

the Westerly

FREE monthly community magazine for Massey to Hobsonville Point

Property market report

Fly First Class

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

House of Travel

Circulation is 10,000 print copies.

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

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

September 2019



Greetings

Once upon a time we rationed the number of photographs we 'captured' because of the cost of the film and printing. That has been swept away by the advent of digital photography, but is there a downside to the ease with which we can record any moment of our lives? While older adults tend to use photographs to record special events and family life, younger people additionally use photos to communicate both immediate events and feelings with their peers.

Linda Henkel, a psychology professor at Fairfield University, found in her research that the act of taking photographs might interfere with creating memories of an event. In a sense you hand over to the camera the effort of remembering what you see. Unless you are a professional photographer, perhaps it is better to take just a few pictures, then stop and enjoy what's going on and the scenery.

What about the volume of images taken? If, worldwide, people are downloading a billion pictures each day, are there actually benefits from the experience? Will the large number of photos get scrutinised afterwards, or do they build up to a vast number clog-ging the computer memory? If we don't select the best pictures and cull the rest, who will do it for us? After all, it is said that 95% of emails aren't looked at once they get past the bottom of the screen. Cameras are wonderful at creating sharp images, but actually our brains are very good at processing information so perhaps we should work harder to engage with the moment and keep our own memories alive.

Please engage with the wide range of activities and information in this month's Westerly. There is something for all ages to enjoy in this community. Read the Hobsonville Point pages to bring yourself up to date. Perhaps you could join the choir, or your group might use the refurbished Headquarters Building. Do you belong to a Neighbourhood Support group? Could you find items for the Hospice when you spring clean? Think about sustainability and recycling issues. Are you a landlord? There is plenty for you here, as well as all our property features. We have ideas for your house and garden, as well as suggestions for foodies. Lots of health and beauty information. Lastly tips on keeping your family safe around dogs.

Have a safe month.

John, editor



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COVER PHOTO: Mike (Buzz) Thomson - House of Travel Hobsonville

PRINT RUN: 10,000 copies, Treehouse Print

EMAIL DATABASE: Sublime NZ

DISCLAIMER: Articles published are submitted by individual entities and should not be taken as reflecting the editorial views of this magazine or the publishers of the Westerly Limited.

Articles are not to be re-published unless written consent is granted from the publisher (Graham McIntyre).

People & Places

House of Travel Hobsonville

Would you like to win a trip to Europe? Read on.

Nothing excites House of Travel Hobsonville more than inspiring people through travel. The expertise of their experienced and award winning consultants covers all corners of the globe and all styles of travel. They cater to families, multi-generational groups, couples, small businesses and the single traveller.

Since the inception of this Kiwi owned and operated store, House of Travel Hobsonville has been creating innovative events, talks and social occasions, where attendees get the chance to meet and mingle with some of the best and most knowledgeable people in the travel industry. These are informative and entertaining occasions, rather than being sales focused.

Last year the store launched the Travel Festival which received rave reviews from the people who attended and the airlines, tourism boards, tour companies, cruise lines and other partners who supported them. This year's Travel Festival is taking place on the 15th of September from 10AM-2PM. The Travel Festival is for everyone aged



50+ looking for ideas and inspiration for their next big adventure. Gathered together are some of the best suppliers in the industry, all bristling with knowledge, ideas, new products and of course great one-off deals exclusive to the Travel Festival. You'll find top airlines, river and ocean cruise lines, coach tours, tailor-made specialists, great rail journeys of the world, walking and cycling tours, resorts, travel tech, gadgets and so much more. The event is showcased in an informative and interactive setting on the shores of Hobsonville Point at Summerset at Monterrey. Pre-register online at www.travelfest.co.nz for your chance to win an amazing South Pacific holiday staying at Edgewater Resort Rarotonga and flying Air New Zealand. Attendees will also get the chance to go into the draw for a Trafalgar 6 Day European Highlights Tour including Singapore Airlines flights to Amsterdam plus other prizes yet to be announced.

For other events please follow them @HouseoftravelHobsonville on Facebook. To be added to the mailing list phone 09 416 0700, email Hobsonville@hot.co.nz or pop in to the agency at the Corner of Hobsonville Point Rd and De Havilland Rd opposite Hobsonville Point Primary school.



Linda COOPER

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

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

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

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

Backing the West

Community News

helloworld Hobsonville scoops award

Helloworld Hobsonville recently scooped the top cruise agency for Royal Caribbean Cruises which includes Royal Caribbean Cruise Lines, Celebrity Cruise Lines and Azamara Cruise line, improving on last year's award which was for the best growth with Celebrity Cruises.



We have a number of functions coming up that you are welcome to attend, please rsvp to the office for venue details and follow our Facebook page for our events.

- An evening with Princess Cruises Wednesday 25th September 6pm start
- Quiz night at Huapai Golf Club Wednesday 16th October 7pm start
- Solo Traveller event to meet up with other solo travellers Saturday 12th October 2pm start

And we are running a number of tours some of which are escorted, call for more details.

- Egypt and Jordan March 2020
- APT River cruise 2nd September 2020
- APT 23 day Baltic Treasures with a 10 day Russian River Cruise 13th August 2020
- The Ghan Tour August 2020 incorporating private touring in Adelaide, Alice Springs, Darwin and Kakadu National Park

For more details contact us on hobsonville@helloworld.co.nz or phone

Massey High School's
50th Anniversary

SEEK THE HEIGHTS

18-19th October 2019
A Celebration of 50 years

© 2018 Massey High School, Massey High School Foundation
Designed by Jayden Alex's THCO

09 416 1799, we are here to help.

Scouts is only for boys?

We often hear people refer to Scouts as "Boy Scouts"

Girls have been part of Scouts in New Zealand since 1976 when New Zealand developed Venturers (Youth aged 14-18 years).

In 1987 New Zealand welcomed girls into the Scout section (youth aged 11-14 years), while many parts of the world, Scouts was only for boys. The term "Boy Scouts", is often associated with the American Boy Scout association.

In February this year, The American Boy Scout association changed its name to Scouts BSA, and let the first girls join the organisation. A significant achievement for the American association, yet something Scouts NZ has included for over 40 years.

At a recent National conference, senior Scouting members were told that the New Zealand Scout association is up there with the very best Scout organisations in the world, and has been nicknamed as "The best little Scout Association in the world"

Scouts NZ lead the way in developing youth lead programmes, we fully support Diversity and Inclusion, we build educational programmes that give the very best to all our youth so they learn and have fun learning. We encourage them to respect each other and the environment, all this while having an awesome adventure.

Do you want to know more, then head to www.scouts.org.nz or email me: zl.waitoru@zone.scouts.nz

Craig Paltridge - Waitoru Zone Leader (North West Auckland).



Kip McGrath Education Centres

What parents say...

"I would like to take the time to really thank you for the help you have provided our son. He has excelled dramatically since being under your wing. You have given him the confidence in reading that he really needed." Mrs M.

"...I have found the tutors to be so incredibly dedicated to teaching and always have a positive approach to making learning such a fun-filled experience. My daughter thinks going to Kip McGrath is such a treat." Mrs S.

"...Before Kip McGrath I was struggling to help my daughter understand some of her school work resulting in both of us being frustrated." Mrs P

Cherry Kingsley-Smith
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Community News

"... We cannot thank you enough for helping our son. His latest report was the best he's ever had." Mr & Mrs G

"... Her report did reflect the extra tuition and her teacher did see a great change in her confidence and achievement." W

"...I am so grateful for the support that Kip McGrath has given my son. His progress has been well noticed by his school." Mrs H

Call us today for a free assessment - Kip McGrath Education Centre Westgate Phone 09 831 0272.

Gifts for tweens and teens

Looking for a special gift for your tween or teen daughter?

A gift that is made especially for her?

Girls of this age group love personalised items, making our "Initial Love" necklace the perfect gift idea.

Available in lower case or upper case letters and on a variety of chain lengths, these pendants can also be personalised on the back with a date or short message. Making it truly unique and meaningful to her.

Visit our website www.preciousimprints.co.nz to place an order or feel free to email me at jo@preciousimprints.co.nz to discuss some further options.



Taking action for sustainability

Last term, students of Marina View School's focus of Inquiry learning, was Sustainability and how we can have an impact on our future and the future of others. Across the school, students from Year 1 through to Year 8, discussed, researched, gathered information and planned actions to contribute in some way. Many of the intermediate students took their action out into the community, basing their projects on the United Nations Sustainability goals.

Zahin Bhuiyan, Keith Lai and Tawhiri Joyce worked on an inquiry project at school for more than nine weeks. The trio decided that they wanted to make life a little brighter for the sick children at Starship Hospital.



They organised a mufti day at their school which raised \$1051.00. They also contacted their local Warehouse store in Westgate, who contributed \$50.00 towards their initiative. In addition to their already generous donation, they got a very special autographed Marian Burns' MNZM award winning "Songs for Kids" CD. Funds raised were then used to purchase toys and books to donate to Starship. "This project made us realise how lucky we are to have Starship Hospital. We all know someone who has been there before or even have been to Starship ourselves."

Another group of students, Aleha Hassanian and Naomi Frost, spent time across the school and community gathering donations of books, toys, clothing, shoes and blankets for a local charity, Foster Hope NZ. All donations are sorted by the charity and packs are made for children going into a new foster home, providing them with a few things of their own to take with them.

The time spent planning how students can contribute to their community has allowed students to feel more connected and responsible for their local area.

Hobsonville Choir's captivating performance

Last Saturday night Hobsonville Choir members did something unique, - they joined together with five other 'Everybody Sings' choirs and performed in the Anglican Cathedral as part of the VoCo showcase of nine leading Auckland choirs. It was a special experience with their music



echoing around the huge auditorium. Conductor Kate Bell comments; "So many people said how amazing the song Ukuthula sounded with such a huge choir singing so beautifully from all around the building. People felt completely enveloped and genuinely much moved".

The Hobsonville 'Everybody Sings' choir celebrated its first birthday in July and some 40 singers now enjoy weekly rehearsals in the Hobsonville Point Primarily School gym.

Their next big event is the annual Christmas Music Special concert in Auckland Girls Grammar School hall. This year they aim to fill the 800 seat auditorium and exceed last year's record contribution to the City Mission through ticket sales.

The choir is always looking for new members, particularly men, so if you'd like to take a look, pop along at 7:15pm any Thursday night during school term and listen or join in. The first night is free. More info can be found at: www.thechoir.co.nz or call Mel on 021 677 778.

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In Brief Updates

What is a digital footprint?

Your digital footprint is the trail of 'electronic breadcrumbs' you leave behind when you use the internet. It can include the websites you visit, the photos you upload and your interactions with other people on social networks. These footprints may be there permanently.



The information you share online can be used to build up a picture of you as a person and your activities and interests. It's important to think about who can see that information, and to remember that even if you have tight privacy settings, others can copy the content and pass it on for the wider world. In short, it pays to think before you put any kind of personal information online. Think about who could see the content, especially if it's shared beyond its intended audience – family, friends, peers or potential employers.

The risks include online bullying, blackmail from shared images, publishing your personal or business information, and harm to your reputation such as loss of employment. So...value your personal information, be careful about what you post and share, think about your online privacy, security and risk to your reputation, and consider how your online activities may affect you and those around you. To read the full article go to netsafe.org.nz.

Massey Kindergarten

During the month of June and July, Massey Kindergarten's tamariki (children), kaiako (teachers) and whanau gathered to celebrate Matariki – the Maori New Year. The kindergarten had a special evening where an array of Matariki activities took place. This included purakau/story telling, waiata, kapa haka, kai preparation and planning, planting, harvesting and many, many amazing Matariki arts and crafts.



