As' passionfruit powder.

Method: Place all ingredients into a saucepan and bring to the boil then remove from the heat and cover. Allow to cool slightly whilst the ingredients infuse, then serve warm paired with aged cheddar and crackers.

The Herbalist Stockists: The Bottle-O Huapai, Black Bull Kumeu, Fresh Choice Waimauku, Boric Food Market, Soljans Estate Winery, Riverhead Fine Wines and select West Liquor stores.



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# Health & Beauty

## Dancing with the Scars

The human skin is the soft outer covering of the body and is considered to be our largest organ. It is a waterproof barrier that provides protection, regulation and sensation. How often do we stop to consider the wonder of our skin – I guess not that often, unless it creates some form of discomfort; we graze a knee, get a paper cut on a finger, and get stung by a bee, a wasp or worse a jelly-fish. However, we recover from the incident and more often than not, we can move on and forget the incident happened.

Then there are more traumatic injuries which leave reminders on, and some below the skin surface (think blunt force trauma). Every scar represents some kind of trauma to the body and the event that created it. Scars can potentially affect: neural pathways - creating lack of sensation in and around the area; range of movement - the contracture of the scar can inhibit or limit movement; blood and lymph flow - scar tissue does not have the same level of vascularity as normal tissue; energy flow - scars can create blockages along meridians and scars can have an impact on one's emotions.

For a big percentage of the population, scars are left untreated. According to researchers Karel Lewit MD and Sarka Olsanka: "If the scar is untreated, it may be the cause of therapeutic failure and recurrence." In other words, no matter what physical therapy intervention is used, untreated scars may thwart our best efforts to remedy related pain and restrictions in mobility.

Scar tissue release is a very gentle technique that breaks down the adhesions of the scar, creating space for improved blood and lymph flow, increased range of movement and in situations where nerves are not damaged, increased sensation.

If you have scars that are troublesome call Debbie from Realign Massage & NMT on 021 120 2175.

## Plaster off, but stiff and achy

Immobilising the broken limb or spine after a serious injury like a fracture, dislocation or tear is the first necessary step in the first few weeks. The injury heals, but once the plaster/splint is off the patient finds out that the freedom of movement is lost (hand doesn't go into a fist, shoulder doesn't elevate, ankle is stiff etc). Often the joint also aches on some movements or at night. The good news usually this problem improves gradually. It is very important to start rehabilitation exercises as



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[hobsonvillepodiatry.co.nz](http://hobsonvillepodiatry.co.nz)



Level 1, 124 Hobsonville Rd, Hobsonville, Auckland 0618

soon as the plaster is off. See an exercise specialist to get him to show you which exercises to do. In addition, gentle manual treatment, such as osteopathic mobilisation, can assist in recovery. Passive mobilisation - when someone else moves the joints and muscles for you - can usually achieve more joint movement than active mobilisation, when the patient uses muscles. At our clinic we will be happy to assist your post traumatic recovery through passive mobilisation and showing some exercises to do. We often see patients who accepted the disability after their trauma while in fact their quality of life could have been improved significantly. See us at Family Osteopathic Clinic, [www.familyosteo.com](http://www.familyosteo.com).

## Gorgeous gifts for men

Father's Day approaches - 1 September

We have an extensive selection of men's gifts including mini multi tools, leather goods, computer bags from London, wallets, backgammon, wine glasses, toiletries, barometers, art work and more.

And our cards are hysterical!

At Hobsonville Optometrists - Glasses and Gifts, we aim to tempt you with something different, whether it's frames for your glasses, amazing sunglasses, or unusual gifts.

Come and browse.

Hobsonville Optometrists - Glasses and Gifts, 413 Hobsonville Rd. Monday to Saturday 9am to 5.30pm.



## Are you ready to take the first step?

The best time to get healthy was 10 years ago. The second best time is now.

Are YOU ready to take the first step?

KinetEx offers personalised exercise prescriptions to cater to all ages, sizes and abilities - ranging from those just needing a helping hand to get healthy, to those with special, more complex health considerations.

As Clinical Exercise Physiologists (MSc) we deal with the prevention,



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# Health & Beauty

management, and rehabilitation of a wide range of chronic conditions. This includes (but is not limited to) cardiovascular disease, stroke, diabetes, cancer, arthritis, osteoporosis, anxiety and depression, chronic muscular pain, and recurring injuries.

With free, no obligation initial consultations, you have nothing to lose.

Check out the website: [www.kinetex.co.nz](http://www.kinetex.co.nz) or contact Yolanda directly for a chat: [yolanda@kinetex.co.nz](mailto:yolanda@kinetex.co.nz) or phone 021 251 6102.

## Take time out for yourself...

Find a cosy place in the sun or by the fire ... take a deep breath, breathe out and relax.

Relax? Is that possible for you? Taking time out to look after yourself, is that something you do on a regular basis? Or, do you feel as if you have too much to do, not enough time or money to do it? Not to mention your needs are somewhat low on the list - maybe after the cat's?

If you're nodding right now, chances are quite high you feel drained and demotivated to look after your health and maybe you'd like to be healthier/ happier/ slimmer/ fitter or more energetic?

Winter is a great time to take stock - what's working for you and what needs work?

Health coaching is a hybrid of counselling and nutrition - a holistic look at all aspects of your life as well as what's on your plate - everything impacting on your health. I can help you identify achievable goals so you can be your best self and live your best life.

