

# the **Westerly**

FREE monthly community magazine for Massey to Hobsonville

October 2015

**PROPERTY MARKET REPORT**

**GROWING SUMMER VEGETABLES**

- Personal development
- Local developments
- Local sports clubs
- Blueberry muffins

**SPOTLIGHT ON HOBSONVILLE**

Circulation is 9,000 print copies.

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

Contact Sarah Brightwell on 021 250 7324 or [sarahcartwright022@gmail.com](mailto:sarahcartwright022@gmail.com)

# Intro

Welcome to the first edition of the Westerly – a sister publication to the Kumeu Courier. In this issue we explore the new and highly publicised community of Hobsonville Point. This up and coming housing development is a hive of activity and a great place to visit if you are considering affordable housing in a fantastic area. With the award winning Farmers Market and wonderful Catalina café, Hobsonville Point is a great place to spend a Saturday. If you are looking for another great way to spend a Saturday why not try a nourishing day of food and yoga? The workshop will be held in Huapai on 17th October and includes preparing a nutritious wholefood meal, dessert and accompaniments to be shared together with the group after a full yoga session. Contact Maree on 021 022 93012 to book your space. I would also like to congratulate local Chiropractor Chris McMaster who is celebrating 30 years as a Chiropractic Doctor. Chris has worked overseas as well as other parts of West Auckland but loves to serve our local NorWest community and has a keen interest in promoting the advantages of being active, keeping well and maximising abilities. Stay safe – be kind.

Sarah,  
Editor.



# the Westerly

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Cover Shot: Artist Louise Purvis work on Launch Road, Hobsonville. Titled Estuarine.

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# Community notices

## Start your weekend right with Soljans new breakfast menu

Spring is in the air and with the new season comes new dishes. It's time to head over to Soljans Estate Winery & Café to try our new exciting and satisfying breakfast menu. Head Chef Paul Reid's new breakfast menu exemplifies the stunning crisp Spring mornings found in our vineyard setting, including dishes such as fluffy pancakes with maple syrup drizzled over streaky bacon and fresh berry toppings. An added bonus is Soljans' new children's menu, full of fun and thrilling dishes tailored to keep your children happy all day! So start your weekend right and call the café on 09 412 2680 to book your table now! The new breakfast menu starts 1st October 2015 and is available weekends from 9am to 11.30am.

## Get on your fun skates

Auckland Waitakere Roller Sports Club runs "Learn to Skate" classes at The Trusts Stadium, Central Park Drive, Henderson. Whether you want to learn to skate around the waterfront for fun and exercise or want to be NZ's next champion roller figure skater, we can help you out! Please check our Facebook page for up to date info on times/days. The cost of \$6.00 per session includes roller skate hire. Like us on Facebook <https://www.facebook.com/AWRSC> for timetable updates for our "Learn to Skate" programme. From these classes you can progress to our club training sessions and individual coaching (at the same venue) for artistic dance, figures, freeskating and precision team events, and compete in regional, area and national championships. Come down and give it a go! We also have a team purely for Mums & Dads – great fun, great fitness and open to all levels of skating abilities.



## Monster Fireworks 2015

It's almost time for the best fireworks display in the West. Monster Fireworks display 2015 is just around the corner and again promises to be a fantastic family night of spectacular

fireworks, delicious food stalls, fun festival rides, sky diving and more. Presented by Taupaki School and Bad Boy Fireworks this display is a wonderful community event for all ages.

Monster Fireworks Display attracts up to 10,000 spectators to the Kumeu Showgrounds each year and the fireworks display by Bad Boy Fireworks is an impressive array of lights and colours. Parking is free and families can either enjoy a range of food vendors or pack a basket of goodies and set up their own picnic; either way it's a great, affordable night out for many with a Family Pass (2 adults and up to 4 children) costing only \$35 at the gate, or Adults \$15 and Seniors/Kids only \$5.

So don't miss out on a fabulous night of entertainment, family fun and the best fireworks display in the West.

Monster Fireworks Display 2015, Friday 30th October, gates open 5pm, Kumeu Showgrounds. Rain date Friday 6th November. For more information, "Push the Button" raffle and Sky Dive auctions go to [www.monsterfireworks.co.nz](http://www.monsterfireworks.co.nz).

## Golf at its best

Muriwai Golf Links is Auckland's only true all weather links golf course. Set in the beautiful Muriwai Beach Regional Park, Muriwai provides a Championship golf course and a fantastic all round experience. Great rolling greens, wide



fairways and flat easy walking are all characteristic of the links experience. Motorised carts with GPS are available every day of the year. The Muriwai Links experience is enhanced by the great views and ambience, a warm and welcoming clubhouse and café (and the cold beer!) and the ability to be able to walk off the course with dry feet and golf gear. We welcome applications for all categories of membership, especially women, juniors and 9 hole members. Contact Mark or Ursula on 09 411 8454 for membership or green fees enquiries.

## Palmers Planet - Westgate

Palmers Planet Westgate is now your Weber Specialist retailer in North West Auckland, carrying the entire range of Weber barbecues and accessories, including the incredibly popular and versatile Weber Q range, perfect for the outdoor kiwi lifestyle. All six Weber Q's were voted 'top performers' in Consumer's 2012

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& 2013 barbecue review, along with two larger Weber gas barbecues. With our unique try before you buy product demonstrations in store, you'll learn how to cook the perfect steak or create a magnificent roast meal. Demonstrations from 17th October, Palmers Planet, Northside Drive, Westgate. For more info visit [palmersplanet.co.nz](http://palmersplanet.co.nz).



view our complete range or call us on 09 412 9968 to talk to us about your fundraising plans. Our outlet store is open Mon-Fri 8.30am – 5pm at 7 Shamrock Drive, Kumeu.

## Cover shot - Louise Purvis

Artist Louise Purvis has just installed her sinuous new work on Launch Road. Titled Estuarine the work is made of tubular baskets filled with scoria then attached to the wall. The red scoria contrasts with the basalt fill in the gabion baskets that form the wall. Louise's work is inspired by the landscape at Hobsonville Point, "a place where fresh water meets sea water, streams run into rivers, and rivers feed the sea". She says she was also thinking about the view Audrey Mills would have enjoyed from the cockpit of her husband's gipsy Moth as she leaned out to take aerial photos in the 1920's. Doug and Audrey ran Auckland's first aerial photography business from the Hobsonville airfield. Come and have a look at this impressive piece. Follow the signs to the Hobsonville Point Farmers Market and you'll find it where the road slopes down to the water front.

## Fine teas supplied to quality cafes

Harney & Sons Fine teas are proud to announce its sponsorship of local Kumeu rider Hannah Comrie. 20 year old Hannah is the head groom for NZ Dressage rider Wendi Williamson, and a talented rider herself, with a team of three horses based locally in Huapai. Hannah is about to captain the Kumeu Pony Club team heading down to compete at the NZ Showhunter Champs in Foxton and Harney Teas wishes her and the team every success.



Harney & Sons supply luxury teas and teaware to cafes, hotels, retail and premium resorts throughout New Zealand. Their warehouse and offices are in Loft Place, Kumeu, as well as a small outlet shop, open Mon-Fri with discounted prices and specials. 1/10 Loft Place, Kumeu, phone 09 412 2515 or visit [www.harneyteas.co.nz](http://www.harneyteas.co.nz).

## Part time editor wanted

We are searching for an editor to provide a part time contract editor for 2015/ 2016 for the Westerly. The hours and the input is somewhat flexible however we would envisage that it may only take a day a month to co-ordinate editorial content, proof and contribute an editors note. The publication is heavily supplied by community groups and businesses allowing the magazine to be flexible to a wide range of residents in Westgate, West Harbour and Hobsonville. With a broad flexibility on hours and input, if you have a background in publishing or always wanted to be in the driving seat of a glossy, colour magazine, this may be your best opportunity. Please submit your CV to [glms@xtra.co.nz](mailto:glms@xtra.co.nz) or phone 0800 900 700 and talk with Stacey.

## Want something healthier to sell for your fundraising causes?

Want something healthier to sell for your fundraising cause? The Confectionery Palace offers a great option for fundraising: the Jolly Time microwave popcorn range in an amazing variety of flavours.



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# Safercommunities

## Your local fire station is located at 21 Hobsonville Rd, West Harbour

This is a composite station, which means that the station is manned by professional fire-fighters during normal working hours Monday to Friday. At nights and weekends the station is manned by a volunteer crew, who stay on station and are supported by a further crew responding from home.

As a community resource, we provide emergency response 24/7 365 days a year. On top of that, we are available to provide advice to homeowners and businesses in the community on a wide range of subjects covering the whole spectrum of home, rural and business fire safety. NZFS produces a multitude of pamphlets and literature which are available free of charge to you. Our website [www.fire.org.nz](http://www.fire.org.nz) has a lot of great information and is well worth a look.

This community is fortunate to be supported by the West Auckland Licensing Trusts who at the moment are providing two free smoke detectors to residents within the Trust area. These are available from various outlets. Go to [www.thetrusts.co.nz](http://www.thetrusts.co.nz) if you have not received your vouchers via post or want further info. Should you need assistance in installing or advice on placement of smoke detectors, ring the fire station and we will be happy to assist. Len Blake - Station Officer - Phone 09 417 0873.

## New Zealand Fire Service

Many people don't know it but the New Zealand Fire Service is made up of around 8500 volunteers and about 2000 career staff that keep New Zealand safe 24/7. Most wouldn't know the

difference and are always happy to see the truck pull up to help at 2am while your basement is flooding or to cut someone free from a crashed vehicle.

Located on Hobsonville Road by the motorway, West Harbour station is run as a "composite" station meaning during the day career staff man one of the two appliances based here and after hours (including weekends and public holidays) 40 volunteers man both appliances, giving our community an instant response all year round to any emergency.

You will no doubt have heard of or seen on the news the large number of house fires the fire service has attended this year; sadly house fires never have a great outcome and in most cases are completely preventable. As a reminder, with daylight savings around the corner, we recommend that you check your smoke alarms – they may require a simple clean. Keep in mind that most smoke alarms have a life expectancy of about 10 years. If you're unsure or need advice regarding smoke alarms feel free to contact us on 0800 69 3473.

## Keep safe when out and about

Walking alone at night, where possible, always keep to well-lit areas. Keep bags containing valuables, wallets, purses etc close to your body. Keep your cell phone where you can reach it. Walk close to the gutter, not beside shop doorways. Walk facing the traffic.

If you think someone is following you, keep looking ahead and walk briskly. Cross the road and see if they follow. If they do, go to the nearest place where there are people. Dial 111 and ask for Police.

If a driver stops and asks you for directions, be polite but stay out of reach. If you don't trust them, walk away quickly in the opposite direction. Don't accept a lift from a stranger. What to do if you are attacked try to escape and get to safety. Then dial 111 and ask for Police.

Unless it is absolutely necessary to defend yourself to avoid harm, the best thing to do is to move away, avoid a confrontation, call Police and provide them with a good description.

You may use force to defend yourself, but force needs to be reasonable. Self-defence skills need to be practiced and you can do this by taking part in a self-defence course. Your first concern should always be for your own safety and that of others with you. Never take the law into your own hands or take unnecessary risks.

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# InBrief updates:events

## 2degrees Northwest

A brand new 2degrees store is set to open in the Northwest Shopping Centre on 1st October 2015. Technology is the key to staying relevant in today's world. It demands the very best in instant communication and 2degrees is committed to providing just that. We service a large number of Kiwi consumers and some of New Zealand's largest businesses. We are dedicated to bringing innovative mobile and network solutions to our consumer and business customers. Our recent launch into the broadband and landline market means we can provide bundled products at very competitive prices. We have been serving our loyal customers in West Auckland since 2010. We take pride in providing excellent service for which our team have received many compliments over the years. Now the team at 2degrees NorthWest looks forward to serving you in the exciting world of wireless communications. Come and visit us at the new mall and expect some great opening sales. We are located opposite the food court.

## Senior Net

Senior Net Kumeu enjoyed an 'off the cuff' talk from Christine Chambers and Ann Pearson from Kumeu Library at our last monthly seminar, held at St Chad's. Despite no connection to Wi Fi the ladies rallied well, giving us a question & answer session everyone could be involved in. Our grateful thanks to you both. As Windows 10 is now being downloaded onto everyone's computers, our members are asking for Windows 10 lessons. We are desperately short of willing, kind people who could fill this space. If you have some knowledge and a free morning/afternoon weekly to help our Club, it would be greatly appreciated. Don't just think about it, phone our Course Co-Ordinator Joan Crowe on 09 416 7172. If you would love to help or teach classes on any programs or apps that would help our members, please pick up the phone and call Joan who would love to discuss it with you. Our next seminar's guest speaker is Richard Poole from e-magazine 'Grown-ups'. The seminar will be held on Wednesday 7th October at St Chad's Hall, Oraha Rd, Kumeu. 10am start, all welcome. \$3 entry includes tea/ coffee/biscuit. Our usual Raffles \$2 for 1 or \$5 for 3.

## Roberts coffee bar

Roberts Coffee Bar is a community focused and family orient-

tated business. We offer a lovely atmosphere and deliver service with a smile. You can enjoy a coffee or meal while you have a meeting, catch up with a friend or take the kids out to enjoy the giant kids' corner located in all of our stores. This has a huge chalk board wall, toys and books galore and big comfy bean bags for them to chill out and watch movie on the TV, while you grab five minutes of peace. We even offer story time every weekday – an hour of stories and song. Children are a big part of what we are about. Along with being part of local sports groups and supporting our local schools, we also donate 0.50c per coffee sold to a chosen charity every quarter. We offer our own specialty beans roasted and blended to perfection leaving you with a smooth taste, and baristas that pride themselves on pouring the perfect cup – hot, creamy and smooth for you to enjoy. We also offer support and knowledge to the businesses that stock our beans – we will come to your premises four times a year and train your baristas to get the most out of our beans, answer questions and have a laugh. Retail Unit 5, 160 Hobsonville Point Rd, Hobsonville 0618.



## Girl Guides

Our local Girl Guides managed to get themselves on television at their winter camp, held at Otimai, Waitakere. TVNZ arrived at the weekend camp to film our local Girl Guides in action doing a range of outdoor activities. Girl Guiding NZ encourages girls to lead their own programmes, modernising activities to boost numbers. The news clip showed some of the work being done to bring exciting programmes to girls of all ages. Check out the clip online by searching "TVNZ Girl Guides".

