

# the Westerly

FREE monthly community magazine for Massey to Hobsonville Point

Property market report  
V is for vegan

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

## Fabric Café and Bistro

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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July 2019

# Intro

Aristotle said that man is a political animal. He didn't mean that we enjoy being harangued by politicians trying to make us fit into their vision of how our lives should run, with one eye on the next election. He was referring to the role of citizens (male and free in the spirit of those times) in Athenian city-states, and the importance of being part of the community. This is certainly still true today, that communities benefit from the participation of the individuals and families living there and vice versa.

This extends to all age groups, including children, who are not only the citizens of the future, but also citizens of the present. If you are a parent or grandparent or are involved in the care of children in your whanau, you may enjoy Steve Biddulph's ideas on helping children achieve their potential (his books are available through Auckland Libraries). You may also be inspired by Peter Benson's TED talk on "Sparks", the interests and passions young people have within them that light a fire in their lives and express the essence of who they are and what they offer to the world. With suitable support from family, friends, school and community, these sparks can promote healthy, positive development and lead to successful lives, but sadly without support these sparks may wither and snuff out.

July's issue of the Westerly contains many opportunities for all age groups to participate in your community. GirlGuiding may help to encourage the natural spark, or perhaps a sport such as football or trampolining, and read the article about good dental health for children. Don't forget to keep up your awareness of online safety. Read about the many ways the community benefits from donations and volunteers. Relax with community games, a trip to the theatre, a photo of you and your pet, or enjoy the possibilities of the many good food and drink outlets locally. Good health ideas and care are catered for, and don't forget the support for older members of the community at Grey Power. The new Hobsonville Point Walkway adds another local activity for winter exercise.

Read about our insights on the property market, owning a house and garden, and getting it right legally.

Please let our advertisers know you have read about them in the Westerly.

Enjoy the opportunities in your community, and have a good month.

John,  
Editor



# the Westerly

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# People:Places

## Fabric Café and Bistro



Tell us what makes the Fabric Café and Bistro memorable or better still unforgettable?

I believe what makes Fabric Café and Bistro particularly special is the location and setting. Despite all the water surrounding our beautiful city, there are so few waterfront dining locations, and this makes Catalina Bay very unique. New Zealanders are so drawn to the water and there's something very special about dining next to it, it lifts your mood and adds an element of relaxation that you can't replicate.

What customer experience can the public expect?

Being a family business we have a very honest approach and we have a very warm and friendly team. This creates a homely feel and we back that up with professionalism and a high level of service. I think this make customers left feeling well taken care of.

What testimonials come in from customers?

Our customers love so many different aspects of Fabric- we get a lot of people pointing to different aspects as they walk in for the first time. Some people are drawn to the decor, some the service, others the view. More often than not though, guests will say "We had such a wonderful time!" and I think this means that the customer experience is greater than the sum of Fabric's parts.

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

I think it's because it's genuine and honest. Hospitality these

days is often 'this concept' and 'these design elements,' it can be quite contrived and carefully put together. It can be great but you can lose the human feeling which is the core of hospitality. So we just work on being good and try to do everything the best way we can.

What makes the public so passionate about Fabric's menu?

It's very approachable, but delivers every time. The food is quite classic and we aren't trying to dress up basic food with smoke and mirrors, so it is always delicious and carefully prepared. For example we have just added a classic lemon tart to the dessert menu- but it's the best bistro lemon tart I've had. Sometimes it's nice to go out and be able to order your favourites and have them just right.

What's your favorite dish on the menu?

My favourite dish on the menu is the gnocchi. It has gone through many incarnations since we opened as the seasons have changed and I have loved each one as much as the last. Coming into autumn now we have just begun serving it with confit mushrooms and goat's feta, which is similar to the way we served it when we first opened. We are just coming up to our one year anniversary now so it is bringing back a lot of memories from those first few weeks.



8/3 Boundary Road, Hobsonville Point, phone 09 416 8013, email [hello@fabriccafebistro.co.nz](mailto:hello@fabriccafebistro.co.nz) or visit [www.fabriccafebistro.co.nz](http://www.fabriccafebistro.co.nz). View our article published July 2018 for when Fabric Café and Bistro first opened at [www.thewesterly.co.nz/uploads/issues/the%20Westerly%20August%202018%20Email.pdf](http://www.thewesterly.co.nz/uploads/issues/the%20Westerly%20August%202018%20Email.pdf)

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# Community: Notices

## Thank you to our awesome volunteers

GirlGuiding NZ is a non-profit organisation where girls can be girls, where they will discover their passions, contribute to their communities and form friendships in a safe and positive environment.

Our aim is that all girls and young women are valued, inspired and empowered to take action to change their world. We do this by enabling girls and young women to develop into confident, adventurous and empowered leaders in their communities. Our volunteers are at the forefront of this, giving their time and skills for the benefit of girls in their communities.

Whether teaching them about other cultures through games, or exploring the outdoors while camping, their work is truly at the heart of what we do, and without them we simply couldn't function! A huge thank you to all our volunteers.



## Paying tax on multiple jobs

Workers all over the world are increasingly favouring short-term jobs, or gigs, in place of more traditional permanent roles. Gig workers who take casual short-term jobs fall into the same

category as contractors, free-lancers and self-employed people who must account for their own tax on every job they take.

For tax purposes, the same rules for sole traders apply to people who do gig work. You usually use your personal IRD number for paying income tax (and GST if applicable). You are personally responsible for all of your taxes, and all of your earned income is taxed. Work expenses can be claimed to reduce your income tax, so we recommend keeping accurate records and all of your receipts. You must complete an IR3 tax return each year, including all of your income from all sources.

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](mailto:kumeu@uhyhn.co.nz).

## helloworld Travel Hobsonville supports local community

helloworld Travel in Hobsonville has been busy in the local community recently. Carolyn is an active member of the Rotary Club of Henderson. Rotary is a charity that raises money and has so far this year given a car to West



Auckland Hospice, and donations to Hearts4Kids, Kidscan, Look Good Feel Better, Don Oliver Sports Foundation, Melanoma NZ and others. If you also want to help in the community call Carolyn to find out more about Rotary, we are always looking for new members.

Recently we have provided prizes for raffles to Whenuapai School, Hobsonville Point Secondary School, and Massey High School and we are always looking for ways we can support more schools.

Helloworld Travel Hobsonville sponsors Huapai Golf Club each year and is a member there.

We support the Summerset Residents Club at Monterey Park with prizes to help them fundraise for their chosen charities.

Calling all Solo Travelers - We are having our next Solo Traveller get-together in our office on Saturday 13th July at 2pm. Come along and meet our other solo travellers and you may find someone to travel with. We will have a guest speaker and you have a chance to socialise and meet others. Please register your interest with our office [jan.glover@helloworld.co.nz](mailto:jan.glover@helloworld.co.nz) or phone

*Massey High School's  
50th Anniversary*

SEEK THE HEIGHTS

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09 416 1799. If you are unable to make it you can sign up to our newsletter, just let Jan know.

We are located next to Countdown at the Hobson Centre in Hobsonville and would love to see you.

## Pure Allies

Well there's no denying it, winter well and truly has its hold.

Pure Allies have some really nice, natural and safe products to help keep you comfortable.

Our chest balms are really popular for coughs and runny noses, helping you breathe easier, relieve the coughs and sleep better.

Pain relief balms for achy bones and winter sport injuries, body butters for winter dry skin, or some massage balms for some relaxation in front of the fire. That's just to name a few.

We can also custom make almost anything for your skin, at your request.

Keep well and keep warm pureallies@gmail.com, or check us out on Facebook. Pure Allies.



## Free event

On Sunday 7 July from 2pm - 5pm, there will be a Hobsonville Point Community games afternoon on Hobsonville Point. This will be held at Hobsonville Point Primary School at 70 Hobsonville Point Road (middle entrance). Bring some nibbles to share and your favourite board games.

## The Mobile Car Specialists

Buying or selling a car? The best thing you could do to maximise the sale price is have a paint corrective cut and polish done to remove / minimise fine scratches, blemishes, sunscreen marks, oxidation and most other unsightly marks. The condition of the exterior makes a big impact with potential buyers so make sure it's looking good.

Likewise, if you've just purchased; often your vehicle could do with a professional polish, or dents removed, and NOW is the time to do it, otherwise you'll never end up getting it done until it's time to sell!



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## Bernina Road Show 6th July from 9:30am to 4pm

All Things Bernina which is now situated at the Westgate Outlet centre, and recently named New Zealand Bernina Dealer of the Year is hosting the Bernina Road Show on Saturday 6th July from 9:30am to 4 pm.

We will have the complete range of Bernina and Bernette sewing machines and over lockers for you to try. Berninas have a 10 year warranty plus 2 free services and Bernettes have a 5 year warranty. All Things Bernina offer free machine lessons with all machine sold.

We will be holding demonstrations of different types of accessories, embroidery, quilting both computerised, freehand and ruler work. Experts will be on hand to answer your questions and advise the best machine for your needs. One day specials available and be in for a chance to win a Bernina.

Come and see why you should choose a Bernina or Bernette.

All Things Bernina - 3/7 Westgate Drive, Westgate. [www.allthingsbernina.co.nz](http://www.allthingsbernina.co.nz).

## Don't spend thousands on a new computer

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# In Brief updates: Events

## House of Travel Hobsonville Point

At House of Travel, we're on a mission to help you create better holidays - from hunting out the best deal, to helping you personalise your holiday and get the most out of every minute. And of course, we're always here to step in if things go a bit, well, wonky.

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We live, breathe and dream travel - so wherever's next on your must-visit list, you can bet at least one of our consultants has either been there, or sent someone there. And with their combined experience and knowledge behind you, you'll always be sure you're getting the absolute most out of every holiday.

Deals to get excited about

Let's be honest, saving money on your booking means you have more of it to spend on the fun stuff while you're away. That's why we use our industry partnerships and buying power to score you the best deals under the sun. So why not check out what's on offer today?

Why not give us a try when planning your next trip and find out for yourself!

House of Travel Hobsonville 09 416 0700 Hobsonville@hot.co.nz #houseoftravelhobsonville.



## Flippin' Fun provides awesome community service – you bet!

With the school holidays around the corner we got to wondering how much energy we released from kids in the two weeks of the July holidays. Based on an average kiddy calorie burn for a one hour trampolining - an astonishing 2,720,000 calories! The upcoming holidays look to be even busier so be sure to check our booking page to avoid full or sold out sessions. Of course it's not just in normal bounce sessions when you can



experience the benefits of trampolining. We have a range of skills and activity classes to suit you and your schedule. Check these out for Term 3 (kindly note, except for fitness we suspend classes during the holidays)

Flip Fit Classes – keep active through the winter months burning calories the fun way. Classes are full of variety to keep you wanting more! Bring a friend for even more fun and motivation.

Flip Classes – Fly with the best! For age 8 yrs+. Learn new tricks to impress your friends.

Junior Flippers – a fundamental movements programme for kids aged 5-7 yrs teaching skills core to many sports.

Little Flippers – a super fun toddler session for the 5 & unders – no older kids allowed.

For pricing and times be sure to check [www.flippinfun.co.nz](http://www.flippinfun.co.nz) or call us on 09 833 6880.

## St John West Auckland dedicates second free health shuttle

St John West Auckland Area Committee formally commissioned their second Health Shuttle at a Dedication Service on Sat 4th May. Originally planned for introduction in 2018, circumstances beyond the committee's control meant a lengthy delay in the acquisition and commissioning of this vehicle.

Health Shuttle Team Leader, Lindsay Roberts, said that nationally St John is moving towards VW vehicles for their expanding fleet of Health Shuttles, and the West Auckland VW Crafter has been developed as the prototype going forward for St John wheelchair capable shuttles.

"One shuttle will continue to be based at the St John Western Ambulance Station on Edmonton Rd with this new vehicle based at the New Lynn Ambulance Station," says Lindsay. "This will enable improved coverage of our existing area including Massey & West Harbour, as well as extending door to door coverage to Waima, Woodlands Park, & Laingholm, and the rapidly growing precincts of Whenuapai and Hobsonville".

Area Committee Chair, Chris Wilkins, acknowledged that the purchase and fit-out of the new vehicle was only made possible by significant funding from The Trusts Million Dollar Mission 2017, with additional support from Ray White (Austar Realty)



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and the Delaney Family Trust.

Extra volunteer drivers have been recruited and trained over the past year, enabling a full roster for both vehicles to operate. Since 2006 St John West Auckland has operated a free Health Shuttle service that transports patients (including wheelchair patients) to and from pre-arranged appointments at Waitakere Hospital as well as Medical Centres, Physiotherapy and Radiology Clinics, Dental and Specialist appointments, and minor surgery.

"Although run as a free community service, donations are appreciated to help cover operating costs. The service runs throughout the year, and patients can feel reassured knowing all volunteer drivers are first aid trained, driver competency assessed by St John, and Police screened," adds Lindsay.

The St John West Auckland Area Committee funds the activities of some 400 local St John volunteers across the following areas: Health Shuttles; Youth Programmes; Friends of the Emergency Dept; Caring Callers; Events Volunteers; St John Henderson Op Shop.

Health Shuttle bookings are accepted for appointments commencing between 9.30am and 1.15pm, Monday through Friday. Return journeys generally not available after 2.30pm. Patients are contacted the evening prior and advised of their pickup time for the next day.

For bookings phone the St John direct shuttle line on 0800 925 2672 and ask for 'West Auckland Health Shuttle bookings.'

## Solar systems made easy

We are a local, independent, Kiwi-owned and operated company made up of NZ Registered Electricians and young apprentices that we proudly train up through the ranks.

Being in the solar business since 2010, we've designed and installed hundreds of solar electricity systems onto



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As everyone is well aware, technology is moving at an extremely rapid rate.