Sally specialises in coaching women of all ages, and her clinic, Brave & Blissful, is based above the Massey Pharmacy, 396, Don Buck Road, Massey. Call Sally to book a free 50 minute consultation today 021 131 6656.



## "I know I'm in pain because of my bad posture"

We actually like our patients to have good posture, but it's probably not for the reasons you think, and this is definitely one of those ones where perceived importance and actual importance are much further apart than you realise.

If you think you look good and enjoy having good posture, then it's likely you're going to have a more positive relationship with your body, and we want to promote that as much as possible. But in reality, you best

posture is your next posture. That means to not be in the same position for extended periods of time.

Our body is constantly repairing itself, and these new tissues get aligned through movement. The key word here is movement. If you have perfect posture all the time, but don't move much, then you're still going to develop restrictions, which mean you're likely to be less dynamic and are then much more likely to experience pain. In fact, you're just as likely to experience pain if you have perfect posture but don't move, as someone who has poor posture and doesn't move. Our bodies are a bit like pumps. Changes in pressure are occurring all the time, through a mixture of breathing, movement and other clever processes that allow everything to flow throughout your body, from blood to lymph, and keeping this flow healthy is extremely important in helping us reduce the chances of pain and discomfort. So, the next time you're worried about poor posture, just get yourself up and about rather than stressing about the best position you should be in. There is no poor posture, only a body that lacks movement.

If you need help with pain or discomfort - book our ACC registered Osteopaths Dave and Daniel online at [www.topnotchbodyworks.co.nz](http://www.topnotchbodyworks.co.nz) at Massey or call us today on 09 212 8753.

## Infinite Wellness

At Infinite Wellness we focus on self-health and want you to feel amazing in the skin you are in. We will assist you in setting your goals and ensure you are provided with the tools and support to be able to smash those goals, through group training or one on one sessions - we have it all covered whatever your fitness level.



We offer membership options for those who enjoy the group training



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# Health & Beauty

environment, here you will be surrounded by like-minded people who are on the self-health journey of their own, and work as a team and travel this journey together!

At Infinite Wellness we are a family that encourage and support each other through all things fitness and mental health. We believe that we are all capable of great things and will support and encourage you to be the best version of YOU. You will be pushed not only physically to be the best version of you but mentally also. [www.infinetwellness.co.nz](http://www.infinetwellness.co.nz) and see us on Facebook at Infinite Wellness NZ.

## Which sore throats are dangerous?

90% of sore throats are caused by viruses. 10% are caused by Strep bacteria. Strep throat can lead to rheumatic fever and damage to the heart valves requiring antibiotics for life: serious stuff. These serious complications can be avoided if you treat the infection early with a short course of antibiotics. You don't want to take antibiotics for viral infections though. So how do you tell them apart?

There are warning signs that your sore throat might be a Strep infection. If your throat is VERY sore, your glands in the neck are enlarged (making it difficult to breathe), you have a very high temperature, possible skin rash, ear pain, neck stiffness, and sore joints then you may have Strep throat. You may also be able to see redness on the back of your throat and possibly white spots.

Free Instant Strep Throat Screening

But the only true way to tell is to do a throat swab, which is not fun for you but better than being on antibiotics for life. If you suspect your symptoms match Strep throat, then get to your doctor or pharmacist. The good news is that you can now get a Strep throat swab done at selected pharmacies. How convenient!

Viral Sore Throat Treatments:

Viral sore throats are not as serious as Strep throat but they can make you miserable. So what is the best treatment? Herbs such as echinacea, mullein, licorice and elderflower can get the white blood cells of your immune system running around much faster than normal. They also have anti-viral properties. So you are stronger, and your enemy is weaker.

You need to know that during an infection, the levels of some essential nutrients drop dramatically. This includes vitamins A and C. Depletion of these nutrients leaves your immune system defenseless. But if you boost these key nutrients, your immune system can protect you. Boosting the nutrients that power your immune system has significant benefits in many viral infections. For example, if you give children with measles vitamin A supplements during their infection, then the death rate halves! Yep, we could reduce the number of kids dying of measles by half if we simply dosed them all up with vitamin A. Martin Harris. Massey Unichem Pharmacy 396 Don Buck Road, Massey 09 833 7239.

## Your amazing eyes

Eyes are one of the most fascinating and complex parts of the body. How much do you really know about them, and how they work? Interesting facts from Matthew and Molly that you may not know ...



1. Eyes in a very basic form first developed in animals around 550 million years ago.
2. You actually see with your brain, not your eyes. Your eyes function like a camera, capturing light and sending data back to the brain.
3. You see things upside down - it is your brain which turns the image the right way up.
4. The eye is the fastest muscle in your body - hence when something happens quickly, we say 'in the blink of an eye!'
5. In a single second, it's possible to blink five times.

Look after your eyes with a comprehensive examination at For Eyes in the Kumeu Village, phone 09 412 8172.

## CJ Podiatry

CJ Podiatry provides a convenient door to door mobile foot care service to those who can't or don't want to leave their house.

As registered podiatrists they 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 and treatment.