Massey Kindergarten prepared opportunities for the children to learn about the cluster of Matariki stars and how they each connect us to the world around us. They also acknowledged whanau who have passed on before us as well as present and future aspirations. The learning of new waiata and sharing of purakau promoted an environment where children developed their repertoire of songs and stories, the confidence to express themselves through music and movement while enriching their oral language skills. For more

information on Massey Kindergarten, call (09) 833 7000 or visit www.aka.org.nz/massey.

Massey Amateur Swim Club

Looking for affordable swimming lessons for your children? Massey Amateur Swim Club (MASC) offers the best value swimming option around. (5+ years of any ability) MASC has been involved in the community for over 30 years. We are a community-based swimming club that promotes water safety in the Massey, Westgate, Hobsonville area. We hire the Massey High School pool and meet on Wednesday evenings 6:30pm onwards. Lessons are followed by Club Night where children strive to improve their own times. One child is \$110 for the whole season – October through to April. Two children from the same immediate family are \$150, and 3 or more children are only \$170. For more info check out our website www.sporty.co.nz/masseyamateurswimming or find us on Facebook. Registrations open mid-September for the 2019/2020 season.



Seniornet West Auckland

Today's smartphones and tablets are amazing devices. The smartphones are not only a phone but are useful in many other ways such as great GPS map readers, playing music and reading books. Tablets can also be used for a multitude of different things. At SeniorNet we like to help members to get the best from these devices through our classes, workshops and Help days. So why not join us and have fun getting the most from your smartphones, iPads, tablets and laptops. Our sessions are run by seniors so we are working at a pace to suit you.

We will be having a stall at the Festival of Learning on the 7th September, 11am - 2pm. At the Te Atatu Peninsular Community Centre (595 Te Atatu Road). This is part of the Adult Learners Week so do come and see us there.

Our monthly meetings are held at Kelston Community Centre, Cnr Awaroa Road Kelston on the 3rd Tues-day of the month. At our September meeting on Tuesday 17th starting at 10am our guest speaker will be Grant Sidaway, SeniorNet Executive Officer from Wellington, Grant will be talking about computers and IT. This will be the last time to hear Grant as he is retiring at the end of the year, he is always entertaining so do join us. This will be followed by morning tea as usual.

Our classes, workshops and Help Days are held at the Henderson RSA 66 Railside Avenue, Henderson. Our Help days are held on the 2nd and

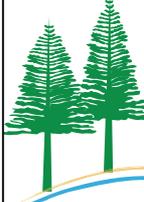
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P O Box 45 Waimauku 0842, Auckland, New Zealand

In Brief Updates

4th Tuesday of the month between 10 and 11am and we do ask for a \$5.00 donation. For further information please ring June on 09 833 8186 or leave a message on our office phone 09 837 7600 and someone will ring you back.

Ivy Cottage Parties

Is your little one's birthday party coming up soon?

Are you wondering what to do to keep the kids captivated during the party?

We can help!

We'll come to your home (or chosen venue) for 1 or 2 hours and keep the kids absolutely captivated with our magical games, flying lessons, treasure hunts, magic bubbles, enchanting stories, wishing dust and fun craft activities.

We have 3 different packages and prices to suit your budget, lots of different party themes, plus our parties & events are suitable for boys and girls of any age.

We travel Auckland-wide! Phone or text us on 022 312 5116 / Book or enquire online: www.ivycottage.co.nz / Email: fairies@ivycottage.co.nz / Facebook: www.facebook.com/IvyCottageParties

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



To wax or not to wax?

Are you tired of waxing your car? Well, most people don't bother to wax at all which causes a lot of problems for your car's paint. Wax helps protect your vehicle from contaminants that attach to, and slowly decay the clearcoat causing long-term damage.



You can put an end to waxing once and for all.

Ceramic coating technology has come a long way over the past decade, and now you can have your new (or used) car protected from the elements for between \$349 - \$499 +gst.

Why Ceramic and not wax?

Superior protection & shine to wax. A ceramic coating saves you having to constantly wax your car – for years! Ceramic coatings also add an incredible lasting gloss that maintains that 'like new' look every time you

wash your car.

We are a fully mobile operation, meaning we come to you to make the process easy.

Contact us on 0800 20 30 20 for a quote, or visit www.TMCS.co.nz to see our work and 5 star reviews.

Headquarters Building

We are happy to confirm the re-opening of the Headquarters Building and is available for hire from 2 September 2019. The building is at 214 Buckley Avenue, Hobsonville Point and was built in the art deco style in the 1930s, and used as the Royal New Zealand Air Force Headquarters. It was recently re-named Te Mahere, meaning to plan, map or chart, thus reflecting its former use. It has now been refurbished and re-purposed as a building where members of the community can come together, to meet, to learn and 'plan for' the future of the community. The Headquarters Building is managed by the Hobsonville Community Trust, and bookings are available through an online booking system at the web-site www.hobsonville.org.nz. Our office email is venues@hobsonville.org.nz.



Community recycling centre faces plastics challenge

Auckland Council is encouraging Aucklanders to recycle all their household plastic containers (those labelled with numbers 1 through to 7) through the council's kerbside recycling service, which is fully funded by a targeted rate, rather than dropping them off at their local Community Recycling Centre.

Since China stopped taking plastics in early 2018 'mixed plastics' are no longer in demand world-wide. As demand continues to fall, some of Auckland's Community Recycling Centres (CRCs) have reached the point where it is no longer economically sustainable for them to accept some household recyclable plastics.

All of Auckland's CRCs are operated by charitable entities and there is now a net cost for CRCs to accept these materials and deliver them to third party suppliers.

Councillor Penny Hulse, Chair of the Environment and Community Committee, says, "Our Waste Management and Minimisation Plan clearly outlines council's expectations for CRCs to accept recyclables. However, the

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In Brief Updates

wide-reaching effects of changes in global recycling markets are posing challenges for governments and councils around the world. The prevailing market conditions mean that both council and the wider community need to look for other solutions so as not to place undue pressure on the not-for-profit organisations operating our CRCs."

Meet the candidates

By the time this edition of the Westerly is seen in the letterboxes or local Countdown or Mitre 10 outlet the local landscape will have changed. Not permanently but temporarily with election hoardings gracing fences, and many public places. As mentioned in the last issue the local government elections are on.

Many people complain that meeting the people who are standing for election is hard. We do not know who they are.

Are the people standing for election real? Can they answer talk? Do they have similar views?

The Massey Birdwood Settlers Association is using its hall for people to come and meet the candidates. As a Resident and Ratepayers Group the Association believes it is important that people have the opportunity to know who may be making decisions about their local park.

The Association believes it is a community service on their part. For many candidates they are not part of a group or a political party and find it hard to get out and among the people. The public meeting is as much for their benefit as the publics.

The meeting will be chaired by retiring Waitakere Ward Councillor Penny Hulse on behalf of the Association.

For further information please contact the Association through its email address www.masseybirdwood.org or email masseybirdwood@gmail.com.

Massey Indoor Bowling Club

We are a long established club (1957) and have produced a number of regional and national champions.

The club's current temporary playing recess is coming to a close and we will be playing again on

Wednesdays 7.15 - 9.45 p.m.
from Wednesday 11 September 2019 at the Massey Birdwood Settlers Hall on the corner of Don Buck and Red Hills roads, Massey.

Over the last few years, due to the combined effects of movement



from the area, age, illness or accident, our membership numbers have dropped to the extent that new members are urgently needed.

If you have played Indoor Bowls before or would like to, it is a fun and family friendly (ages 10 and over) sport for both social and competitive players. Participation is cheap, with only a small adult annual subscription (\$ 28) and nightly fee (\$ 5) payable. Half price youth fees for both are also available.

For new members, the first night is free and the 2019 subscription is waived. Coaching is provided by experienced members, and our mats and bowls are top grade. New players are usually reasonably proficient by the end of their first full playing night.

This is an urgent appeal for new members, as permanent club closure before the end of this year is otherwise inevitable.

Anyone interested should quickly contact Gayo on 09 416 7050, Sam on 09 832 9075, or Brian on 09 416 9137, or alternatively attend at the hall on a playing night. We are hopefully looking forward to a permanent full resumption.

Countdown's introducing 16+ restriction on energy drinks

New Zealand has the third highest obesity rate in the OECD, and nearly one in six children are overweight or obese.

Countdown has publicly committed to a range of health and nutrition targets which aim to help Kiwis make healthier food choices. These include giving away more than 50,000 pieces of Free Fruit for Kids every week; reformulating Countdown's own brands to reduce sugar, salt, fat and remove artificial colours and flavours; and rolling out the Health Star Rating on own brand products.

Alongside these targets, Countdown has recently announced that from 2 September, customers need to be 16 years or older to buy energy drinks in their supermarkets including its Hobsonville, Massey and Westgate stores.

Kiri Hannifin, Countdown's General Manager Corporate Affairs, Safety and Sustainability, says the company talked with a wide range of health leaders, and the combination of caffeine, sugar, serving sizes and the fact that children often consume energy drinks on the way to school was specifically highlighted to them.

"Overwhelmingly, the advice and feedback we received from health leaders was that when it came to children's health, restricting the sale of energy drinks would make an important and meaningful impact in an area of high need," says Kiri.



Special thanks

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

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



3C Matua Road, Huapai

In Brief Updates

In a recently published paper, Dr Simon Thornley found that in New Zealand, the reduced intake of soft drinks is compensated for by the increase in consumption of juices, and sports and energy drinks. "The sugar and caffeine in these drinks leads to children getting hooked on them, with rotten teeth and poor engagement in the classroom as predictable consequences. An age restriction makes sense," he says.

Friendship with a purpose

Are you a woman who wants to meet new people, give service to your community and be part of one of the largest voluntary service organisations for women? If this is you then look no further than Inner Wheel.

Inner Wheel is a worldwide organisation spanning 104 countries with a membership of over 108,000 women and is here in New Zealand with 50 Clubs.

Inner Wheel offers a place in our communities for women to engage with each other, not just as friends, but as contributors to their communities, to encourage each other to reach their personal potential and to build on their strengths together. It is where dedicated women share their friendship, passion for community service and take action to create lasting change.

We are looking to form a new club in the Hobsonville Point, West Harbour, Westgate area that will help Inner Wheel grow its diverse membership with different ages, cultures and needs. An interest meeting will be held on Wednesday 16th October, 7.30pm at The Headquarters, 214 Buckley Road, Hobsonville Point. Why don't you come along and hear more about Inner Wheel and be part of this worldwide women's organisation?

Email: nz291membership@gmail.com website: www.innerwheel.org.nz.

Aucklanders living with asthma at risk during outbreak

Thousands of Auckland adults living with common respiratory diseases such as asthma risk potentially life-threatening complications from whooping cough this winter. The warning comes with the country experiencing a nationwide outbreak of whooping cough with over 4,690 New Zealanders contracting the disease since it began in 2017.

Whooping cough (pertussis) is a common and potentially deadly illness, rivalling measles as one of the most contagious diseases affecting the human population.

Rates of pertussis are higher in Maori and Pasifika people over 15, with rates of respiratory diseases such as asthma and chronic obstructive pulmonary disease (COPD) also a significant health issue in these populations. Internationally, New Zealand has a high prevalence of asthma with one in eight adults reporting taking current asthma medication.

Dr Helen Petousis-Harris, Vaccinologist and Senior Lecturer, Dept General Practice and Primary Health Care of the University of Auckland says although generally not severe in otherwise healthy adults, pertussis can be associated with serious complications in patients with existing chronic conditions such as obesity, asthma or COPD, and can be readily transmitted to other vulnerable populations, including infants before they complete their first vaccination. "In the same way we advise protecting infants from exposure to whooping cough, it is important for adults living

Massey Birdwood Settlers Association Inc.