As part of the Girl Guide programme all girls have the opportunity to experience fun outdoor activities and camps, and work towards badges and certificates that teach them outdoor skills. Awesome fun and great times! Brownies (7-9.5 years), Girl Guides (9.5-12.5 years) and Rangers (12.5-17 years) are in full swing at the moment in Kumeu, with Pippins (5-6 years) due to start next term. If you'd like to visit us, contact Girl Guiding NZ on 0800 222 292, or email [info@girlguidingnz.org.nz](mailto:info@girlguidingnz.org.nz). For Girl Guiding info, stories and competitions, visit [www.girlguidingnz.org.nz](http://www.girlguidingnz.org.nz).

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## DT Denture Clinic

The thought of getting dentures, whether it be a full set or a partial, can be a daunting experience especially if it is your first time. However, the reality can't be further from the truth. Back in the "murder house" days, a lot of people were traumatised to the point of doing anything to avoid a dental chair; they have an immediate association of painful injections or the uncomfortable feeling of almost choking whilst having your impression taken.

Mark, Clinical Technician at DT Denture Clinic says "The perception of what is involved compared to what we actually end up doing is a lot simpler and more straightforward. A lot of patients say 'I wish I'd done it sooner, it's a lot easier than I thought it would be.'"

The process and techniques for making dentures have been refined greatly over the last decades, allowing the process to be stress free and completed much faster than previously. Dentures now have better fits and chewing ability, all with deceptively natural smiles.

DT Denture Clinic have put together some frequently asked questions – No matter what product I use and no matter how often I clean my dentures, there are these stains and hard plaques building up. What am I doing wrong? Too many people put up with a dirty denture feeling embarrassed, thinking that the stains are their failing to maintain them – this couldn't be further from the truth. These stains and build-ups are not uncommon and more often than not are no fault of your own; some foods and drinks (and smoking) can cause stubborn stains that normal cleaners just cannot remove completely. We can provide specialised cleaning products and professional cleaning services to help restore your dentures to their original lustre. A lot of people make the mistake of attempting to chip off the build-up or scratch the stain off – this only guarantees the build-up and staining will return due to the rougher surface created by the scratching; but this too can be remedied.

My dentures have broken and I tried to glue them back together but it doesn't seem to hold. Can this be repaired? In most situations, yes, this can be repaired depending on the severity of the damage.

The worst part of the glued denture is not the damage done but rather the harmful chemicals that are in the glue; this isn't healthy! The good news is that even when the denture has been broken and glued back several times in the wrong position, sometimes we can re-orientate the broken pieces in the right position with an impression of your mouth. People often think that it's too far gone to be repaired if your dentures have been glued but this isn't necessarily true. They can also be properly repaired in the same day meaning you do not need to go overnight without your dentures!

My dentures have broken in the past and are constantly getting

repaired. Is there no real solution?


Dentures that are constantly cracking or breaking need to be reinforced with something stronger than the high-impact acrylic the dentures are constructed of. If you are wearing a full denture, we can do this by reinforcing the denture with a cobalt-chrome alloy: none of which is visible when you smile!

What is a reline? When you have a denture made, the fitting surface of the denture is a duplication of what your gums looked like at the time you first had them made. Over time the bone beneath the gum

shrinks and this makes the denture loose. A reline is where we renew the fitting surface, updating it to what you have presently and helps minimise the looseness.

What is an immediate denture? Your smile is a part of your identity, a part of who you are. Having a youthful, deceptively natural smile gives a boost in self-confidence and dramatically increases the quality of life. If you are unhappy with your smile or feeling that you've lost your bite due to losing back teeth over the years, an immediate denture is a common procedure that can be met with anxiety and stress if the treatment process is not explained properly to you. When you have teeth extracted you have two options: to go 'gummy' for six months until the sockets have healed, or, to have denture made so that you have those teeth replaced "immediately". An immediate denture is where prior to having your teeth extracted, we take impressions of your mouth and make a denture that restores your teeth as they are yet at the same time enhancing or if you choose, completely rebuilding your smile; all of which is a process you have complete control over. The most common feedback we get with our immediate dentures is "had I known it was going to be this easy and simple, I would have done it sooner. I wish I did this years ago."

If you have any other questions you can make an appointment with the team at DT Denture Clinic, 67 Brigham Creek Road, Whenuapai. Phone 09 416 5072 or visit [www.dtdentureclinic.co.nz](http://www.dtdentureclinic.co.nz).



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## Craft Out West

7th and 8th November – 10am to 4pm at West Wave Recreation Centre, Henderson. \$5.00 door sales. Over 70 fabulous stalls, featuring innovative crafts and seasonal sentiments from talented craftspeople. A great Christmas shopping opportunity. Proceeds to Hospice West Auckland. Contact Toni-Kim and Diane – phone 09 836 7190, email [HYPERLINK "mailto:craftoutwest@yahoo.co.nz"](mailto:HYPERLINKmailto:craftoutwest@yahoo.co.nz) craftoutwest@yahoo.co.nz, visit [facebook.com/CraftOutWest](http://facebook.com/CraftOutWest) or eventfinder.co.nz/2015/craft-out-west-fundraiser-for-hospice-west-auckland/auckland/henderson.



## A nourishing day of food & yoga

Come along to our Wholefood Cooking & Yoga class, including dinner and dessert, with Maree and Keith Delmar – 1.30-8pm, Saturday 17th October, 5 Matua Road (St Chad's), Huapai. It's the perfect combination! What could be a nicer way to spend a Saturday afternoon than enjoying good food, good yoga and good

company? This workshop will be a fun and relaxed afternoon, learning to prepare a nutritious whole food meal, dessert and accompaniments. It will also include preparing a delicious green smoothie for afternoon tea and a raw cheesecake dessert.



This will be followed by a full length yoga practice with Maree and the evening will conclude with a relaxed seated dinner, sharing the food we have prepared together and accompanied by a glass of organic wine. We will show you simple ideas that anyone can prepare quickly at home, but with delicious results. All food is provided and will be suitable for those on vegetarian, dairy free and wheat free (gluten free by request) diets. The yoga practice will be suitable for all levels, including beginner. Maree Delmar is a Yoga Therapist and Instructor and teaches weekly classes at St Chad's (Tree of Life Yoga) as well as being a passionate cook and whole fooder. Keith owns and runs Keith's Wheatgrass as well as holds inspirational workshops on health and nutrition, Auckland wide. Numbers for this workshop are limited, so book your place now. \$129 (all inclusive) early bird until 10th October, \$149 thereafter. Email [treeoflifeyoga.maree@gmail.com](mailto:treeoflifeyoga.maree@gmail.com) or phone 021 022 93012.

## The Polish Room

With the arrival of Spring pedicure season is here. While some love to have their feet pampered, others cringe at the thought of having their feet touched, so I offer a variety of pedicure options from waterless to deluxe and anywhere in between. You choose what suits you. Add on options include upgrading from regular polish to gel polish lasting 6-8 weeks, sugar exfoliant, soaking in spa salts, heel work, moisturiser, massage, or wax treatment. All products used are organic so no nasty chemicals, ideal for even sensitive skin. So before you pull out those pretty sandals be sure to show your feet some love – they will love you for it! Transform those toes today! Text Larissa at The Polish Room on 027 407 2264.

## The Antique Possum

Collecting industrial salvaged items and vintage treasures has been a major part of Jacky and Mike McCoy's life over the past few years. They crossed the USA hunting out and gathering eclectic, unusual and antique merchandise, and now have it all located at The Antique Possum at 522 State Highway 16 Kumeu. They are open Mon - Sat 10-4 and Sunday 11-4. If they don't have what you are looking for, they can source it through their contacts. There is an ever-changing variety of items on display, from art deco style items and metal dolls head moulds through

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### Special thanks

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

Countdown  
 The Warehouse  
 Mitre 10 Mega



**RYAN JACKSON**

M: 027 498 6202. E: [ryan@treehouseprint.co.nz](mailto:ryan@treehouseprint.co.nz)

P: 09 810 8609.

PO Box 133, Kumeu 0841 Auckland

to automotive memorabilia, rare enamel advertising signs and industrial coffee tables.

The current hot trend in home decorating is reusing old furnishings and repurposing these items in new ways.

The best part is, you can add to your collection as you find the pieces that speak to you. But remember that if you see it and love it - BUY it as chances are it may be gone on your return. (They learnt this the hard way). Visit our website [www.the-drunkpossum.co.nz](http://www.the-drunkpossum.co.nz) or contact Jacky on 021 328 338.

## West Harbour School

74 Oreil Avenue, West Harbour – Phone 09 416 7105. Are you looking around at Year 1-8 schools in the West Harbour area? Do you want a school that will give your child a full, rounded education, well-resourced classes and highly-motivated staff who are passionate about their students' achievement? Then look no further.

West Harbour School can offer all of this and more. We work hard to ensure that every child attending our school is given every opportunity to succeed. We work with parents, offering support and suggestions on how they can help their children both at school and at home. As well as the teaching programme, our students take part in a range of experiences outside the classroom, such as sport and camps. The school swimming pool is used during summer months and gives children a chance for swimming lessons as part of the PE curriculum. A before - and after-school care programme is run in the School Hall. We have a vibrant, well-cared for environment for our students and have had many comments on how welcoming and friendly the children and staff are to visitors in the school. Feel free to drop in and have a look around or contact us on 09 416 7105, or check our Facebook page <https://www.facebook.com/pages/West-Harbour-School/227397427428338?ref=ts>.

## Greg Murphy to be roasted by the best

Four-time Bathurst winner and Kiwi motorsport legend Greg 'Murph' Murphy will be the subject of a live roast in a gala event to be held in Auckland in November.

The Greg Murphy Comedy Roast will be headlined by some of Murph's fiercest on track competitors and will be hosted by comedian and television personality Paul Ego.

The Roast will be an opportunity for some of the biggest names in V8 Supercars to give it back to Murph who raced as competitively as any driver in the modern era of car racing.

"I'm not sure what to expect on the night but I'm up for it and expect to be on the receiving end of some good natured rib-

**"is this your space  
\$75+gst"**

Contact Sarah Brightwell on 021 250 7324 or [sarahcartwright022@gmail.com](mailto:sarahcartwright022@gmail.com) to book

you will receive a months worth of local exposure

bing," Murphy said.

The event is being organised by Mike Pero Real Estate and SKYCITY who have both been long standing sponsors of Murphy's various motorsport campaigns.

"I've followed Murph's career for over 20 years and like so many in New Zealand, consider him a legend. Not all drivers set records at Bathurst like Murph has. It's great to be able to put together a night like this where we can honour his achievements and also have a laugh" said organiser Mike Pero.

The final list of roasters will be confirmed by mid-September.

The Greg Murphy Comedy Roast is an R18 event and will be held at SKYCITY twentyone on 4th November between 7 and 11 pm. It coincides with the promotion of Greg's upcoming book.

Tickets are available at only \$69pp [www.mikepero.com/murph](http://www.mikepero.com/murph)

## Would you like a free lunch with that editorial?

There is no such thing as a free lunch, but you can sleep easy in the knowledge that we provide free editorial to local businesses, community groups, residents and sports organisations. So if you are in charge, and you would like to have a direct voice and talk with this community, we have free editorial space. We request 150 words and a colour photograph to be emailed to us before the 10th of the month prior for free inclusion in The Westerly. Logos and brands are not part of editorial space but can be included as advertising space. Advertising starts at \$75 plus GST for a standard business card space (55mm high x 90mm wide). Email us at [thewesterly2015@gmail.com](mailto:thewesterly2015@gmail.com), phone 0800 900 700.

Mike Pero Real Estate and SKYCITY  
proudly present

## The Greg Murphy Comedy Roast

- Headlined by some of the biggest names in V8 Supercars
- Hosted by comedian and television personality Paul Ego
- Be in the audience as 4 time Bathurst winner Greg Murphy gets roasted

**Cost:** \$69pp

**Tickets:** [mikepero.com/murph](http://mikepero.com/murph)

**Venue:** SKYCITY twentyone

**When:** Wed 4th Nov 7-11pm

\*Includes welcome drink and finger food  
\*Tickets are non-refundable  
\*R18 to enter twentyone

Mike Pero  
REAL ESTATE

SKYCITY

# Facebookcybertalk

Don't delay! Spring is here, the perfect time to get all your concrete needs sorted by the professionals! We have nothing but excellent feedback! Call us today for a free quote and/ or advice. Scott's Concrete Services 027 347 8592.



Are you looking for a part time job? Tennis Monsters Limited is looking for a part time administrator / marketing assistant. Currently we are running programmes in six Tennis Clubs; the work environment is amazing and full of healthy people.

- 20 hours per week

- Passionate, positive and exciting environment

- Working days at the office: Tuesday, Thursday and Saturday.

Call us in 021 049 9671 or email us [nelson.cuellar@tennismonsters.com](mailto:nelson.cuellar@tennismonsters.com) if you or someone you know are interested.

Have you booked your place at this great West Auckland community parenting event yet? Come along and get some easy, practical tips from speaker Jenny Hale on getting on the same page with parenting - 'Parenting from A United Front'. Lots of extras - this is a great night out. Tickets only \$10. Happening Thursday 17th September (next Thurs evening) at Te Atatu Intermediate. For more details visit <https://www.facebook.com/events/459613930884391/>

Autism New Zealand Annual Appeal: Volunteers are needed on Friday 16th October and Saturday 17th October this year. Autism New Zealand will be holding our Annual Appeal to raise much-needed funds to support individuals and families living with Autism Spectrum Disorder (ASD). The Annual Appeal also raises awareness of ASD in our community and we need your help to make it a success. So if you, or someone you know, can volunteer for two hours on either Friday 16th October or Saturday 17th October, please contact our Annual Appeal Coordinator, Sharon at [autism.appeal@outlook.co.nz](mailto:autism.appeal@outlook.co.nz).

Real Kids Early Learning Centre is a family-owned, Reggio Emilia-inspired centre staffed with amazingly knowledgeable and passionate teachers. Based on an acre of wonderful Hobsonville history, we have nearly a quarter of an acre of natural outdoor area to complement our ethos of learning and teaching. Catering for children aged 3 months to school age, Real Kids Early Learning Centre Offers:

- Primary caregiving for infants and toddlers

- Affordable fees with full and short day options

- Free Treasures nappies for under 3 year olds

- Daily healthy, nutritious meals

- A Reggio Emilia-inspired educational programme

- Qualified, experienced teachers

- Spacious, well-resourced facilities.