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# Health & Beauty

Carmen or Shannon will arrive at your place prepared with all the appropriately sanitised equipment to ensure a safe and clean foot & nail care service for you. They are known to be gentle with customers and know that the correct treatment plan can keep you mobile and on your feet. Long toenails, corns or calluses are not a problem. CJ Podiatry covers most of West Auckland as well as from the city to Silverdale.

You are able to book via email [admin@cjpodiatry.co.nz](mailto:admin@cjpodiatry.co.nz) or by ringing free phone 0800 366 856. Visit our website at [www.cjpodiatry.co.nz](http://www.cjpodiatry.co.nz).

## Shoe Talk's thought on – Why we love the brands we stock

I only stock brands that I believe in and that fit the following criteria – comfort, quality, brands that fit the Kiwi foot and are fit for purpose. So whether you are buying functional every day shoe or a pair of fashion high heels from my store the above holds true.



Did you know that all my ladies fashion footwear has a padded footbed and things such as antibacterial lining, the heels are designed to balance you correctly on both the ball and heel of your foot? All this and fashionable styles as well!

My Propet brand, most styles have removable footbeds, there are styles from fun active casuals through to styles for people with feet issues such as diabetes.

This is why people who try my footwear on love them due to all the bells and whistles. Also my ladies and I really do talk shoes so we provide outstanding customer service. So if you haven't yet been in drop in and see us. There are now two stores; one in Henderson and one in Browns Bay and we look forward to meeting you.

## Tips for getting more out of your walks

Walking is one of the best things you can do for your body, however, there are things you can do to increase the benefit. I recently made a new video giving my top 8 tips for getting more from your walks. Here are my two favorite tips:

Change the surface you walk on. Don't just walk on the same flat surface all the time. Try walking on uneven surfaces like grass or sand to really challenge your nervous system.

**Shoe Talk™** we talk shoes

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

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

Track your walks/activity AND write it down. In one study, they found people that tracked their walks AND recorded it, walked on average 15% more than those that just tracked their activity but didn't write it down.

To watch the full video and get the other tips head to our website [www.elevatechiropractic.co.nz](http://www.elevatechiropractic.co.nz).

Elevate Chiropractic, Shop 1, 10 Greenhithe Road. Phone 09 413 5312.

## Scarf, boots and a coat... but are you forgetting something?

Here we are in the gloominess of winter, and it's not surprising many of us have packed away our sunnies until the longer days arrive. But what you may not realise is it's just as important to protect your eyes in winter as it is at any other time of the year.



New Zealand has relatively high UV levels and the sun sits lower in the sky during the winter months, so despite those UV levels being higher in spring and summer time, your eyes are more directly exposed on winter days. Sunglasses can also offer protection from cold winds and dust particles so make a great pair of quality polarised sunglasses an essential part of your wardrobe this winter. Here at Westgate Optometrists we have a great range for all of your sun protection needs. Pop in to see our friendly team! Just around the corner from Robert Harris Café. Phone: 09 831 0202 Website: [www.westopt.nz](http://www.westopt.nz) Facebook: [www.facebook.com/westgateoptometrists](https://www.facebook.com/westgateoptometrists).

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# Area Columnists

## Cerebral Palsy Society gives away 3000 pedometers

Office workers walk on average 3000 steps a day and the Cerebral Palsy Society of New Zealand wants Kiwi workers to step it up for Steptember, to raise important funds for people living with cerebral palsy.

The Steptember campaign challenges New Zealanders to take 10,000 steps a day for 28 days in the month of September (3-30 Sept 2019), or the equivalent exercise from a choice of 40 alternate activities.

Participants can log their steps online or via the Steptember app using a supplied pedometer given to them when they sign up. The fundraiser has been designed for work colleagues and schools to form a team of four participants, with last year's event seeing nearly 17,000 compete in the challenge.

Organisers are also offering to the first 100 schools registering a full team of four students and/or teachers, an additional 30 pedometers and all funds raised by the school go into the official team bucket.

Gilli Sinclair, chief executive of the Cerebral Palsy Society says she hopes every school that participates in the 'First 100 schools challenge' will meet the goal of raising at least \$10 from each student who has received a free pedometer.

She says schools and employers recognise that supporting Steptember sends a powerful message to their workforce or community that their organisation recognises the importance of keeping active and nurturing their health and wellbeing.

"We are excited to bring back Steptember because it benefits the thousands who participate, while enhancing the lives of those with CP through the fundraising. It's a win-win for all of us.

"By committing to run, walk or roll 10,000 steps a day participants are rewarded with improved health and wellbeing for the whole office. It also fosters positive team spirit through taking lunchtime walks together or quick trips around the block at morning tea. Beating a colleague's step count in a friendly competition usually results in good banter and a little office rivalry, which can be fun too," says Gilli.

She says with the generous support of major sponsor Goodman, the Society aims to raise \$1 million, which enables it to provide people with CP with a range of programmes, equipment, training, and vouchers for physical activities and taxi travel.

This year it's hoped that 20,000 New Zealanders will take part in the global event which is also run in Australia, the United States, Singapore, The Netherlands, Turkey and France.

Cerebral Palsy is the most common physical disability amongst children,



with one in every 500 children born in New Zealand being affected by this lifelong condition.

Registration is \$25 per participant, which includes a pedometer delivered to you, and the chance to win many prizes. Teams of four are \$100. You can support the CP Society by making a donation or registering your team here: [event.steptember.org.nz/signup](http://event.steptember.org.nz/signup).