For Mayor

Our hall is situated on the corner of Red Hills Road and Don Buck Road in Massey
Invitation to meet the Candidates – Sunday September 29th at 1:30pm

CHAired BY PENNY HULSE



For the Waitakere Ward of the Council



For the Henderson Massey Local Board



For The Lincoln Ward Waitakere Licensing Trust

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

In Brief Updates

with asthma or COPD, as well as their whanau to look at immunising themselves against this highly contagious disease," she says.

Waitakere Grey Power

Waitakere Grey Power are having a General Meeting on Thursday 26th September 2019 at 12.30pm at the Te Atatu South Community Centre, 247 Edmonton Rd, Te Atatu South. We have as our Guest Speaker, Sarah Fitt, Chief Executive of Pharmac. All members and friends are welcome to attend. We have invited all Grey Power Associations in Auckland to attend as Sarah is flying up from Wellington for the meeting. You are welcome to join us and ask questions about how Pharmac funds new pharmaceutical drugs as a government-funded agency. Refreshments will be provided at the conclusion of the meeting. Come and hear how Pharmac works. This is a most important meeting in the community organised by Waitakere Grey Power. Remember that we are your advocacy group to local boards, Council and all Parliamentary Parties without fear or favour because we are non-partisan and politically neutral. Mate Marinovich, President, Waitakere Grey Power Association, 247 Edmonton Rd, Te Atatu South, Auckland.

Summerset

Summerset's new block at Monterey Park is fully up and running as can be seen from the great fun our residents are having during their Aqua Zumba Class in our new pool.



Once finished they hop into the spa to soak those tired limbs and then off to the café for their "pick me up" coffee.

Monterey Park has a very comprehensive activities programme so there's no need to be bored when you have things like, Line Dancing, Bridge, Indoor Bowls, Tai Chi, Cribbage, Walking Groups, Lawn Bowls, Bingo and many, many more choices for you to get involved in.

For those wanting a more sedate pastime we have a library full of in-

teresting books, from novels through to historical works. For the more creative people there is the Painting Group, Creation Corner and Stitch and Chat.

Please come along for a visit and see our wonderful amenities for yourself and have a coffee from our great Café and drop by and introduce yourself to Diane and Rene who can show you the amazing and varied accommodation options we have on offer. For further information, contact our sales office on 09 951 8922.

Spring clean for Hospice West Auckland

Wave goodbye to winter and welcome spring with open arms.

Spring is a delightful time of the year where many of us embrace new beginnings. It's often a time when we eagerly shake off the chilly winter months and get stuck in to a good old-fashioned 'spring clean.'

Revitalise your home and your wardrobe by donating any excess home-wares, furniture and quality clothing to your closest Hospice West Auckland op shop. By donating your pre-loved goods to any of our Hospice op shops, you help us provide care and support at no cost to end-of-life patients and their loved ones across the greater West Auckland region.

You can find our stores in Te Atatu Peninsula, Henderson, New Lynn, Glen Eden, Hobsonville and Helensville. Call 0508 4 HOSPICE to arrange a free pick-up or drop-off with one of our team.

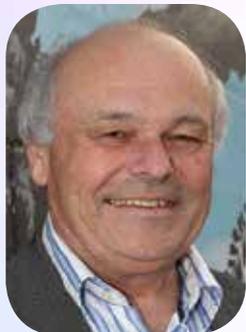
Visit our Facebook pages: Best Op Shops in the West and Hospice West Auckland to stay in the loop with us.

From Whenuapai to Riverhead

Has anyone paddled from Whenuapai to Riverhead? Once upon a time, there was a man who had a dream to make a boat out of the clutter in his shed. He made a dinghy with a motor from his weed eater. But does this really work? Then he planned "Riverhead Challenge", total 4.6km on the water, going up. Are they going to survive? youtu.be/UvHj2gZA2dw or search "The riverhead challenge" on Youtube.

West Auckland Cogy Club

WACC (West Auckland Cogy Club) had a regular outing at Pak'n'Save in Westgate. Miro, one of the core members of WACC, had a mission to choose sausages for dinner. Has he completed his mission? For more, kokocogy.wix.com/gocogy/blog-1/date/2019-08 or search "kokocogy blog miro"



Hi I'm John Riddell
– This election
VOTE FOR ME for the
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can make it happen"**

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Property

Property market report

The number of properties up for auction remains at winter lows but there has been a significant increase in the percentage of auctioned properties being sold.

In the week from August 4-10 we monitored 131 auctions, which was more or less consistent with numbers over the last few weeks.

However of those 131, sales were achieved on 79, giving a sales clearance rate of 60%, compared to sales rates of under 30% being common over winter.

Prices also seemed reasonably firm with 57% of the sold properties selling for prices above their rating valuations.

Auctions are generally scheduled at least a month in advance to allow time for organising and implementing a marketing campaign, so it is still too early for the recent cuts in mortgage interest rates to be having any effect on the number of properties being auctioned. The rate cuts may, however, be affecting buyer confidence and turn out.

At a recent apartments auction on August 14 there was one of the best crowds in attendance and they weren't shy about bidding.

The five properties on the Order of Sale sheet were a mix apartments that would have appealed to investors and owner-occupiers, with one of them being sold prior to the commencement of the auction and all four of the others attracting competitive bids before being sold under the hammer.

It is too early to say this indicates an upturn in market activity, but with spring just around the corner the lift in sales could be a promising sign that the market may be preparing to start climbing.

Market Statistics:

Hobsonville \$490,000 to \$1,315,000. Massey \$425,000 to \$882,000. Swanson \$575,000 to \$1,251,000. Taupaki \$660,000 to \$2,200,000. Waitakere \$610,000 to \$930,000. West Harbour \$455,000 to \$1,282,000. Westgate \$977,000. Whenuapai \$680,000 to \$1,065,000.

For the month of September and October, list your property with Mike Pero Real Estate Hobsonville or Kumeu with an onsite Auction and pay no Auctioneers Fee. It's another way that we can reduce your cost of sale and maximise your value. It costs nothing to have an honest discussion about value, time on market, and our complimentary marketing boost. Call me today on 0800 900 700, text 027 632 0421 or email graham.mcintyre@mikepero.com - Mike Pero Real Estate Ltd Licensed REAA (2008).

New insulation standards: Is the cost tax-deductible?

If you own a rental property, you will be well aware that the government has introduced minimum insulation, heating and ventilation standards.

Some expenses relating to rental properties are tax deductible, which help to lower your tax bill. Looking specifically at insulation, the cost of insulating rental properties may be tax-deductible depending on whether the insulation is classed as revenue or capital expenditure. For example, the replacement of ineffective, existing insulation would generally be classed as a repair to the property and therefore be tax-deductible. However, new insulation installed in properties which have not previously been insulated would usually be deemed to be a capital expense and therefore not be tax-deductible, despite the fact that it is now required by law to meet the insulation standards. This is intended as a general guide. Please contact Mark Foster and the friendly UHY Haines Norton accounting team to discuss your specific circumstances on 09 412 9853 or email kumeu@uhyhn.co.nz.

Title requisition

When purchasing property the Agreement for Sale and Purchase provides in the General Terms of Sale for the Purchasers' right to requisition the Title. Should the Purchaser (or their solicitor) find anything untoward then the Purchaser can requisition the title to be rectified. This works well to protect the purchaser when something is wrong, however it is important to be aware than a number of land covenants, encumbrances and easements can be registered on the title which establish favourable rights for the owner of the property, or to another party.

Land Covenants are commonly registered by a Developer of a subdivision when the new titles are issued. Often these will contain restrictions as to the types of building materials that the owner may use to construct a dwelling, a minimum floor area of the dwelling, restricted from having boats and caravan's visible from the road, even requirements to keep the grass below a certain height!

Consent Notices are usually registered pursuant to a Resource Consent granted by local Council and contain requirements or restrictions imposed by Council.

Easements are put in place to grant a right of access or supply of services, for example to allow you to cross your neighbour's property to access your property, or for power, telephone, internet cables etc. Other types of easements can include rights to drain water or sewage in favour of your neighbour or local council.

An Encumbrance is a limitation or restriction registered on the Title. A mortgage is the most common type of encumbrance. Other types of encumbrances include compulsory membership to a local organisation which manages common area's or parks within the development and of course comes with a set of rules and an annual fee. If there is an encumbrance you must get your Banks approval of it as it will take priority of the Banks own mortgage.

Many of the above instruments affect how an owner can use the property and we strongly recommend asking to see a copy of the Certificate of Title and any instruments that are registered on the title before making an offer as the right to requisition will often not offer any protection to

Graham McIntyre
LICENSED SALESPERSON
BRAND & TERRITORY OWNER





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E graham.mcintyre@mikepero.com
www.mikepero.com

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Property

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ClearStone Legal incorporating Kumeu-Huapai Law Centre can assist you with any questions you have about buying or selling property. Telephone 09 973 5102.

Asbestos and landlord responsibilities

Landlords must manage asbestos risks in their rental property to comply with the Health and Safety at Work Act (2015) and the Health and Safety at Work (Asbestos) Act (2016). According to these laws, landlords are considered to be a Person Conducting a Business or Undertaking (PCBU) and are therefore responsible for identifying and managing all Asbestos Containing Materials (ACMs) within their rental property.



According to government agency Tenancy Services, asbestos may not have to be removed from your rental property, but you will have to manage any associated (asbestos) risks. Exposure to respirable asbestos fibres (eg. inhaling asbestos fibres into your lungs) can be 100% prevented through having a professional asbestos survey completed and a management plan in place. The first step is to engage a suitably qualified and experienced person to undertake an Asbestos Management Survey. An Asbestos Management Survey is an essential step to identify and confirm (through laboratory analysis) ACMs within your property. If asbestos is identified the survey report will recommend exactly how to manage the ACMs (eg, maintain the paint finish). Asbestos Management Surveys are performed only once and detail the location, extent and current condition of all ACMs onsite. An Asbestos Management Survey Report can be referred to whenever contractors are due onsite, or if new tenants are moving into the rental property. Contractors should always be notified of the presence of asbestos prior to arriving onsite.

Stephanie Brookes | Environmental Scientist and Asbestos Assessor | 022 134 1621 | Stephanie@methwise.co.nz | methwise.co.nz.

Bespoke Property Management

Traditionally property management generally is approached with a cookie cutter – you sign a 12 month contract, this gives the property manager up to 9% of your weekly rental income, they manage tenants, do routine inspections, feed monthly reports back to you and job done. If any repairs are required there's an additional commission as well as the letting

fee for finding tenants. Companies tend to hold large portfolios (100's) of rental properties and your precious investment can get lost in the crowd.

Bespoke Property Management is tailored to your exact needs and is much more flexible with no fixed term contracts. Only need to find quality tenants? Have tenants but want someone to manage the rental income? Require the full service but only for 5 months while you're away? Prefer to use your own trade's people? Travel a lot or have your second residence in the area and need a house manager?

Bespoke Property Management can offer you a more personalised service with maximum flexibility and full accountability.

Private Residence is a local bespoke Property Management Company, we run a small portfolio of houses and our services have been designed to meet the needs of today's busy lifestyle. If you would like someone to take the pressure off for either the long or short term, contact Rachel today. We also offer free independent rental appraisals. www.privateresidence.co.nz.