Solarcraft witness these changes first-hand in our industry and particularly enjoy seeing solar power becoming more cost-effective and efficient month-by-month. We love the challenge of keeping up with the latest products and developments, then passing it on (in layman's terms) to our client's so we all have access to the most energy-efficient way forward.

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## Parked Up Out West

The annual Parked Up Out West at NorthWest Shopping Centre kicked off on Queen's Birthday Monday. The weather was on side this year, bringing a great turnout of approximately 500 classic cars and motorbikes on the shopping centre's rooftop



carpark. A popular and free event, NorthWest Shopping Centre are proud and dedicated to the NorthWest Community, embracing different initiatives and events like this one, that are set up solely to give back to the neighbourhood.

Hundreds of classic fans and families took the opportunity to pop in on the public holiday to peruse the line-up. Awards were presented to car owners and attendees on the day from Best Engine, to Best Chev, Best Ford, Best Dressed and Overall Car of the Show. Ally Glen from Renegade Rod & Custom who co-host the event with NorthWest Shopping Centre, reported it is one of the biggest classic car and hot rod shows in Auckland.

## NorthWest Rewards is back

Thirteen local schools and almost 6,000 children will be taking part in the annual NorthWest Shopping Centre initiative called NorthWest Rewards. From June 24 to July 21, every dollar spent at NorthWest Shopping Centre is equivalent to one point for the participating school of your choice. At the end of the promotion, the school with the highest average spend per student will receive \$3,000 cash for their school. The second and third placed schools will receive \$2,000 and \$1000 cash.

It's a great way to support local schools, providing potential op-

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opportunities for much needed resources. In addition, when you submit your vote you will also personally go into the draw to win a \$500 NorthWest shopping spree.

Participating schools are Hobsonville School, Massey Primary School, Huapai District School, Whenuapai School, West Harbour School, Don Buck Primary School, Waimauku School, Riverhead School, Colwill School, Waitakere Primary School, Middle School West Auckland, Henderson Valley School and Swanson School. For more information see [northwestshoppingcentre.co.nz](http://northwestshoppingcentre.co.nz).

## Netsafe

Netsafe has recently published a report about digital self-harm among New Zealand teens, that is the anonymous online posting or sharing of mean or negative online content about oneself. Overall, 6% of New Zealand teens have anonymously posted mean or negative content online about themselves in the past year. Among teens who engaged in digital self-harm, most did it more than once. Digital self-harm appears to be more prevalent among younger teenagers, those aged 13 and 14 years old. Girls and boys pointed out different reasons for engaging in digital self-harm: Girls reported wanting to show resilience, looking for friends' sympathy, and seeking reassurance of friendship, while for boys it was mainly about making a joke. There is an indication that digital self-harm is more prevalent among teens experiencing one or more disabilities (those teens having a physical disability, a behavioural disability or mental health issue). About a third of respondents (35%) said they achieved the outcome they looked for after digitally self-harming themselves. This was significantly higher for boys than girls. Teens who did not self-harm believe that those who did it mainly look for peer attention and the sympathy from friends. For more information about online safety, visit [netsafe.org.nz](http://netsafe.org.nz).



## Waitakere Grey Power Association

On 13 June 2019 Waitakere Grey Power Association held its Annual General Meeting at the Te Atatu South Community Centre. Our Guest Speaker was Mr. Chris Fougere, Orthopaedic Surgeon from Domain Orthopaedics in Parnell and he was most informative and very well received by our members. Our Executive are Mate Marinovich, President, Steve McDonald, Vice President, Jill Harvey, Secretary and Owen Frewin, Treasurer, Office Manager, Peter Harvey and six Committee members. The entire Commit-

tee of the 2018/19 year has been elected for 2019 /20. Our Subscriptions for 2019 /20 have been set at \$20 Single and \$30 Married Couple. We had turnout of 55 members at the AGM which was heartening for the Committee. We advocate for seniors over 50 years old to Local Boards, Auckland Council and politicians of all political parties without fear or favour. We had Jo Cocker from Te Manawa, who is a community outreach specialist give us a brief talk as well. Jo works for Auckland Council and is keen to meet with other local organisations. Massey Library is located within Te Manawa at Westgate. We would like to thank all members for supporting your Committee and staying afterwards for refreshments. Mate Marinovich, President is also the Zone Two Director Grey Power Northern Region and is fortunate to have Steve McDonald, Vice President to attend Henderson, Massey, Waitakere Ranges and Whau Local Boards monthly to air your concerns on a variety of Council-related issues.

On Wednesday 7th August 2019 at 3.00 pm we are for the second year holding a Satellite General Meeting in Waimauku at the Waimauku RSA (891 State Highway 16, Waimauku). Our guest speaker will be Christine Rose formerly on the Auckland Regional Council and a public transport activist from Kumeu. We extend a cordial invitation to all Waitakere Grey Power members in the Huapai - Kumeu, Helensville, Waimauku and Muriwai areas to attend this meeting. You will have a chance to meet and talk to your Committee. At the conclusion of the meeting you are invited to stay and join us for dinner at the Waimauku RSA at your own cost. If you are keen to join Waitakere Grey Power please come along to this meeting, we would like to see you there. Mate Marinovich, President Waitakere Grey Power Association and Zone Two Director Grey Power Northern Region phone 021 754 217.

## The gift of giving back

Hospice West Auckland celebrates the collective contribution of 500 dedicated volunteers this National Volunteer Week.



We extend a thank you to all of our volunteers who together donate a remarkable 40,000 hours to Hospice West Auckland each year. The support of our volunteers means we can continue delivering the best possible care to end-of-life patients and their families/whanau throughout the West.

Hospice West Auckland has a range of volunteering opportunities available. From lending a hand in any of our six second-hand stores, providing patients and their families with transport, to writing life reviews and helping out at fundraising events. Whatever it may be, the gift of your time ensures our community teams remain in our patient's homes or at Hospice House, providing them with care at no cost to them or their loved ones. Hospice West Auckland's volunteering opportunities are rich

### Special thanks

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

Countdown Westgate	Countdown Royal Heights
The Warehouse Westgate	Luckens Road Dairy
Mitre 10 Mega Westgate	Massey Leisure Centre
Countdown Hobsonville	Whenuapai Dairy
Countdown North West	Hobsonville Point Dairy
Mike Pero Hobsonville	Season's Market Massey

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and diverse and our volunteers express a sense of achievement in gifting their time to support their local community. One of Hospice West Auckland's dedicated volunteers Elie shares "I've met so many amazing people, and I get to give something special back to my community, I just love it."

If you, like Elie, want to get involved and give back to your local community, come along to our Volunteer Open Day at Hospice House, 52 Beach Road, Te Atatu Peninsula on Friday 12th July any time between 10.00 am - 6.00 pm.

Please contact our Volunteer Services Coordinator Verity on 027 702 3648 to learn more about the volunteering opportunities available to you.

## Most injuries at home and at work are caused by falls

Falls from ladders are the common dominator. There are number of articles written about ladder safety. Most companies should have their ladder detailed on their Risk and Hazard Register and a safe operating procedure written about a ladder's use.

A ladder is a hazard, the risk is falling from one, and normally that means you are falling from height.

The first thing to ask is can you do the work on the ground, and if necessary use a more stable work platform, for example should you use a scaffold for painting jobs rather than working off a ladder?

The first thing anybody using a ladder should remember is do not overload a ladder and do not overreach. Other things that should be remembered is not to rest tools on ladders and stop at the third step from the top.

Create a triangle, thus with a straight ladder for every four metres of height the ladder should be one metre out from the wall

or base the ladder is resting against.

If at work use a trade or industrial standard rated ladder (rating of 120 or 150kg AS/NZS 1892 standard). Trade and commercial ladders have blue or black feet.

Ensure you are working on stable ground, the ladder is clearly labelled, structurally sound and not covered in chemicals or other material and is well maintained. Keep four metres away from power lines, and have the steps facing the work activity.

Avoid side loading by tying the steps to a secure point.

For more information on health and safety contact John Riddell email [securo4@securo.co.nz](mailto:securo4@securo.co.nz) or check out the website [www.securo.co.nz](http://www.securo.co.nz).

## Massey Birdwood Settlers Ass. Local Government Elections

With the Local Government elections looming, the Massey Birdwood Settlers Association is planning to hold another "Meet the Candidates" afternoon in its Community Hall.

In 2016 the resident and ratepayers group held two afternoons, one for the Mayoral contenders, the other for nominees standing for the Council, the Henderson Massey Local Board, the Waitakere Licensing Trust, and the Waitemata Health Board.

This year all the positions will meet on the same afternoon.

A date is yet to be set, however is likely to be held in late August, early September when all the nominees are known.

As a resident and ratepayer group, the Massey and Birdwood Settlers Association believe it is important that residents know who the candidates are so that they can make informed choices when the time comes to vote.

Resident and ratepayer groups represent the views of the com-

# 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).



munity to the local Council and Government, ensuring adequate resources are spent in the community that will benefit the whole community. The Massey Birdwood Settlers Association was formed in 1925. For further information you can contact the MBSA by emailing [masseybirdwood@gmail.com](mailto:masseybirdwood@gmail.com).

## Our school holiday camps are happening this July

Greenhithe Football Club are running two Football Holiday Camps in July for children aged 5 to 13 years, at Wainoni Park, Churchouse Road, Greenhithe. Camp 1 runs from Monday 8th - Thursday 11th July 2019



from 9:00am - 2:00pm. Cost \$120 for the four days. Camp 2 runs from Monday 15th - Wednesday 17th July 2019 from 09:00am - 2:00pm. Cost \$95 for the three days. You can attend for \$35 for a single day at either camp. The Holiday Camp will be a skill-centred programme for Football. The day will consist of skill acquisition work, football games and mini-tournaments. Please wear suitable clothing as well as football boots and shin pads. Please bring your own drink bottle, morning tea and lunch. To register, see the latest news article at our website [sporty.co.nz/greenhithefootball](http://sporty.co.nz/greenhithefootball) or search for GreenhitheFC on Facebook and find the link. Closing date Friday 5th July.

## Family benefits from charitable donation

A new family has been given an extra helping hand after the difficult birth of their daughter, thanks to the support of a charity which won funding through the 2019 Trusts Million Dollar Mission. Ruby Jones and Ryan Dey



became new parents to Chloe on March 15th, 2019. The first-time parents are adjusting to their new life at home, and are grateful to have some nutritious, healthy meals - some special deliveries from Bellyful West Auckland.

Ruby is grateful to Bellyful for their support. "I'd never heard of Bellyful before - I had no idea there were people out there doing this for new families like ours," she says. "We don't have

takeaways because of the cost. We try to eat well, but with a little baby and limited help, it's hard to stay on top of the meal prep. Having Bellyful meals in the first weeks after Chloe's birth was really helpful."

Bellyful West Auckland was a finalist in the 2019 The Trusts Million Dollar Mission, a collective which assists local people, groups and associations by giving grants, donations and sponsorships to applicants. This year, Bellyful West Auckland received a grant of \$6,000 - the amount required for a year's worth of ingredients to make food for local families with newborns and young children, who have little or no family or social support.

And for Ruby and her new family, it's been a lifesaver. "I'm so grateful - Bellyful's support has been invaluable," she says. "They haven't asked for a lot of money, considering what they are doing. It's an amazing help for new mums like me." Bellyful's meals are always completely free - they ask for nothing from the recipients. All their branches fundraise locally to raise money to purchase the ingredients so the meals can be free. For more on Million Dollar Mission, contact [www.milliondollarmission.co.nz](http://www.milliondollarmission.co.nz). To find if there's a Bellyful in your area, visit [bellyful.org.nz](http://bellyful.org.nz).

## Waitakere Fire Brigade

Winter is certainly upon us now with rain, wind and cold weather so make sure you follow these fire-safety tips to help keep you and your family safe and warm.

**Electric blankets**

- If your electric blanket or cord is showing any signs of wear, have it checked by an electrician or have it replaced. Don't take the risk

- Always make sure that your electric blanket is switched off before getting into bed

- Never use pins or sharp objects to secure the electric blanket to the bed and never tuck it in under the bed

- If the blanket becomes soiled, sponge it lightly and allow to dry naturally on a flat surface. Do not dry clean or use a washing machine or spin dryer

- When putting your electric blanket away for summer, don't fold it - roll it.

**Heaters & clothes dryers** - After kitchen fires, fires involving heating and drying are the next most common reason the Fire and Emergency New Zealand is called out

- Remember the heater-metre rule - always keep furniture, curtains, clothes and children at least one metre away from heaters and fireplaces



## 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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- Don't store objects on top of your heating appliance
- Never cover heating appliances
- Don't overload clothes dryers and clean the lint filter after each load cycle.

If you have a few spare hours a week and want to volunteer on a part time basis it starts with a phone call to your local fire station.

Keep warm and stay safe, Dennis Cooper, Station Officer - Waitakere Volunteer Fire Brigade.

## Epilobium flourishes at Hobsonville Point

Hobsonville Point's rare little native plant *Epilobium hirtigerum* (Coastal Kanuka) has moved in to the Bomb Point Drive's storm water pond and made itself at home. The *Epilobium* is often found along pond edges in the wild as the rising and falling of water levels offers it a chance to grow and seed on bare earth before other plants can grow. The *Epilobium* produces fine seeds with hairs that get blown around by the wind allowing it rapidly colonise bare areas. Auckland Council's Biodiversity team has acknowledged that this is a very important rare plant around the Auckland harbours. It is being propagated at the plant nursery off Bomb Point Drive. The Kaipatiki Project Environment Centre has been closely involved in developing the plant nursery for the past 8 years at Hobsonville Point and a group of dedicated volunteers has grown around 10,000 native plants a year at the nursery. If you are interested in helping, please email Derek at [restoration@kaipatiki.org.nz](mailto:restoration@kaipatiki.org.nz) or call 09 482 1172 or just come along to Bomb Point Drive and join our volunteer community. You don't have to live at Hobsonville Point. Photo credit John Braggins.