## Increasing engagement with Health and Safety

If you are responsible for Health & Safety at your workplace, it is likely that from time-to-time you wonder "How can I get my team more engaged with Health & Safety?"

You might be wondering how to improve communication and/or increasing commitment to ongoing improvements.

Five Ways to Improve Your Workers Engagement with Your Health & Safety Activities

1. Share health and safety information with regular toolbox meetings
2. Provide your workers with the ability to record their ideas/input and have a say on health and safety matters that may affect them
3. Take the time to interview your team in small groups or individually to find out more about how health and safety issues may be affecting them
4. Listen to their observations, and allow them to have a say in the decision making process around such matters
5. Keep your workers informed about the results of the engagement process, and what happens next

How to Communicate Health & Safety Information?

Health and Safety engagement can be increased by using a variety of communication methods: Large group / small group meetings, one-on-one meetings/interviews, Health & Safety signage, Health & Safety videos, Health & Safety documentation

Health & Safety Documentation Formats

Ensure that your Health & Safety documentation includes a wide range of formats: Tables, flowcharts, policies, procedures, information sheets, graphs, forms and signs.

You'll notice that different formats are more appropriate than others depending on the complexity of the information that needs to be communicated.

Visuals are a particularly powerful communication device if they are clear and focused in their content.

Why is Worker Engagement With Health & Safety so Important?

If your goal is to provide a robust, safe and progressive working environment for your team, then investing in strengthening your workers' engagement in Health & Safety is essential.

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Need more help to increase your workers engagement In Health & Safety? Then contact John Riddell Securo Health and Safety Consultant email [securo4@securo.co.nz](mailto:securo4@securo.co.nz) or check out the website [www.securo.co.nz](http://www.securo.co.nz).

## Strange rites in West Auckland

I have written quite a few articles for this magazine about the time honoured, communal pastime of Morris Dancing. But the dancing is just part of the story. It comes from an era when all sorts of rituals, many with forgotten meanings, were enacted, alongside the spectacle of the dance. In fact, some say the word Morris comes from the Latin word 'mores' meaning old customs.

Here in West Auckland, recently, on the other side of the globe from where Morris Dancing first came into being, at the Hallertau brewery and eatery, one of these rituals was re-enacted. It is known as wassailing. The idea is that if you soak bread in cider, and feed it to an apple tree, you will ensure a bumper harvest of apples from which to make next year's brew.

To begin with, the Morris Dancers arrived and performed a few dances, piquing the curiosity of Hallertau's patrons as they supped and dined. Then, all were invited to join the processional to the apple trees on the other side of the bar. A surprising number of curious onlookers followed and took a piece of cider-soaked bread, spearing it with apple-tree branches. A lyric sheet was disseminated, and everyone sang one of those vaguely nonsensical songs that the English love so well, to the trees.

The thing about these strange rituals is that once they have been performed, you actually feel as though you have achieved something, even if you are unsure as to what. So, job well done, the assemblage filed back to the bar to resume their wining and dining.

But we will be back next year. For if there is one thing about these rituals, is that they won't work if you don't perform them. And when you consider that many are hundreds of years old, like this wassailing ritual performed at Hallertau, it is easy to feel a strong sense of connectedness with our larger extended community that has existed down through the ages.

So the next time you have a cider at Hallertau, take a moment to appreciate the communal good will behind the ritualistic gesture, which is the special ingredient that went into the making of that brew. And maybe raise your glass in acknowledgment. For further information phone Errol 021 184 1653.

## Auckland hot chocolate sold out in Australian supermarket

An unexpected appearance on a Sydney mum's social media feed has produced a significant sales boost for a West Auckland beverage exporter.

Kristin Fisher, who runs a successful eyebrow sculpting business and has 31,000 Instagram followers posted her endorsement of the product.

In her post which featured an image of the 99% sugar free drinking chocolate Fisher says; "I feel like I owe this to my people. This needs to be on my feed. We need to know what is going on with @avalanchecoffee..."

The post went on to add that she could not find the product on supermarket shelves which sent her followers on a frenzy to hunt down the product for themselves.

Paul Tobin and Stefan Marusich who own Avalanche Coffee said they had no prior connection with Fisher and were completely surprised to see the product selling out overnight on supermarket shelves around Australia.

"We understand one of the supermarket customers has taken a particular liking to our sugar free drinking chocolate and innocently posted her endorsement to her followers.

"The next day we started getting a wave of new orders from dozens of Woolworths and Coles supermarkets wanting to replenish their stocks.

"We are told customers have been going in and buying up any stock that is left then posting this to their own pages which is contributing to the demand.

"The viral success of the post has been picked up by Australian news media which is adding to the shortages," says Tobin.

The success of the recommendation has also caught Fisher by surprise who has since edited her Instagram bio calling herself 'Australia's number one hot chocolate influencer!'

Fisher's full post says "I feel like I owe this to my people. This needs to be on my feed. We need to know what is going on with @avalanchecoffee and why are they on SALE (why. WHY). I'm starting to get very concerned that something sinister has happened. (I'm looking at you Jarrah). So if



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# Area Columnists

anyone has any information on the whereabouts of my beloved avalanche hot choc sachets, please comment on this post so we can all get some sleep tonight. #wherforarthou #mybeloved #jealousyisacursejarrah”

Tobin says they are working overtime to keep up with the Australian demand and have been sending air freight shipments every day since the post went live.