Open Monday to Friday, 7am to 6pm. Contact us on 09 416

9070 to arrange a viewing around our amazing centre.

\$5 Ladies only classes at the Colosseum, first two classes are free. This is a great way to get fit, lose weight, meet new friends within the Colosseum Community, while



training hard in a safe and fun environment. 5C Collard Place, Henderson. [https://www.facebook.com/permalink.php?story\\_fbid=1690778994488186&id=1446640525568702](https://www.facebook.com/permalink.php?story_fbid=1690778994488186&id=1446640525568702)

I know this is a few weeks out yet, but for those who like a great market, my spring market is on Sat 3rd Oct, 9.00am - 1.00pm. Featuring some amazing local crates, homemade goodies and beautiful products. Everyone welcome. Would love to see you there. Check out the Hobby Rd Market facebook page for a sneak peak at the photos of who is coming. <https://www.facebook.com/pages/Hobby-Rd-Market/163018907217084>

Local ladies only boxfit classes - Held in West Harbour & Herald Island. New morning classes starting soon - 9.30am Monday & Thursday at Herald Island Hall, first class is Thursday 17th September. Summer is just around the corner ladies, BoxFit is a great way to burn fat & tone up your Sexy Summer Body. <https://www.facebook.com/benefityou.co.nz?fref=photo>.

Qualified Mobile Beautician. Waxing, tanning, nails and skin-care! Perfect for busy mums contact me on 021 028 78232. <https://m.facebook.com/profile.php?id=512941252168594>

We have a 3 bedroom house in Huapai - Motu Rd - available for rent from October 30th. Recently decorated. Master bedroom has ensuite, 2 lounges. Spa and swimming pool. Very warm - heat pump and fire and gets sun all day in summer. Good deck for entertaining. Give me a call if you are interested. 021 664 440. \$600 per week.

Hi I'm Sharon Luther, I am an independent freelance mobile make-up artist who is self-taught and also have experience working at Shiseido and is driven to dedicate a career out of the art of make-up. I look at every face and try to keep the makeup as unique as the client's personality. I don't change features; I only try to enhance them. I pride myself in using Mary Kay products to ensure a long lasting and flawless finish. If you need makeup for your wedding, photo shoot, school ball or special occasion or even just a little enlightenment on how to apply your own makeup I would love to hear from you. Please contact me for any enquiries on 021 027 95474 or email me at [beautyandblissbysharon@hotmail.com](mailto:beautyandblissbysharon@hotmail.com). <https://www.facebook.com/pages/Beauty-Bliss/1480649582224188>.

I have recently opened my own business in Torbay called Oh So Smooth. Located inside La Bella Vita Beauty Therapy. Specialising in IPL treatments for hair removal, skin rejuvenation and pigmentation reduction. A few more IPL services will be added along the way. I have opening specials on for all of September. Loyalty discounts. Message me for more info. I know it may be a bit far but I do have very competitive prices and packages. Visit <http://www.ohsmooth.co.nz/>.

100% Organic Shea Butter is an amazing all natural & effective product with so many benefits and uses, but it is especially great for eczema, psoriasis, dermatitis, dry skin, wrinkles, stretch marks, scars, sun burn and nappy rash. Excellent customer feedback that even includes a Dermatologist's support in the use of this product for various skin conditions – \$20 postage included.



Wanting to spend some quality time with your girls? A Pure Romance party with me is just what you need! With the best in bath, beauty, massage and more we have something for everyone to enjoy. Great rewards for hosting a fun girls night, including free gift and free shopping. Call/text 021 667 330 (Parties are strictly ladies only and R18).

Inviting all 5 to 14 year olds to join junior surf. Build confidence in the water, learn essential surf safety skills and have heaps of fun! Bethells Beach Junior Surf is focused on learning in a fun and interactive way with a family orientation. Our programme encompasses:

- Water safety and skills development
- Beach and board training and races
- The excitement of surf competition, carnivals and camps
- First aid training
- Swim fitness each Monday at Kelston Girls High School pool
- Surf Lifesaving Certificate at 12 years
- A qualified Surf Life Saver at 14 years.

Our swim fitness commences on Monday 12th October 2015 and our surf safety and skills sessions commence at Bethells Beach on Sunday 1st November 2015. Our season fees are only \$50 per person or \$100 for a family. To find out all you need to know about this great opportunity, please go to [www.bethellsbeach.org.nz](http://www.bethellsbeach.org.nz) or contact Sue Brewster, Junior Surf Coordinator on [suebrew@xtra.co.nz](mailto:suebrew@xtra.co.nz) or 027 569 7777. Bethells Beach Surf Life Saving Patrol based on Auckland's rugged West Coast Bethells Beach is well worth a visit for both locals and tourists, offering an unspoilt and unique landscape. Visit [bethellsbeach.org.nz](http://bethellsbeach.org.nz).

I am excited to announce that after 27 years of being a qualified and registered Teacher, I have now joined with PORSE to offer a home childcare education solution for those in need of it. With small numbers of children and interactive activities, this is the local solution that you have been waiting for! Be quick as spaces are filling up fast! Phone 021 264 2121 or take a look at my profile on the PORSE website: <http://educators.porse.co.nz/auckland/64-03-117665/lisa>

Do you have amalgam fillings? Amalgams contain a combination of metals including silver, mercury, tin and copper which can cause toxicity in the body leading to many health conditions. We offer comprehensive hair tissue mineral analysis – to evaluate whether these are a problem for you. For more information contact Selena Quinn, phone 027 448 7096. Family Osteopathic Clinic, 39 Hobsonville Rd, West Harbour. Visit [www.damhealthy.com](http://www.damhealthy.com) or Facebook Dam Healthy.

Bella Vista Property Services, your one stop maintenance company for all your interior/exterior needs. Water blasting, spouting cleans, roof maintenance, interior/exterior painting, roof paints, plastering, roof re-points. Feel free to give us a call for a non-pushy quote. Contact Steve 022 036 7481 or visit [www.facebook.com/bellavistaproperty](http://www.facebook.com/bellavistaproperty).

I am a local dog walker – I have been through certification by dog\*tec, have my pet first aid and have years of experience with dogs. I help instruct at Norwest dog training club and also carry public liability insurance for extra protection. I specialise in small and medium sized dogs (up to 25kg), and offer individual neighbourhood walks, or small group (max. 3 dogs) adventure walks. I will work with you and your vet for weight loss, or elderly care. If you would like to know more please contact me via my page. I hope to work with you and your dogs. Visit <https://m.facebook.com/josdogwalkingservicesnz>.

After these coming school holidays, I am starting an aikido class at the Massey Birdwood Settlers Hall on Monday nights. As a local, I will be very proud to pass on my knowledge to anyone interested in learning this great martial art. My details are on our website <http://www.aikidoyuishinkai.org.nz/>.

14 days into Spring – keep your section clear, clean and tidy rubbish removal, gardens, external property design and much much more! Call or contact [facebook.com/BeOfServices](http://www.facebook.com/BeOfServices) on 022 034 6899. Have an amazing Spring/Summer and enjoy the heat!

On Saturday at The Doggery we farewelled our wee little man Mr Smudge – this little anxious boy started out very shy and gradually found his voice to tell the naughty kids off. Mr Smudge will hopefully be visiting his mum Pat at her rest home this weekend. This lovely boy has just about become a country boy and had to be coaxed along on his walks at his dawdling pace – also very sneaky at rolling in the yuck! Also loved the foot of the bed! His place and space.



## Market report with Graham

Welcome to your monthly market report, highlighting trends occurring in the property markets of Hobsonville to Massey but also including Whenuapai and Herald Island.

Auckland is a patchwork of individual markets, delivering different buyer preferences based on lifestyle choices, schooling, entertainment, access to services and infrastructure. In this column, I will tell you the facts, express a personal opinion on what is happening in the market and why, and give you my predictions for future activity.

If you would like an appraisal and market review on your home and your area, we are happy to do this at no cost to you. We can also highlight particular areas of your home and section, which may add thousands to your final sale price.

**Hobsonville** – We are seeing many sales many sales of ten to twenty year homes in the area on 600 to 700 square metre sections selling between \$820,000 and \$930,000. The presentation of the homes and the views from the house are a key factor. Many buyers in this area are mature with older children. Hobsonville offers a very unique environment with a range of new units and townhouses mixed with older style homes that have been fully refurbished. The traditionalist may have to settle for West Harbour or Westgate in the future. Sections in the area seem to be selling around \$700,000 and house and land packages around \$1,200,000. The market in this area is firm.

**Whenuapai and Herald Island** – When Forest Gump explained that life was a box of chocolates he was talking about the extraordinary mix of lifestyle and residential options available in this area. We are seeing a range of residential property sales in the early to mid \$800,000 range and lifestyle in the early \$1,000,000. Speculators, land bankers and developers continue to flirt with the larger land owners with sales over \$2,600,000. The market in this area is firm.

**West Harbour** – The house sales in West Harbour can be categorised as older style 1970 to 1990 homes closer to Westgate selling \$700,000 to \$850,000 and newer style homes (1995 plus) that are closer to Hobsonville selling \$800,000 to \$1,200,000. The larger homes at 300 plus square meters with extensive views and good construction are getting up to \$1,550,000 but these are the exception rather than the rule. Buyers are tending to be a mix of family buyers and mature buyers coming from North Shore and Auckland fringe, seeking better value for money and good community values. West Harbour has always deliv-

ered a happy medium of easy living, good access to transport, schooling and shopping. The progress of Westgate town will increase the desirability of the area to New Zealand and overseas buyers. The market in this area is firm.

**Westgate** – To come.

If you are considering a change in your real estate situation and would like a professional discussion, a very sensible commission rate and a complimentary \$6,500 marketing head start, call us today on 0800 900 700 or visit [www.grahammcintyre.co.nz](http://www.grahammcintyre.co.nz). Licensed REAA (2008).

## Money matters

Banks are making headlines at the moment promoting “special” one year fixed rates. Before you commit to such a term consider where interest rates may be in 12 months’ time. There is a possibility that they will increase, meaning you will be re-fixing again at a higher rate. A split of terms which include a one year fixed rate, with possibly a three and five year portion thrown into the mix, will provide savings and stability. David

Lloyd Mortgages offer no obligation, impartial advice at no cost to you, so call us to review your home loan. Phone 09 411 9251 or 027 411 9255 or email [david@davidlloyd mortgages.co.nz](mailto:david@davidlloyd mortgages.co.nz).



## Nine free and easy ways to improve your home for spring

The simplest projects can renew your space and lead to an instant upgrade — and some cost nothing but a little elbow grease.

**Clean your coffee table:** polish the surface and limit the items on display. Limit contents to showcase a few favourite things and create a streamlined look.

**Swap seating:** use what you have to vary seating throughout your home. Consider dining chairs in the bedroom, or a statement chair in the sunroom.

**Swap plants:** plants are in vogue at the moment so try moving your existing plants to different corners and rooms. They will fill each space uniquely, and benefit from new windows.

**Clean lamp shades:** pay extra attention to removing dust from



David Lloyd  
Director

David Lloyd Mortgages Ltd  
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Mob: 027 411 9255  
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the inside and outside of lamp shades to improve light quality. Organise your linen closet: sort linens by type, and refold. Roll and stack favourite towels to refresh the look and make items easier to find.

Organise books: use what you have to create brand new, conversation-starting bookshelves. Sort by genre and colour to make the collection pop, and stack some titles horizontally to add variety. Or for a more Scandinavian look try turning the book binding to the back of the shelf so to display the neutral pages instead.

Swap artwork: hang art in a different spaces and play with placement. Let new wall colour and lighting bring a fresh perspective to old favourites.

Clean windows: pay extra attention to windows and make them shine to welcome more natural light and highlight the texture of window treatments.

Call Tracey or Anna on 029 200 9011 or 021 136 3750 or email [athomestaging@xtra.co.nz](mailto:athomestaging@xtra.co.nz).

## Shed-house combo?

Do you need to expand your living space to accommodate more family? Or do you want to come away from traditional dwelling styles and live alongside your hobbies in your shed? Or live alongside your



workspace? A shed – house combo by Kiwi Span NZ is a great way to go, and cost effective too. You could have this type of building consented as the main dwelling combined with a shed; or if your site already has a house have it consented as a second dwelling (aka Minor Household Unit). Our buildings are not a set size or design layout. We will create a shed and house to suit your needs by way of size, height and arrangement of the different spaces all under the same roof. You may have an idea of layout that we can price for you, or you may like to look at some building layouts that we have done for others to get the ideas flowing. These buildings can look really stunning, with a modern industrial feel; a refreshing change from all the brick and tile or weatherboard housing we are seeing locally. Come in and talk to us today, Kiwi Span NZ - 329 Main Road, Huapai opposite the carwash, or give us a call on 09 412 8455.

## Tips for selling your home when you have children

Selling your home can seem like a daunting task, but when you add your kids into the mix, the job can be made a lot more stressful. Here are a few ways to take the stress out of selling your home when you have kids.

De-cluttering is essential when selling your home but this can be a lot harder when you have the kids' toys and the pram to contend with – boxes, bins and containers are your best friend here! Prior to any photography or open homes, it is a good idea to take the home out of your property. Potential purchasers need to be able to envision their family living in the house and this can be an obstacle when you have family photos in many rooms of your house, toy trucks parked up in the living room and a band of Barbie dolls sitting on the mantle.

If you're marketing your home as a family home then it can quite often be a good idea to stage your playroom – it creates a distinctive space dedicated to the kids and gives potential buyers an idea of how the space can be used. If you want to avoid the last minute scramble before the open home then a thorough checklist can be just the trick. It's important to give yourself a realistic amount of time to work your way through it – let's face it, the last thing you want to be doing is dashing around your home and picking up stray clutter just minutes before you need to vacate for your open home. Here's a good tip, always keep the boot of your car empty for those last minute dashes out the door – that way you have a temporary spot (that's out of the house) to store any books or toys that may have been left out.