## SeniorNet

At one of our recent Kelston meetings our guest speaker was from NetSafe and told us of the many scams that are around at the moment. If you have any worries as to whether something doesn't sound right you can ring them and they should be able to help you or point you in the right direction to get advice. It really is surprising how many people still get caught out. The more you know about how to use your computer, iPad or tablet, the better.

If you have any problems please call and see us at our Help Days on the 2nd and 3rd Tuesday of the month any time from 10am

to midday. If you only have a desk top computer not to worry as we have our own on site and we will do our best to try and solve any problems you may have.

Our rooms are upstairs in the Henderson RSA, 66 RAILSIDE AVENUE HENDERSON, OPPOSITE THE RAILWAY STATION. Our open meeting is on the 3rd Tuesday of the month at the Kelston Community Centre, Cnr Awaroa Road, Kelston. We have a guest speaker followed by morning tea, entry by a \$2 raffle ticket. All are welcome, you do not have to be a Member of SeniorNet. We are seniors helping seniors to use tablets, phones, laptops etc, both Apple and Android, so do let us help you. Phone June on 09 833 8186 or Pam on 09 827 2156 for any further information.

## North West Toy Library grand opening – Saturday 6th July

At 9:30am on Saturday 6th July the North West Toy Library (NWTL) will open its doors for the very first time. NWTL is run by a small group of volunteers who are passionate about providing a toy lending service for families and children in our community. Families who sign up to become members can borrow toys for a two-week period.

Our grand opening will be a fun-filled day out for kids to come and check out the toys we have to offer. We will even fire up the classic kiwi BBQ (in the winter!) to help our fundraising efforts for purchasing even more new toys.

The NWTL committee would like to take this opportunity to extend a huge thank you to New Zealand Retail Property Group, Massey Matters, Lotteries NZ, Cash Converters New Lynn, Bridgestone Tyre Centre Westgate, Cathro Financial Services, and Bowring Print, as well as the amazingly generous North West public,, who have supported us with the donations and sponsorship that have helped us to open our doors.

Key info: A toy library is like a library, but instead of borrowing books, you can borrow toys. Shop 5, Westgate Outlet Centre, 7-9 Westgate Drive, Massey. Opening hours: Thur 9:30am – 12:30pm; Sat 9:30am – 12:30pm; and Sun 3:00pm – 5:00pm.

Annual membership fee: \$150 for non-volunteering members or \$80 for members willing to volunteer the toy library at least once per term. Contact: [nothwesttoylibrary@gmail.com](mailto:nothwesttoylibrary@gmail.com).

## \$85 = Exposure for a month

Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$85 plus GST you can be exposed to over 20,000 locals for a whole month. That is only \$2.80 a day. For more information email our editor at [jbw51red@googlemail.com](mailto:jbw51red@googlemail.com).

**Lyndsay Kerr**  
LICENSED SALESPERSON





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# Property:Advice

## Property market report

Fewer homes on market, building buyer demand, lower mortgage rates and more certainty over the governments long term position on property tax and property speculation has resulted in a further stabilising effect on the Auckland property market. At a glance, compared to this time last year listings are down by almost 25%. Auction sales resulted in around 33% clearance. Sales versus RV (Rating Data) were split evening 59% less than RV and 41% greater than RV. This continues to highlight the firming up on the Auckland market. In the last 14 days we have received a lift in telephone enquiries, email enquiries and open home traffic, certainly highlighting the lifting of confidence in the market and the slow shift towards an equally balance supply vs demand marketplace. Let's take a look at the market:

Hobsonville Residential	\$717,000 to \$1,300,000
Massey Residential	\$535,000 to \$1,157,000
Swanson Residential	\$634,000 to \$810,000
Waitakere Lifestyle	\$740,000 to \$1,400,000
West Harbour Residential	\$654,000 to \$1,085,000
Westgate Residential	\$810,000 to \$830,000
Waitakere Lifestyle	\$740,000 to \$1,400,000
Whenuapai Residential	\$730,000 to \$1,110,000

If you are renovating, upgrading, selling or buying it pays to have a partner with you that can provide solid advice, statistics and checklists to guide you through your investment and decision making process. With us, this information is free from cost and begins with a phone call, text or email. Drop me a line today on: 0800 900 700, text 0276 320 421, Email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com) or review my web site [www.grahammcintyre.co.nz](http://www.grahammcintyre.co.nz) - Mike Pero Real Estate Ltd Licensed REAA (2008).

## Selling? Help - there's so much to do!

So you've found the perfect home somewhere else and you want to sell? Exciting. Or you've found yourself in an urgent financial situation where you need to realise some property assets to free up cashflow for other important matters. This will have an impact on the price you can achieve. Vendors can either sell privately, using a private company such as Homesell Ltd to help with advertising, open homes, contracts and offers, or use a real estate agent. It's always recommended that you talk to real estate agents about how and when your property should be marketed, ie auction, deadline sale, multi-offer or gener-

al listing. Of course there are costs and risks associated with any option a vendor chooses to go with. The marketing of your property is important, as is the timing of your marketing campaign. At Gina Jansen Lawyers we can review any contract/offer for vendors prior to signing. We can review your agreements with real estate agents before signing. In multi-offer situations, what terms the purchaser is offering can be as important as the price. For example, some purchasers will want a longer settlement or drawn out due diligence processes only to potentially cancel the agreement altogether, putting the vendor back at the start line again - which is hugely frustrating. Vendors should insist that once a contract is signed, but not yet unconditional, that the property is continued to be actively marketed by the agent and backup contracts sought and presented to the vendor wherever possible. This puts the 1st purchaser under pressure to proceed to unconditional status more quickly, especially if they are keen to purchase the property. Being local lawyers, Gina Jansen Lawyers have particular experience in dealing with sales. We are lawyers, not conveyancers, and we can undertake the transaction from start to finish. We are West Aucklanders born and bred so know the local area and developments. We love supporting our clients through the sale process. We are fast, reliable, thorough and experienced. So contact us Gina Jansen Lawyers for all your property advice. We Get Results! Phone 09 869 5820 or visit [www.ginajansen.co.nz](http://www.ginajansen.co.nz) for more information about us.

## Own a fibrolite bach? Planning a demolition or renovation?

If your house was built between 1940-2000 and you're renovating or demolishing, you must identify all asbestos containing materials before you 'muck in'. Asbestos building products were manufactured in NZ during the 1940s and NZ imported asbestos containing products right up until Oct 1, 2016. The Asbestos Regulations (Health and Safety at Work (Asbestos) Regulations 2016) are now in full effect from 4 April 2018 and believe it or not, if you carry out a renovation or demo without having done an asbestos survey, you could face up to a \$50,000 fine. With the gentrification of Muriwai, South Head, Helensville, Kumeu etc many old baches and farm hous-



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**f** **i** **o** **in**

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es are being torn down to make way for beautiful new homes, and as a consequence we're completing more asbestos surveys to keep workers, homeowners and the general public safe from these deadly fibres. Asbestos related diseases kill over 170 Kiwis each year, all of which are preventable simply by following best practice techniques and using appropriate PPE. Asbestos and its presence should be considered in the planning stage, to both uncover the true cost of demolition or renovation, and to ensure you adhere to the Asbestos Regulation 2016. I urge you to plan, consider and investigate thoroughly before jumping in to any demolition or renovation job, as it could cost you more than you bargained for! Stephanie Brookes, Director, Meth Wise & Asbestos Consulting. Phone 022 134 1621.

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## Fairness and relationship property

The property relationships act 1976 (PRA) does not refer to fairness by name. Rather, it refers to serious injustice in relation to property agreements made at the end of a relationship. An agreement which is not fair (and causes serious injustice) may be cancelled by the court. A court looks at fairness both at the time you make the agreement and, over the time since making the agreement, that is, in the light of changed circumstances.

This idea of fairness tells against people hurrying to make PRA agreements under pressure including emotional pressure, or to avoid putting your children under pressure. Our point is that having an agreement terminated for unfairness is bad for both parties because it usually involves a re-division of the assets. As a result, there is usually more legal cost and it prolongs the wrangling in order to achieve a final result. The best way is to make fair and full disclosure of all of the assets and if you cannot agree on a valuation at least agree to someone else valuing the assets of significant value. Agreements even at the early stage are things to be considered with good legal advice. Luke Kemp, phone 09 412 6000 or email [luke@kempsolicitors.co.nz](mailto:luke@kempsolicitors.co.nz).

## How to own a title of the family home

When purchasing a property and registering the title in your individual names you will need to decide how you would like your individual names to be registered on the title. Joint tenants is most common and this is where two or more individuals own the property. On the death of one party, the property passes to the survivor/s, irrespective of any provisions in a will. Spouses may wish to have this option, particularly if they have a large mortgage together. However if



either party has a child, or children, from a previous relationship then joint tenants might not be the preferred option as it would mean children of a prior relationship might not inherit their parent's share in the property. The alternative is tenants in common and this means you own a specified share in the property, in equal or unequal shares. You can leave your share in the property to the beneficiaries named in your will. It is not uncommon to have blended families and special consideration should be given to the situation that could arise when one party dies. You might wish for your children to inherit your share of the property you jointly own with your spouse, but at the same time you don't want your spouse to have to sell the property or to take out a new loan to buy your children's interest in the property. A right to occupy the property for an agreed period of time might be a suitable option, or alternatively life insurance. Careful consideration should be given to how you own the title of your family home, or any property, and follow this through in your estate planning. This is best done when you purchase the property but it is also possible to change the way your names are registered on the title later. ClearStone Legal can assist you with your estate planning and advise you on your family's needs. Phone 09 973 5102 if you have more questions.



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# area property stats

Suburb	CV	Land Area	Floor Area	Sale Price	
Hobsonville	1,250,000	323M2	233M2	1,300,000	
	1,425,000	406M2	298M2	1,300,000	
	1,225,000	344M2	242M2	1,230,000	
	1,530,000	1004M2	278M2	1,500,000	
	830,000	147M2	138M2	806,500	
	1,075,000	273M2	164M2	1,122,500	
	1,125,000	212M2	187M2	999,000	
	1,225,000	313M2	246M2	1,188,000	
	1,450,000	408M2	297M2	1,331,520	
	960,000	208M2	143M2	927,000	
	1,000,000	470M2	192M2	980,000	
	1,200,000	610M2	210M2	1,215,000	
	960,000	172M2	112M2	886,000	
	720,000	132M2	90M2	720,000	
	920,000	137M2	166M2	867,500	
	700,000	97M2	90M2	717,000	
	980,000	220M2	164m2	951,000	
	700,000	104M2	92M2	729,000	
	Massey	920,000	442M2	195M2	940,000
		630,000	979M2	902M2	655,000
635,000		363M2	130M2	635,000	
920,000		1580M2	220M2	805,000	
615,000		845M2	150M2	665,000	
950,000		450M2	200M2	1,010,000	
1,100,000		1012M2	179M2	885,000	
920,000		450M2	187M2	971,000	
930,000		450M2	190M2	995,000	
690,000		839M2	160M2	680,000	
585,000		0M2	90M2	535,000	
900,000		450M2	158M2	850,000	
720,000		463M2	130M2	685,000	
660,000		0M2	160M2	675,000	
770,000		672M2	182M2	640,000	
730,000		675M2	80M2	680,000	
660,000		675M2	120m2	700,000	
620,000		675M2	100M2	725,000	
660,000		827M2	130M2	750,000	
810,000		918M2	150M2	749,500	
610,000		606M2	80M2	520,000	
640,000		663M2	80M2	730,000	
600,000		825M2	80M2	576,000	
1,225,000		545M2	298M2	1,157,000	
1,025,000		623M2	207M2	900,000	
780,000	432M2	160M2	760,000		
655,000	0M2	80M2	587,000		
810,000	696M2	190M2	795,000		
780,000	867M2	80M2	760,000		
895,000	404M2	141M2	782,500		
Swanson	935,000	1429M2	194M2	810,000	
	930,000	352M2	80M2	634,000	
	755,000	647M2	140M2	745,000	
Waitakere	1,325,000	7.24HA	110M2	1,400,000	
	755,000	2694M2	97M2	740,000	
West Harbour	1,100,000	947M2	191M2	862,500	
	690,000	0M2	90M2	675,188	
	920,000	841M2	120M2	767,700	
	950,000	734M2	100M2	778,500	
	860,000	646M2	120M2	802,000	
	1,150,000	630M2	240M2	1,038,000	
	770,000	0M2	120M2	654,000	
	1,100,000	750M2	170M2	1,085,000	
	1,110,000	736M2	120M2	950,000	
	Westgate	930,000	480M2	160M2	810,000
720,000		210M2	160M2	830,000	
Whenuapai	1,075,000	308M2	222M2	1,110,000	
	850,000	1007M2	80M2	730,000	

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

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



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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 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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**AFFORDABLE, VIEWS, SUN AND WORKSHOP ON 842 SQM** 3 2 1

**By Negotiation**

**4 Chamberlain Road, Massey**  
By Negotiation

Enjoying all day sun and views to the Waitakere ranges, this elevated three bedroom family home is situated on an ample site, tucked away from the main road, providing peace and privacy. Entertaining is easy in the refurbished kitchen with a walk in pantry. Open plan living leads to a sunny covered patio and extended courtyard area where you can relax and enjoy outdoor living and dining all year round. For the kids and pets, there is a big back garden with mature trees, lawn and plenty of room for a tramp, swings and exploring. Three double bedrooms include the lovely end bedroom with french doors leading to a deck, boasting privacy and views. With an upgraded bathroom, tons of off street parking, air conditioning unit, good school zones, this property is a winner.