Enduring Powers of Attorney

Life can be fragile. Your ability to make your own "legal" decisions can be taken away from you, either suddenly or progressively, through sickness and/or injury. Every adult, no matter what their age, should have enduring powers of attorney (EPA). You are the "donor" and there are two types of EPAs: personal care and welfare and property. A property EPA covers your money, business and assets, such as property, and can come into effect should you lose mental capacity (essentially meaning you can no longer manage your affairs). A personal care and welfare EPA covers your health, accommodation and health care decisions and is only in effect when either a medical professional or the Family Court decides you have become mentally incapable (essentially meaning you are unable to make or understand your care and welfare decisions). Via an EPA you, as the donor, appoints "attorneys" (who are people you trust) to make decisions about your health and/or assets including your bank accounts, property and other belongings. EPAs are designed to protect you from financial abuse, as you have chosen your attorney(s) and therefore your wishes are more likely to be honoured and in your best interests. In a property EPA, you can also appoint people that your attorney(s) must consult with: for example, accountants, lawyers and/or other family members. EPAs save your family costs and stress should you suddenly (via illness or injury) or progressively lose mental capacity rendering you no longer able to deal with your affairs or make legal decisions. Every business owner, especially those with dependents and/or employees, should have a property EPA as your business and bank accounts can come to an immediate stand-still. At Gina Jansen Lawyers, we can prepare and provide legal and business advice about EPAs that will protect you, your family and your business should the unthinkable happen. To discuss your specific requirements, contact the team at Gina Jansen Lawyers today on phone 09 869 5820 or visit us at www.ginajansen.co.nz for more information.

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Gina Jansen
DIRECTOR/LAWYER

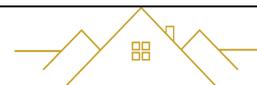
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Area Property Stats

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

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
HOBSONVILLE	1,050,000	417M2	139M2	1,315,000		580,000	909M2	90M2	615,000
	810,000	252M2	99M2	839,000		860,000	809M2	210M2	750,000
	1,400,000	384M2	277M2	1,240,000		570,000	911M2	90M2	603,000
	1,175,000	313M2	227M2	1,035,000		700,000	704M2	180M2	657,000
	1,400,000	357M2	259M2	1,150,000		680,000	609M2	80M2	610,000
	1,400,000	391M2	286M2	1,305,000		530,000	328M2	90M2	480,000
	810,000	176M2	144M2	922,000		690,000	675M2	150M2	735,000
	980,000	287M2	169M2	935,000		790,000	885M2	100M2	750,000
	1,050,000	330M2	175M2	1,005,000		710,000	847M2	130M2	715,000
	950,000	185M2	182M2	1,100,000		810,000	611M2	140M2	790,000
	950,000	327M2	159M2	928,000		900,000	610M2	200M2	875,000
	930,000	137M2	166M2	883,000		680,000	1158M2	120M2	700,000
	710,000	161M2	109M2	790,000		780,000	602M2	100M2	700,000
	1,050,000	206M2	173M2	929,000		980,000	500M2	120M2	740,000
	1,200,000	330M2	220M2	1,050,000	SWANSON	1,200,000	618M2	307M2	1,251,000
	1,200,000	330M2	224M2	1,100,000		390,000	276M2	175M2	890,000
	1,200,000	352M2	225M2	1,125,888		980,000	1131M2	250M2	1,180,000
	670,000	91M2	73M2	665,000		835,000	345M2	180M2	909,800
MASSEY	660,000	375M2	110M2	650,000		840,000	450M2	158M2	800,000
	630,000	376M2	90M2	650,000		710,000	373M2	200M2	575,000
	630,000	388M2	120M2	655,000	WEST HARBOUR	740,000	557M2	120M2	695,000
	770,000	842M2	110M2	700,000		1,150,000	698M2	220M2	1,130,000
	690,000	531M2	120M2	712,000		1,100,000	697M2	260M2	950,000
	810,000	948M2	175M2	882,000		1,230,000	672M2	220M2	1,215,000
	990,000	531M2	180M2	830,000		1,300,000	400M2	262M2	1,282,000
	630,000	478M2	90M2	628,000		1,120,000	609M2	199M2	1,076,000
	780,000	578M2	144M2	724,600		1,120,000	451M2	220M2	1,030,000
	540,000	352M2	79M2	562,500		1,070,000	684M2	200M2	1,074,000
	700,000	683M2	130M2	716,500	WESTGATE	1,160,000	337M2	232M2	977,000
	670,000	451M2	130M2	699,000	WHENUAPAI	1,150,000	330M2	251M2	1,065,000
	700,000	460M2	135M2	685,000		860,000	809M2	130M2	680,000
	610,000	675M2	80M2	685,000	WAITAKERE	1,000,000	1.04HA	217M2	930,000

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

Mike Pero's **low** commission rate:

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Mike Pero Real Estate Hobsonville also provide statistical data FREE from cost to purchasers and sellers wanting more information to make an informed decision. Phone me today for a FREE summary of a property and surrounding sales, at no cost and no questions asked.

Graham McIntyre 027 632 0421 *Available for a limited time. Conditions apply.

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GREENHITHE - FAMILY AND ENTERTAINERS HOME 4 2 2 **By Negotiation**

8 Archer Rayner Place, Greenhithe
By Negotiation

Excellent design meets five star construction, this home offers the best of modern living with modern materials. Set on a North facing aspect, the home has a front to back split giving the open plan living environment almost a regal introduction from the entrance way. With study or guest room to the left and the balance of bedrooms and bathroom off a central hallway to the right. Entertainers kitchen with access on two sides to the alfresco patio and decking that dances in the sunshine for most of the day. Further an additional lounge area that connects to the kitchen's breakfast bar.



Graham McIntyre
027 632 0421

www.mikepero.com/RX2017773



STYLISH AND AFFORDABLE 2 1 **By Negotiation**

24 Rangihina Road, Hobsonville Point
By Negotiation

Stylish and affordable quality G.J. Gardner, two level, two bedroom, free-hold home on a rare and spacious corner site. Offering immaculate and modern designer living, sophisticated kitchen with granite bench top. Light and sunny with indoor/outdoor living extended through wide glass sliders, leading to a lush back garden. In a sought after location on a safe and private laneway.



Cherry Kingsley-Smith
021 888 824

www.mikepero.com/RX1998175

REFURBISHED 4 ROOMS + GARAGE 3 1 1 **By Negotiation**

72 Gallony Avenue, Massey
By Negotiation

This refurbished three bedroom plus separate office delivers great space on the outside and the inside. New kitchen and very well presented bathroom and separate laundry area. Open plan living and dining with sliders to north facing decking, the home delivers options for the whole family. Fenced for pets with a single garage and off-street parking.



Graham McIntyre
027 632 0421

www.mikepero.com/RX1825742



HUAPAI BRAND NEW 4 1 2 **By Negotiation**

31 Nellie Drive, Kumeu
By Negotiation

Comfortable styling and up-spec kitchen, bathroom and hardware. Seize this unique opportunity to purchase a brand new 4 bedroom, 2 bathroom entertainers home in a quiet street in Huapai. A show-home to show off the very best of Maddren Homes.



Graham McIntyre
027 632 0421

www.mikepero.com/RX1840725



ENTERTAINERS HOME 3 1 **Auction**

1014 Coatesville-Riverhead Highway, Riverhead
Auction onsite - 4pm, 14th September 2019 (unless sold prior).

Offering a very modern open plan living out to sunny North facing decking to melt away the autumn shades. The home boasts three generous bedrooms and comfortable bathroom off the central hallway with ample storage all on one level.



Graham McIntyre
027 632 0421

www.mikepero.com/RX1814073



AFFORDABLE ON 1.3 ACRES 2 2 2 **By Negotiation**

805 State Highway 16, Waimauku
By Negotiation

This small acreage lifestyle property delivers traditional kiwiana, 1950's with weatherboard cladding and painted galvanised steel roof. Generous rooms, two lounges, two bathrooms and three bedrooms, the home offers some excellent entertaining space and alfresco to north facing decking.



Graham McIntyre
027 632 0421

www.mikepero.com/RX1820684



FORMER AIR FORCE HOME 4 1 1 **By Negotiation**

16A Tapu Road, Huapai
By Negotiation

Extensively refurbished the home offers generous modern open plan living leading onto decking and entertainers kitchen with good flow and convenience. Four bedrooms, bathroom and separate toilet off a central corridor providing easy flow and ample storage space.



Graham McIntyre
027 632 0421

www.mikepero.com/RX1808247



MOTIVATED OWNER SEEKS OFFER 4 2 2 **Auction**

8 Remana Crescent, Huapai
Auction onsite - 2pm, 14th September 2019 (unless sold prior).

New Zealand built Signature Home with transferable guarantee, boasts over 200sqm (approx) of home which enjoys the best of open plan entertainers living which opens out to a fully usable and fully fenced back yard. The four bedrooms and bathroom are all off a central hallway which ties into the double garage providing options for storage or an indoor play area.

www.mikepero.com/RX1807811



Graham McIntyre
027 632 0421



LIFESTYLE HOME WITH INCOME OPTIONS 5 5 3 **By Negotiation**

296 Taupaki Road, Taupaki
By Negotiation

The home offers a total of five rooms, two lounges, three bathrooms, laundry area and open plan entertainer's kitchen, dining and lounge. Three double garages, two box stables and a tack room certainly delivers storage and amenities for a family wanting to have a horse or a pony, and with 1.5 hectares of land it provides just enough space for a ride or a graze.

www.mikepero.com/RX1730148



Graham McIntyre
027 632 0421



THE PERFECT LIFESTYLE PROPERTY 4 2 2 **By Negotiation**

535 Peak Road, Kaukapakapa
By Negotiation

Nestled on the side of the hill this property enjoys north facing panoramic views of the surrounding countryside. A spacious four large bedroom home provides plenty of room. A large open plan kitchen with breakfast bar opens out to the dining area and the lounge, there is also a large media/family room which opens out on to the two level deck. There is plenty of grazing on this 3.1 ha property (7.66 acres).

www.mikepero.com/RX1803721



Lyndsay Kerr
027 554 4240



HARBOUR VIEWS 3 1 1 **\$690,000**

69 Garfield Road, Helensville
\$690,000

This fully renovated home offers commanding views of the surrounding countryside, Kiapara River and the Kaipara Harbour overlooking the Kawau Parua Inlet. Spacious three bedroom home features a large light filled open plan kitchen and living area with a conservatory, three large bedrooms. There is internal access from the garage which is accessed by a remotely operated door.

www.mikepero.com/RX1861152



Lyndsay Kerr
027 554 4240



813SQM SECTION

By Negotiation

8 Drovers Way, Riverhead

By Negotiation

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



Graham McIntyre
027 632 0421

www.mikepero.com/RX1835033



428SQM SECTION

By Negotiation

11 Papa Orchard Drive, Kumeu

By Negotiation

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



Graham McIntyre
027 632 0421

www.mikepero.com/RX1835017



472SQM SECTION

By Negotiation

38 Vinistra Drive, Kumeu

By Negotiation

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



Graham McIntyre
027 632 0421

www.mikepero.com/RX1834904



451SQM SECTION

By Negotiation

42 Jane Maree Road, Kumeu

By Negotiation

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



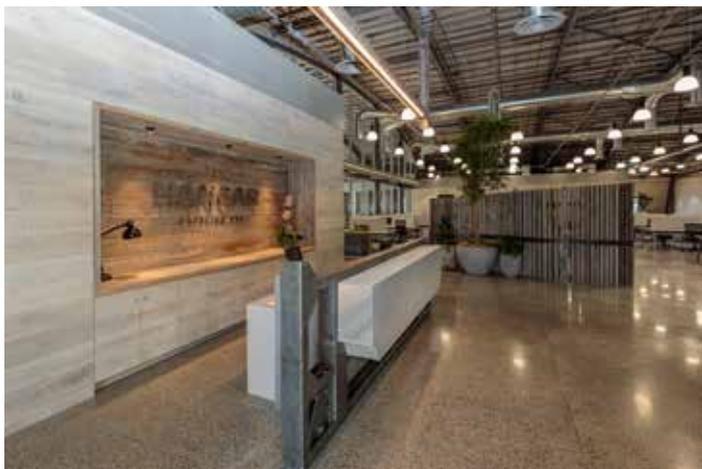
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Hobsonville Point

Fly First Class - Without Leaving the Hangar

Welcome to the Hobsonville Point page for September. This month our story writer Sue Heggie and photographer Leanne Silver discover a new and unique collective workspace in Catalina Bay. I am your local real estate specialist and delighted to sponsor this page. For a free no obligation appraisal of your home contact Cherry Kingsley-Smith on 021 888 824 or cherry@mikepero.com.