Presenting a clean home is vital for any house on the market but this job can be made a lot harder with kids. A good way to overcome this hurdle is to involve your kids in the cleaning. Let them be the ones in charge of cleaning their room and make it an enjoyable game (however it can be a good idea to add this to the checklist). If you're cleaning the windows then let them spray the cleaner onto the window while you clean away the fingerprints. This is a chore that can be made fun while keeping your kids involved in the process. Mike Pero Real Estate Ltd. Licensed REAA (2008) phone 0800 900 700 for more information.

## Deanos house wash

Spring special – free gutter clean with every house wash!! Soft house-washing and also commercial buildings, gutter cleaning, gutterguard, roof treatments, roof painting, spider treatments, waterblasting decks, fences, concrete, rubbish removal and much, much more! Phone Dean on 021 149 7049 or Danni on 021 205 4013 or email [deanoshousewash08@gmail.com](mailto:deanoshousewash08@gmail.com). Please feel free to phone, text or email for a no obligation quote.

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**QUALITY TWO LEVEL HOME NEAR HOBSONVILLE** 4 2 3

**By Negotiation**

**45A Hogarth Rise, West Harbour**  
By Negotiation

Elevated quality built home in West Harbour offering three bedrooms plus an office or fourth bedroom, three toilets and a generous open plan entertainers kitchen leading to lounge and dining areas with views. The home offers easy flow to bedrooms downstairs and office/extra room upstairs. Very quiet location and private with established trees, screens and fencing for pets and child safety. Good alfresco living, bar-b-que area ready for summer and minimal maintenance garden and lawn area. A very well constructed warm home that offers easy living, peace of mind and tranquility. A short distance to convenience shopping, marina, primary and secondary schools and transport links. The CV on this property is \$590,000. For a complete transaction list please email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com).



**Graham McIntyre**  
027 632 0421  
09 412 9602  
[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)



**Joanne O'Brien**  
027 683 3366  
09 412 9602  
[joanne.obrien@mikepero.com](mailto:joanne.obrien@mikepero.com)

[www.mikepero.com/RX452411](http://www.mikepero.com/RX452411)



**ELEVATED COASTAL VIEWS OVER MURIWAI** 3 2 1

**Enquiries Over \$859,000**

**4 Edwin Mitchelson Road, Muriwai**  
Enquiries Over \$859,000

Idyllic beach home on a flat section in Muriwai. We welcome your interest in this redecorated 160 sqm two level country style home. Offering three bedrooms, two toilets, separate lounge and open plan kitchen and dining. With delicious and abundant ocean views taking in beautiful Oaia Island, and the stretch of breakers motioning toward the sand dunes. Easy flow from insulated and well-presented tandem double garage, through to pantry, and alfresco to extensive decking. A very usable 812sqm section offering low maintenance gardens, fully fenced rear yard for pets, and space to kick a ball. Excellent construction materials including marley weatherboard and coloursteel roofing. Options to add value by adding a fourth bedroom and en-suite however ready to move into and enjoy immediately.



**Graham McIntyre**  
027 632 0421  
09 412 9602

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

[www.mikepero.com/RX448278](http://www.mikepero.com/RX448278)





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[www.mikepero.com/RX490409](http://www.mikepero.com/RX490409)



**Graham McIntyre**  
027 632 0421  
09 412 9602

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027 683 3366  
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09 412 9602

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Excellent and affordable home offering excellent value for the investor or a family seeking an easy living environment, with garage/storage and fully fenced section. This well presented three generous bedroom home offers open plan living combined with North facing alfresco covered patio providing you a relaxed and comfortable living and entertaining home. Off the central hall are the three bedrooms, bathroom and laundry, all easy flow and easy care. Great location to access schools, parks and transport links.

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FAMILY BUNGALOW WITH POTENTIAL - SUNNY HUAPAI

3 2 2

By Negotiation

**10 Merlot Heights, Kumeu**  
**By Negotiation**

Gorgeous, heavily wooded, 1930's bungalow offering a truly family friendly environment. Set on 690 square meters the section is fully fenced and extremely private, offering a unique character home, single garage and workshop with established trees and garden. The home delivers open entertainers kitchen, dining and lounge opening onto expansive northern decking stepping down onto private lawn area. Three generous bedrooms, two bathrooms off a central hall. The home presents opportunity for DIY improvement and potential for capital gain. The CV on this property is \$550,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com).

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# Health:beauty

## Celebrating thirty years

21st September marks 30 years as a Chiropractor for local Doctor of Chiropractic Chris McMaster.

Chris graduated from Sherman College of Chiropractic in South Carolina, USA in 1985 and immediately returned to New Zealand where he started his own practice in Henderson. He then combined that practice with another in Glen Eden where he served the people of West Auckland until 2002.

He then moved to Ireland with his wife Nolene, who is also a Chiropractor, where they managed a couple of practices in Dublin and County Wicklow. They also spent two years running a practice in Oman in the Middle East, before returning to Kumeu.

They have now been running Kumeu Chiropractic for the last four years. "We love it here in the Nor West and are very pleased to be able to offer our skills to the community and beyond. People seem to be more invested in their own health now, which fits in perfectly with the pro-active approach we as Chiropractors have in staying well and maximising our abilities to be active and productive."

"I love being a Chiropractor and I continue to look forward to assisting as many people as I can in having a healthy and happy life." Kumeu Chiropractic – 8 Shamrock Drive, Kumeu. Phone 09 412 5536.

## Osteopathic help in West Harbour

Do you remember back when Hobsonville Road used to get jam packed with cars going onto SH16 in the mornings and off it in the afternoons?

That's when Ilya and Nataliya Chemeris decided to set up an Osteopathic practice so that people could pop in to fix their neck and back problems on their way home. The jam is no longer there, but the practice still is and going strong. Recently they have been offered to move the practice to the heart of the new Westgate shopping centre. While very tempting, they decided not to – after all, the practice is only a walking distance from Westgate in a standalone dedicated building with patients' car parks next to it. Very convenient, easy to get to and very handy when you need to get rid of your back, neck or muscle pain. For gentle osteopathic manipulation come and see Ilya and Nataliya at 39 Hobsonville Rd, West Harbour (up the



road from Westgate). To make an appointment call 09 416 0097 or for more information visit [www.familyosteo.com](http://www.familyosteo.com). Look forward to seeing you soon.

## From Xride to the World Champs

"As an overweight mum of 89kg I decided to join Club Physical's XRIDE class. Julie the instructor is such a pocket rocket. I found myself absolutely loving the classes and lost heaps of weight.

A few years on and I got brave and also started road cycling. This year I

was selected to represent New Zealand in the Amateur Cycling World Championship in Denmark. I am super proud of this achievement but haven't forgotten where it all started, in Julie's XRIDE class." Samantha Gray (now an athletic 67kg). If you would like to release YOUR own 'inner champion' why not call in for a chat today? Phone Club Physical Westgate on 09 833 3306.



## Auckland women's tramping group

Are you looking to enjoy the beautiful outdoors, and meet a group of active fun ladies who have a sense of adventure? Come walk the tracks with us and have a blast. Our aim is to get busy working woman to take time out, make new friends and enjoy hiking with us. We run both weekend and weekday tramps, varying between two and five hours' duration. Facebook group page <https://www.facebook.com/groups/hikingladies/> or email [Vanessa.hikingladies@gmail.com](mailto:Vanessa.hikingladies@gmail.com).

## Westgate Dental saves the wedding day

It started as a beautiful day – the day before my wedding. I was playing with my Labrador dog – lovely animal – a present from my fiancé. Everything was going as normal until the accident happened.

The dog tripped me over and I fell hitting my face against a table. A strong pain pierced through my body. I ran to the bathroom and looked in the mirror: my two front teeth were badly chipped – about 2/3 of them were gone — I could see the

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nerves just hanging there!

I burst into tears. The pain was excruciating. I couldn't breathe or talk, let alone drink or take painkillers.

Obviously I couldn't even think about the wedding tomorrow looking and feeling like this. For me there were no more happy faces, no beautiful dress, no husband. I was devastated.

In a few hours the news spread amongst family members and friends. People were calling to calm me down and say sorry. Among those infinite number of phone calls there was my future mother-in-law with some hopeful news. She told us about a "magic dentist" with 20 years of experience and for whom nothing is impossible.

She called and made an appointment and within a half an hour we were sitting at the reception in the brand new clinic opened two months ago in the Westgate shopping centre.

In two hours everything was finished. Pain was gone and my tongue was pressing against top front teeth. I looked in the mirror and burst into tears again, but this time they were tears of joy when I saw my even prettier, even whiter smile. I looked beautiful.

The wedding went smoothly and I didn't once think about the horrific accident that could have ruined my wedding. Only in the evening when I saw my dog I remembered everything and smiled.

I sincerely thank the person who agreed to reschedule his appointment to free some time for me and also the receptionist who was able to arrange it — thank you so much Westgate Dental Centre.

## Westgate Medical

Westgate Medical Centre is conveniently located in the Westgate Shopping Centre. We are open seven days a week, offering both a GP and an Accident and Medical service with onsite x-ray. You can book an appointment with us or use our walk in service.

Our vision is to provide quality, innovative and accessible healthcare to individuals and families. Our motto is Desire for Excellence, Passion for Care.

We have a team of well-trained doctors and nurses who have varying areas of special focus. We use the latest technology to help us provide you with a convenient and comprehensive range of medical and allied health services, all under one roof. We are accredited by the New Zealand Immigration Service to do Immigration Medicals as well as offering Travel Medicine Consultations.

Children under the age of 13 years are free if they are either enrolled with us or if their consultation is covered under ACC.

## New hope for children with reading difficulties

Children who are behind with their reading or who can't concentrate may be suffering from visual stress.

Their eyes send the message to the brain, but when it is processed the complexity of the print causes over-stimulation of the visual cortex.

Print can appear to move or fade in and out and it makes reading hard work. Studies have shown that reading glasses with a very specific tint calm the over-stimulation and dramatically improve reading ability.

Matthew Whittington, optometrist at For Eyes in the Kumeu Village, has invested in a Wilkens Colorimeter to assess the specific tint required for each individual. He has found the lenses very effective for many children, dyslexic or not, who are behind in reading.

Are precision tinted lenses the answer to your child's reading problems? Book an assessment at For Eyes, phone 09 412 8172.



## Collagen and ageing

Collagen and Keratin are crucial in maintaining the structure of the living organisms within the body. As we age, collagen in our body diminishes. Collagen "K" capsules, taken internally, are absorbed into the small intestine, meaning the collagen does not get lost in the body. Rather, it goes to where it is needed, helping to restore lost collagen by stimulating the body's collagen process, rejuvenating your body. The Collagen "K" capsules' formula is a breakthrough with two key nutrients required for the support of the skin, hair and nails. With extensive use of the Collagen Hydrosolate formula incorporating a compound called Complex K, this new exclusive ingredient is a food grade keratin. 100% Collagen "K" capsules will help you to feel younger, improve your skin's elasticity, reduce fine lines, sagging skin and wrinkles. Collagen will help to knit your skin together, give you better hair condition and strengthen your nails. Want to try the Collagen "K" Capsules and receive a FREE Collagen Cream? Mention you read it here. Call Jo at Naturally 4 U – Phone 027 683 3366 or visit [www.naturally4u.co.nz](http://www.naturally4u.co.nz).

## Five ways to improve digestion

1 – Relax and eat slowly. It is hard for our body to digest food when we are on the run; all the blood moves to our skeletal

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muscles in a flight or fight reaction. By relaxing blood can move towards our digestive system supporting healthy digestion.

2 – Chew your food. Remember your stomach doesn't have teeth so make sure your food is well chewed before swallowing.

3 – Lemon water. Upon rising drink a small glass of water with 1/2 lemon squeezed in, 30-45min before breakfast. It will help increase the digestive juices that break our food down for energy (these reduce as we age).

4 – Reduce drinks at meal times. Save big drinks for between meals. Too much fluid with your meal will dilute digestive juices making it harder to digest food.

5 – Increase fermented foods. To support a healthy digestive system add fermented foods daily such as yogurt, kefir etc.

We offer natural support for digestive disorders and any other health condition through diet, lifestyle and supplementation. Book in for a naturopathic consultation today to get your health back on track. Contact Selena Quinn – phone 027 448 7096 or visit [www.damhealthy.com](http://www.damhealthy.com). Family Osteopathic Clinic, 39 Hobsonville Rd, West Harbour, Facebook @DamHealthy.

## Hobsonville Optometrists

You have been wondering what is going into the former petrol station at 413 Hobsonville Road. If you haven't already seen it, it is now a beautiful store offering something delightful and unexpected. Everyone in Hobsonville knows Frank Snell, our local Optometrist. His business is still Hobsonville Optometrists but has expanded into glasses and gifts. Unique and beautiful quality giftware, accessories, and homeware are mingled among glasses frames.

The practice is constantly sourcing unique and cutting edge eyewear and gifts with traditional style and quirky fashion. Staff are excited about fashion, people, colours and shapes and are happy to spend time with you to find that perfect frame or gift. There is a well known range of cosmetics for men combined with an unusual collection of men's gifts.

Hobsonville Optometrists provide a full range of optical services including eye testing and eye health checks, contact lenses, children's vision and referrals to specialists. There is something for every taste, so come and visit and see for yourself. Monday to Friday 9am - 5.30pm and Saturdays. Phone 09 416 3937.

## Never think you've arrived

How much would you love to know that you are a 'champion'? Becoming a 'champion' is all about the attitude that you develop to life. At Club Physical we see large numbers of local 'champions' who have many, if not more of the responsibilities that others have, but they still find the time for self-improvement and exercise.

Evidently, life expectancy can be very short for those who retire without a goal or a compelling interest. Paul Dejong urged at a seminar in Auckland on the weekend to "Work hard. Never think that you've 'made it'. Keep looking for what's next, for what's in front. Always be striving to improve." He said "Ships in the harbour are a safe bet, but that's not what they were made for". Paul went on to advise "Mix with positive people – choose the right friends. Pay the price that losers are unwilling to pay. If you're studying, study harder than others. Hard word pays off. And never under estimate the value of a coach. Have people around you who speak into your life!" Tina Richards - Club Physical Director.



## The Heart Foundation

Heart disease is New Zealand's biggest killer of both men and women, claiming the lives of more than one Kiwi every 90 minutes.

Include A Charity Week was held in September 2015. Include a Charity is a movement to encourage more Kiwis to include a

gift in their will to their favourite charity, once they've looked after family and friends. The Heart Foundation – New Zealand's leading heart health charity – asks Kiwis to help continue its life-saving work by leaving a gift in their will.