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**KUMEU - HUAPAI - EASY LIVING BRICK AND TILE** 4 2 2

**Asking Price \$995,000**

**8 Remana Crescent, Huapai**  
Asking Price \$995,000

Distinctively different with an emphasis on open plan living, alfresco entertaining and secure spaces. The home boasts over 200sqm 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. Set on 743sqm section it has ample space to play and create while being easy to manage and maintain. Flat site with a grassed lawn area and option to park a boat, caravan or motorhome. A short drive to schools, shops, transport links and parks.



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**FLAT SECTION, NO COVENANTS HIGHLY MOTIVATED VENDOR**

**By Negotiation**

**14A Tapu Road, Kumeu**  
By Negotiation

379 square meters of flat usable land with an established driveway. No covenants in place regarding this site providing options for use. The Vendor is motivated to move this site and welcomes your feedback on value and settlement to suit your individual situation. Close to cafes, park, transport links, new primary school and convenience shopping. Fantastic option for first time buyer looking to create equity.



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**HIGHLY MOTIVATED - AFFORDABLE IN WAIMAUKU** 4 3 2

**By Negotiation**

**16 Denehurst Drive, Waimauku**  
By Negotiation

Big home, brick, block, tile, roofing eaves, on a large 1236 sqm site. Four bedrooms (master with ensuite and walk in wardrobe), two bathrooms feature in this expansive two level home delivering space to work, live and play, all under one roof. A generous 240sqm home that enjoys open-space entertaining kitchen-lounge-dining integrating into north facing alfresco living to a large, safe, back yard off covered decking. Triple car garaging with workshop and extra room for teenage retreat/ office or games area. Extensively refurbished, easy living on a big section. Teenager retreat/ games room/ workshop. Sunny north facing decking. Room for additional garaging. Close to Waimauku Primary School, convenience shopping, cafes and a short drive to Muriwai Beach.



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## HIGHLY MOTIVATED - KUMEU - AS NEW

4 1 1

By Negotiation

### 16 Tapu Road, Kumeu By Negotiation

The best of open plan living and entertaining with sunny North facing alfresco decking, this home has been decorated to make the most of modern living. A functional four bedroom home with single bathroom all off a central corridor delivering character, charm and easy living. The section of 442 square meters delivers a lock up and leave option with low maintenance plantings and easy care lawn while off-street parking and single garage delivers storage for car, tools or toys. A short stroll to cafes, transport links, parks, brand new primary school and shopping.



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## 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.



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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)



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## MARINA VIEW SCHOOL ZONE - WEST HARBOUR

3 2 1

Asking Price \$879,000

### 38A Sailfish Drive, West Harbour Asking Price \$879,000

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)



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## 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 Kawau Parua 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)



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## MASSEY - FULLY REFURBISHED 4 ROOMS

3 1 1

By Negotiation

### 72 Gallony Avenue, Massey By Negotiation

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.

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



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**TRANQUILITY, PEACE & QUIET - ENTERTAINER'S PARADISE**

4 2 2

**By Negotiation**

**433 Wairere Road, Waitakere**  
By Negotiation

Nestled between Muriwai and Bethells and a short distance from Goldies Bush is this near new, finely presented, single level home. Not only is it an entertainers paradise it is set in a glade that offers a tranquility and peace that is seldom found. Open plan alfresco through the East and West delivers an aspect that takes you into the environment which you might think that you are in a resort or an exclusive spa. Offering four bedrooms, two bathrooms, laundry and double garage. The kitchen, dining and lounge is integrated with expansive sliders to open up the indoors to the outdoors. An easy care section, planted for pockets of colour and richness of grass and bush tones. The construction is big-brick and Decramastic tile, enhanced by shist features, planters and fish pond.

[www.mikepero.com/RX1713683](http://www.mikepero.com/RX1713683)



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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.

[www.mikepero.com/RX1803721](http://www.mikepero.com/RX1803721)



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**HELENSVILLE LIFESTYLE PROPERTY ON 1.8 HECTARES** 3 2 2

**Asking Price \$1,195,000**

**707B Inland Road, Helensville**  
Asking Price \$1,195,000

Private, sun-soaked property in a quiet glade South East of Helensville Township. Offering the perfect retreat for a family to create the good-life, with ample space for gardens to complement the already impressive orchard. An impressive open plan entertainer's home that provides space and harmony with alfresco access to patio and a view over the land. Three bedrooms, plus an office or second lounge with bathroom and ensuite. An impressive styled home allowing lifestyle living at its best, uncluttered and unfettered the home is sheltered from the prevailing SW wind and enjoys all day sunshine. A double garage and barn storage completes the offer. Four paddocks, fenced, water to troughs, a character barn and an all season propagation house deliver a lifestyle option.



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**WAIMAUKU LIFESTYLE - AFFORDABLE ON 1.3 ACRES** 3 2 2

**Asking Price \$999,000**

**805 State Highway 16, Waimauku**  
Asking Price \$999,000

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.



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## MOTIVATED VENDOR - AFFORDABLE IN RIVERHEAD

3 1

Asking Price \$879,000

### 1014 Coatesville-Riverhead Highway, Riverhead Asking Price \$879,000

Often sought but seldom found is this 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. CV has not been issued by Council. CCC is approximately 30 days away.

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



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## 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).

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



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# Hot:Property



## When location and potential collide

The collision of potential and location always delivers one clear unmistakable outcome called value. And in this equation you can't go past 4 Chamberlain Road. A delightful and robust three bedroom plus studio home, honest 1970's construction, tucked away from the main road, providing peace and privacy on a big 842sq metre site, delivering sun, views and shouldered by million dollar properties.

You'd be thinking it's a wonderful and affordable opportunity and you'd be right. Gifting your whole family plenty of space to play, ample garaging with workshop, room for the toys and also extending options to work from home in the separate studio (with bathroom).

Open plan living leads to a sunny covered patio and courtyard area, making it ideal for relaxing and enjoying outdoor living and entertaining all year round. Dinner parties are easy with a refurbished kitchen with walk in pantry. Three double bedrooms include the lovely end bedroom with french doors leading to a private deck with views. Recent refurbish-





ments include upgrades to the bathroom and kitchen and new carpet and flooring to the living and kitchen areas.

A big back garden with mature trees and lawn provide room for the kids and pets to play.

First time on the market in 26 years and with the family all grown, our motivated vendors invite your offers now, to make this fabulous home your own. For viewing and more information, contact Cherry now on 021 888 824 or [cherry@mikepero.com](mailto:cherry@mikepero.com) - Mike Pero Real Estate Ltd Licensed REAA (2008).



# Hobsonville:Point

## V is for vegan

Welcome to the Hobsonville Point Page for July. This month our story writer Sue Heggie and resident photographer Leanne Silver explore the many vegan delights on offer in Catalina Bay. Sue and Leanne can be contacted on [heggies@xtra.co.nz](mailto:heggies@xtra.co.nz) and [leanne@argent.me](mailto:leanne@argent.me), Argent photography on facebook and [instagram@argent\\_photography](https://www.instagram.com/argent_photography). I am your local real estate specialist and delighted to sponsor this page. For a free no obligation appraisal of your home contact me on 021 888 824 or [cherry@mikepero.com](mailto:cherry@mikepero.com).

Got a vegan coming for lunch? No idea what to make as your go-to is nana's mince on grain toast?

Let the **Catalina Bay Market** be your salvation from starter to finish.

Set the scene with beautiful, eco-friendly soy candles from Hushwood Candles. Including fragrances, all ingredients are naturally derived, vegan, and kosher; no animal testing, no petroleum, beeswax products, pesticides, herbicides or phthalates. The coffee fragrance is quite a scene-setter.

### Nibbles

An assortment of olives and hummus and pide (dairy free) from Zeki.

Seed Crafted Crackers, with tomato and spring onions from Salty River Farm



### Entrée

Vege soup from All Organic NZ (Certified by Bio Grow NZ) with the ciabatta from Gourmet Gannet.

This is a plant-based bulk food provider and they do cool packets of organic soup mix.

### Mains- a choice of



Nourish Bowl from Vege Pulse, a relative newcomer, owned by Amanda Kepeli. The Nourish Bowl is Amanda's favourite but there are many main dishes to choose from.

Vegan Bagel from Hey Bagel – hummus smash or in season, avo smash. This is the socially conscious option as Ethan is making these to finance his wedding. Ethan's partner is an Early Childhood Teacher here on the Point, so you are supporting the locals, (and the teachers' union).

Italian bread, coated in garlic oil and rock salt, from **Fritellis** is my flavour of choice but there are many vegan options that can be tailored to suit.



### Dessert

Gourmet Gannet Vegan Cake (pre-order). GG is soon to have a permanent home right behind the market.

Flavours include red velvet, carrot, salted chocolate, and lemon.



**To finish**

Chocolate Oasis fudge- choose from Russian, chocolate and raspberry, chocolate and mint, chocolate orange and ginger, and chocolate and hazelnut. You can choose from a variety of milks like soy, coconut, almond and rice. Diane will accommodate your every whim so just ask.

Owner of Chocolate Oasis, Diane James, puts it this way. "Fudge is meant to be a treat", so don't hold back here. She comments, "Fudge needs to be rich enough to have a mouth-feel experience"! I concurred with her wisdom during my research. Any non-vegans out there, get the mouth-feel experience with her divinely tangy lemon fudge. I definitely mouth-felt all those yummy citron flavours.

Lalele Organic Gelato all flavours with vegan chocolate drizzle. Twelve vegan flavours to choose from. They have a small number of non-vegan flavours but do not mix the utensils up.



**Drinks**

Lalele beautiful vegan smoothies

Lalele freshly squeezed orange juice

If yours is a boozy lunch it's easy to find vegan alcohol, but you must do some research since beer and wine can be processed using animal products such as egg whites, or gelatin. A quick and easy reference is the NZVS site, [www.vegetarians.co.nz/articles/new-zealand-vegan-wine-list/](http://www.vegetarians.co.nz/articles/new-zealand-vegan-wine-list/)

Little Creatures tell me they have many vegan beers available.

While not available at the Catalina Bay Market, we do have some local wine choices in the Kumeu River range. They have Chardonnay, Merlot, Pinot Gris, Pinot Noir and Sauvignon Blanc and this list may not be definitive.

Sometimes the wines are labelled, "Vegan Certified" by the New Zealand Vegan Society and some brands like Yealands, have been vegan since 2015.

If you want a bubbly, there are quite a few of those too, such as the organic Brightside Blush.

Fortunately, virtually every brand of hard liquor—bourbon, whiskey, vodka, gin, and rum—is vegan, so one can drink, wholly certain in the knowledge that it is definitely vegan. In fact, if you wanted to be absolutely certain you could skip lunch and go straight to the gin.

PS. If you are hosting the vegan lunch but chickpeas and lentils clog your wheels, then order the Whitestone Cheese steak, kumara and Shenley Station blue cheese pie. Hey, it's got a vegetable in it. One out of three aint bad.



**TVNZ on Demand Picks**

Can't go past **Killing Eve**. I like that it's on demand as I can watch it in the afternoons, thus avoiding scaring myself stupid late at night. The opening scene with the ice-cream sets the tone in a very mild gelato way, for the rest of the series. It can only get worse...much worse.

# Home:Garden

## Cladding, barge boards, Fascia, trims and seals

New Zealand has some of the most extreme conditions in the world. From blistering heat and higher UV to increasingly unpredictable storms, winds and cold snaps.

The exterior timbers of the home provide the last bastion of defense from moisture, drafts and vermin. There's nothing more infuriating than spending hard earned money on winter heating when the cold air is blowing through your cladding or through the cracks around your front door!

July is a great time to check over your attic and underfloor insulation, and at the same time thoroughly investigate all the potential cracks and fissures. The sooner you solve these issues, the warmer and dryer you and your family will be this winter.

Creeping rot and moisture ingress if caught early is easily remedied by removing the infected area and replacing with BRANZ approved CCA treated timber primed, sealed and painted with 2 x coats of exterior weather shield.

Fixy specializes in these small repairs. With attention to detail, quality workmanship and old-fashioned good service.

Once the leak and rot has been solved, we also provide the interior repair solutions - replacing Gib, linings, plaster and painting, replacing chip board, repairs to damaged bathroom tiles and vinyl, and laminate.



We help with all those repairs that seem to pile up when you simply haven't got the time. Locally owned and operated Fixy came about as a desire to help people by fixing, repairing and creating solutions so people like you can concentrate on what you do best and leave the rest to us. We are trained, reliable and clean up after ourselves.

To all those repairs that need to be fixed, to the final touches on that renovation and to the tricky jobs that are best solved by the experts, locally owned and operated Fixy loves creating solutions so people like you can finish that To do list quickly, easily and properly.

We provide the technical skill and expertise. All our technicians are trained, qualified and have Ministry of Justice and Police Clearance We have comprehensive Health and Safety policies and implement the latest requirements. All our work follows New Zealand Standard 3604 and complies to the most up to date BRANZ recommendations.

We love creating solutions. On time and on budget.

Fixed, Solved.

Give us a call on 022 182 2715 or check out [fixy.co.nz](http://fixy.co.nz) or @fixy-solutions.

## Laser Plumbing & Roofing Whenuapai

Committed to serving our local community, families and businesses with great service at reasonable rates, the team at Laser has over 25 years of experience in providing quality plumbing, roofing and drainage services to all areas of Auckland.

Specialists in plumbing maintenance, hot water systems, repairs and installations as well as roofing and gutters, Laser Whenuapai offers a state-of-the-art drain un-blocking service. We also have a 24 hour service available for any plumbing emergencies - as we know these can come at any time!

No job is too big or too small for Laser Whenuapai. Our team is happy to do any job from basic tap washers right into full re-piping, re-roofing, drainage or gas systems. We can provide complete solutions for large commercial projects or smaller residential fix-ups.

And now with winter upon us, why not make sure your drains are clear by taking advantage of our latest special - \$59 per hour + GST for Drain Cleaning/Flushing (maximum of 4 hours). For further details and T&C's - visit our website.