He says while trans-Tasman supplies have been depleted, the product is currently still available in New Zealand.

## Fake social media competitions

There are many legitimate competitions on social media, but unfortunately there are also scammers taking advantage of the large number of people who are on social media. Often these scams spread quickly because they force or entice people to share the competition with their friends. They can reach a lot of people in a short period of time before they are identified and shut down.



These fake competitions scams are run on social media to try and reach as many people as they can. Posts about the competitions are published by scammers in the hope that people will reply with personal information, which can lead to identity theft. The scammers might also contact you to let you know that you've "won" the competition and then ask you to send money to 'release the prize' or for 'shipping costs', but the scammers will keep any money that is sent to them.

Tips to avoid fake competitions.

1. If it's a big name brand or public figure, look for the blue verified tick the social media platform will attach.
2. Look at the profile or page. Often scam pages will be new and only have a few posts.
3. If the prize is huge, suspect a scam.
4. If you go to a website to enter, check whether the URL (web address) matches the organisation running the competition. If something seems odd, exit the website.
5. If you are being asked for more information than you think is necessary (bank details, driver licence, passport details etc.) be wary.
6. You have to share the competition to enter. Many competition scams on Facebook insist that you must share the promotion on Facebook as a condition of entry, which is actually against Facebook's rules about running competitions. Competitions can encourage you to do this, but they can't insist that you share to enter. Scammers will often insist that you share, because they are trying to reach a large number of people before their page/profile is reported and removed from the site.

To read the full article go to [netsafe.org.nz](http://netsafe.org.nz), especially if you think you may have entered a scam competition.

## My Science Playroom

Comments from overseas museums for children mention how they too notice that children play and explore deeper and get involved in more complex play when they regularly visit interactive science museums. Being exposed to organised display areas support thinking and linking of ideas from prior engagements. A curious child will start to make



connections to previous play observations and we often get asked curious questions such as, "where is the spider that was in the vegetable patch." It seems such a small resource but for regular visitors it has a place and it shows an awareness and understanding that in a sustainable eco-system in the 'vegetable patch' the 'spider' has an important role to play.

Parents sometimes feel scared their children might ask questions that they don't know the answer to ... it is okay to say, 'let's look in the book or online if we can find the answer.' Or simply ask. We do try to post some information tips near each display for parents or adults who might get asked some questions or find a teachable moment.

We encourage parents to let their inner child free and support children to think about simple solutions to encourage talk about e.g. sustainability. Just simple ordinary conversations provide the child with a whole range of general knowledge, terminology and understanding about different social and economic systems. For example, if you are at the 'tea party' table, pretending to have tea, you might notice that the food is organised to be in the main food groups. This is a perfect opportunity to talk about healthy food choices in planning a meal. Should there not be your favourite vegetable or fruit, you could suggest a 'shopping trip' to the supermarket 'next door'. There, you could discuss the fresh vegetables growing in the 'vegetable patch.' You could introduce a discussion about money and costs, about buying and selling at a profit, distribution, economy and planning costs for seasonal planting. A further interest could include the good and bad bugs and pests in the vegetable patch and how companion planting might bring in favourable bugs like bees and butterflies for pollination.

These quality, meaningful interactions are memorable, immersive experiences that provoke not only real-life experiences for dramatic play scenarios, it also comes with understanding how each activity influence the outcome of another. They are open to inter-generational learning experiences and you can encourage deeper learning and more complex play as far as the child will let you go.

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# Area Columnists

Once you start the play, children often start to engage with other children and want you to sit back and let them take the lead. Many parents enjoy that little break while they can sit and have a visit with friends too. Enjoy the possibilities for an amazing two to three-hour fun play. My Science Playroom 406 Great North Road, Henderson. scienceplayroom.co.nz.

## West Auckland's largest netball centre

Thousands of West Auckland netballers and their families are set to benefit from new funding which will install energy efficient lighting at one of the region's busiest community venues.

The Te Pai Centre at Netball Waitakere in Henderson, currently caters for over 520 Winter League teams and 170 Summer League teams in the West Auckland region.

The centre is the major facility and headquarters for Waitakere but is also utilised by a wide range of community groups throughout most of the year.

The funding will see lighting at the decade-old building replaced with new LED bulbs.

Karyne Ross general manager of Netball Waitakere says the \$15,000 funding from The Trusts West Auckland could not have come at a better time.

"The old style halogen bulbs were beginning to fail at regular intervals which meant we needed to hire expensive mechanical equipment to reach them - costing us more than \$500 every time we had to change a lightbulb.

"We have also had large events such as wedding receptions, where the power drain with the existing lighting and the use of AV equipment would cause an outage.

Ross says replacement of the more energy efficient bulbs will save them



around 65% off their annual lighting energy bill as well as reducing the need for ad hoc maintenance in the 10 metre high ceiling area.

She says thanks to the funding, the centre will be able to ensure participation fees are kept affordable for their almost 700 netball teams and the numerous community groups who use the venue; as well as providing better lighting to enhance the experience of thousands of West Auckland locals each year.

The Trusts chief executive Simon Wickham, whose organisation provided the grant says they are committed to helping deserving West Auckland charities and sporting groups such as Netball Waitakere in any way they can.