The Hangar in Catalina Bay is the new collective space for collaborators and creatives with innovative co-working spaces, meeting spaces of varying sizes and a larger function space. It has an industrial vibe with a nod to its previous life as the Sunderland hangar. It is situated on the mezzanine storey of Little Creatures and is large, light and airy with a stunning view across the water.

Think very cool Koru club; fresh fruit, espresso machine and a fabulous washroom complete with shower, towels, hairdryer, straighteners, shampoo, conditioner and flowers.



The interior is sophisticated chic; high ceilings with exposed original fittings, and everything from club leather chairs, furry bean bags and velvet sofas in the shared spaces, to office desks in a variety of configurations.



Leanne and I went to meet two small business owners to find out why they chose the space for their work.

Sarah Adam, owner Luxe Beauty Group New Zealand



Sarah lives in HP (and therefore receives a discounted rate) and has two young boys. Her wide smile and opening sentence say it all. "I am a total advocate of this place." When working from home, Sarah found it difficult to maintain good boundaries between work and family, here she has much clearer definition and focus to her day. Reveling in the creative, stimulating environment with opportunities to bounce ideas off other businesses, the chance to discuss marketing strategies and generally interact with like-minded people has Sarah buzzing with enthusiasm. With the LC brewery and bar downstairs, Friday drinks and socialising are pretty convenient too. The professional development is another positive aspect, with a business mentor coming in each month.

Sarah exclusively markets and distributes International Beauty Brands through Luxe Beauty Group here and in Australia, direct to consumers as well as to the professional market with the support of her friendly neighbour, it really is a local team effort! Sarah loves her quality products and shares her mango hand cream with us while we chat. Sarah sells one of her beauty lines from www.geniebeauty.co.nz and is offering readers a special 25% discount by using "Westerly" as the checkout code. The first five purchasers will also receive a free Gel Eyeliner gift worth \$29.95.

Hobsonville Point

Life101 Nick Carroll and Philip Moon



Nick and Philip have been working from their homes for several years, communicating via Skype and internet but found this wasn't meeting their need to communicate effectively. Nick lives at Muriwai and HP was a convenient halfway point for them both. Working together, being able to readily exchange ideas and chat has made them more industrious and they share a "noticeable increase in productivity".

The Life101 team www.life101.co.nz coach life skills, financial literacy, and run programmes to improve work readiness, and encourage vulnerable young people back into the community. Nick and Philip regularly work with probation services, prisons and schools with service academies, to improve outcomes for people who struggle to make the transition to work. Philip draws on his own life experience as he describes the debt he got into as a young person and he teaches the pitfalls of borrowing money without understanding the consequences of very high interest rates.



Like Sarah they love the networking and interaction with others and the opportunity to reflect on their activities with a wider group. They enjoy the fluidity of the space, being able to move from a desk to a standing desk to a bean bag is a great change from being alone in a home office

all day. The space encourages creativity and the outside environment is stunning. Philip comments, "We feel privileged to be in a space like this." With the 5km walkway on their doorstep and water views, all of them reinvigorate by going for a run around the coast and spending time in a natural environment.



On my departure, I was frantically trying to think up a lucrative business opportunity so I too, could work in such a space. Or maybe I just wanted to pretend I had gone for a run so I could shower in the first-class facilities, lounge on a furry bean bag, eat the fresh fruit and join the Friday afternoon drinks, all the while generously testing Sarah's beauty products.

If you are a little less frivolous and are keen to investigate the opportunities, contact info@thehangar.nz or phone 09 393 4995 for more info and rates, or pick up a brochure from the HP Info Centre behind Catalina Café.



Your feedback and ideas are welcome:

Story Writer - Sue Heggie, heggies@xtra.co.nz

Photographer - Leanne Silver, leanne@argent.me, Argent photography on Facebook, [instagram@argent_photography](https://www.instagram.com/argent_photography)

Home & Garden

Palmers Westgate

September brings with it the busiest gardening season of the year, plus longer, warmer days which mean more time in the garden! Spring also means that birds and bees are starting to re-appear in your garden.

We have some tips below to bring the birds and bees into your backyard.

1. Plant the right flowers

Bees like flowers that make good landing platforms or tubular flowers with nectar at the base – think daisies, dandelions or snapdragons. Blue and yellow are favourite bee colours and lavender will always be a favourite.

2. Use trees and shrubs to help provide pollen and nectar throughout the season

Trees and shrubs can provide a flush of pollen and nectar early in the season before other plants have a chance to emerge.

3. Have shallow water available for the bees

Bees need to hydrate during their busy work day. Place some small stones or floating some pieces of wood in your bird bath, water container or saucepan for them to stop and have a drink. Bees can't swim, so they have to be able to access water without treading water.

Palmers Westgate: Corner of Maki Street and Northside Drive, Westgate | 09 810 8385.



Creating interesting retainer walls with rock

Why not do something different? Creating retainer walls with rock gives a natural look to your landscape. The following project is an example of using large slab type rocks with smaller rocks to create an interesting effect.

To avoid mowing a steep bank, this rock retainer wall was created. Dave on the digger, scraped the edges of the bank to create a convex shape, giving a completely different feel when walking down the steps.

When building these walls, a strong concrete footing is poured then large slabs of rock are carefully manoeuvred into place using the Tatonka crane truck. Rocks of varying sizes are used to build the walls to the right



height. Thick mulch provides a good base for planting.

These rocks compliment any type of planting scheme and it makes for a great change to timber or block. Talk to Dave to see some examples, or to find out more 027 196 219.

Ground mount solar systems made easy

Have space on your property? You may have the option to install a Ground Mount Solar System up to 150m away from your house. Here's just a few reasons why this sometimes works better than panels on your roof...

The sun – You need as much sun hitting your solar panels as possible. Your roof may not be in the best position. There may be a better, North-facing spot that captures the sun more efficiently ... on a bank, up the hill...

The roof – Your roof may be too small or have too much going on up there... chimneys, vents, skylights etc. It simply may not be able to accommodate the system size required to power your home. The ground's the limit!

The show – You can make a feature of your big, beautiful solar system, frame it with great landscaping and highlight how GREAT solar is.

ANY Solar questions? Contact us any time! PH: 0508 272389 W: www.solarcraft.co.nz.



Growing fruit trees

It is the time of the year to plant fruit trees, and at Awa Nursery we have plenty to choose from. Planting now ensures they have the rest of winter and all of spring to establish before their first summer. You will want to choose a sheltered, open sunny spot for your fruit trees, with good drainage. Once you have chosen your tree or trees, (remember some trees need a pollinator) prepare your site well. Dig a hole that is slightly deeper than the root depth of your plant and partly fill with a good garden mix. Place some slow release fertiliser tablets in the bottom as well. Most of our fruit trees are recently potted,



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Home & Garden

having come to us bare rooted. The soil in the bags will be loose and the roots of your fruit tree must be kept moist. Try not to disturb any new roots developing. Before back filling the hole, position the tree stake so you do not damage any roots. Firmly compact the soil, making sure your tree is no deeper than it was in the pot. Water well. Water is very important when growing new trees, and regular watering in dry periods over spring and summer is a must. Mulch your trees, which will conserve moisture, protect the roots, add nutrients and prevent the growth of weeds. Make sure you do not have to mulch too close to the trunk. Come and see us at Awa Nursery and get your orchard underway.

Mahana Road, Waimauku phone 09 411 8712 or email info@awanursery.co.nz.

Laser Plumbing Whenuapai

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

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



Specialists in hot water systems, plumbing maintenance, repairs and installations, roofing and gutters, Laser Whenuapai also offer a state-of-the-art drainage un-blocking service. In addition to these services, it also has 24 hour service available for any plumbing emergencies - as these can come at any time!

So, why choose Laser Whenuapai?

Not only has the company been trading since 1985 - giving it a depth of experience to plumb from - but as part of its 'Totally Dependable Guarantee', the Laser teams stand by all their jobs by offering warranties and always using quality New Zealand made products. Choosing Laser means choosing a solid, reliable and experienced company that you can depend on.

No job is too big or too small for Laser Plumbing & Roofing Whenuapai! The team is happy to do any job from basic tap washers right into full re-piping, re-roofing, drainage or gas systems.

Whether needed for large commercial projects or smaller residential fix-ups, they can provide a complete solution to any water system, roofing or drainage issues.

For all your service needs from plumbing through to roofing, drainage, gas and pumps and drain unblocking, contact Laser Whenuapai at 09 417 0110 or whenuapai@laserplumbing.co.nz

Open five days a week from 7am-4:30pm, Laser Plumbing & Roofing is located at Unit 4, 3 Northside Drive, Whenuapai. Visit their website



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



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www.kempsolicitors.co.nz

whenuapai.laserplumbing.co.nz for more information.

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Hi I'm Scott, the owner/operator of SPS Plumbing Services Limited. I pride myself on high quality workmanship at a fair and affordable price. I am a Certifying plumber with 15 years' experience. I do not charge a call out fee, have a very competitive hourly rate and also offer free quotes. I am based in Orewa and will work in the greater Auckland area. I cover most aspects of plumbing and treat every job as if I was working on my own home. I strive for customer satisfaction and believe in getting it right first time. My services include - hot water cylinders, new builds, bathroom renovations, plumbing maintenance, kitchens, toilets, spouting, water mains, burst pipes and dishwasher and washing machine installation. SPS Plumbing Services Limited - Scott Sutherland, Certifying Plumber. Phone 0274 300 251 or visit www.nocowboys.co.nz/businesses/sps-plumbing-services.



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Hot Property



Greenhithe living offers the best of old and new

Close community ties, excellent design and flow meets five star construction, this home offers the best of modern living, modern materials within a historic coastal community.

Simply put, Universal homes has delivered a home that was ahead of its time, delivering an intelligent entertainers design and flow which incor-

porates one of the very best on market Hitex Diamond Cavity System to ensure an enduring warm and dry home.

Design and flow sometimes combine to deliver a very easy home to live in and which encourages family peace and harmony. This is such a home. As you enter the home you get a feel of space, in part due to a step down open plan environment which links seamlessly with the alfresco living that the home delivers.

Entertainer's kitchen has a breakfast area and links into a second lounge or cozy which opens onto the patio area. Across from a central hall three

Hot Property



generous rooms with ensuite and central bathroom, while the four bedroom can double as an office/ study or guest room.

This is a delightful home, enjoying big sunshine, excellent build qualities, a build pedigree and excellent entertainer's family flow.

Situated a short distance from Greenhithe village, local school, parks and motorway access.

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



Central's Tips

September 2019



It's a great time to replant your veggie garden, get snails under control and rejuvenate your lawns after the cold winter months. It's also a good time to plant shrubs and fruit trees, make sure you give them lots of compost and fertiliser to give them the best start.



Plant tomatoes

Tomatoes can be planted in pots or vegetable gardens as spring warms up. Vine types grow tall and require support so at planting put a tall stake beside them to train them as they grow.