Not only has Laser been trading since 1985, giving us a wealth of experience, we offer a 'Totally Dependable Guarantee'. This



## Old hands at building award winning new homes

We are not part of a franchise. We are not owned by overseas interests. We are proudly 100% New Zealand owned and committed to building award winning new homes that are personalised to your way of life.

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means we stand by all our jobs by offering warranties and always using quality New Zealand made products. Choosing Laser means choosing a solid, reliable and experienced company that you can depend on.

For all your service needs from plumbing through to roofing, drainage, gas and drain unblocking, we can help! Contact Laser Plumbing & Roofing Whenuapai today on 09 417 0110.

We are open five days a week from 7am-4:30pm and are conveniently located at Unit 4, 3 Northside Drive, Whenuapai. Visit our website [whenuapai.laserplumbing.co.nz](http://whenuapai.laserplumbing.co.nz) for more information.

## Vireyas – growing tips

Awa Nursery currently has some beautiful Vireyas and the colour display is very eye catching. The Vireya is such a popular plant that will reward you with regular displays of exotic blooms in an array of colours. We thought we would pop a few tips on the general maintenance of these beauties.



**Where to Plant:** Vireyas need to be grown in a frost-free location, with good light, preferably where they will receive full sunshine in the morning and dappled light in the afternoon.

They will need very free draining soil as they dislike becoming water logged. Ideally when planting the Vireya, make the hole shallow and mound the soil up above the ground just enough to cover the root ball. These plants are easily grown in pots, having the advantage of portability.

**Pruning:** When a plant is young, it is a good practice to pinch out

the new growing tip as it emerges at the end of each branch. This encourages the plant to put out more growth, making it more compact and bushy. Feed the plant before pinching helps with this new growth. If your Vireya has become too leggy with many bare lower branches, this could be a result of too much shade, and it is worthwhile moving it to a sunnier site. This will often promote new growth on the stems. However, if a large plant needs reducing in size, cut one third of the branches back to the desired height, cutting just above a set of leaves, leaving a few leaves on each stem. Once new growth has emerged and hardened, you can repeat the procedure.

Awa Nursery - Mahana Road, Waimauku phone 09 411 8712.

## Wyatt Landscapes

Thinking of a back-yard food factory to supply you and your family with vegetables over the winter? Here are a few reasons why you should.



- Fresh vegetables are always tastier and enhance any meal preparation.
- Provides a wholesome activity for you and your children.
- Lowers the cost of eating organic produce.
- Connects your family with nature and the growing process.
- Always a healthy snack at hand.

When planting a garden choose your location carefully, as it will need to be in an area that gets around five hours of sunlight per day and is also well drained. A 6 x 5-metre area is more than

# WYATT

## LANDSCAPE SUPPLIES

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Then you are ready to plant your selection of vegetables. Wyatt Landscapes, 948 State Highway 16, Waimauku - phone 09 411 9604.

## The NaturalFlow system

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

Using power-free aerating processes – as opposed to mechanical pumps – NaturalFlow harnesses Mother

Nature's recycling processes, in an enclosed 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.

The NaturalFlow System uses vermiculture to reduce the solids by up to 95 per cent, creating in the process valuable water sol-



uble nutrients that can be recycled safely back into the environment.

"No other system has the capacity to reduce solids by this amount. We are very much working with nature in our processes, keeping it simple, and using power free natural aeration processes instead of mechanical pumps, reducing maintenance requirements to very little.

Adam and Karen say:

"We have lived with a Naturalflow waste water system now for four years. We chose Natural Flow because we wanted an environmentally friendly system that didn't require expensive, ongoing maintenance. Our system has delivered exactly what we wanted. We have a system which requires no electricity, no pumps, makes no noise. I can't recommend Naturalflow enough. If you want a simple, low cost, environmentally friendly sewage treatment system you really can't go wrong with Natural Flow!"  
Phone 09 431 0042 or visit [www.naturalflow.co.nz](http://www.naturalflow.co.nz).

## West Harbour Tide Chart

Date	High	Low	High	Low	High
Mon 1 Jul	05:41	11:49	18:17	-	-
Tue 2 Jul	-	00:15	06:33	12:40	19:06
Wed 3 Jul	-	01:05	07:26	13:29	19:56
Thu 4 Jul	-	01:55	08:19	14:18	20:46
Fri 5 Jul	-	02:47	09:11	15:08	21:36
Sat 6 Jul	-	03:39	10:03	15:58	22:28
Sun 7 Jul	-	04:33	10:55	16:50	23:20
Mon 8 Jul	-	05:27	11:49	17:44	-
Tue 9 Jul	00:14	06:22	12:44	18:41	-
Wed 10 Jul	01:10	07:19	13:41	19:41	-
Thu 11 Jul	02:06	08:16	14:41	20:43	-
Fri 12 Jul	03:03	09:15	15:43	21:44	-
Sat 13 Jul	04:00	10:13	16:42	22:41	-
Sun 14 Jul	04:56	11:08	17:38	23:34	-
Mon 15 Jul	05:51	12:01	18:30	-	-
Tue 16 Jul	-	00:25	06:43	12:49	19:18
Wed 17 Jul	-	01:12	07:33	13:34	20:03
Thu 18 Jul	-	01:57	08:18	14:16	20:45
Fri 19 Jul	-	02:40	09:01	14:56	21:26
Sat 20 Jul	-	03:22	09:42	15:34	22:06
Sun 21 Jul	-	04:03	10:21	16:13	22:45
Mon 22 Jul	-	04:44	10:59	16:52	23:25
Tue 23 Jul	-	05:25	11:38	17:33	-
Wed 24 Jul	00:05	06:07	12:19	18:17	-
Thu 25 Jul	00:48	06:51	13:04	19:07	-
Fri 26 Jul	01:33	07:39	13:55	20:01	-
Sat 27 Jul	02:22	08:30	14:51	20:58	-
Sun 28 Jul	03:15	09:26	15:51	21:56	-
Mon 29 Jul	04:11	10:23	16:51	22:53	-
Tue 30 Jul	05:09	11:20	17:48	23:48	-
Wed 31 Jul	06:08	12:15	18:42	-	-

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# Your brand + your message = your success

The Westerly is a focused community magazine that delivers your brand and service message directly to your localised audience by magazine, email, website and on social media.

This combined one stop shop approach delivers a unique integrated message through multiple platforms to meet the needs of business and communicate with tens of thousands in your direct local area. The publication was developed to assist local business, local clubs and networks to communicate in ways that assist them delivering a strong statement, price point, or service offer. The editorial within the publication is free from cost while the business card advertising is only \$85 plus GST per month. Therefore, if you put forward an editorial and a business card advert into the magazine it would deliver to an anticipated 25,000 individuals within the area over one month, representing a cost per exposure of \$3.91 per thousand people exposed to your message. If you were running a full page advert and editorial your cost per exposure is only \$29.90 per thousand people exposed to your message.

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.



## **Display Advertising:**

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  
email [jbw51red@googlemail.com](mailto:jbw51red@googlemail.com)

# Build:New

## Building a home has never been this easy with G.J. Gardner Homes

At G.J. Gardner Homes Rodney West, we promise to make your new home building experience a pleasure.

We build beautiful homes for young families, singles and retired people, from modest townhouses through to expansive country estates.

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We can even help you find a section or unique lifestyle property, sort out finance and payment terms to make it as simple as possible.

To provide peace of mind, a fixed price contract is offered at the start of the build journey with all prices locked in ensuring there are no surprises, allowing you to move forward in confidence with the certainty of no price changes.

Have an idea on paper but not sure where to start? Our New Home Consultants and onsite Architects can turn your sketch into reality and have it priced all in the space of a very short timeframe. Our designers have consistently been at the forefront of developing living concepts that cater for modern lifestyles and New Zealand's unique environment.

We project manage everything every step of the way and give you written assurances, regarding costs, workmanship, material

guarantees, completion dates and other key issues.

Our thoroughness is just one of many reasons why year after year, more people build with G.J. Gardner Homes than any other builder.

So give the team at G.J.'s Rodney West a call today on 09 412 5371, they can't wait to start your exciting build journey.

## Why a house & land package may be just what you are looking for

A house and land package brings together a block of land and a home design that perfectly suits that block for a fixed price. It's an easy, secure way to buy a new home.

For many people the dream of building is often overridden by the fear of what can go wrong. Cost blow outs, uncertainty about inclusions or the suitability of land they have seen. Our expertise in house and land packages means that we have a large range available to suit all budgets and the most discerning of tastes in the most popular locations, all at fixed prices.

Some of our most popular house and land packages are those from our Smart Collection. While economical and great value for money, this collection contains all the key things that you expect in a new home – they are modern, warm, light, low maintenance and built from quality building materials, sourced from New Zealand's leading suppliers and manufacturers. As Paul Bull, CEO of Signature Homes points out "The truth is that first home buyers can buy a brand-new house and land package with a lower deposit than you would for a pre-existing house at the same price. That's a home that is built to modern building standards. It's well insulated, dry and warm and all the electrics are new – that means lower electricity bills, healthier

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**Showhomes** 7 Grove Way, Riverhead. Open everyday 12.00pm – 4.00pm  
31 Nobile Road, Huapai, Auckland. Open everyday 12.00pm – 4.00pm

09 412 5371 [gjgardner.co.nz](http://gjgardner.co.nz)



**G.J. Gardner.** HOMES



homes and healthier families." Paul also points out that new home buyers opting to build can often defer the start of their mortgage payments until the house is built while enjoying the capital value increase on the property from the day that builders walk on to the site.

You will stay within your budget - New homes offer great value for money and there are no hidden costs. At Signature Homes we have the budget discussion up-front, and design your home to your budget. We will talk to you about the "total cost to build" which covers everything including the design, build and fit out. During the design process we know there will be questions, we are up-front about any changes and how they can affect the final cost. When you move in there are no other costs to plan for. You can spend your money on your home not on due diligence. House and land package new builds are exempt from the New Zealand Reserve Banks Loan-to-Value Restrictions (LVR), which means first home buyers can obtain finance for less deposit than the 20% typically required of first home buyers or the 40% from property investors. Peace of mind - Second hand houses don't come with a guarantee - things break, leak or flood and you'll have to pay out of your own pocket. House and land packages, on the other hand, are built brand new so they're guaranteed (not everybody offers the same high level of guarantee as Signature Homes, so scrutinise yours carefully). Plus you get your very own team managing the design and build process. Make it yours - You have options to personalise your new home from decisions on flooring through to colours, tiles, fixtures, fittings and kitchen and bathroom design. What's even better is that every Signature Homes customer receives one-on-one time with an interior designer to fine tune your big ideas and make your home one you love to live in. Convenient, modern living - House and land packages are often built in new developments that are planned and designed to fit modern urban

design principles. They have close access to public transport and are conveniently located close to amenities, schools, and green spaces and parks.

You may not have realised that a house & land package could be the answer to your dreams. If this article has sparked interest then you can get in touch with your local team. Call us today with your questions, 0800 020 600.

## Maddren Homes tradie of the month

It's not the sexiest job, but it's one of the most important that we all rely on. And Chris Glover from Quix Plumbing is someone who you can trust to get the job done right. His expertise in bathroom and laundry layouts along with impeccable health and safety work ethic has earned him the Maddren Homes Tradie of the Month. Not afraid of getting his hands dirty, Chris always has a practical solution to the trickiest of problems and always leaves a work site tidy. Quix are renowned for their experienced and reputable plumbers and Chris is no exception. His efficiency and timeliness along with excellent customer service has not gone unnoticed. Good on you Chris, we hope you enjoy your voucher from proud sponsor Western ITM.



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# Food:Beverages

## The Herbalist Craft Beer

This Spicy Date Ale Loaf recipe makes a tasty loaf that can be served plain with butter or iced to make it a little more special.

Spicy date ale loaf ingredients: ½ cup The Herbalist Rosemary & Liquorice Ale, 150g dates (chopped), 1 teaspoon ground ginger, 1 teaspoon mixed spice, ½ teaspoon baking soda, 125g butter (softened), 2/3 cup raw sugar, 2 eggs, 1 ½ cups flour, 1 teaspoon baking powder, 1/4 cup milk, 1 teaspoon vanilla extract

Cream cheese icing ingredients (optional): 65g cream cheese, 25g butter, 1 cup icing sugar, 1 teaspoon mixed spice

Method: Preheat oven to 170°C. Line a loaf tin with parchment paper. Bring the ale and dates to the boil in a small saucepan. Remove from heat, stir in soda (mixture will froth up). Set aside to cool – when cooled, add the milk and vanilla and mix well. Next, cream the butter and sugar. Add eggs, one at a time, until well combined. Add sifted flour, baking powder and spices along with the date mixture and fold until combined. Spoon the mixture into the loaf tin. Bake for 50-60 minutes or until a skewer inserted into the centre comes out clean. Allow the loaf to cool in the tin for 5 minutes before turning onto a wire rack to cool completely. To make cream cheese icing; beat all ingredients until smooth. Decorate the cake with the icing and some



toasted coconut flakes or chopped nuts. Serve with a chilled Rosemary & Liquorice Ale.

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.

## The perfect mid-winter Christmas

You can't go past the traditional baked ham or roast turkey for the perfect mid-winter Christmas dinner. The unforgettable aromas transport us to a place filled with memories of home fires and family festivities.

For the classic approach, try serving 'NoShortcuts' tart Tamarillo Chutney with your turkey or their very popular Mustard Pickle, on your hot ham.

A finalist in the 2018 NZ Artisan Awards, 'NoShortcuts' Mustard Pickle is the perfect accompaniment for all salted meats and also strong cheeses – why not get the kids making toasted sandwiches with ham leftovers and pickle these school holidays!

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

'NoShortcuts' can be found at over 50 stockists, or check the website at [www.noshortcuts.co.nz](http://www.noshortcuts.co.nz) or go to Noshortcutsnz on Facebook or noshortcutschutneys on Instagram.