Karen Miller, Heart Foundation Bequest Specialist, says despite huge advances in treatment and prevention, heart disease continues to devastate thousands of Kiwi families each year.

"But it doesn't have to be this way. By leaving a gift in your will to the Heart Foundation you can help improve the heart health of all New Zealanders, ensuring the reduction in heart disease continues well into the future," she says.

"Legacy funds help keep New Zealand families together for longer, for generations to come."

Karen says leaving a gift in your will is not something reserved for just the rich and famous.

"Every little bit helps, whether it is a sizeable gift or not. Anyone can do it and it's easy to draw up a will and include a gift to charity."

One Kiwi leaving a gift to the Heart Foundation in his will is an Auckland farmer, Lawrie Coe.

Lawrie, who has had heart issues for 30 years, says it was a natural choice for him and wife Rae to make a bequest.



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"The reason we did this was due to my ongoing heart problems," Lawrie says. "It doesn't affect our current standard of living but we know it will make a real difference to the lives of others. It's one way of giving back to those who've helped me."

Another reason the couple want to support the Heart Foundation is because of the excellent care Lawrie has received from his cardiologist Dr Ivor Gerber.

"The Heart Foundation, through its supporters, played a major role in Dr Gerber's early training by providing him with research grants and an Overseas Training Fellowship. We want to help the Heart Foundation fund more important research and cardiology training."

Lawrie says setting up a will was simple; through their solicitor they made provisions for family and then allocated funds to the Heart Foundation.

"We feel good knowing that the life-saving work of the Heart Foundation will carry on and that we have played a part in helping future generations."

If you have not yet drawn up a will, contact your solicitor to ensure your wishes are carried out as intended. Remember to include your friends and family, and then consider leaving a legacy to the Heart Foundation. If you would like to receive information about leaving the Heart Foundation a gift in your will, or for a confidential chat, please contact: Karen Miller, the Heart Foundation's Bequest Specialist on 09 571 9193 or email: karenmi@heartfoundation.org.nz.

## Comprehensive eye care and high quality eyewear

Westgate Optometrists are the original Optometrists at Westgate Shopping Centre. We attract a very loyal clientele by providing consistent, caring and professional customer service. We get to know each customer first, building rapport and performing a very comprehensive eye exam before recommending the best option for each individual client to fulfill their needs. This may mean glasses, contact lenses, prescription sunglasses or a combination. It may mean eye exercises, treatments, referral, or just a normal recall. The overwhelming positive feedback we receive is centered around our attentive service and our genuine interest in helping people be fully informed about all appropriate optical options before they make their final decision. We specialise in high quality eye care and eyewear. Quality counts. Phone 09 831 0202 or visit [www.westgateoptometrists.co.nz](http://www.westgateoptometrists.co.nz).



## Want to move ahead? Develop a craving to learn

When I began in the fitness industry by renovating the former Waitemata Athletic club in Henderson, there were no gym instructor qualifications and no annual conventions. But as the Conventions were gradually formed in USA, Australia and later in New Zealand I began to crave them. To me each seminar or workshop had the excitement of opening a Christmas present. Grant Cardone says in his book 'The 10X rule' that the most successful CEO's are reported to read an average of 60 books and attend more than six conferences a year – whereas the average



worker reads an average of less than one book and makes 319 times less income. Although the media often discuss the disparity between the rich and the poor, they frequently fail to cover the amount of time and energy the wealthy have committed to reading, studying and educating themselves. Successful people make time for conventions, symposiums and reading. "There has never been a book, audio programme, download, webinar or speech from which I have not benefited – even the ones that sucked" he says. So, here's the encouragement today to our new Westerly readers, to cultivate that craving to learn and do more for great success in your life. Paul Richards, CEO – Club Physical.

## Heart Saver finalists

We are super proud and humbled to be named a finalist in a few categories of the Westpac Auckland Business Awards 2015: Best Emerging Business, Excellence in Customer Service Delivery, Excellence in Strategy & Planning.



When we started Heart Saver, we didn't set out with the intention to win awards - we set out to educate Kiwis on the importance of AEDs and knowing first aid, to help people and save lives. We also set ourselves a standard around our customer service – at Heart Saver we treat people as we'd like to be treated ourselves. So we're shocked but rapt to be in the finals for these categories and so thankful to our awesome customers from all around NZ who have given us the custom and support to get this far. Winners for all categories will be announced next month and we will keep you posted. Thank you for your support of Heart Saver – we truly appreciate it.

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# Regular columnists

## A head start for the whole family

When it comes to a child doing well in a childcare centre, the key is involving the whole family into the centre's 'community'.

That's what we do at HeadStart Childcare & Early Education Centre – and it's why we have played a central role in educating children in the West Harbour community for over 20 years.

The teaching team provides a stimulating, fun and educational programme for children aged 2-5 years. HeadStart is a multi-age centre so siblings learn and play together, helping to foster a sense of belonging.

Parents are kept up-to-date with what their child is learning, the tools and resources they enjoy and how they can further encourage their child's learning at home.

Come and visit us at HeadStart Childcare & Early Education Centre, 193 Hobsonville Road, Hobsonville. Phone 09 416 4300, visit [www.headstartchildcare.co.nz](http://www.headstartchildcare.co.nz).



## Kip Mcgrath Education Centre

Roy and Lynne Withey are the Directors of the Westgate Kip McGrath Education Centre. The Centre provides a positive and supportive learning environment which promotes self-esteem and boosts every child's confidence. Following a free assessment, each child follows an individualised learning plan crafted to cater for their own specific learning needs and support them in their school work. The team's aim is also to ensure that each child finds pleasure in their learning experience at the Centre.

Testimonial: "Thank you so much for all of your help, during the last three school terms, with our son's learning. Having come to you with a boy who lacked confidence in his abilities and was below average in reading, spelling and maths, we are now leaving your service with a more confident child, who has made significant progress in all areas of his work. It is frightening to think, that without your help, we had a child who could have fallen through the cracks."

"At Kip McGrath Westgate, we aim to ensure that every student reaches their full potential. We are proud to be part of this organisation, as Kip McGrath is New Zealand's only nationwide, professional tuition provider." Roy & Lynne.



## Bush Kindergarten has begun at Colwill Kindergarten

Every Friday morning we have kindergarten in the bush area next door. We fence off an area then spend the morning enjoy-

ing and exploring the natural environment. By only taking a few resources we encourage the children to use their imaginations and develop their resourcefulness as they utilize the things found in nature. A picnic morning tea completes a great experience each week.



This has been a very empowering experience for everyone. We are amazed at how different children have responded and the positive effect it's had on their general wellbeing and learning. Our teachers have noticed children are developing stronger connections with one another as they work together in the bush. Children, who in the past have relied on resources to stimulate their learning, are becoming more independent, more resourceful, more inquisitive and more creative in their thinking. Bush Kindergarten has become very popular with our children and their families. It is great to see our community coming together through this shared taonga (treasure). Colwill Kindergarten phone 09 833 9794.

## Eastern Mediterranean & Greek Isles Cruise

Cruising the Med is something that has always been on my bucket list, particularly on a luxury cruise ship. Cruising is certainly a fabulous way to visit the Med – we had a fabulous time.

We boarded in Rome. On our cruise we visited the Greek Islands of Santorini and Mykonos both of which are beautiful and totally different, two ports in Turkey and Athens.

Unfortunately I can't tell you more about it here but visit my website for the full article on [www.luxuryholidaycompany.co.nz](http://www.luxuryholidaycompany.co.nz).

Choosing the right cruise line for you is an important decision, one that can make or break your holiday if you get it wrong. Carolyn is an Itinerary Planner and Cruise Specialist for the Luxury Holiday Company organising all sorts of holidays from 3 star through to 6 star and is based in Whenuapai. You can contact her on 09 416 1799 or mobile 027 294 7744 and she would love to help you organise your holidays.



## Getting paid online

Utopia has years of experience creating e-commerce solutions for clients. These include complex shopping systems and simple one page order forms. There are many providers and options when it comes to accepting payments on your website. One typical solution is to offer a payment page on your website so customers can pay for goods or services. This involves taking a website form and hooking it up to a chosen payment aggregator who then processes the payment so the money can go into your bank account. These aggregators will typically charge from 1% to 4% of the transaction amount. Common providers include DPS (for credit cards) and POLi (for bank transfers). The cost to



implement these on your website starts at \$300. Once complete you can then provide an easy way for your customers to pay their account or purchase items from you. If you are a business or local organisation wanting to offer this service, please contact us here at Utopia on 09 412 2473 or email michael@utopia.co.nz. We are based in Kumeu and provide website design, consultancy and app development to a range of businesses all over New Zealand.



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Garage Carpet Pro specialise in the installation of quality "fit for purpose" garage carpets. Installing garage carpet can turn your garage into a safe, warm, fully functional space – creating a TRUE extension of your home!

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- Perfect for the garage, laundry, home gym, workshop, sleep out, man cave, holiday home and

## Part time proof reader wanted for monthly magazine

If your passion is the correct use of the English language, you have a desire to read and correct grammar and spelling and would like to earn a few extra dollars each month, we need to talk to you. We are seeking the services of a proficient and effective proof reader for the Westerly. You will need to have some flexibility on hours and have a computer with Adobe PDF reader software and a broadband connection. If you are curious and conscientious we would like to receive your CV at glms@xtra.co.nz or phone 0800 900 700 and talk with Stacey.

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# Sportsclubs

## Waitakere bears softball club

Location: The Trusts Stadium, Central Park Drive, Henderson. Contact: Leanne Raffles, 021739953, waitakerebears@xtra.co.nz.



Waitakere Bears Softball Club is a family friendly club and we are looking forward to seeing returning members and welcoming new members of all ages to our club. We have an exciting season ahead.

**Tee-Ball** – We hold our own 'in-house' U6/U8 Tee-Ball & U10 Rookie Sox module, which means all games are played at Starling Park in Ranui. Tee-Ball is all about having fun while learning new skills, teaching children how to play in a team and fostering good sportsmanship and the skills to take them through to softball. Tee-Ball/Rookie Sox – Children are placed into teams, some teams are established and some are new. For U8 and U10 teams it is the team manager's responsibility to source a uniform for the team and often a sponsor is found to cover the cost of this. If no sponsor is found the cost is distributed between the players and the price usually ranges from \$10-20. For U6 t shirts are bought from the club at a cost of \$10 each. The child also needs a glove and this can be purchased from sporting stores or The Warehouse. A ball is a useful thing to purchase as then the child can practice at home. Adequate footwear is a must and the wearing of steel cleats is not allowed for safety reasons. Practice nights are decided on by the team coach, but the most popular nights for training seem to be Tuesdays, Wednesdays or Thursdays. Some teams train at Starling Park and some train at local schools and parks. Training at Starling Park starts after the first game of the season and must be booked in with the Tee-Ball club captain and confirmed.

The season starts the Saturday after Labour Weekend every year. There is a break from Christmas through to when the school term re-commences in the new year, then runs through to the end of March. Game times are 8.30am for U6, 9.30am for U8 and 10.45am for U10.

**Softball** – Softball ranges from U11's right through to Premier Men and Women. Softball draws are organised by the Auckland Softball Association and games are played against other clubs throughout Auckland. Games are home and away.

**Game Times** – Saturday Mornings: Junior Softball (U11's-U17's) either 9am or 10.30am. Friday Evenings: U19's. Saturday Afternoons: Senior and Premier softball 1pm, 2.30pm or 5pm. Junior/Senior Softball – New members in Junior teams must provide proof of birth in the form of copy of birth certificate or passport.

Members are placed into teams. Upon payment of fees members are issued with a club uniform – shirt and pants. The uniform is collected back at the end of the season. The players need a glove, black belt, Bears cap (which can be purchased from the club) and adequate footwear. Practice nights are decided on by the team coach, but the most popular nights for training seem to be Tuesdays, Wednesdays or Thursdays. Some teams train at Starling Park and some train at local schools and parks. The season starts on the first Saturday in November for Juniors and Seniors, Premiers begin in September. The season finishes at the end of March, however there is a break from Christmas through to when the school term recommences.

## Waitakere Gymnastics Club

Location: Olympic Park, 38 Portage Road, New Lynn, Auckland. Contact: Phone: 09 827 5394 or office@waitakeregymnastics.co.nz.



Waitakere Gymnastics club offers comprehensive and well-organised gymnastics programmes for children and adults of any ability. The Club focuses keenly on gymnastics skills, with a balance of fun, challenge and progress. The club offers Pre-School, Recreational, Competitive Levels and Adult gymnastics classes.

Every achievement of every gymnast is highly valued at Waitakere Gymnastics Club.

The Club has a warm and friendly environment. We aim for high standards in every aspect of Club operations; the equipment is of the best quality, our coaches are qualified and regularly given the opportunity to upgrade their qualifications. The facility is maintained to a high standard, the Gym is kept clean, the Committee is dedicated and our parent support is marvellous.

Our coaches are enthusiastic and work very hard to ensure progress is made by each gymnast at any level of participation. All coaches train the gymnasts adhering strictly to the guidelines stated in the Waitakere Code of Conduct for Sport.

## Massey Amateur Swimming Club

Location: 274 Don Buck Road, Massey, Auckland. Contact: Cathy Pearton – Club President, 027 388 1478. Massey Amateur Swimming Club has been involved in the community for over 20 years. We are a community based swimming club that promotes

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water safety in the Massey area. We are always looking for newcomers to our club though numbers are limited per season. Children from the age of 5 are welcome. We are not a competitive swim club but more for water safety and the children improving their times each time they swim. Our pool facilities are located on Massey High School grounds, but we do run independently as a community based swimming club.



## Te Atatu Pony Club

Don't be fooled by those construction yards for the motorway projects, Te Atatu Pony Club is alive and kicking on land behind all those plywood fences. Club rally nights begin on 1st October and new members are welcome. While children and teenagers like the idea of learning to ride and maybe competing on a horse, the costs and lack of horse knowledge can be daunting for parents as well as the child. So, this year Te Atatu Pony Club is aiming to attract new riders with Introductory Riding Classes. Ponies are provided for the classes on Saturdays, from 10am to midday. Classes are taught by Sophie, one of our qualified coaches. Five kids have already enrolled and the first class took place last Saturday. If you are interested please drop in at the Club on Te Atatu Road or contact us (see details at the end of this article). Club coaching rallies are held on Thursday nights starting 1st October. Our three coaches take a group each and school the kids in all aspects of horsemanship, horse management and competition riding. Please come and watch if you are interested in riding and want to see how Pony Club works. Al-

though the club's focus is on younger riders a number of the parents also ride and an adult rider's group is starting, with a weekly rally. If you are rider of old, and want to join Te Atatu please contact the Club.