In the Veggie Patch

- **It's important to get on top of snails** now so that your plants aren't eaten beyond salvation: after winter rain colonies of snails and slugs should be dealt with using pet and bird friendly controls or try a natural take on things: leave a tilted jar of beer half buried in the soil overnight, near your lush seedlings. Attracted to the yeast, they crawl in and drown.
- **Growing tomatoes in small spaces:** An excellent non-climbing type is Scoresby Dwarf. Try the tumbling tomato varieties in a hanging basket or pot - it's a space saving way to grow cocktail size tomatoes. But if you can only grow one tall tomato variety Sweet 100s are hardy and heavy cropping.
- **Make sure all vegetable seedlings are planted with quality compost** (Living Earth organic certified) or top up raised beds and gardens with Living Earth Garden Mix.
- **Fancy growing the food your parents or grandparents used to eat?** Varieties of seeds, seedlings or plants labelled 'heritage' are usually collected from plants that are older and not commercially hybridized

The rest of the Garden

- **Great time to control weeds emerging in your lawn** - one of the best options is spraying with Prolawn Broadsword which attacks the weeds but leaves the grass intact. Or, it can be very satisfying to spend half a day gently digging them out. After weeding, sprinkle a bit of lawn mix and seed into the empty patches.
- **Planting shrubs and annuals can be done now.** Use top quality mixes and apply mulch straight after planting. Larger plants and trees in exposed areas need to be staked now, before spring winds begin.
- **Plant deciduous fruit trees** like plums, peaches, apples and pears to get them settled in before summer. Citrus trees can also go into the ground. Remember, if your soil is clay, a handful of gypsum in the planting hole will help.
- **Pretty spring-flowering shrubs enhance the seasonal change.** Plant the Californian lilac (ceanothus), Mexican orange blossom (choisyas), lavenders and the petite NZ kowhai, Dragon's Gold.

Project for September

It's a great month to sow a lawn!

To find out what you'll need see our Sowing a lawn video on our Youtube channel:

<https://centrallandscapes.co.nz/pages/sowing-a-lawn-video/>

and check out our products here:

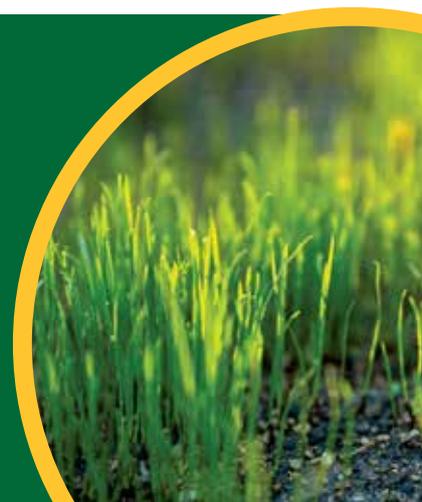
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Lawn sowing Check List

- Prolawn Grass Seed
- Prolawn Turfmaster Starter Fertiliser
- Living Earth Lawn Mix
- Waikato Topsoil





CENTRAL

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Time to get those vegetables growing! For the best start we recommend Living Earth Garden Mix plus we have a great range of mixes, fertilisers and mulches for all types of gardening this spring.

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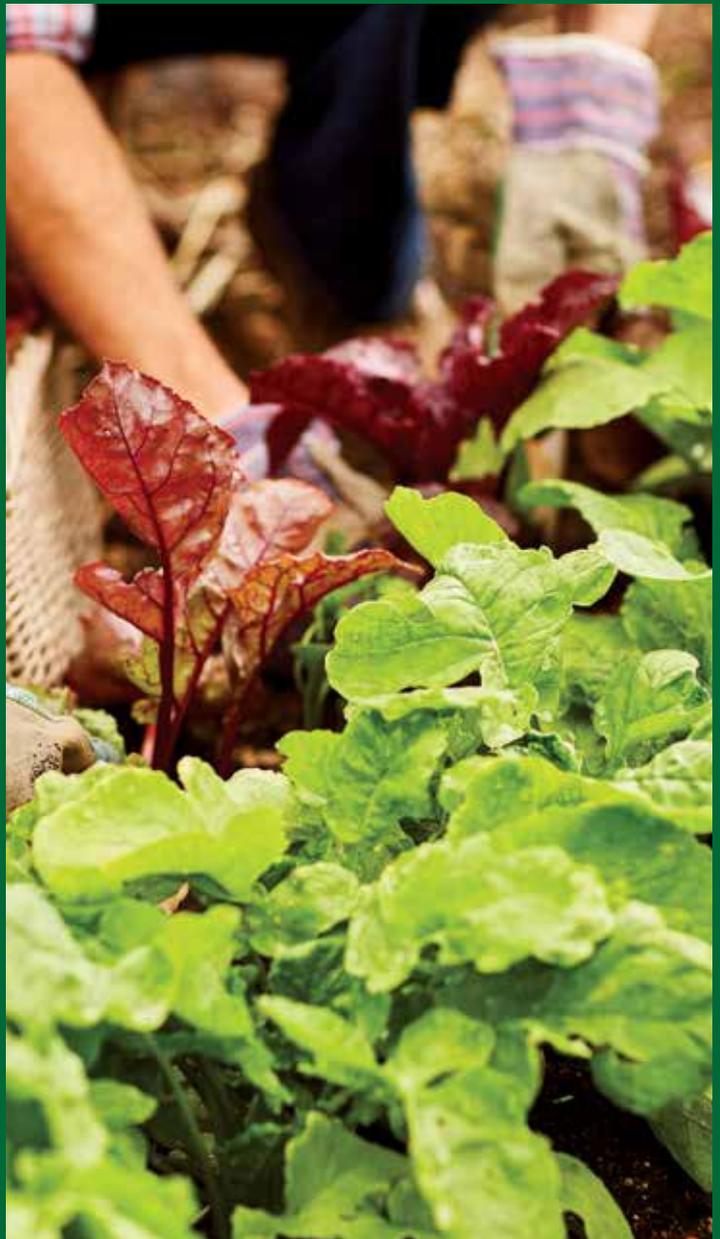
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Monday - Friday: 7am - 5pm

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Build New

Maddren Homes strike gold again

Building award-winning homes is nothing new for Maddren Homes but they appreciate the recognition all the same, having just picked up three golds at the Registered Builders House of the Year awards.

The long-established, local building company took out three categories; the Carters New Home \$1-1.5 million, the Placemakers New Home \$450-600,000 and the Builders Own Home. General Manager Rodger Scott says Maddren Homes doesn't set out to win awards – "we just build a house to the highest standard we can, using a traditional craftsmanship approach." The three golds will add to the collection of almost 50 awards they have scooped over the years. The judges were clearly impressed with their work and their attention to detail that went into the homes. The Carters New Home award went to a stunning country mansion in Wainui, Auckland. With boundless views offering a peaceful backdrop, the 340sqm weatherboard exudes grand country charm. Sweeping raked ceilings extend across both sides, majestically housing the central kitchen gateway to two generous, sun-drenched wings. Light floods the central living space and colonial entertainer's kitchen with scultery that Gordon Ramsey would feel at home in. The Builders Own Home



won gold for a striking, black and white 2-storey 280sqm weatherboard in Millwater. Its pitch roof surrounds an urban oasis, complete with baby lap pool and outdoor decking for al fresco living year round. It has all the bells and whistles with a hidden pantry, power-drawer and hi-tech touches including a key-less front door entry pad. The Placemakers New Home gold went to a spacious, 209sqm L-shaped, family home set amongst the rolling greenery of North-Auckland. Elegant black brick entry walls separate feature cedar panelling with raking ceilings fitted with speakers that flow the length of the honey-toned central living space, giving a nod to Scandinavian minimalism.

Signature Homes

Whether you're building a small two-bed cottage or a designer homestead, find out everything you need to know about financing and pricing your new home.

How much does it cost to build a Signature home?

Our Pacific and Smart Collection homes have price guidelines and all plans are available to view here. However, every family is different and the perfect home for

you may require tweaking or different consents from your local council. There are also regional differences for building homes, based on Building



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Contact Dean Pritchard for more information

P: 027 471 1886 | 0800 020 600

E: deanpritchard@signature.co.nz

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Build New

Code requirements for the region, and every section is also different and requires various site works that will impact the total cost to build. The great thing is that once you've moved through our design process, you will know exactly how much your Signature home is going to cost upfront prior to signing a build contract, and that price is guaranteed.

What deposit do I need to build a Signature home?

You can build your own Signature home with as little as 5 percent* deposit. Due to the security and reliability of Signature Homes' market-leading guarantees, Sovereign Home Loans (part of ASB Bank and the backers of NewBuild Finance) can offer Signature Homes clients their specialised home-loan services for building a new home through NewBuild, specialists in construction finance. Visit NewBuild and use the Home Loan Qualifying Calculator to find out if you are eligible.

What is construction finance?

Construction Finance is similar to a mortgage but is used to fund the building of a home. There are different progress payment schedules and conditions which can be negotiated with a specialist construction finance lender or your bank, and each lender's offering is slightly different. Because a new home build is built over a period of time you should only ever pay for work once it has been completed at pre-agreed stages of the build. This ensures the builders get paid regularly (progressively) through the build and also that you only draw down funds as required. Once the build is completed and the final payment is made the end sum is then generally moved into a standard mortgage arrangement. It's best to discuss your options with your bank or broker as our clients often negotiate their lending depending on what they can afford, to continue to pay rent or the mortgage on an existing home.

Call our team at Signature Homes North West to discuss your options;

obligation free 0800 020 600. www.signature.co.nz.

Maddren Homes tradie of the month

He's not quite the man of steel but he's pretty darn close, which is why Conrad Erceg from Goldsworthy Sheetmetal Ltd is the Maddren Homes Tradie of the Month. Conrad and the team are the go-to people for all things stainless steel fabrication. When it comes to building, their expertise and quick-turnaround are vital in keeping a house project on track and they always go the extra mile. Whether its shower trays or flashings, powder-coated colours or not, Conrad ensures a job well done with a smile. Good on you Conrad, you've earned a voucher from our proud sponsor Western ITM. Keep up the great work.



Exciting New Showhome



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Pets

When ear mites strike

"Ear mites are a common complaint," says Dr. William Miller, Dermatology Chief at Cornell University

Ear mites are small, barely visible and think your cat's ears are the perfect place to live. Kittens are frequent carriers.

"The mite doesn't live in the environment for very long, so transmission from one cat to the next is by direct contact with an infected cat

Definitive diagnosis is achieved at the vet clinic via a microscope. Ears with severe infestations will look gross and smell.

Treatment

Ear-mite infestations are treated with a topical medication. Follow prescription instructions and complete the full course of medication to get the best results.

Prevention

Keeping your cat indoors will go a long way toward preventing an ear-mite infestation. If you have multiple cats, Dr. Miller warns, "If one cat in a household has ear mites, it would be assumed that all the cats might have mites and should be evaluated or treated for ear mites."

For the full article go to our facebook page www.facebook.com/kanikapark/notes. P 09 411 5326 | kanikapark.nz | info@kanikapark.nz



Another photo session I recently did was for Jipsy (pictured). She is an elderly girl, and although she is still the happiest wee thing, her health is declining due to old age. She is her mum's entire world and we had the best morning at the Auckland Botanic Gardens finding gorgeous photo opportunities and letting Jipsy have a fabulous time. The experience and memories of the photo session itself is almost as valuable as the resulting photos (which turned out beautifully).

I can't stress enough how special it is to have quality photos of your pets. They are our family after all. If you are wanting some photographic art of your own pets, don't hesitate to contact me for a chat. I am based in Taupaki, but travel all over Auckland as a specialist in on-location photography utilising natural light. All of the information about packages and pricing is on my website, along with a gallery of some of my favourite work. www.dogandco.nz.

Cat lovers urgently needed

Volunteers required to help with cleaning duties etc. at a cat rescue shelter in Huapai. Can you spare two or three hours once a week? Also loving homes needed for some of the friendly rescue cats. Donations appreciated at thenzcatfoundation.org.nz. Phone 09 412 2636 or 021 929 999 for further information.