## Warm up your tummy with Soljans winter menu

With winter already upon us, Soljans Estate Winery and Café have prepared a warming winter's menu to accommodate for those chilly colder days. Come sit by our fire and enjoy our delicious Moroccan lamb shank or our mouthwatering bread and butter pudding, Head Chef Paul Reid has produced a meal to match all types of hunger. The café



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menu starts at 11:30am every day. Additionally, on weekends Soljans provide a luscious breakfast menu serving from 9am to 11:30am. It is the perfect way to start those cold weekend mornings. Call the café on 09 412 2680 to book your table now.

## Tomato basil soup

Ingredients: 1.4kg chopped fresh tomatoes, 1 medium onion chopped, 3 large cloves of garlic, a handful of basil (leaves and stalks are fine), 2 teaspoons salt to taste, 1 teaspoon of pepper, 1 teaspoon olive oil (optional).

Heat a pan over a medium heat and add the oil or a couple table-spoons of water. When hot add the onions and garlic and cook for a couple of minutes until just starting to turn gold-en. Add the chopped tomatoes. Continue to cook over a medium heat, stirring every few minutes until the tomatoes have broken down and are soft. Remove from the heat and add basil and salt and pepper then blitz in a blender or with a stick immersion blender until smooth. Serve immediately. Makes 4 - 6 servings. Prep time 5 minutes. Cooking time 10 minutes. Author Melanie McDonald. Follow my blog at [avirtualvegan.com](http://avirtualvegan.com).



- Approx 280g penne pasta (cook while sauce is simmering)
- 1/4 cup chopped fresh parsley
- Parmesan cheese

Heat 1 tbsp oil in a large pan over medium-high heat, add egg-plant, season generously and cook, stirring often, until golden brown on all sides. Remove from pan and set aside. Heat remaining oil in the same pan and sauté the onion, garlic, lamb, cinnamon, allspice, salt and pepper until the lamb is cooked. Stir in the crushed tomatoes. Lower the heat and simmer until sauce has thickened. Add the eggplant pieces and adjust seasonings to taste. Place pasta in a large serving bowl and pour the sauce over the pasta. Garnish with the chopped fresh parsley and sprinkle lightly with the grated parmesan cheese. Enjoy! Phone: 09 831 0202 Website: [www.westopt.nz](http://www.westopt.nz) Facebook: [www.facebook.com/westgateoptometrists](http://www.facebook.com/westgateoptometrists).

## Rarotonga Brewery

Heading away for some winter sun? In a flight time of just under 4 hours from Auckland you can be in the picture postcard tropical paradise that is Rarotonga. In October 2016 Hallertau partnered with the revived Rarotonga Brewery with the aim of creating an environmentally sensitive business that produced delicious beer for the local balmy conditions. In under three years the brewery through the use of flagons, reusable vessels and filling stations keeps almost 2000 bottles a day out of recycling and landfill. Check out Cook Island Lager at the brewery, local venues and fillerys and don't forget to pack your flagon! Rarotonga Brewery, Nikao, Cook Islands.

## An eye-healthy winter warmer

Warm up this winter with this tasty, eye-healthy pasta recipe (serves 4). Eggplant is a member of the nightshade family and though thought of as a vegetable, it is actually a fruit, specifically a berry. It contains nutrients including



lutein, zeaxanthin, resveratrol and vitamin C, which support retinal health. It is also a good source of folic acid and potassium.

- 1 medium eggplant, peeled, cut into 1/2-inch cubes
- coarse salt
- 2 tbsp olive oil, divided
- 1/2 medium onion, diced small
- 3-4 cloves garlic, minced
- 250g minced lamb
- 1 tsp ground cinnamon
- 1/2 tsp allspice
- 1 tsp salt
- 1/2 tsp freshly ground black pepper
- 1 can peeled and crushed tomatoes

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## \$85 = Exposure for a month

Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$85 plus GST you can be exposed to over 20,000 locals for a whole month. That is only \$2.80 a day. For more information email our editor at [jbw51red@googlemail.com](mailto:jbw51red@googlemail.com).

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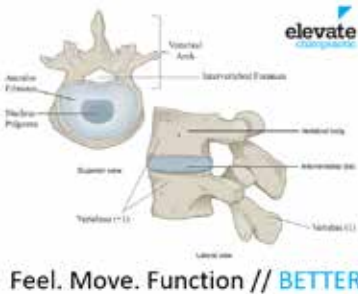


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# Health:Beauty

## Doing this could help save your spinal discs

It has been said that the health of our discs determine the quality of our lives. Unhealthy spinal discs lead to a poor functioning spine and nervous system and ultimately an unhealthy body. Our spinal discs do not have direct blood supply. Blood is the lifeline of the body, it is what brings all the good stuff to tissue and takes away the bad stuff. How do our discs get nutrients and stay healthy you may ask? Well, the discs pull blood from the vertebrae above and below and this process is controlled by movement. Simply moving your spine is one of the best things you can do for your discs. Do it regularly and your discs will thank you for it. Want to find out more about how your spinal discs work? Visit our website [www.elevatechiropractic.co.nz](http://www.elevatechiropractic.co.nz) or call us on 09 413 5312.



Feel. Move. Function // **BETTER**

## Tail bone hurts?

Often happens after a fall down on one's 'bum' or complicated childbirth. Sometimes the pain is severe, but more often annoying and chronic. So what can be done? If the problem is recent, especially related to trauma, it is a good idea to visit a doctor or hospital to do an X-ray and exclude fractures and structural damage. In chronic cases exercises like Yoga, Pilates, swimming often help. In many cases, however, the tail bone (coccyx) pain requires diagnoses and treatment by healthcare providers who can assess mechanics and alignment of the musculo-skeletal system, especially pelvis. Commonly the tail bone pain is referred from lumbar strains, pelvic dysfunction or gluteal muscles. Occasionally it is a dysfunction of the sacro-coccygeal joint (between the sacrum and coccyx). Osteopaths are able to assess the musculo-skeletal system generally and tailbone area specif-



ically and then make gentle adjustments to improve the movement and alignment. At Family Osteopathic Clinic we regularly see patients with tailbone pain and will be happy to help. We are at 39 Hobsonville Rd, call 09 416 0097.

## Leather and Canvas Bags

We have just received our order from Troop in London which features Canvas bags in multiple shapes for every computer size - as well as a large tote bag. Smart!

At the same time we have sourced some superb quality leather bags in a wide selection of shapes and sizes, wallets and coin bags, backpacks and computer satchels. The latest looks.

Our latest beautiful selection of silk and silk/wool scarves is worth a visit to.

Hobsonville Optometrists - Glasses and Gifts, 413 Hobsonville Rd.



## Three good reasons to get hot for the sauna

Three good reasons to get hot for the sauna

One of the benefits of attending Club Physical is its Swedish Saunas. And when it's cold outside, there's no better reward for an hour's exercise that to relax and celebrate your effort with a sauna.

A study published in JAMA Internal Medicine found that those who sauna-bathed 2-3 times a week reduced their overall risk of heart disease by 27%. Whereas those who sauna-bathed daily reduced their risk by 50%.

Incredibly, the benefits also impacted longevity. Those who sauna-bathed daily had a 40% reduction in death from any disease. Saunas also rid the body of harmful toxins (as with nicotine, pollutants, man-made chemicals, solvents, pesticides, alcohol and prescription drugs).

So don't be shy. Grab a towel, head for Club Physical and make



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



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time for the sauna after your workout to enjoy three life-giving health benefits.

Paul Richards - Club Physical, [www.clubphysical.co.nz](http://www.clubphysical.co.nz).

## Botox – how long will it last?

Once botoxed, always botoxed? No. The muscle action gradually returns, so the lines do too. But in the longer term your wrinkles often return less severely. This is because the muscle movement that caused the wrinkles has eased, creating a cumulative decrease in the wrinkles over time. Your wrinkles go on holiday and appear more relaxed! You also learn not to activate the muscles that caused the wrinkles in the first place.



Generally, the Botox timeline looks like this... Injections with a very fine needle take a few minutes... See the full effect in 7 to 14 days... Results last for 3 to 6 months. For a frown line you might have 3 to 4 treatments in the first year, then only need 2 to 3 in the second year.

Whether you are no stranger to appearance medicine or wanting to investigate what it has to offer, please call me, Tania, for a free 30-minute consult in a private, West Harbour, setting. I would love to use my 10 years' experience to guide you through the range of services and products that will get the results you care about. Phone/text 021 0264 5751, email [tania@appearancemattersltd.com](mailto:tania@appearancemattersltd.com) or visit [AppearanceMattersLtd.com](http://AppearanceMattersLtd.com).

## Osteopathy is now at Top Notch

At Top Notch Bodyworks we recently welcomed Osteopath Daniel Garelja to the team; Daniel joins our experienced Osteopaths Marshall Gabin and David Liddiard at our Massey clinic. If you need



osteopathic services, massage or a combination of both, we look forward to exceeding your expectations. We offer services for many conditions including headaches, neck, back, muscle or joint pain, arthritis, pregnancy, occupational overuse and stress. Marshall has extensive experience and specialises in assisting patients with long term chronic pain issues. Both David and Daniel specialise in sports injuries and rehabilitation. We can also look at abdominal issues such as bloating, constipation and pain or discomfort. All our Osteopaths are ACC registered - and you don't require a referral from your GP to see us. We also have our qualified massage therapists in therapeutic, sports, relaxation and pregnancy massage. So if you need an

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295 Hobsonville Rd, Hobsonville  
79A St Georges Bay Rd, Parnell  
(Hobsonville & Parnell - Massage only)

Osteo treatment or just a relaxing massage, book online via our website [www.topnotchbodyworks.co.nz](http://www.topnotchbodyworks.co.nz) or give our team a call on 09 212 8753 / 021 181 8380.

## Horse teeth – not at DT Denture Clinic

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Many studies have concluded that manual therapies commonly used by Chiropractors are generally effective for the treatment of lower back pain neck pain, among many other conditions. If you would like to know if Chiropractic can help you give us a call: Hobsonville Chiropractic Centre on 09 416 7589 or email [www.hobbycc.co.nz](http://www.hobbycc.co.nz). 295 Hobsonville Road, Hobsonville.

## Posture: The window to health

Many problems such as spinal pain, headaches, moodiness, respiratory complaints among others, can be attributed to poor posture, so an improvement in posture can help to alleviate or eliminate these problems.



One common postural problem which effects adults and children alike, is the Forward Head Posture. This can be attributed mainly to an increase in time spent in front of a computer, at a desk, prolonged periods watching TV or playing computer games, but may also result from trauma such as whiplash.

For every inch the head is translated forward, the load on the spine, discs and muscles is three-fold. The head should sit directly on the neck and shoulders like a golf ball sits on a tee. If the head is held forward from normal alignment, it places tremendous strain on the joints and the muscles of the neck and shoulders. This may cause fatigue, pain, headaches, and may even cause arm pain. If allowed to go unchecked for long periods of time, damage may occur to the discs in the neck and uneven wear, as found with arthritis.

Children carrying heavy backpacks to school often have to adopt a forward leaning posture to compensate for the weight on their backs. This forward leaning posture from a 'neutral' upright position places an uneven weight bearing load on their

maturing skeletal framework and contributes to many musculo-skeletal problems.

Maintaining good health requires long term commitment and good posture is an essential part of that. So, if you sit for long periods of your day, move your body every 20-30 minutes. Sit up straight, pull your head and neck back so your ears are over your shoulders, or better still, go for a brisk walk at lunchtime if possible. Joints and muscles love to move, and exercise is one way to disperse physical and emotional stress.

The Chiropractors at Kumeu Chiropractic understand the connection between posture and healthy function of the spine and nervous system. Call us on 09 412 5536 for an examination and assessment of your spine.

## The painful thumbs of mums

You may have noticed thumb & wrist pain when gripping, turning your wrist or trying to pick up or feed your child. De Quervain's tendinitis is very common in mothers. Changes in hormones during pregnancy are linked to De Quervain's. Changing nappies, repetitive lifting & carrying of baby can place additional strain on wrists and thumbs. Hand therapy can offer: A variety of splinting options to rest & protect your wrist / thumb, Management of swelling, Activity modification, exercise programme & advice to return to full use. Call the Hand Institute - 321 Main Road, Huapai, phone 09 412 8558.

## Tips on how to strengthen the arch muscles in your feet

Some of us have high ones, some of us have flat ones and some of us having collapsing ones we all however have arches in our feet. You may or may not know that we have 3 arches that make up the foot, the arch under



the foot is the one everyone will know. You may not be aware that you also have an arch that runs alongside the outside of the foot and one across the bridge of the foot.

Like all muscles in the body, to keep them in tiptop shape they need to be used! Arches can flatten as we age, which can in turn put pressure on joints and in some cases lead to requiring orthotics in our footwear.

So try this simple exercise and work it into your schedule a few times each day and use these muscles to improve your arch.

You can either stand or sit: Place your feet flat on the floor and make sure they are parallel position and straight. Keep your toes relaxed, do not scrunch them up and pull the ball of your foot

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and the dome of you heel towards each other, imagine a balloon inflating under your foot. The movement will not be huge but you should be able to feel all three arches working. Hold for a few seconds and then release. Repeat 3 times.

## French chic

Oh la la! For Eyes Optometrists announce the arrival of Caroline Abram spectacle frames. Beautiful and sensual, the brand started with eyewear accessories in French-colonial Senegal, where Caroline Abram grew up. Then during a trip to Florida she was inspired to create a line of frames reminiscent of Miami's old-fashioned and vintage charm. Since then, this women's ambassador, passionate about design and jewellery, has been designing collections that have got women of all ages loving glasses again. As soon as they are put on, we are struck by their remarkably feline elegance. A cocktail of sunny coloured influences, sometimes daringly offbeat, they've twice won Caroline Abram the coveted Gold Silmo award.