Te Atatu Pony Club was formed in 1972 on approximately 100 hectares of land in Beach Road, Te Atatu Peninsula. However this land was quickly taken for housing development and the Club moved to 'Footrot Flats' an old theme park in Te Atatu. However this land was also needed for development so the Club was offered land at Harbourview Orangihina Reserve by Waitakere City. The Club remains in this location at 465 Te Atatu Road with the entry drive just south of the Old Te Atatu Road traffic lights. We have a club house, individual storage sheds for each rider, a hitching area for grooming and preparation and a parking area for floats.

A rider needs to go to Pony Club at least four times a week to groom and ride their horse. Te Atatu Pony Club offers a fantastic facility in the centre of Auckland and avoids long trips into the countryside during the week. The setting is beautiful with views over the inner Waitemata Harbour out to Rangitoto and the central city. The Club has just finished a new cross country course but plans are underway to add a bank jump and a water jump. The cross country course combines with dressage rings and a showjumping area for the Club to host competitive events. Visitors are welcome to come and look at the competition and buy some of the food and drinks to help raise funds.

We are family oriented club with many members from the surrounding communities. If you want to find out more please visit our website [www.teatatuponyclub.co.nz](http://www.teatatuponyclub.co.nz), or contact Kevin Brewer our president at 021 972 306 or [kevin@brewer davidson.co.nz](mailto:kevin@brewer davidson.co.nz).

# Summer starts in 60 days...

Can you imagine the sheer delight Allison had fitting in to her new bikini, beach ready and confident for summer fun? Among the hundreds of bikini pics and testimonials that arrive at Club Physical Support Office each year, Allison remains a favourite. She has shown all of us what consistency and determination can do.

*"I lost about 15 kilos even before starting the 'Challenge'. But because I lacked motivation and feared the see-saw weight-loss / gain cycle I'd been through before, the 'Challenge' was the means to break that pattern. And it worked!"*

*I am a far cry from the girl who used to make every excuse under the sun NOT to exercise. If I'd known the type of results I could have achieved on the 12 week Challenge I would have done this six months ago. Special thanks to all at Club Physical Three Kings and especially my trainer!"*

*Allison Crene (24)*

Reduced her waist 16cms, achieved a 12kg weight loss and a 9pt blood pressure drop. Her body fat reduced by 8%, and breakfast went from NOTHING to Weetbix and Kiwi-fruit.



# 30 DAY

# Challenge

Get Beach Ready before the start of summer with Club Physical's NEW 30 Day Challenge!

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## Blueberry buttermilk muffins

Makes 12

2 cups self-raising flour

¾ cup brown sugar

1 cup frozen blueberries

1 egg, lightly beaten

¾ cups buttermilk

1/2 cup vegetable oil (rice bran or canola etc)



Grease or line with cases muffin/ cupcake pan. Sift flour into a bowl, stir in brown sugar, blueberries, egg, buttermilk and oil. Stir quickly with large spoon until only just combined. Spoon the mixture into muffin tins and bake at 180 for approx. 20 mins. (Tip – If you don't have buttermilk, use normal milk at room temp and squeeze some lemon juice into it to sour it.)

Recipes supplied by Wedding and Birthday cake specialists Paula Jane Cakes. Contact Paula on 021 208 8604 or Jane on 021 273 6139, email [info@paulajanecakes.co.nz](mailto:info@paulajanecakes.co.nz) or visit [paulajanecakes.co.nz](http://paulajanecakes.co.nz).

## Pre-purchase house inspection

Our promise to you: your inspection will be carried out in a thorough and professional manner by a very experienced and competent builder. Our two inspectors Kevin and Keith have over 100 years building experience between them. We will provide a verbal report by phone, and via email a detailed written report clearly outlining all findings. A certification is given with each report that the inspection has been carried out according to NZ Standards 4036:2005. We are totally independent and work only in the interest of the perspective purchaser. We cover the entire Auckland area, from Orewa to Pukekohe and beyond. Reports are promised within 24 hours but are usually sent on the same day as the inspection. Competitive prices – from \$350 (single level, verbal only). Call Kevin today to book your comprehensive building inspection on 021 288 0101 or email: [kevinmontgomerie@gmail.com](mailto:kevinmontgomerie@gmail.com).

## Tax and selling a house

Buying and selling anything as a matter of trade has always been taxable. This includes houses if you do it on a regular basis. As to how regular, it is probably a matter of degree unless Inland Revenue can prove your intention to resell at the time of the purchase. After 1st October, the new tax rules rightly or wrongly assume that a sale within two years is taxable. While there will be exceptions to the two year rule, largely, a non-res-

ident purchaser will become a taxpayer in New Zealand. The new rules also require lawyers to collect their client's tax number and bank account details, presumably of a New Zealand bank account, at the time of the purchase. This is to help Inland Revenue later to enforce the new rules. Whether this dampens the Auckland house price market is anyone's guess. However, get legal advice before you embark on a purchase, especially if you think it will only be a short-term investment. Contact Luke Kemp – Kemp Barristers & Solicitors. 25 Oraha Road, Kumeu. Phone 09 412 6000 or email [luke@kempsolicitors.co.nz](mailto:luke@kempsolicitors.co.nz).

## West Haven tide chart

Date	High	Low	High	Low	High
Thu 01 Oct	-	04:07	10:32	16:30	22:58
Fri 02 Oct	-	04:57	11:22	17:22	23:50
Sat 03 Oct	-	05:47	12:14	18:15	-
Sun 04 Oct	00:42	06:39	13:07	19:12	-
Mon 05 Oct	01:36	07:33	14:03	20:11	-
Tue 06 Oct	02:32	08:30	15:02	21:13	-
Wed 07 Oct	03:30	09:32	16:02	22:13	-
Thu 08 Oct	04:30	10:35	17:00	23:11	-
Fri 09 Oct	05:28	11:33	17:53	-	-
Sat 10 Oct	-	00:03	06:23	12:24	18:42
Sun 11 Oct	-	00:50	07:12	13:09	19:27
Mon 12 Oct	-	01:33	07:57	13:50	20:09
Tue 13 Oct	-	02:12	08:38	14:28	20:48
Wed 14 Oct	-	02:50	09:16	15:05	21:26
Thu 15 Oct	-	03:27	09:53	15:42	22:03
Fri 16 Oct	-	04:03	10:29	16:20	22:41
Sat 17 Oct	-	04:40	11:06	17:00	23:20
Sun 18 Oct	-	05:19	11:46	17:42	-
Mon 19 Oct	00:01	06:00	12:29	18:28	-
Tue 20 Oct	00:45	06:44	13:16	19:18	-
Wed 21 Oct	01:34	07:35	14:10	20:14	-
Thu 22 Oct	02:28	08:33	15:08	21:14	-
Fri 23 Oct	03:29	09:38	16:10	22:15	-
Sat 24 Oct	04:34	10:43	17:11	23:16	-
Sun 25 Oct	05:38	11:45	18:10	-	-
Mon 26 Oct	-	00:14	06:40	12:43	19:06
Tue 27 Oct	-	01:10	07:37	13:37	20:00
Wed 28 Oct	-	02:03	08:30	14:29	-

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



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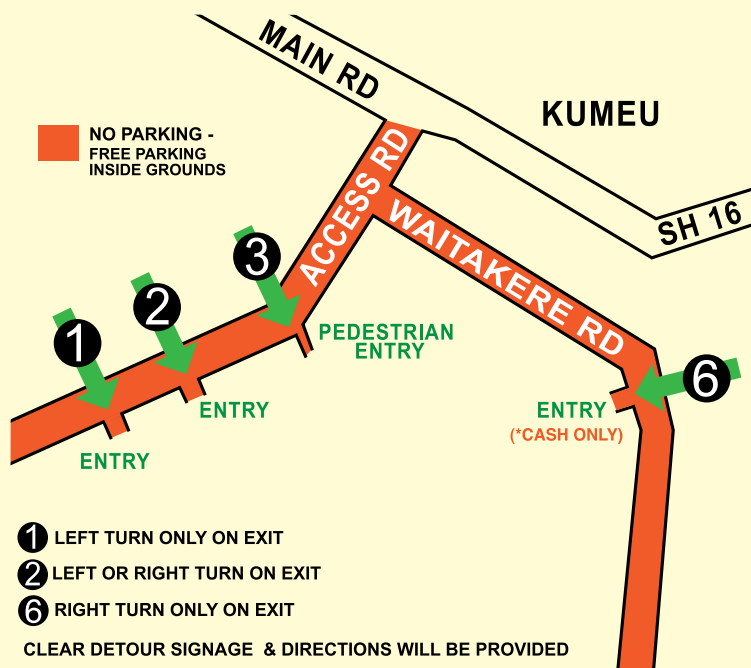
- Woodfired Pizzas
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# Petstips:advice

## Angel's Grooming

We've found that many people are getting puppies and leaving them far too long before getting their first groom. We've come up with a plan to teach puppies to love to be groomed! After your puppy's first paid groom (we recommend 12-14 weeks of age), bring your puppy in for a FREE wash and dry every week until they are six months old. That's how much we care about your precious pup (it doesn't hurt that we get lots of puppy cuddles!).

Operating in Massey (1km from Westgate at 400 Don Buck Road) for over 15 years, Angels Grooming has four Master Groomers and highly trained staff. Winning awards and competitions, as well as representing NZ in grooming competitions around the world, has given us a real sense of accomplishment and joy. For appointments phone 09 833 5571, we are open 6 days a week.

## Grumpy Cat = Happy You

Over 2 million cat videos have been uploaded to YouTube with over 25 billion views and their category has the highest views per video; cats are an Internet sensation! But how many of us are guilty of spending time watching the antics of



cats such as 'Maru', 'Lil Bub' or 'Grumpy Cat' when we had other things we really should have been doing? Well, maybe we don't have to feel so guilty now.

Watching cat videos online boosts viewers' energy and positive emotions, and decreases negative feelings, a recently released study has shown. The study, published in the journal *Computers in Human Behavior* by Jessica Gall Myrick, an Indiana University Media Scholl researcher, surveyed around 7,000 people about their cat video habits and how it affects their moods, with around 36% of participants describing themselves as a 'cat person'. It was found that after viewing internet cat videos the levels of each self-reported negative emotional state measured in the study were lower and levels of each positive emotion were higher.

So, rather than considering watching cat videos a form of procrastination, they could be a way of making you feel happier, more energetic and therefore more productive in your work. They could also be considered a form of digital therapy. Several studies have already been done that show that spending time with pets such as cats can be very beneficial to both your mental and physical wellbeing. This latest study suggests that viewing online cat videos may actually function as a form of digital pet therapy and/or stress relief for internet users; a big plus for those who miss out on actual pet therapy sessions due to time/travel/financial constraints. This study will hopefully spark other researchers' interest in studying the psychological effects our pets have on us. Imagine the future where a therapy session is watching videos of cats for a period of time!

PET First Aid & Training pride themselves on finding the latest research. All of our courses are as up to date as possible with the latest techniques and information. You can find more information and articles on our website [www.petfat.co.nz](http://www.petfat.co.nz). Contact us on 0508 PET FIRST, email [info@petfat.co.nz](mailto:info@petfat.co.nz) or visit Facebook/PETFirstAidNZ.

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## Spring at Feed Direct

Feed Direct Ltd in Kumeu is responding to our customers feeling a little fraught with their flighty equine friends! Even though it may not look or feel like it, the grass must be growing and the Spring sugars kicking in, if feedback from our customers is anything to go by. Spring is a good time to review your feed regime as young growing grasses offer an added boost of energy.

A high-fibre diet is the natural feed choice for horses and ponies. With a shortage of grass over Winter the first port of call

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for most horse owners should be good quality hay and/or high fibre commercial feeds, supplemented as needed with their choice of energy or high fat concentrate feeds. Come Spring those concentrates may be less necessary as the grass becomes more nutritious, and some owners may find it beneficial to restrict access to grass to control behaviour and waistline. Fibre, however, is still your friend! It is essential to keep the fibre intake up to ensure the health of your equine's digestive system – a horse's gut is designed to always be partially full, and colic is a real risk if an empty intestine "telescopes" or twists. Less dramatic but equally challenging is the grumpy, uncooperative behaviour that results from a hungry horse with a bit of a bellyache!



So if your equine buddy ends up on a diet to help keep him sane and slim, don't forget the fibre – and if you've any other feed-related issues, Feed Direct are always happy to offer advice. With over 80 years' combined experience of feeding, coaching, competing, and caring for horses (and owners!) and a full range of feeds, we can confidently offer customer service second to none! Drop in and see us at 156c Main Rd, Kumeu, next door to Saddlery Warehouse. We're open 8am-5.30pm weekdays, and 9am-3pm Saturdays, or give us a call on 09 412 7334.

## The Dog Grooming Barn is opening soon

The Dog Grooming Barn is opening in a gorgeous American style barn in the handy location of Albany Heights Road (on the Albany highway side) just three minutes from Albany village/mall.

Lisa from K9 Cutz and myself (Leeza) from Love n' paws will be sharing this great space. We are both experienced dog groomers who take pride in our work and are passionate about providing quality grooms.

We will be opening from the 1st October. We can offer a day care service for our grooming clients if you can't get back straight away, have work commitments or even if you just get distracted shopping at the mall.

Lisa and I treat all of our canine clients with love, understanding and respect.

We are more than happy to listen to what clip/style you would like for your dog and yes, you are welcome to be fussy. We don't mind.

Find Love n' paws on Facebook for more information or please don't hesitate to contact me. You can also view photos of dogs

I have groomed. My clients love waiting for their dog's photo to be posted after their pamper, finding out the latest competitions and updates. Open Monday to Saturday. Visit [www.facebook.com/luvnpaws](http://www.facebook.com/luvnpaws). 58 Albany Heights Road, Albany. Leeza at Love n' paws - 021 910 186 or email [info@lovenpaws.co.nz](mailto:info@lovenpaws.co.nz). Lisa at K9 Cutz - 027 283 4518 or [lisaphillipsk9cutz@gmail.com](mailto:lisaphillipsk9cutz@gmail.com).