Everlasting memories

Put yourself in my shoes for a second. You have been booked as a photographer to capture beautiful professional photos of a beloved pet rabbit. It is elderly and unwell, deaf and blind. Woah! That is both a massive challenge, as well as a big responsibility! You are tasked with creating photos that a family will cherish forever. This was a scenario I found myself in just last week. I love the challenge and appreciate how rewarding these photo shoots can be.

A large amount of the photoshoots I do are for elderly pets. There is nothing more special than capturing special moments and memories of your pet through photographic art, especially when they are in their golden years. I just love photographing the different aspects of their personality, their quirks, and cutest qualities.



Kids Safe with Dogs Charitable Trust

Wow what a difference a year makes. With lots of hard work, support and dedication the team at Kids Safe with Dogs they are achieving great things.

Last year we told you the story of Kids Safe with Dogs Charitable Trust who with their series of cartoon dogs, Jelly and friends, aim to educate children on dog safety with the goal of reducing dog bites in New Zealand.

In the past year they have started working with 11 different local boards in Auckland and are continuing to work with Whangarei and Kaipara District Councils as well as now working with Queenstown Lakes District Council.



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Pets

With the funding and support that they have received in 2018 they have been able to offer their programme to over 51 schools and over 5700 students in the Auckland area. Henderson Massey Local Board and Waitakere Trust in The Million Dollar Mission have donated over \$8000 which has contributed greatly to the number of children educated in West Auckland. We have been approached by another 36 schools with over 13,500 children all expressing interest in having us go into their schools.

Over the past year not only has the programme been delivered in schools, but the charity also partnered with Animates who ran the course in their stores as a holiday programme in January and are planning to run it again in October. This means that the holiday program will be available all across NZ in Animates' 44 stores.

'We could not do what we do without the support of the local community, our instructors and their dogs' says Jo Clough. One of the favourites is a local puppy called Beans, he is a West Auckland resident and very popular with the children. Beans had to go through a rigorous temperament test to ensure that he was suitable to go into schools and yes, all the instructors are police checked and also trained on our ethos and how to deliver the course'.

"It is incredibly important to us that each of the programmes are designed and taught in a way suitable for the age groups they are aimed at. To ensure we achieved this, we flew to Palmerston North and got the programmes peer reviewed by Kirsty Ross PhD PGDipClinPsych, Senior Lecturer & Senior Clinical Psychologist at Massey University. She stated "I was very impressed with their commitment to the latest research and their desire to make the materials as developmentally appropriate as possible, as well as looking at a family centred approach to the topic. I am delighted at the prospect of ongoing contact with Dog Safe around the issue of children's interactions with dogs and the psychological outcomes."

"It has been a very exciting time and we are now talking to local boards to see if we can work with them to bring a Canine Body Language course to the community" says Jo. "The course is also available online but we are looking to deliver community courses at local schools or community halls that will be available to the general public. It has been designed for people who have dogs, or thinking of getting a dog; people who are scared of dogs or for parents who have concerns that their children are over confident with dogs. Basically everyone" Jo laughed. "The course is a lot of fun and very educational, as well as dispelling some very common myths about canine body language it also informs you and demonstrates some behaviours that are often missed."

"It's all well and good teaching the children but we cannot solely rely on their education to reduce the problem. There are some situations that can occur when dogs can give off subtle signs when they are stressed or fearful, that children may miss. By educating the parents, teachers and general public it allows us to be able to add another dimension to keeping children and the general public safe" says Jo. "Dogs are like people they have their off days too, or they may be tired, feel unwell, they may be scared of people when they are wearing hats or sunglasses. Each dog is different but they all display similar signals that with a bit of training and education we can all learn".

"Watch this space we have so much more we want to achieve. We are in the process of applying for funding to get some books printed. Linda Guirey one of our instructors, an award winning speaker and author very kindly wrote a series of stories about Jelly in everyday situations. The stories are adorable and very relevant for young children. Fingers crossed we will be able to get them printed and ready for distribution by the end of the year".

If you would like more information about Kids Safe with Dogs or want to look at the Canine Body Language course you can email then on kids@dogsafeworkplace.com or call 0508 DOG SAFE.

Spring into Vets North

For many years Vets North has been serving the Kumeu community at our Clinic in Access Road. On 1st September we will be relaunching our Clinic at 344 Main Road, Huapai.

Vets North Huapai will offer all the services you would expect of a vet clinic with the additional benefit of a veterinary hospital just down the road.

Our Huapai Clinic will be staffed by two senior veterinarians; Mark Anderson & Elsa Flint who bring both stability & knowledge. Appointments can be made from 8am weekdays. Every Thursday we will have late night appointments until 8pm. Vets North Huapai will also offer "cat only" appointment blocks for felines that experience stress due to the presence of dogs.

To introduce the Clinic to you & your pets we are offering free dog & cat wellness checks for the month of September. We will be running free seminars in September on; why cats pee inside & anxiety barking in dogs with Elsa who is one of the few veterinary behaviorists in N.Z. Spaces will be limited.



Spring Into Huapai

Veterinarian

Animal Behaviour & Physiotherapy Clinic

Open Weekdays 8am - 5.30pm

Late Night Thursday until 8pm

Late night by appointment only, no walk ins.



Spring in for September Specials

Free Dog or Cat Wellness Consult

Full body health check, including eyes, ears & teeth.

**Consult does not include any medications or additional tests. Available at VN Huapai Only.*



September Behaviour Seminars

Free - Spaces Limited - Book Now

10th Sept. 6.30pm: Why Does My Cat Pee Inside?

24th Sept. 6.30pm: Separation Anxiety in Dogs

09 412 7577

Emergency 027 495 7986

344 Main Road, Huapai



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Food & Beverages

Café Botannix is located inside of Palmers Westgate

Serving breakfast through to afternoon tea, Café Botannix offers a delicious menu featuring the finest seasonal produce and cabinets full of freshly baked treats and savoury delights made on site daily.

One of the most popular dishes on the menu is the Slow Cooked Beef Cheek served on a herb mash with mushrooms and bacon lardons, drizzled with a mustard jus.

For those with a bit of a sweet tooth, The French Brulee, brioche French toast, rhubarb compote, oat crumble, berry sorbet served with a vanilla crème brulee is a must have.

Open 7 days from 8.30am. Phone 09 810 8385 | www.palmers.co.nz/caf-botannix



Just Jess Cake Co

Just Jess Cake Co is a local, home based and registered A grade cakery. Based in Hobsonville Point and owned by Jess Hekkens - a 24 year old caker, custom cookie and donut maker. And that's right - it's called Just Jess, because there's just her (for now!). Specializing in beautiful buttercream cakes, Jess will work with you to create something gorgeous for your next event and can even accompany this with all your sweet needs including her custom-stamped cookies, or fluffy fresh donuts. Just Jess's donuts have earned themselves a bit of a following all over Auckland, with people lining up at her door for her famous 'donut day' pre-orders or following her from market to market throughout the summer. Jess not only makes a range of delicious and stunning treats, but she also has her own line of cake-decorating tools for the every day home baker and modern caker, to help you replicate her dreamy buttercream cakes at home.

Just Jess Cake Co - where your buttercream dreams come true. You can keep up with Jess at the following links:



Geoff Dobson
MEDIA

P 027 757 8251

E geoffdobson2017@gmail.com



Website: www.justjess.co.nz - pricing and online store.

Instagram: @justjesscakeco and Facebook: Just Cake Co: where she shares the day to day ins and outs of being a young woman running her own business, and pictures and videos of her creations.

Youtube: Just Jess Cake Co - tutorial videos.

Allely Estate

Christmas parties can be a nightmare: hard to organise, tricky trying to find something everyone wants to do, arranging the travel to and from... Well, wave goodbye to Waiheke and keep it local this year - join other local companies at Christmas at the Estate on Sunday 15th December, for an afternoon in the sun. Your team can enjoy a relaxed afternoon outdoors, with a gourmet BBQ, dessert (including pav and trifle, of course), festive drinks, games in the garden, fun inter-company competitions (with great prizes!) and a live DJ. It will be a chilled, fun way to celebrate the start of the silly season, close to home! We're looking forward to hosting you - for more information or to book your spot, please email athina@allelyestate.co.nz or check out www.allelyestate.co.nz.



This cuts the mustard

Mustard has been around since time immemorial and has an amazing reputation in culinary applications as well as traditional herbal medicine. Hailed by the Father of Medicine himself, Hippocrates, mustard is credited with improving digestion, assisting diabetes management and balancing fluids.

NoShortcuts Mustard Pickle is low in salt and goes well with ham, bacon and corned beef, is delicious with strong cheeses, sausages and mash, and a tasty favourite in sandwiches.

There are no artificial fillers, flavours or preservatives and every jar is packed full of fresh seasonal vegetables; it's handmade - just like mum made.

NoShortcuts produces for today's time-poor yet health-conscious and environmentally aware consumers, a range of traditional chutney, pickle, relish and jam that is wholesome, real food, in the fast and easy convenience of a recyclable glass jar.



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Food & Beverages

For more info, go to www.noshortcuts.co.nz or Noshortcutsnz on Facebook and you can follow noshortcutschutneys on Instagram.

The Herbalist Craft Beer

Following on from our Mulled IPA recipe last month, this Mulled Rosemary & Liquorice Ale is deliciously rich and warming on these cold evenings.

Mulled ale ingredients: 500ml The Herbalist Rosemary & Liquorice Ale, 2 tablespoons maple syrup, 1 teaspoon liquorice root, 1 x cinnamon stick, 1 x 5cm sprig of fresh rosemary, 1 tablespoon sliced fresh ginger, 3 whole cloves, 2 cardamom pods crushed and ¼ fresh lemon.

Method: Place all ingredients into a saucepan and bring to the boil then remove from the heat and cover. Allow to cool slightly whilst the ingredients infuse, then serve warm paired with blue cheese or your favourite chocolate, ginger or lemon dessert.

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



us on 09 412 2824.

Collaboration time

Hallertau Thomson Whisky Barrel Aged Stout 10% is the annual release for this in-house collaboration between Thomson Whisky & Hallertau Brewery. Notes of bitter chocolate, espresso coffee, a soupcon of vanilla and a whiff of whisky. A wintery drop for sure. Now available in 330ml bottles for the first time.



Peko Peko

We are back! How long have you missed the Japanese rice bowls from Peko Peko? We traded in a trailer beside Hobsonville road till March last year. After 17 months, we are back, and upgraded! Visit our new place on 6/102C Hobsonville Rd next to Hobsonville Primary school, between Midpoint cafe and Pizza Hutt. Lunch 11am - 2pm (Monday - Friday), dinner 4:30pm - 8pm (Monday - Saturday). Both eat-in and takeaway are available. Look forward to seeing you soon, Peko Peko team.



Celebrate your Christmas at Soljans Estate Winery

Soljans Estate Winery is the perfect venue to host your company's Christmas party.

Our award winning chefs have put together some delicious Christmas menus that pair perfectly with Soljans' excellent selection of wines. Soljans offers the perfect vineyard setting, and with an outdoor area attached to our private function room; it's perfect during the summer months.

Here at Soljans, we can cater for up to 100 people. With our high quality service and flexible facilities, we have the capability to accommodate all your needs, so get in quick! Available dates fill up fast. For more information please contact our functions coordinator Chloe Wintour at functions@soljans.co.nz or phone



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Health & Beauty

Introducing Steph Pingyin

We'd like to take this opportunity to introduce Steph Pingyin, the newest edition to our growing Hobsonville Podiatry team. She is passionate about podiatry and enjoys working with people from all walks of life. Steph has a strong belief that every person is unique and therefore utilises a wide-range of treatments to help patients get back on their feet. Among these is orthotic prescription, hands on foot mobilising, acupuncture & exercise prescription.



Steph spent two years in America studying Health Science and playing college level volleyball, which is where she found her passion for lower limb biomechanical injury and rehabilitation. Upon returning home, she decided to deepen her knowledge in the lower-limb by studying a Bachelor of Health Science in Podiatry. Steph understands the Podiatric profession is constantly evolving and she is driven to stay up to date with the latest research.