"The news that our support will help reduce the costs of so many West Auckland sporting households is immensely rewarding for us.

"It is our goal that every dollar we give back will make a tangible difference to the local community," he says.

Earlier this year, The Trust's Million Dollar Mission also provided funding for new goal post padding to ensure the netball centre was compliant with the latest health and safety regulations.

## Why you need a brand not just a website

Building a website without a brand strategy is like building a house without plans.

An effective branding process creates a unique identity that differentiates you from the competition. And a brand is not simply a logo ... it defines all your communication: from what your signage looks like, the words you use, the colour and font on your business cards, to the design of your website. It's how people see you in the marketplace.

Is yours saying what it should? If you don't have a brand strategy, it's a recipe for "anything goes" and even for a small business this can be dangerous. Constancy across all consumer touch-points builds trust and recognition. And what does trust build? Sales. Without this, your company and website become just another piece of noise on the Internet and beyond.

Brand equity refers to the value of a brand. "The commercial value that derives from consumer perception of the brand name of a particular product or service, rather than from the product or service itself." Websites, don't have brand equity. But brands, do.

For instance: Whittaker's Chocolate has been voted New Zealand's most





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# Area Columnists

trusted brand for the past seven years, but without their brand equity they would be nothing. Put an unknown name without any brand recognition and trust on the same chocolate bar, and no matter how good the chocolate is inside, the product would flounder. A brand identity is the overall impression someone gets about a product or service. Whereas, a website, is just one of the many platforms your brand has to shape customer perception. Without a brand, a website is no more than information, words, and pictures.

Having a clear message, unlike having just a website, is vital to the success of any business. Each person that is involved with your communication needs to work to a clear set of brand guidelines. Without consistency, your message will be diluted and you won't be able to differentiate yourself from the competition. A well designed and conceived brand can build an enormous amount of customer loyalty. Having just a website? Not so much.

So our message? Ideally talk to us before you build a website, just as you would consult an architect or draftsman before building a house. Get the foundations right and it will save you a lot of money in the long term.

Not happy with the content of your existing site? We can help with that too. Tandem Creative consists of a senior art director and a brand designer with over 25 years' experience working with large companies to small business. We are based in Kumeu and offer big agency talent with small agency pricing. No long trek into the city: So let's meet and have a chat.

Contact [jackie@tandemcreative.co.nz](mailto:jackie@tandemcreative.co.nz) 027 287 1334 or [tandemcreative.co.nz](http://tandemcreative.co.nz).

## Spirited effort from Lavender Hill

Lavender Hill in Riverhead has received two silver medals at the inaugural New Zealand Spirit Awards.

One of Auckland's largest commercial lavender farms and tourism operations, run for three years by Jason and Trish Delamore, Lavender Hill has gained the awards for its Limoncello and Saffron Gin.

The farm's hand-crafted Limoncello uses its own Yen Ben lemons and Lavender Hill partnered with a 100% organic Nelson saffron farm to produce the Saffron Infused Gin made from *Angustifolia* lavender.

Thrilled to receive the medals, Jason says their awards' success has put them firmly on the map.

All of Lavender Hill's boutique spirits have also earned 93 out of 100 and



five stars from Wine Orbit.

Hosted by Spirits New Zealand and Distilled Spirits Aotearoa, the NZ Spirits Awards received 254 entries from local and international distilleries, seven out of 13 trophies won by New Zealand producers.

In all, 221 medals were awarded, 90 of them going to New Zealand distilleries with Kiwi producers making up 41% of the overall entries.

Visit [www.lavenderhill.co.nz](http://www.lavenderhill.co.nz) for more information.

## New Shoots focuses on mindfulness

Before children learn to read, write or count to twenty, they need to learn tools to help them navigate the ups and downs of daily life. At New Shoots we provide opportunities for children to develop skills that help them to grow into resilient, positive, curious, happy children.

One tool that we use for this is mindfulness. "Introducing mindfulness at a very early age is a fantastic way to incorporate it into a child's daily life – we think of it as "Mental Hygiene". If young children are taught mindful practices, this sets them up to cope better with anxiety and big emotions, and gives them tools to use with ease as they grow up." says Valerie Fletcher, Centre Director of New Shoots Westgate

What is mindfulness and why is it so good?

We've all heard the term mindfulness, some of us might have tried it out, or even practise it regularly – but how do we use it to support our children? Mindfulness is no longer reserved for those on a spiritual path, it's now been researched and widely proven to decrease stress, improve concentration, build on resilience, improve social skills and reduce bullying (amongst countless other benefits).

Mindfulness is not only meditation. It's the act of being fully present for whatever we are doing at the time, without being caught up or overwhelmed by our feelings or surroundings. Being present is an ability that all of us possess, but it can be cultivated and encouraged through activities such as meditation or short 'mind breaks' that we can integrate into our daily routines. It isn't limited to sitting down, it can be done standing, walking, or even integrated into focussed activities such as games, yoga or sports.

1. When you engage in mindfulness, your brain switches from using the amygdala to the prefrontal cortex. Why is this good? The amygdala is the fear centre of your brain (the watchdog). When it is engaged we feel



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Feedback to the Westerly circulated through Massey to Hobsonville Point has been excellent and we've noticed that the various pick-up stands throughout the region have been emptying out fast - again showing increased demand for the publication which launched in 2015 and has continued to grow to meet its localised market.