## The trouble with mixed feeding

What is mixed feeding?

Mixed feeding is when you feed a raw meaty bones diet AND processed/carb-laden food to your cat or dog. The natural protein in the raw, prey-based diet of wild carnivores stimulates strong gastric (stomach) acidity. In mixed feeding, additional carbohydrates (grains, rice, starchy veges, processed pet foods) are added to a raw diet, and gastric acidity is weakened. Additional carbohydrates are also found in grain-free biscuits – the grains in these biscuits are just replaced by other carbohydrates! Why is gastric acidity important? Strong gastric acidity promotes complete digestion and absorption of a raw diet, allowing dogs and cats to safely benefit from crunching through bones. It also protects against disease-causing bacteria, which can be found in both processed and raw foods.



Our advice: make a choice! Mixed feeding may weaken gastric acidity, putting your pet at risk of ill-health (including gastrointestinal upsets and auto-immune disease). Feed either a well-planned raw diet or a processed pet food, but not both. Raw Essentials – 250D Main Road, Kumeu. Phone 09 281 055, email [kumeu@rawessentials.co.nz](mailto:kumeu@rawessentials.co.nz) or visit [www.rawessentials.co.nz](http://www.rawessentials.co.nz).

## The Doggery

Today we welcomed Miss Peppa, a very cute six month old labradoodle fluff ball with a different style of "cone of shame" – a fashion statement. Poor Miss Peppa has recently undergone exploratory laparoscopy to search her intestines for a possible foreign body after she became unwell. Now the poor wee one has sutures in for another week and is confined to cage rest and monitoring. She has eaten well tonight and had a little wander in our now wild west stormy night. She has settled into her abode and has the company of King Louis. Contact Cecilia on 0274 311 877, email [thedoggerynz@gmail.com](mailto:thedoggerynz@gmail.com) or visit [www.thedoggery.co.nz](http://www.thedoggery.co.nz).

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# Insider:Hobsonville

## Hobsonville Point Land Company

Hobsonville Point Land Company is an independent subsidiary of Housing New Zealand that has its own Board to ensure it is delivery focussed. Chief Executive Chris Aiken shares his insights into this special development.

"We see our job as packaging up investment opportunities, and using the capital of build partners and capital on our land to contribute to New Zealand's housing supply. At present we are delivering two homes per working day which is more than any other single development."

"Diversity of housing supply was part of our concept mix because it is vital to deliver very efficient land use, offering home options at \$400,000 to \$1,600,000. This mix ensures that 70% of our homes are under Auckland's average median house price."

"This efficient pricing model drives high desirability within the development. The market has responded to the efficient use of a smaller land footprint and more effective and efficient homes. Part of our plan is to build a community with good design, excellent quality and with a range of amenities."

"Auckland, through its obsession with a larger land footprint, has designed its own housing problem. We have designed our development so there are no smaller houses on large land while other Auckland developers have designed to deliver larger homes on generous land, which has led to high house prices and urban sprawl."

"Real estate is about housing people, about building communities of people and supporting peoples' individual needs. We measure satisfaction with our home owners after purchase and track what works and what can be improved. Satisfaction runs at 80% at present."

Talking about the growth in the community – "We were challenged by the Minister of Housing to produce the greatest volume of growth and test how fast we could go to build a quality community with an attractive and desirable environment. There are no speed limits when you plan well. The Hobsonville Land Company had traffic plans, walkways, cycleways, parks and schools delivered up front to ensure that there was capacity at every level to provide a high level social infrastructure. Our confidence to act and ability to deliver gives buyers confidence and a high community satisfaction level. The market is very smart; they know what the amenities are and what they want. We have a very strong relationship with Auckland Council and Government; this engagement has resulted in delivering 20% of all homes as affordable quality housing."



What are the key milestones coming up? "We are getting very close to celebrating 1000 house sales in the area and very close to building our 500th home. We have an effective and professional Residents Association; motivated, organised and aligned, this group aids progress and protects the future. Home owners gain membership of the Association when they buy into the area, which ensures community longevity and provides assets that the Association can take control and ownership of."

"The opening of the schools last year and the pre-school this year are important for the community."

"Hobsonville Point was the first ferry wharf to be built in Auckland in the last 50 years and the first affordable volume housing development to be undertaken. This has allowed us to deliver significant bang for the buck from the taxpayer. We are most proud of our ability to demonstrate a respect for our customers rather than a result based on what fitted on the plan. Hobsonville Point is the first terrace house and unit development a distance away from Auckland CBD and our engagement with the builders has been excellent. The development has a heritage spirit that has kept most of the houses, hangers and classic older buildings to deliver back to the character of the area, anchoring the history and creating a unique personality."

What opportunities do you see in the future? "We are engaged with a bigger question over us (is this an enduring option/model). We have worked with SERA in Christchurch and with IWI regarding our skills and know how. We have an innovative approach in looking at the use of land in a way that builds community, development and long term governance. We have a few years to go at Hobsonville Point but we are looking at 2020 as a date that will signal our near completion. We are mindful of market wins and we have a tail wind at present, but we are cautious, not wanting to get ahead of ourselves; we budget for a modest market not a bull market. We are here to demonstrate to our stakeholders that land at the rural urban fringe can be developed with better outcomes. There are lessons that we have learnt and recorded to ensure the future demonstrates better community outcomes. Hobsonville Point has allowed us to test and prove that our model can work because Auckland has a housing problem. We are seeing increasing interest by Government and Council. Hobsonville Point has delivered 40 lots per hectare. The vast majority of buyers are owner occupiers that want to enjoy the schools and parks and this produces affordability and growth within a high quality high density build. Our challenge was to prove a new model that Council and Governments can point to. Other developments can be done like this as a fully planned development based on current greenfields. This is the model for the future and market acceptance will follow. Some people in the area were sceptical about the development initially and wanted their ¼ acre pavlova paradise. Hobsonville Point is different; it is affordable and it is community focussed. We offer sustainable value to a wide range of buyers who want a great build quality and an excellent community. This is a \$3 billion project and over \$2.5 billion is commercial money from build partners"

Stakeholders moulding the future – "Hobsonville Point Land Company is moulding a bright future. While we are here as the developer we need to be able to keep our promises. We are held to account by the Residents Association – we say this is their community, and we support it by attending their meetings and having regular dialogue. There is a high quality Residents Asso-





ciation Committee, which is motivated and has maximum numbers. The Residents Association are very active and engaged. They also turn the heat up on the developer and that is an asset which keeps us all focussed."

What can buyers expect of future developments? "People will see the coastal edge developing, delivering more high value homes. You will also see a diverse mix of 1000 homes that are truly affordable. The development of the Landing, the Sunderland hangar and Seaplane hangar are coming shortly and will be a fantastic next part of the journey. This project requires Council and government to work together and to have a consistent position around leadership, governance and stability. People build buildings and then buildings create community; the context of this has an impact on people's lives. It helps innovation and fills a community need."

Chris Aiken was an absolute pleasure to talk with, displaying a solid conviction to the program at hand and with a vision for the future that was crystal clear. We would like to thank Chris and the Hobsonville Land Company for sharing their insights. For more information go to [www.hobsonvillepoint.co.nz](http://www.hobsonvillepoint.co.nz).

## Hobsonville Point Farmers Market



The Hobsonville Point Farmers Market was voted best in Auckland in 2012 and that was before it moved to its fantastic new venue in the historic Seaplane Hangar at The Landing. It's the

only waterfront market in Auckland, there's lots of parking and it's easy to get to via either the Northwestern motorway or the Northern motorway and Upper Harbour Highway. The Hobsonville Point Farmers Market is a real 'foodies' market, selling fresh local farm produce, breads, meat, fish, cheese, eggs, organics, coffee, honey and flowers, to name just a few!

Live music adds to the atmosphere and there are lots of opportunities to taste fresh produce and be inspired by cooking demonstrations using food from the market. It is THE place to get your whole week's supply of fresh produce in a relaxed and vibrant environment. You can stay on for a coffee and pastry, listen to live music, take a walk or ride along the coastal walkway through Hobsonville Point Park and stop off at the playground. Located inside an old seaplane hangar down at The Landing (next to Hobsonville Point ferry terminal), the market makes a great morning out for the whole family – rain or shine. There are coastal walks and playgrounds to explore or you may want to check out some of the show homes in this new community. The market is held on Saturday and Sunday mornings from 9am to 1pm. We have plenty of parking, and we are dog friendly! Visiting the market is a perfect morning out for the whole family!! Visit <http://www.hobsonvillepointfarmersmarket.co.nz/>.

## Mike Pero opens in Hobsonville

Hobsonville welcomes Mike Pero Real Estate to the area, at the intersection of Clark Road, Wisley Road and Hobsonville Road. The Mike Pero Real Estate brand in 2014 was the 23rd fastest growing business in New Zealand, judged by Deloitte. The business delivers a range of very sensible options



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If you are seeking a real estate experience that is more about you and what you want, give us a call at the new Hobsonville Mike Pero Real Estate office on 0800 900 700.

## Hobsonville Point Schools

Hobsonville Point is fortunate to have not one, but two brand new schools within the community: Hobsonville Point Primary and Hobsonville Point Secondary School. Both are state schools and are run by a single Board of Trustees. The schools share a common approach to learning and collaborate regularly. When your child makes the transition from primary to high school they are already familiar with the environment, staff and older students.

The schools are run under a PPP (Public, Private Partnership). This means a private company takes care of the management of the buildings and grounds, freeing up the Principals to concentrate on the important work of education.

Hobsonville Point Schools sit close to the centre of the development in De Havilland Drive on the former Hobsonville air base, surrounded by a mix of new and old housing, former Air Force

facilities, a café, farmers market and new ferry terminal.

The primary school, which opened in February 2013, caters for Year 0-8 students. The secondary school, which opened in February 2014, will progressively cater for Year 9-13 students, starting with Year 9 students in 2014. Further year levels will be added each year so that the school will have a full range of Year 9-13 students by 2018. The schools are state-of-the-art and designed, both educationally and architecturally, to meet the needs of modern learners and the requirements of the New Zealand Curriculum. They provide exciting spaces to work in for both staff and students.

Each student has their own individual learning plan that identifies their specific interests, goals, strengths and areas for improvement. This ensures every student receives a stimulating, relevant, integrated and challenging path to success across all areas of the curriculum, as well as in the sporting and cultural life of the schools. There will also be integration between the schools to ensure that transitions between different levels are cohesive so that students' progress continues smoothly.



## Catalina Café

Catalina Café offers great coffee and a delicious menu, from quick sandwiches to hearty meals, as well as gourmet pizzas on a Sunday evening. Open 7 days a week from 7am to 4pm, the café has a full license and free wi-fi. It's a special building – Catalina Café was once the home of the administrative and planning functions for the Air Force. It has been lovingly renovated with careful attention to retaining its rich character. Thanks to Vector for the crucial role they played in making the building energy efficient and bringing fibre to the door. Visit [www.catalinacafe.co.nz/](http://www.catalinacafe.co.nz/).



## Countdown Hobsonville opens

On 17th September 2015, Countdown Hobsonville opened its doors to a very excited local crowd, keen to explore and experience the brand new offering. It offers convenient outside parking, close access to the entrance and a very open and easy store to move around. As you enter the store you get the feeling you are in a fresh produce market but as you move through the

store the produce is easily found and the environment feels well lit and easy to navigate. The store opens at a time when there is significant growth throughout Hobsonville Point and surrounding areas and will provide a convenient shopping option for local residents who have previously travelled to Albany or Westgate for grocery shopping. Countdown Hobsonville Store Manager Andre Ciseau says he's excited to be leading the team at the new store.

"We've been working really hard to get ready for opening day. The store looks great and is a testament to my team and the effort they have put in over the last few months. "We're really excited about being open for business and are looking forward to getting to know our new customers and being an important part of this fantastic community," Mr Ciseau says.

Councillor Linda Cooper, who opened the store, says Countdown Hobsonville is a great addition to the area. "It's fantastic to see this new store open – not only because the community has a new supermarket, but also because it has brought 50 jobs to the area as well," Councillor Cooper says.

The new \$15 million store is a new-generation format and features energy efficient fixtures and fittings, full service deli, seafood and bakery departments as well as a sushi bar and self-service checkouts.



## the Westerly and Kumeu Courier magazines deliver a proven result

Don't take our word for it, here is what the market is saying about us:

"Dear Graham, Our SeniorNet Learning Centre is a frequent advertiser in your monthly community magazine. They kindly send me copies of each edition. I've been wanting to write to you for some time now to congratulate you on a wonderful production. I find the layout extremely good with an ideal balance of relevant editorial and advertising. Clearly you are onto a winner with the magazine and I am sure it is a welcome part of the community media. Keep up the good work you are doing, I for one appreciate each edition, even though I live in Wellington!! Best wishes – Grant"

"Hey Graham

I have been advertising in the magazine each month for the last four years. During this time I have found it to be a very effective tool for all my advertising needs. I have continued to see awesome growth in my clientele each month and I attribute a lot of this to the advertising. Graham, you are a pleasure to work with and are constantly helpful, professional and very handy at reminding me that my editorials are overdue so time to get a move on and send in for publishing! Thanks Graham and keep up the great work and continue sending all those clients my way." – Carla at Zash Hair

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# Home:garden

## Growing summer vegetables in our wet soils

Gardeners in the upper North Island need to tread carefully (literally) after heavy rain. Water-logged soil is a real turnoff for new seedling plants, cuttings and divisions. Even new trees and shrubs will suffer if they've been sitting snugly in the garden centre, in their free-draining pots.

In water-logged soils avoid doing anything until the rain lessens and the temperatures stay constantly in the upper teens. If you need to, put down a row of boards or a path of organic mulch to tread on while working on the surrounding garden, without treading on it. In soils that are more free-draining gently fork over in Living Earth organic certified compost as you go. Compost reinvigorates soils and adds nutrients for plants.

After planting, or even after you've simply turned the soil, layer with BLACKGOLD Mulch, which will, strange as it seems, help the soil. It acts like this: when the rain hits the bigger mulch pieces the water will run down the sides into the soil, allowing more even dispersal, rather than the water congregating in dips or at the low point of the garden bed.