Glamorous, you say? Of course, but not without personality. Made of acetate, metal or a combination of the two, the frames reveal a perfectly mastered design between modern style and retro curves. Perfect for all charismatic lovers of original glasses. For Eyes, Kumeu Village Phone 09 412 8172.

## The zoo in your poo matters – A lot

The balance of the bugs in your gut (the zoo in your poo) determines a lot about your physical health, your mental health and even your personality. Let me share some stories to illustrate this.

I have a bad family history of a severe form of arthritis. It robbed my Dad of his mobility and eventually killed him. I was diagnosed with the same condition in 2002. I turned off my arthritis by changing my gut bacteria through lifestyle and nutrition changes.

A patient of mine stopped their heart arrhythmias by improving their gut bacteria. That was 15 years ago, and no arrhythmias since. A colleague has reported improvements in patients with a wide variety of conditions including psoriasis, inflammatory bowel disease, chronic fatigue, depression, diabetes, obesity, gingivitis, allergies and acne. All through improving gut bacteria.

It sounds too good to be true – fix the gut bacteria and all your health problems disappear! But it makes sense. Most of the common diseases we see today have only become a problem

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since the industrial revolution. During this time there have been dramatic changes in the environment that change our gut bacteria. These include diet changes, depletion of nutrients in our soil and food, changes in our social structures affecting our stress levels, the introduction of many chemicals into our environment, and the rise of antibiotics. All these factors change our gut bacteria.

So how do we put it right? Depends. My own improvement happened when I changed my diet and started yoga (less stress). For the arrhythmia patient it was lots of probiotics. For others it may involve repairing the gut wall. In fact, the best result is usually achieved with the combination of diet, exercise, rebalancing the gut bacteria and providing the key nutrients to repair the gut wall. There is an exciting new range of micro-spore probiotics that seem to be particularly helpful. Ask the health coaches at Massey Unichem Pharmacy if you want to know more. Martin Harris. 396 Don Buck Road, Massey - Phone: 09 833 7239.

## Pinc and Steel Pilatesathon

Saturday 20th July 2019 (7am - 7pm). At NorthWest Physio+ we are super excited to be hosting our 2nd Annual Pilatesathon to raise much needed funds to allow us to continue supporting those going through cancer. This year we will be running our 12 hour event on Saturday 20th July. To book your space please call the clinic on 09 412 2945. If you have a group of friends and would like to have your own class together (5 people needed) get in early to reserve your time slot. \$30 per person. If you are not available to join us on the day please support us by donating via our everyday hero page. Please spread the word to friends and family about the wonderful work Pinc and Steel provide and remember we have Laura and James our certified Pinc and Steel physiotherapists providing this service at our clinic. Thank you for all your ongoing support. For information on applying for funding or to find out more about physiotherapy and cancer please contact Laura at NorthWest Physio+ on: laura@nwphysioplus.co.nz or 09 412 2945.

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# Area: Columnists

## Do you need a property manager?

When deciding to self-manage or hire a property manager, you need to understand what goes into managing rental properties. A novice investor may see a rental property as a simple equation of: rental income - (mortgage + expenses) = profit.

While this formula is the basic mantra for an investor, you also need to include your landlord duties, time and energy into that equation. In order to decide what is best for you, here is a rundown on all the landlord duties you will be taking on if you self-manage or that you could pay a property manager to handle.

**Maintenance** - You need to schedule seasonal maintenance to keep septic systems functioning, gutters from overflowing plus respond to any emergency maintenance from your tenants. Good maintenance management will significantly improve your bottom line.

**Addressing Vacancies** - When a rental property is vacant or vacancy is looming, you need to get the next tenant lined up quickly. Finding your next tenant involves more than just putting an ad up on Trademe. Don't forget about property visits, fielding phone calls and messages and meeting prospective tenants for showings. You will need to collect applications, complete screenings and approve your future tenants.

**Tenant Relations** - A good manager will check in with their tenants at least once a quarter for inspections. If the tenant does have any issues, you will be the one to rectify the situation.

**Rent Collection** - Rent collection should be easy enough, but what if the money doesn't show up? What if the tenant lies about making payment? For some these conversations are hard to have and are stressful.

The duties listed above are just some you will face when you own rental property. Other landlord duties to consider; lease and rental law enforcement and compliance, tenant turnover, inspections, tenancy disputes, raising rent and evictions.

**Benefits of Property Management** - Property managers have made a career of understanding the rental industry. Most importantly, they understand rental law and any changes that occur.

The cost of a professional property manager ranges from 6.5% – 10%. If you are looking for less stress and more time for family or interests then engaging a property manager is the right choice.

Private Residence is a locally owned, independent property management company.

Contact Rachel for a no obligation chat: 021 872 336 [www.private-residence.co.nz](http://www.private-residence.co.nz).

## Des Harris takes The Hunting Lodge in a new direction

One of New Zealand's top chefs is setting a trend at The Hunting Lodge restaurant in Waimauku.

Des Harris, who developed under the eye of Al Brown at Logan Brown in Wellington, is ensuring more comes from the surrounding winery's own grounds for the menu or from local farms.

More than 60% of the restaurant's produce now comes straight out of the ground and into the pot or on the plate – so you cannot get much fresher than that.

About 160 gardens based on permaculture have been established on The Hunting Lodge winery grounds (formerly Matua Estate), with the produce dominating the menu in season. A huge variety of vegetables are grown there.

Lamb, pork and venison are sourced from local farmers - some of the dishes are named after the farmers, like Dianne Kidd who supplies Kaipara lamb and beef...and guests can meet some of them at "Meet the Makers" dinner events where farmers talk about their product on which most of the event menu is based. As executive chef, Des oversees the restaurant team but ensures head chef Asher Abramowitz has a free rein in the kitchen, producing dishes to make the mouth water.

Des might pitch in to help as well when needed, and – along with other team members - also does a spot of gardening to assist gardeners David Mercer and Nat Rose Tettei.

"I can jump on the tools if needed," he says. It's doing so well another gardener may soon be needed.

With the menu based on fresh, locally produced and seasonal produce, the restaurant is seeing an increasing clientele from locals, to those coming from throughout Auckland.

While Des is seeking more local producers to help supply goods he doesn't yet have, he also has plans for a hen house to pro-





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When designing a kitchen, start with measuring up the space you've got to work with. This will give you the parameters you need to work within. Make sure you also note down where your plumbing and appliances are located.

Look for images of kitchens you like and make sure you identify what it is in the image that you like. Is it the colour of the cabinetry? The benchtop material? General colour scheme? When you can identify these things you'll be able to start looking at the available materials.

Once you have the layout, the cabinetry and benchtop sorted you'll need to think about handles, sinks and taps, splash backs and lighting. The possibilities are endless but if you do all your research up front, you'll be sure to end up with a kitchen that is functional that you love.

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duce free range eggs from about 300 chooks, a duck pond, and to run sheep and lambs among the vines to keep the grass down and provide table fare.

He'd love to establish a market there too, on-sell spare produce and provide guided garden tours, probably on Saturdays. Kitchen staff are encouraged to help in the gardens to foster a greater awareness of the produce they prepare.

Garden fare is also provided for The Hunting Lodge winery's other functions which include catering for weddings and various events.

And any waste is composted to go back on the gardens.

Des has a philosophy of "what grows together goes together" and his more than two years at The Hunting Lodge he credits with reinvigorating his career.

His extensive previous experience has honed his ideas and style, based mainly on freshness to produce taste and colour in distinctive dishes which are now a hallmark of The Hunting Lodge.

And Des believes the menu has variety enough to suit everyone, from young families to seniors.

So how did Des get into The Hunting Lodge?

From Upper Hutt, Des met the Sutton family when they took up ownership of the winery estate in 2016 after an already lengthy association with the founding Spence and Margan families. Bill and Ross Spence established sauvignon blanc wine in New Zealand and helped develop its global popularity.

As a youngster, Des learned an appreciation of gardening and food through his grandparents and completed a culinary course in Wellington.

He likes the synergies between wine and food, a passion nurtured in his association with the Martinborough Hotel and developed along the way.

And yes, Des often does the cooking at his family's Birkenhead home too.

He wants to see The Hunting Lodge restaurant stand on its own and become a flagship based on its fresh is best and seasonal produce approach.

As for the menu, Des suggests The Hunting Lodge charcuterie for starters – a sharing plate (natural wooden platter) loaded

with Ash's home-made terrine, parfait, rillettes and salted aged meats, mustard and fermented and pickled vegetables.

Other popular starters are duck liver parfait with cherry mostarda and pinot noir butter, plus the buttermilk fried chicken with ancho chilli yoghurt.

Mains include brown butter poached Leigh snapper, Dianne's Kaipara lamb, chargrilled local beef sirloin with various vegetables, sauces and sides.

Dessert includes house specialty "Vix's sweet treats", a great crème brulee and a cheese selection.

Or you can "Trust the Chef" and leave it to the restaurant personnel to decide for you, with a drink match also available.

Check out their seasonal menu for yourself, and if you are a producer in the north and west Auckland regions Des would like to hear what you may be able to offer the restaurant.

Open for lunch Thursday to Sunday from 11.30am, The Hunting Lodge restaurant at 307 Waikoukou Valley Road in Waimauku has dinner from Wednesday to Saturday 5.30pm until late and a "locals" night on Wednesdays.

Note the restaurant is closed from July 8-23, so get in quick or reserve your table for following months.

Visit [www.thehuntinglodge.com/pages/restaurant](http://www.thehuntinglodge.com/pages/restaurant) for more information.

## Just 12 cars finish Woodhill 100

Photo: Colin Lunt.

Paul Smith of Hamilton came from 60th place to win New Zealand offroad racing's toughest event, the 2019 North Harbour Woodhill 100. After 10 laps where cars touched 200km/h and two laps on the slower sandy tracks, Smith's Jimco class one car took the chequered flag.



Again the Woodhill course lived up to its reputation with only 12 cars out of 78 finishing.

The second round of the 2019 New Zealand Offroad Racing Championship, the Woodhill 100 attracted a 22-strong field of the spectacular 'unlimited' class one race cars from north and south - the most numerous in more than 20 years.

Smith's four-cylinder turbocharged Jimco was one of only a few in that class running anything less than a race-tuned V6 turbo or V8 engine.

Early leaders Jardyne Lammers (Whangarei) and Tony McCall (Manukau) both withdrew early, the latter hitting a mob of deer and destroying his car's steering.

McCall was trying to become the most successful Woodhill contender of all time, and had set the fastest time of the day, a 12.54.370 on the lap before he crashed out.

Karl Fenton, John Morgan and Nelson racer Nevil Basalaj put in



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aggressive drives and all led the race at various stages. The unlimited class featured its first female competitor in years, Davena Fraser in husband Mike's single-seater Toyota V8 race car finishing 33rd.

The fastest of the trucks, Malcolm Langley's Toyota Tundra V8, went out when he tore oil lines loose from his transmission. Also racing in 4WD Bits class 8 was Nick Hall, who qualified 29th, stormed all the way up to ninth overall and a handy class lead before an 'off' saw him perched on another car's wheel, unable to get free.

Mike Gibson started 14th overall in his class three single-seater, dropped to 29th and then clawed his way back to finish third overall behind Fenton and race winner Smith.

Tauranga's Dyson Delahunty led JG Civil U class for standard UTVs in the new Polaris single-seater and was lining up a class win until a discarded 'tear off' vision strip blocked the air intake to his car's drive belt and it tore apart.

U class was won by Taupo's Roger McKay, in fourth overall.

Grant "Rowdy" Rosenberg (Palmerston North) put in a consistent drive to win 4WD Bits class 8 for 'unlimited' trucks and four-wheel drives; Rendon Robbers won class six for Winch Challenge trucks and Gerrad Chitty won class four with Richie Ryder following him home.

Top ten finishers in order were Paul Smith, Karl Fenton, Mike Gibson, Roger McKay, Regan Swensson, Shaun Dickins, Dan Fisher, Shaun Russell, Chris Whyte and Dion Edgecombe.

## Keep New Zealand Beautiful announce ambassadors

Keep New Zealand Beautiful (KNZB) is proud to welcome aboard their new team of celebrity ambassadors - artist Hayley King, radio broadcaster Stacey Morrison, chef Mike van der Elzen and TV journalist Melissa Chan-Green.



The ambassadors will work with KNZB to promote their beautification and education programmes and national events. "I was hugely honoured! It's an organisation I really believe in and feel like I've grown up with," says Melissa Chan-Green. For Stacey Morrison, joining KNZB was stemmed from her desire to do more to inspire the protection of our country, especially for her tamariki. Hayley King shares Stacey's commitment to safeguarding New Zealand's environment for the future "Just as we did as children, I want our children to be able to swim in our rivers, go fishing in the sea and experience the joys of hunting and eating kaimoana." Mike van der Elzen wants to empower more Kiwi kids to get in the kitchen and cook healthy food which has been grown sustainably. "We need to be aware of the actions

we do every day to help play our part as a responsible citizen of this beautiful country. It's so important that we educate the next generation about looking after the planet."

## Global retailer Costco to open \$90m Westgate warehouse

Bulk discount retailer Costco will have a warehouse with a fuel station, tyre centre, food court, groceries, homeware and some medical services at Westgate.

It's expected to have a big impact on the north-west area.



The US giant and world's second largest retailer has worked with the New Zealand Retail Property Group (NZRPG) to secure the Westgate site

Costco has almost 800 warehouses worldwide including 11 in Australia, where it has been operating since 2009.

The \$90 million Westgate warehouse will offer the global super chain's full format, covering about 14,000sqm, providing more than 800 carparks and creating some 350 new full-time equivalent jobs for the north-west Auckland community.

Costco expects to start construction within about a year as soon as consents are obtained and hopes to open in 2021.

"Having Costco identify Westgate as the right place for it to establish in New Zealand is a real coup for the Town Centre, our company, and the community," NZRPG general manager Campbell Barbour says.