In response to advertiser demand we offer the following options:

## **Business Card Advertising:**

A low cost roll over brand and contact image that is truly cost effective and long term. Keep you front and centre with your market and allows you to link your message and your brand together in print and online. The cost is minimised to \$85 plus GST per month.



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A strong brand, display message that dominates the space and has immediate impact based on the key messaging that you wish to convey to market. A select range of adverts are run in the magazine allowing maximum impact in print and online exposure. The cost of a half page is \$395 plus GST per month.



## **Front Cover and Inside Page:**

The strongest opportunity to deliver a message around your people and performance is through the front cover of the Westerly delivering not only a strong statement but the ability to link multiple messages and the face of your brand to market. As we only do eleven covers a year we offer this on a by negotiation basis, often at no cost to your company in an effort to promote local businesses and their people.



Whatever your position on advertising and marketing we welcome your feedback and input into the magazine and it's future. It is a magazine that was developed by locals for locals and has a charter all about giving back to business, groups and networks. That's why all editorial submissions into the magazine are free from cost and have the highest probability of being published.



Contact us today at [editorial@thewesterly.co.nz](mailto:editorial@thewesterly.co.nz)  
or phone John Williamson on 021 028 54178 or  
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# Area Columnists

afraid, anxious, and information is blocked from travelling to the hippocampus (where we store our memories). The prefrontal cortex is the part of the brain that makes balanced decisions (the wise owl), and during mindful activity, it is instantly accessed – making us feel calm, and helping our memory to function more successfully.

2. Regular mindful practice trains our brains not to react. In time, regular mindful activities train us to find a pause between thinking and reacting to our thoughts. This pause is a crucial element of resilience. Being able to see things objectively before reacting to them is a tool that gently moves us from a negative to positive mindset.

3. It heals our nervous system. All of the negative thoughts we've been holding onto are stored in our nervous systems. With regular practice, eventually our nervous systems calm down, letting go of stored emotions, resulting in happier, healthier bodies and minds.

A few ways that New Shoots embraces mindfulness:

1. New Shoots partners with The Food Tree in bringing mindfulness workshops into our communities. These teach parents how to help themselves and their children with mindfulness and gratitude practices. We recently hosted a workshop at our Whenuapai centre and it was a great success.

2. A lot of our teachers teach mindfulness to the children at our centres. We find that giving them an opportunity to slow down and take a few mindful breaths helps them to manage their emotions and create moments of calm in their day.

3. We're so passionate about the benefits of mindfulness that we're getting our teachers to practise it themselves – it's one of the key teachings in our current staff wellness programme.

Your local New Shoots Children's Centres are in Westgate, Whenuapai and Hobsonville. If you'd like to find out more about what we do, visit [newshoots.co.nz](http://newshoots.co.nz), or pop in for a visit any time.

## The Mobile Car Specialists

Did you know that a huge percentage of the fine surface scratches in your car's paint are caused by harsh car washing practices? These fine scratches not only cause damage to the clear coat, but they create an overall dulled effect and loss of gloss.



To properly restore your car's paint to a shiny, scratch-free shine, you first need to remove the fine surface scratches... then polish to a fine gloss.

Unfortunately, many car care products are designed to simply cover up the surface scratches, only for them to reappear a few weeks later once the product washes away.

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## Toi Toi Wines

Toi Toi wines on a mission to save NZ's rarest birds as mega mast crisis puts their future in jeopardy.

Toi Toi Wines and conservation organisation, Forest & Bird have come together to help save New Zealand's rarest birds during the current 'mega mast' crisis. The heavy seeding event, the biggest in 45 years, is putting thousands of the country's rarest native birds at risk.

Keen to do something to help, the family owned New Zealand wine brand will be providing a donation to support Forest and Bird with every bottle of wine sold from the Toi Toi range, now until 30 September 2019.

To thank customers for their support, Toi Toi is also launching a competition to win two night's accommodation for up to four people at Forest & Bird's Mt. Ruapehu nature reserve lodge.

Kevin Joyce, owner of Toi Toi Wines, approached Forest & Bird after learning that a number of highly endangered native birds are being threatened by the heavy seeding (masting) of the country's beech and rimu trees, and tussock, this year. Forest & Bird has warned that this will result in a plague of rats, followed by an invasion of stoats by spring.

Kevin was especially moved by the plight of the critically threatened native Orange Fronted Parakeet/K k riki, which is especially susceptible to predation by introduced rats and stoats and is therefore at a high risk of immediate extinction with just 100-300 birds left.

"One of our most important winery core values is Kaitiaki - guardianship of our lands for future generations. We want our children to live in a world that still has these beautiful native New Zealand birds in it," explains Kevin.

"We're hoping that our fundraising efforts will raise awareness among Kiwis that might not be aware of how critical the situation is for birds like the K k riki. With their help, we can help stop these species disappearing from the New Zealand landscape. All they need to do is buy a bottle of wine and they can be confident that they will be making a difference. We have also donated to the Orange Fronted K k riki Conservation Fund to protect the three alpine beech forest valleys of Canterbury - the Haw-





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# Area Columnists

don, Poulter and Hurunui valleys – which is the only remaining habitat for these birds. We encourage others to do the same.”