You can scrape back the mulch for planting, then replace it and you have an excellent weed suppression cover. Extra compost in the mulch will gradually add more nutrients to the soil below. BLACKGOLD Mulch is exclusively available at Central Landscapes Swanson.

- Planting now – Most herbs (but not basil) will really get growing and produce lots of delicious leaves if you get them in now. Coriander and parsley cope with reasonable rain, as do dill and chervil. Winter dormant herbs such as chives and French tarragon are either poking through the soil from last year or being offered now in garden centres. Why don't we plant the hydroponically grown herbs from supermarkets outdoors at this time? They were grown in too tender an environment to survive our changeable Spring weather.

- Labour Weekend – Given it's been a late, wet winter gardeners can expect that Labour Weekend will be one of the earliest opportunities to plant the more tender vegetables. These include tomatoes, capsicum, courgettes and chillies.

- Planting Tomatoes – they grow in warm sunny areas and require staking – most will grow to at least 1.8m high – so plant with a tall stake!! For best results plant in Living Earth organic certified Veggie Mix and liquid feed with Living Earth Organic Liquid Compost at fortnightly intervals.

- Snail alert – Many of us are right into gardening the natural

way, but giving up some of a well-earned beer to slugs and snails is an ask... However it works! Drop a few tablespoons into a small glass jar and position amongst your plants. Choose to believe they die happy....

- Butterfly love – If you've noticed a monarch or two flying around the garden, then it's likely they have come back to the source of last year's food and the place where they laid their eggs. If you managed to pull out last year's swan plants, hightail it to the garden centre to plant more and placate these beauties! Happy Gardening from Central Landscapes Swanson and Living Earth.

## Loads of water tanks

Don't get caught short this Summer, install an extra water tank now. The average household uses 1000-1200 litres of water every day. During Summer, the average rain fall is approximately 10-12 days each month – not a lot to keep your tank full over those hot dry months. Kumeu Plumbing Ltd supply and install tanks ranging from 300-31,000L. Aqua Tanks are made of polyethylene and are extremely durable, robust and lightweight thermoplastic. KPL and The Pump Shop will design, supply, install and service a range of water pumps and pump solutions for residential, commercial and farming applications. We also supply spare parts, advice on pump replacement parts, and on-going maintenance of your pump installation.

For safety, those on unsecured water supplies should take steps to treat all incoming water into their home or business. Protect your family with water filtration, whole house filtration and UV sterilisation. Water supplies sourced from tanks, dams, rivers and bores are likely to contain not only impurities, but also bacteria and viruses that can lead to illness. Water testing is also available. Call KPL and The Pump Shop on 09 412 9108 for any enquiries. 156 Main Road, Kumeu.

## Must know laundry design tips

It's been a busy past few weeks brimming with creativity here at Lou Brown Design. I've put together five bedroom schemes with jaw dropping fabrics and wallpapers, and have completed an outdoor scheme with a stunning rug and furniture featuring the new and bright Kirby outdoor fabric range.

On top of that I've been to the Gift Fair and the Home Show sourcing loads of goodies for clients and have been designing custom furniture for our new design studio opening this month!

**Joanne O'Brien**  
LICENSED SALESPERSON





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Super excited.

Right. Let's get to this month's blog – the Laundry Low Down. Determining storage requirements – Literally start by writing a list of all the items you'd like to store in your laundry. Divide this list into two columns. In the first column jot down all the usual laundry basics you'd like to store such as: cleaning products, rags, tall items such as a mop and buckets, vacuum broom, ironing board, medications / first aid kit, drying rack / drying cabinet, laundry basket, linen, hanging space for shirts waiting to be ironed, pet food / products, shoes / gumboots etc. Now for the second column, think hard about your lifestyle. Do you play sports? Have any hobbies? Arrange flowers? Scrap booking? Are there any items that are not currently stored in your laundry but if they were, it would make your life much easier? Write these down.

Space planning / layout – Think about how you currently use your laundry and how you'd ideally like to use it:

- If you prefer to fold your washing in the laundry you'll need plenty of bench space. If the room is tight, use a pull-out shelf
- Where possible consider location, make sure you have convenient access to your clothesline
- Consider having designated cubbyholes where each person can pick up their folded washing
- Avoid hanging clothes all over your house to dry/air and install a drying cupboard. These are really handy in the wet months and double as a spot to hang items waiting to be ironed
- Like a bathroom, a laundry needs good ventilation. Opening windows, an extraction fan, or when there's no direct access to the exterior, a condenser dryer are all good options

Appliances and fittings – Front loading washing machines are great for increasing bench space or, when used in conjunction with a staking dryer above, are great space savers. Remember to consider which way you'd like your dryer and washer doors to

open. If positioned side by side, have the doors opening away from each other to make transferring washing easy.

If your laundry has no access to an exterior wall then use a condenser dryer which doesn't require venting. It extracts the moisture from your clothes and stores it in a container for you to empty.

If you have the space go for a deep, wide sink with a high tap so that you can fill up buckets and vases with ease.

Don't be so boring! There is no excuse for a boring laundry. Yes, it's a very practical space (that reminds me, remember to put child safety locks on cupboards with cleaning products) but it doesn't have to be so sterile! As well as task lighting and general lighting, consider feature lighting such as hanging pendants and under-mounted LED strip lighting. Add instant glam to your laundry with feature shelves, artwork, a coloured splash-back, textured wallpaper, some cool storage baskets and voilà - you've glamorised your laundry! I hope you've found this helpful. If you'd like interior design help with your project, please get in touch. Don't leave it too late and avoid the Christmas mayhem.

See you next month for more interior design tips! Hayley - Anne Brown – Phone 021 814 329 or visit [www.facebook.com/lou-browndesign](http://www.facebook.com/lou-browndesign) or [www.loubrown.co.nz](http://www.loubrown.co.nz).

## How does personal development benefit a business owner?

There are many different ways to refer to the intangible subject of personal development, or self-awareness, personal growth, self-empowerment or even simply becoming wiser. All of us

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are familiar with these words but do we really know what they mean and how personal development might benefit us and our business? Can we even see the point? Our whole life is a crash course in learning and growing anyway. We have experiences every day that shape who we are; if you've done alright so far, why spend any extra valuable time on the subject?

This is why! Your business is an extension of you. Wherever you are at with communication or relationships – this is where the business is at. Whatever work ethic and morals you choose to live by also belong to the business. The way you make financial decisions will impact on the financial decisions made for the business. Lack of confidence and worry can play out in a business too. As the business owner you are the leader. You are at the helm guiding the ship. Your business operates equal to you, it cannot be anything else.

And here is yet another way of putting it. If you imagine a snap shot of your business at this moment, everything about your business is a reflection of who you are currently being. Your business exists equal to who you are being every day. It cannot become more, it cannot outgrow you, it cannot expand beyond WHO YOU ARE.

There are positives and negatives to this. Right now you will have many good things going on. For example, as a business owner you decided to take a step out of your comfort zone and sign up for a challenge. Who were you being when you did that? You weighed up the risks, did the figures and thought about what you wanted. You probably talked to others and sought advice. Some people may have warned against it – “don't do it, I wouldn't, seems risky to me” – fear fear fear. But you did your research and made the leap. Not everyone does this... Who were you being when you took that step? There are many people out there who don't make a move. Most people dip a toe in and run a mile. Most people don't sign on the dotted line – BUT you did. You may have felt a bit of fear, but if you had chosen to live equal to that feeling then you wouldn't be sitting where you are now.

However, we are only human and most of us have aspects of our businesses that we would prefer to be different: issues such as getting paid on time, employee problems, or a complaint from clients or employees that just keeps popping up.

Remember, everything about the way your business operates right now is a reflection of your current thinking, acting and being. Your business can't operate any other way – it is equal to you.

What do I mean by 'who you are being'? It's that undercurrent of feeling that is truly running the show. If you want to know who you are being most of the time, take a careful look at it all. Am I being strong and confident or am I being slightly worried or fearful? What was my part in this? You will 'be' different in each area of your life. If an area is a representation of yourself, then what kind of person are you really being? This exercise can be

like swallowing a pride pill – but that's personal development for you!

Then ask “what do I, as the leader, need here?” Right now there are dozens of solutions and possibilities available. What needs to happen for you to be able to see them all? Ask “who do I need to be and how do I need to think in order for this area to actually be different?”, or, ask “what would a wise person do here?” and watch what happens. Make no mistake, when you start being different from the inside, life will respond.

Personal development is becoming wiser about who you are and why you do things. It's not just about having more self-knowledge but actually having the knowledge make a practical difference in your life. I see people in Riverhead. Please email [anna@thinkyourbest.co.nz](mailto:anna@thinkyourbest.co.nz) or phone 021 555 658 for an appointment.

## Deck revival for the fittest

Last year, when we were preparing our house to go on the market, I got a bloke around to water blast our deck and shade sail. Let's just say I could have done a better job with a cotton bud. I could still see cobwebs on the sail and leaves remained piled up in the corners of the deck, where they'd been for weeks. The next guy we got in had a water blaster so powerful it probably sent those leaves to the moon. I say that because the force of the water blasted the stain off the deck, leaving it looking naked and vulnerable.

Anyway, this preamble it to say: don't forget your deck if you're preparing your house for sale. A deck covered with mould, mildew and lichen is not a pretty one.

People will focus on preparing and painting their house when they're about to put it on the market, but will often not pay the same amount of attention to outside areas. Vendors do notice what sort of state a house's outdoor living areas are in.

“Some decks out there can look like a dog's breakfast,” says deck maintenance man Rafe Parks, whose company Revive a Deck keeps timber decking, pergolas and furniture looking their best. In general, the biggest mistake people make is not cleaning their outdoor living areas with a regular hose-down. Occasionally, Parks has gone to quote on a job only to find the deck in question past the point of no return – it's good only for demolition.

Pot plants are real culprits. “People can leave pots on their decks for years and will end up going right through the deck,” he says. If you like to have potted plants, choose pots with saucers and move them round regularly.

Parks is not a big fan of waterblasting timber and decking furniture. “Water blasters are seen by most people as the ultimate weapon.”

As I discovered, cheaper water blasters from hardware chains can be completely ineffective, and some bigger, costlier machines can be too powerful. “It's the operator who can make or

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break the result," Parks says.

In his work, Park uses a special scrubbing machine rather than a water blaster to remove mould and other undesirable build-up. He finds it is gentle on timber, but effective. "When the machine is up and running, nothing stops me," he says.

People can choose to leave their decking and furniture with a natural timber look, or Parks can apply a special stain that penetrates the wood fibers. Cedar and redwood are the most popular colours. It costs around \$800 to \$1,000 to clean and stain as average-sized deck. The largest deck Parks has treated, at a cost of \$6,000, was a whopper 400sqm.

Of course, you don't have to be selling your house to think about getting this sort of work done, but it often seems to turn out that way. Whether you are selling or staying put, spring is a great time to spruce up outdoor living areas and have them looking their best. Contact Rafe Parks on 022 601 6610 or email [contact@reviveadeck.co.nz](mailto:contact@reviveadeck.co.nz).

## Plant Zero

Wedding season is here and it's a great time for flowers of all shapes and sizes! We are currently taking orders for weddings including bridal bouquets, maids, buttonholes, table arrangements and more. We also have rental options for vases and other items too. Call us to make an appointment to go over your needs or just pop on down to see us.

At Plant Zero Flower Barn we are focused on growing beautiful "bee friendly" cut flowers and plants. We have now added gorgeous Sunflowers to our range and will grow these all year round. Gypsophila, Stock and Alstromeria will soon be ready, great for weddings and bouquet fillers too. Come down to talk to one of the team for all your floral and event needs. Phone 09 412 7606 or email [flowerbarn@plantzero.co.nz](mailto:flowerbarn@plantzero.co.nz).

## About the Westerly

The Westerly is a sister publication to the Kumeu Courier. Both Publications offer cost effective advertising rates, while the profits from the publication are invested locally into area beautification and memorable charitable events. Advertising in this publication is not only easy on the pocket but it feels good too. No position loadings apply and space is allocated on a first in basis. Providing a platform for locals to communicate with locals, we have pitched the Westerly as a high quality casual read that can be picked up five or six times within a month for relevant and current views, opinion and advice. To advertise please email [glms@xtra.co.nz](mailto:glms@xtra.co.nz) or phone 0800 900 700 today.

## Are you walking for exercise and want some extra cash?

Are you pounding the streets in this area on a regular basis and would like some spare cash for what you are already doing? If you are walking several times a week and would like to distribute A4 magazines for us in the area for \$40 please drop me a line: Contact Graham on 027 632 0421 or 09 412 9602 email [glms@xtra.co.nz](mailto:glms@xtra.co.nz).

## Vintage and Veteran Car Club NZ

Our newest recruit Graham Gill is a member of the Auckland Branch of the Vintage and Veteran Car Club of NZ and is the proud owner of a 1981 1275GT Mini.

In September Graham and his wife competed in the club's annual PV Rally and not only won their class, but took the ultimate prize as overall winners.

## Get ready for spring!!

Good soil preparation is really important this month prior to Spring planting. Use generous amounts of compost to get the soil ready, or use lime which can help it react with the soil before other fertilisers are added in Spring. More is better with flowering plants so make sure to plant for mass effect. Come into the Mitre 10 Mega Westgate Garden Centre and talk to one of our experienced team. Don't forget to join our Garden Club for exclusive prices and helpful tips and advice. Visit [www.mitre10.co.nz/gardenclub/](http://www.mitre10.co.nz/gardenclub/).



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(Excludes seafood, tandoori & Chinese food)

Westgate Curry Leaf Open for Lunch Thu-Sun

**11:30am – 2:30pm** **\$10 Lunch Special**

(Dine-In or Take-out, Excludes Seafood, Tandoori & Chinese Food)



**FREE Home Delivery (min order \$40)**

**7 NIGHTS 4:30 to 9:30pm**

**Westgate** 5/579, Don Buck Rd, (Next To KFC)  
Ph 09 832 0306 Open Thu-Sun Lunch

**Kumeu** 250B Main Road, (Behind the Bakehouse)  
Ph 09 412 9218  
*Original branch  
of 15 years*

**Helensville** 12 Commercial Road,  
Ph 09 420 9989 Open Wed-Fri Lunch

**Restaurant Open 4 to 10pm 7 nights**

**[www.curryleafrestaurants.co.nz](http://www.curryleafrestaurants.co.nz)**