"Costco delivers a range of products - from day-to-day groceries to clothing and electronics - at heavily discounted prices for its members, I think it is a game changer, both in terms of Westgate and the general retail landscape."

Auckland Mayor Phil Goff says Costco will further establish Auckland as a growing international city.

"The Auckland Council has identified Westgate as a key metropolitan area and invested significantly in its development, helping to attract international brands that give Aucklanders retail choice and creating hundreds of local jobs," he says.

"The north-west is a remarkable growth story - it serves established residential areas such as Henderson, Massey and Hobsonville, as well as the future urban areas like Red Hills and Whenuapai where the council is working with the Government to accelerate the building of around 7000 new houses.

"The introduction of Costco will complement the growing number of services offered at Westgate, including a town square, library and open space."

Waitakere councillor Linda Cooper says Westgate total public



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and private investment to date is estimated at nearly \$1 billion. "Costco's launch will further contribute to the unique Westgate mix of considerable retail options with space to relax with friends and family. The centres retail developments are set alongside 28 hectares of public open space."

Costco Wholesale Australia managing director Patrick Noone for 10 years says its Westgate warehouse announcement reinforces the company's continued global expansion.

"Costco is very excited to open our first warehouse in New Zealand and to be a part of this community. We feel Westgate is the perfect location for us, and we look forward to being an integral part of the growth in Auckland."

## Thousands to benefit from new lifesaving equipment donation

Thousands of West Aucklanders are set to benefit from a new initiative which will significantly increase the number of publicly available Automated External Defibrillators (AEDs) around the region.

A defibrillator or AED delivers an electric shock directly to a patient's heart to help it return to a regular rhythm. Applying CPR or chest compressions along with rapid defibrillation to a patient in cardiac arrest, can increase their chances of survival by up to 40%. But for every minute without CPR or defibrillation, a patient's chance of survival falls by 10-15%.

Ministry of Health data has found one Kiwi dies every 90 minutes from some form of heart disease and yet in New Zealand, defibrillators are unregulated - with no framework to determine where they are located, who installs and maintains them and what quality the machine is.

World Health Organisation guidelines suggest the ideal distance from an AED is a three-minute walk, however in an unregulated environment there are a number of challenges to get large numbers installed across New Zealand, especially outside urban centres and in lower socio-economic areas.

According to new research, five people a day are treated for Out of Hospital Cardiac Arrest (OHCA) in New Zealand, with only a tenth (12%) discharged from hospital and alive at thirty days.

The study found a significantly higher incidence of OHCA among Maori and Pasifika as well as males and those aged over 65, while data from St John's latest Out of Hospital Cardiac Arrest Registry, suggests people living in the most deprived areas, who experience cardiac arrest, have a lower survival rate than those in the least deprived areas.



The Trusts chief executive Simon Wickham says West Auckland has the country's third highest rate of OHCA and yet access to a local AED during an emergency is poor.

He says 26 portable AEDs will be installed at West Auckland sporting and event venues, as well as at The Trusts' retail stores and hospitality venues.

"Research shows that there are a number of areas in West Auckland with a high incidence of cardiac arrest and yet there are no publicly available AEDs within close proximity.

"Our objective is to ensure that these new life-saving machines can be installed throughout the region to help provide significantly more coverage during medical emergencies.

"We have engaged St John to provide first aid training for our staff and we will have the AEDs installed outside each of our venues, making them accessible to any member of the public in need," he says.

Wickham says the AEDs have a combined retail value of more than \$100,000 and will be donated by The Trusts.

"The opportunity for us to give back to the community in this way is immensely rewarding," he says.

Wickham says The Trusts has worked with St John in the past, providing funding through their Million Dollar Mission grants which was used to upgrade West Auckland ambulance stations and provide a new shuttle to help get patients to health appointments.

## Preventing dog bites

How often do you interact with a dog? Do you own one? Does a member of your family or do friends own one? Does your job involve you having to enter properties where dogs may be present? Are you ever worried about getting bitten by a dog?



Dog bites are increasing in New Zealand every year.

But a Kumeu organisation is working to muzzle the problem – by training people on how to read canine body language. Jo Clough and Laura McHugh have been researching dog bites since 2005 and started The Dog Safe Workplace in 2014 and founded Kids Safe with Dogs Charitable Trust not long after.

Both organisations are specifically created to reduce the number of dog bites that occur in New Zealand and overseas. Their online courses are designed to assist organisations and the general public. The Dog Safe Workplace online course is designed for organisations where their staff are required to enter properties where dogs may be present. The Canine Body Language course is an online course for the general public who own or may come across dogs and may want to increase their knowl-

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Gillian Wiltshire D.O.

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edge and general safety when it comes to interacting with dogs. Over the past 10 years New Zealanders have reported over 123,000 dog bites. In 2017 over 14,500 bites were reported to ACC, these are bites that require medical attention. Many bites go unreported and as there is no mandatory dog bite reporting in NZ we have to rely on dog bites that are reported which require medical attention. From studies done in Europe we know that less than 40% of dog bites are actually reported.

Jo Clough says, that "most bites are avoidable. With education and training we can give workers, interns, volunteers, parents, children and all members of the community an opportunity to understand what dogs are trying to tell us and allow us to avoid situations that may cause a dog to bite".

Jo and business partner Laura are making significant inroads into countering the increasing trend in dog bites nationally. The Dog Safe Workplace provides training for many organisations which includes meter readers, real estate agents, property managers, security staff, delivery personal and many more. One of their longest standing clients stated that, 'they have seen a significant reduction in dog bites since using the services of The Dog Safe Workplace and because the course can be offered online it becomes cost effective and is an easy deliverable training programme for all staff members to complete.

Kids Safe with Dogs works with local council to go into schools to educate children of all ages from daycare to college.

If your company, your school or a member of your family would like more information please visit [www.dogsafeworkplace.com](http://www.dogsafeworkplace.com) Or [www.kidssafewithdogs.co.nz](http://www.kidssafewithdogs.co.nz).

## Dog and Co

Hello! I'm Kirsty, a professional photographer who specialises in pets, and incorporating pets in family, couples and special occasion photo shoots. Utilising the beautiful outdoor locations that Auckland has to offer, I am



passionate about using natural light to create vibrant & striking portraits. I love highlighting the personality of your pets in gorgeous moments as well as capturing the bond between pets and their families. My sessions can take place at any location in Auckland, whether it's your favourite beach, a park, a forest, or in the comfort of your own home. Bethel's Beach is one of my favourites...especially when the sun is setting.

One of the biggest challenges which photographers face these days is finding ways to set them apart, and make it worthwhile for clients to invest in professional photos. In an age where everyone has the capability of taking their own photos thanks to the evolving technology of the cameras in our phones, I make

it my mission to take and process images in a way which I consider to be photographic art. They are images which can't be achieved through a simple phone camera, and images which are begging to be hung up on your wall at home.

Have a look at the gallery on my website to check out some of my favourite past photo shoots, and don't hesitate to get in touch to discuss booking your own pet photography experience. I would love to hear from you. Website: [www.dogandco.nz/gallery](http://www.dogandco.nz/gallery) Email: [kirsty@dogandco.nz](mailto:kirsty@dogandco.nz).

## Kanika Park Cat Retreat

Kanika Park Cat Retreat is a purpose built facility situated on our 10 acre lifestyle block in Kumeu. We provide luxury accommodation and service for your cat.



We have 13 beautiful individual suites with 2 extra-large suites.

Suites are outfitted with wall furniture, steps to sleeping levels, cubby holes for extra lounging spaces. These spaces are furnished with cuddly warm blankets and plush beds. Each suite has cushions and cat trees, with plenty of toys to while away the day. Heat pumps are installed to maintain a comfortable climate. Wet food is served for breakfast and dinner with premium biscuits and water available all the time. Last bed check is around 10.00pm each evening – lights are dimmed and music is lowered.

Being boutique means we provide a personal service for each cat.

Phone 09 411 5326 or 027 550 1406, email [info@kanikapark.nz](mailto:info@kanikapark.nz).

## The 39 Steps

Alfred Hitchcock's classic film 'The 39 Steps' (1935) is coming to life at the Playhouse Theatre in Glen Eden this June and July (June 27th - July 6th).



Adapted for the stage by Patrick Barlow this classic spy thriller (based on the novel by John Buchan) sees four actors play over 100 different roles to tell this tale of espionage, murder and blithe spirit with hilarious results. The story follows Richard Hannay as he attempts to clear his name after a mysterious woman is murdered in his flat. On top of this he must also stop devious foreign agents smuggling top secret air ministry information out of the country to advance the prospect of war!

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What makes this adaptation so fresh and fun is that it is performed by such a small cast from West Auckland. Richard Hanay is played by the same actor throughout (Jacob Harris), the women he encounters Annabella/Pamela/Margaret are all played by the same actress (Sophie Gilderdale). While the rest of the characters are portrayed by the final two members of the cast (Shivaun Statham and Robin Lane). These final two actors must switch between washer women, milkmen, policemen, henchmen, travelling salesmen to name just a few, quite often having to hold conversations between the multiple roles they individually play.

The 39 Steps opens on the 27th June and runs until the 6th July at the Playhouse Theatre, 15 Glendale Road, Glen Eden. Tickets start at \$20 with a 10% discount available for group bookings of 8+. Tickets are available now at PTI.net.nz.

## Green city living brought to life

Aucklanders can get a sense of what green city living will be like in Auckland's Northwest with the opening of new show homes at West Hills.



Visitor numbers to the new community have more than doubled with the opening of the show homes, which include a two-bedroom, two-storey home, designed and built with first home buyers in mind.

The two-bedroom and three-bedroom home are completed examples of the homes Universal is building in stage one of the 1100-home community.

A total of 94 new homes are being built in the neighbourhood near the show homes with the first residents scheduled to move in from October when the first stage one homes are completed. Universal's sales manager Mike Pearce says the opening of the show homes marks a major milestone for the development which is generating lots of interest both locally and further afield.

"Our visitor centre and virtual reality tour has been really popular and gives people a great overview of the development, but with new homes open to the public, people can really see what medium density living in a new, purpose-built community will be like," he said.

West Hills new home consultant Shelley Clark says, "The show homes reflect what it will be like to buy at West Hills. What you see is what you get. Everything is finished and taken care of. All you need to bring is your curtains – although the show homes have their own!"

She says a lot of buyers are concerned about the extent to which new homes are actually completely finished, or whether they will have to paint, landscape or do other work.

"Our new homes are finished to a high standard," she says. "The fences are painted or stained, the lawns are in, the washing lines are up, the letterboxes are in, the gardens landscaped, and a fruit tree planted."

Mr Pearce says the decision to provide a fruit tree with every new home at West Hills reflected not just the highly-finished product but also the sustainable living approach with all homes. "All new homes come with rainwater tanks, enabling laundry, toilet and garden tap water to come from this source, saving on water bills," he said. "We've worked with three different architectural firms so that there's a lot of character and variety to individual homes, but within a master planning framework."

The show homes will be open 11 am to 2pm every weekend, and are on a new road off Don Buck Road, Kapia Road. During the week, visitors are welcome, but should go to the West Hills information centre at 68 Fred Taylor drive to access the show homes.

Ms Clark says the two-bedroom show home may be the only one of its kind in Auckland. "We wanted to show the range of types of homes available in a medium density community like this," she said. "Around 40% of stage one homes at West Hills are two-bedroom, designed to suit first home buyers."

Although two-bedroom homes are becoming more common in the market, it's rare to find two-bedroom show homes at new developments.

Mr Pearce says that West Hills will have a residents' society, like Hobsonville Point, to ensure residents are involved from the outset in the development of the community.

"A residents' society is different to a body corporate, and will be modelled on the success of the Hobsonville Point residents' society," he said. "It ensures residents both understand medium density living and can have a hand in shaping how they want their community to be."

Ms Clark says a major appeal of West Hills is its proximity to the Northwest shopping and community centre which will include a bus hub as public transport links continue to improve.

"It's five-to-ten minutes' drive to West Harbour which has 14 ferry trips every week day to downtown Auckland," she says.

Mr Pearce says early buyers at West Hills have loved the prospect of urban living, close to a major urban centre, the Northwest Centre, but with Auckland's West Coast beaches, vineyards and other outdoor activity so close at hand.

"Now with our first new street and finished show homes, there's a real sense of what is on offer here," he said.

Ms Clark says the other popular element in West Hills' offer was Universal's policy of no progress payments. "There is a small deposit when you buy off the plan, and then nothing to pay until settlement when the home is fully finished," she said.

"With two-bedroom homes from \$675,000, these homes are really worth coming to have a look at," she said.



**Luke Kemp**  
LL.B., B.COM., DIP. HORT

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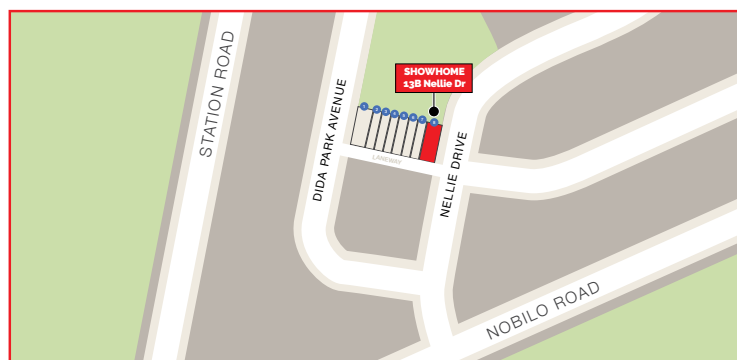
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## INFORMATION EVENING LOCATION MAP



**Tuesday 30th July – 7.00 pm**

**Location:** Universal's showhome at **13B Nellie Drive**

**Capacity:** Limited to 20 persons

*Light refreshments will be served*

**So don't miss out!**

**We look forward to seeing you there!**

**RSVP**

**SRECKO URLICH**

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