“Most of New Zealand’s conservation forests will be affected without predator control during this mast year – set to be the biggest in over four decades. It’s clear that New Zealanders are really concerned, they are rallying to do what they can in regions throughout the country” says Jo Prestwood, of Forest & Bird.

Toi Toi is raising awareness of the fundraising campaign with specially designed neck tags on all of its wine bottles. These can be found in every major New Zealand supermarket, including Countdown, New World, Pak n Save, and Four Square. Toi Toi wine can also be purchased from online store, Blackmarket and the West Auckland Trust liquor stores.

Anyone that purchases a bottle of Toi Toi wine can enter the competition to stay at Forest & Bird’s Mt. Ruapehu Lodge by scanning the QR code on the wine bottle’s neck tag or entering via the Toi Toi Wines website. The winners will be drawn on 1 October 2019.

Family owned by Kevin and Sara Joyce, Toi Toi Wines, (pronounced Toy Toy), is inspired by New Zealand’s natural beauty and awe-inspiring flora and fauna. The brand creates quality, distinctive New Zealand wines by sourcing premium varietals from the regions in which they are most renowned, such as Marlborough Sauvignon Blanc and Central Otago Pinot Noir.

For more information on Toi Toi Wines, the people and the products visit [toitowines.co.nz](http://toitowines.co.nz). Wine lovers can also follow the brand on Facebook and Instagram.

## Kanika Park Cat Retreat

What does a cat flehmen response look like? “The flehmen response looks like a cat frozen with her mouth open,” Dr. Sasha Gibbons of Just Cats Veterinary Hospital, explains. “Sometimes, cats will roll their lips back over the teeth, which can resemble a sneer.”



“The flehmen response is a type of sniffing, instead of using their nostrils, cats inhale air through their open mouths,” Dr. Gibbons says.

The flehmen response opens up two small ducts, also known as the nasopalatine canals, in the mouth behind the incisors. Those ducts go through the roof of the mouth and join up with the vomeronasal organ (a.k.a. the Jacobson’s organ), which functions as an auxiliary olfactory bulb of sorts.

Some scientists believe the flehmen response does something that’s between the sense of smell and taste. The ducts contain saliva, meaning whatever goes in must be voluntarily brought up to the vomeronasal organ. In other words, flehmen isn’t an automatic way to take in smells, as one does through breathing.

“Cats use the flehmen response to detect chemical stimuli, such as pheromones that are in urine and faeces or areas cats have marked with scent glands,” Dr. Gibbons says.

Interesting fact — male cats usually flehmen more than female cats.

Outside of the cat family, horses, giraffes, buffalos, goats and llamas have also been seen demonstrating the flehmen response.

Should you ever be concerned about a cat flehmen response?

The answer is a definite no.

Cait Rohan Kelly | May 14th 2019 from Catster.com. Kanika Park Cat Retreat - phone 027 550 1406 or email [info@kanikapark.nz](mailto:info@kanikapark.nz).

## West Harbour Tide Chart

Date	High	Low	High	Low	High
Thu 1 Aug	-	00:42	07:05	13:08	19:34
Fri 2 Aug	-	01:36	08:00	13:59	20:26
Sat 3 Aug	-	02:29	08:53	14:50	21:17
Sun 4 Aug	-	03:22	09:45	15:40	22:09
Mon 5 Aug	-	04:14	10:37	16:32	23:01
Tue 6 Aug	-	05:07	11:29	17:24	23:53
Wed 7 Aug	-	06:00	12:22	18:20	-
Thu 8 Aug	00:47	06:54	13:18	19:19	-
Fri 9 Aug	01:42	07:50	14:18	20:20	-
Sat 10 Aug	02:38	08:49	15:19	21:21	-
Sun 11 Aug	03:36	09:49	16:19	22:20	-
Mon 12 Aug	04:34	10:47	17:16	23:14	-
Tue 13 Aug	05:30	11:41	18:08	-	-
Wed 14 Aug	-	00:05	06:23	12:30	18:55
Thu 15 Aug	-	00:51	07:12	13:13	19:39
Fri 16 Aug	-	01:35	07:56	13:54	20:20
Sat 17 Aug	-	02:16	08:37	14:31	20:59
Sun 18 Aug	-	02:55	09:15	15:08	21:36
Mon 19 Aug	-	03:34	09:52	15:44	22:14
Tue 20 Aug	-	04:12	10:28	16:21	22:51
Wed 21 Aug	-	04:50	11:05	17:00	23:30
Thu 22 Aug	-	05:30	11:44	17:42	-
Fri 23 Aug	00:11	06:12	12:28	18:29	-
Sat 24 Aug	00:55	06:58	13:17	19:22	-
Sun 25 Aug	01:44	07:51	14:15	20:22	-
Mon 26 Aug	02:40	08:50	15:18	21:25	-
Tue 27 Aug	03:41	09:53	16:22	22:26	-
Wed 28 Aug	04:45	10:55	17:22	23:25	-
Thu 29 Aug	05:47	11:53	18:19	-	-
Fri 30 Aug	-	00:22	06:46	12:48	19:13
Sat 31 Aug	-	01:16	07:42	13:40	20:05

Source: LINZ

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. Tide data viewed or downloaded from this web site is not equivalent to or a replacement for the official tide data as specified in Maritime Rules Part 25 Nautical Charts and Publications (pursuant to Section 36 of the Maritime Transport Act 1994).



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