During the weekend, you will find Steph down at the volleyball courts or enjoying the sun at her local beach.

Hobsonville Podiatry – 124 Hobsonville Road, Hobsonville. Phone 09 390 4184 or www.hobsonvillepodiatry.co.nz.

Want to feel fitter and more confident, ready for summer?

Don't have hours for the gym or the gym is not your scene?

It's ok, you don't need a lot of time, space or equipment to get results.

You don't even need to be fit to start!

How awesome is that?

All you need is simple moves, set up on a functional way and easy enough that you can stick to it consistently.

That's exactly what I specialise in and I can show you exactly how to do it and have fun along the way too.

Whether it's in our small group sessions (max 4ppl) or in a private 1on1 session, there are options for all levels and all budgets.



If you don't already know who I am, I'm Melissa and I create simple fitness for busy lifestyles.

If you are ready to get started and fit back into your fav jeans, slip into your summer dress or be able to confidently wear sleeveless tops... I'm that lady that can help you do just that.

PM me or welcome to txt/call me 021 798 435 and let's catch up to chat about what your goals are and how we can get you there.

Ps post workout selfie after my Sunday session in our cute little studio.

Father's Day gifts and cards

At Hobsonville Optometrists - Glasses and Gifts.

Every year the hunt is on to find something for the man of the house.

We specialise in gifts for men and have a very broad selection which we hope can provide you with a gift or a card to make his day.

Come in and browse!!!!

413A Hobsonville Road, Hobsonville - open every day but Sunday.



"Bend at the knees" and other myths exploded

As a man with Ankylosing Spondylitis (arthritis of the spine) I am very aware how back pain can affect your enjoyment of life. Let's face it, any muscle or joint pain sucks. So why is bending at the knees so wrong? Apparently, bending at the knees puts enormous load on the knee joints potentially leading to knee joint damage. Plus, it doesn't save your back. To protect your back, you need to learn to move through the hips, keep a straight (not rounded) spine, and build strength in the muscles of the spine and back of the legs. Bring on yoga! Yoga encourages proper posture and spine mobility. Yoga is a great antidote to modern work and travel methods (i.e. sitting).

Osteoarthritis is NOT wear and tear

My old textbooks say that osteoarthritis (joint pain) is a disease of wear and tear and doesn't involve inflammation. Wrong again. Inflammation is a significant factor in osteoarthritis. Which means that the treatment of osteoarthritis should not just involve pain relief and glucosamine to rebuild the worn-out cartilage. It should aim to reduce inflammation. But how? Well it is not with magic pills as you see advertised on TV. The most significant contributor to inflammation is the modern diet. Nutri-

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Health & Beauty

tion, nutrition, nutrition my friends!

Changing your diet to be anti-inflammatory does not mean living on broccoli and carrots for the rest of your life. I love my food and I love my health. For these reasons I certainly don't eat a standard kiwi diet. But I do eat very delicious and satisfying anti-inflammatory meals and snacks (thanks to my wife).

There are also key nutrients that have recently been discovered that resolve existing inflammation like magic. These nutrients are naturally made by some people. But other people lack the ability to convert their food into these inflammation-resolving nutrients. There are some new tests available through Massey Unichem Pharmacy and Nutrition Medicine™ Clinic that can tell you if your body can naturally produce these inflammation-resolving nutrients.

Our pharmacist health coaches and Nutrition Medicine™ clinic practitioners can advise you on the best way for you to resolve your inflammation and joint pain. Being able to move without pain means you can keep doing your favourite exercises and keep heart disease and diabetes away too.

Is stretching your back in the morning a good idea?

Did you know that our spinal discs swell overnight? That is why we are taller in the morning than the evening. If you have disc related back pain then this could be a reason why it can be worse in the morning when you wake up and is also the reason why flexing the lower back (bending forward) first thing in the morning is not ideal.

The best bet is to wait until you have been up and about for at least half an hour but preferably an hour before doing those forward bending stretches.

If you want to find out more about disc injuries and back pain head over to the blog on our website, www.elevatechiropractic.co.nz, there is lots more information there.

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

What to expect when having a treatment with me

A question that I'm often asked is "what type of massage do you do?" – I do relaxation, therapeutic, sports, pregnancy, oncology massage, manual lymphatic drainage and neuromuscular therapy. However, I have other skillsets too, like dry-needling, cupping, scar tissue release, myofascial release and specific scoliosis skills. Ultimately, I aim to help my clients as best I can, utilising a variety of skillsets to achieve a positive result.



As mentioned, I have many tools in my toolbox, and as each person is unique, your treatment will be unique to your requirements. There is no cookie-cutter treatment - I view the body as an open system, with the understanding that the brain and nervous system are in control of everything. I find the nervous system fascinating and this is where I focus a lot of my therapeutic intervention. In order to measure altered neural function I have acquired skills in a number of non-invasive techniques which can be used to measure changes in neural processing and function. Using various assessments, orthopaedic and manual muscle-testing, swipes and taps I can 'log into your network' to observe where your system is down/up-regulated and with the input of the correct stimulus, more-often-than-not, we get a positive outcome where the system improves or clears up altogether. I find that getting the nervous system back online first, helps to facilitate the hands-on body work and my clients experience longer lasting results.

Depending on how long you have had a problem, one session is not going to resolve the issue, as true change takes time. For issues outside of my scope of practice, I have a network of professionals to refer you to.

If you're dealing with dysfunction or ongoing pain feel free to contact me, Debbie, from Realign Massage and Neuromuscular Therapy on 021 120 2175 – or go online and book an appointment.

Spring is in the air!

Which means allergies are too. Common symptoms of eye allergies include watery/itchy eyes, redness and even a burning sensation and can be caused by:

- Outdoor allergens, such as pollens from grass, trees and weeds.
- Indoor allergens, such as pet dander, dust mites and mould.



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- Irritants, such as cigarette smoke, perfume and diesel exhaust.

The good news? All of these symptoms are treatable here at Westgate Optometrists! Simply phone us on 09 831 0202 to arrange a consult with one of our therapeutically endorsed optometrists. Located at 1/7 Maki Street, Westgate Shopping Centre. Just around the corner from Robert Harris Café.

Tips to stop sore feet

I often get asked by people, what they can do about sore feet, so here are my top tips:

- Don't wear the same pair of shoes every day. Different shoes hit different pressure points on your feet, in fact just changing your shoes when you have sore feet, will make your feet feel better.
- Adopt a foot and toe stretching exercise program
- Treat your feet to a massage or soak them in a bowl of water with essential oils, such as peppermint and then sit down and put your feet up above waist height, this will reduce any chances of swelling and will also make you feel better as you relax
- High Heels can also cause foot pain, it is recommended that you don't wear higher than a 3" heel and wear ones with padding under the ball of the foot.
- Invest in a massage ball, you can even use this when you are at your desk, to promote the blood flow through your feet.

And the top tip is

Wear shoes that fit you properly. This means:

- If a shoe feels painful when you try it on, it is not going to get any better.



- Shoes will stretch in width (if they are leather) but not in length.
- If you need to get additional width, go up in size, like clothing, there is no standard fits in footwear sizing either, so you won't always be a size 8!
- If you suffer with feet that swell, try shoes on at the end of the day
- You should be able to wiggle your toes, when you have the shoes on, otherwise the toe box is too tight for you.

Your amazing eyes

Eyes are one of the most fascinating and complex parts of the body. How much do you really know about them, and how they work? More facts from Matthew and Molly about your amazing eyes...



1. Red-eye in photos is caused by light from the flash bouncing off tiny capillary blood vessels in your eyes.
2. If the human eye was a digital camera, it would have 576 megapixels.
3. On average, you will blink approximately 4,200,000 times in a single year.
4. We need two eyeballs to give us depth perception – comparing two images allows us to determine how far away an object is from us.
5. The world's most common eye colour is brown.
6. The first blue-eyed person is said to have lived 6,000-10,000 years ago.

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

Meet our chiropractors

We love to check and adjust spines here at Kumeu Chiropractic, and have over fifty years combined experience in caring for our people of all ages, and backgrounds.

Chris McMaster has been a Chiropractor for over thirty years and has practiced in West and Nor West Auckland most of that time. He also managed practices in Ireland and the Middle East while away from New Zealand for nine years, returning to Kumeu early 2011.

Chris loves his sport and has been lucky enough to provide Chiropractic care to many representative and amateur sports enthusiasts over the years. He enjoys the preventative and performance aspect of how Chiropractic care can assist people to achieve their individual goals.

Nolene McMaster graduated in the very first class of the New Zealand College of Chiropractic in 1999 and has been in practice with husband Chris ever since. She is an avid artist and paints whenever she can, florals being a favourite subject. She was born and raised in Taupaki and went to Massey High School before having careers as both a nurse and Police officer, in West Auckland.

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Sindre Stoeten is the newest member of the team and is also a New Zealand College of Chiropractic graduate. Sindre is originally from Norway and has a background in elite sports having competed in cross-country skiing at a high level. Sindre is passionate as to how regular Chiropractic care has been shown to positively affect the lives and well-being of all, regardless of their age or actual state of health.

All our Chiropractors would love to be able to assist you with any Chiropractic concerns you may have, so give us a call at Kumeu Chiropractic – phone 09 412 5536.

Loose dentures, never fear, same day service is here

Don't wait days or even over night to get your loose dentures fixed! Here at DT Denture Clinic we offer a same day service. We can offer this service as we have an in-house laboratory. We don't need to send your denture across town or even overseas! It's all done on premises. The great news for you, is that you do not have to wait overnight or even longer for your dentures.



When you have a denture made, the fitting surface of the denture is a duplication of what your mouth 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 relines is where we renew the fitting surface, updating it to what you have presently, this helping minimizing the looseness and helps prevent likelihood of embarrassing breakages. Call through for a free consultation DT Denture Clinic 09 416 5072.

Fishing injuries

Many people enjoy fishing on a recreational or competitive level! Most of the time fishing is considered an enjoyable activity where you can relax out of the water enjoying the sun and a good time. However, fishing can also result in many different types of hand or upper-limb injury including traumatic or overuse.

Common traumatic fishing injuries: Finger fractures/Finger strains: i.e. from getting your finger stuck between your boat and the landing surface. Wrist or hand injuries: i.e. slipping and falling on wet rocks and landing on an outstretched hand

Common overuse finger injuries: Carpal tunnel syndrome: which results

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from compression of the median nerve, causing numbness or altered sensation of the thumb, index or middle fingers. Elbow or forearm pain: from flipping or pitching your fishing line frequently.

Come and see us today at the Hand Institute and we can help you recover quickly from your injury. If your injury is as a result of an accident we can treat you in the ACC contract. We can register your claim and send you for x-rays or other tests that you may require. If your pain is as the result of an overuse injury we can treat you privately. We have two convenient clinic locations in Huapai and Rosedale. Contact us today for an appointment.

Huapai clinic: 321 Main Road, Huapai, phone 09 412 8558. Rosedale Clinic: 5 Home Place, Rosedale, phone 09 479 8438.

Top Notch

As the weather starts to get warmer, so does the aim to get out and about and enjoy the weather and improve your fitness! If you have taken to hibernation this winter the best advice is 'steady as you go' – gradually building your fitness up over time is the key to reducing injury. When you are starting out on an exercise regime it is a good idea to know how to appropriately load the body so that it can adapt and cope with what you are now asking of it.

Load can be the number of reps you do with weight training, it also can be the total amount of activity you do a week, how long you do it for (duration), how fast or slow you do it (speed) and we also have to remember are you getting adequate rest – this most important part of managing how you can negate injuries and where you make your biggest gains. We can help you with addressing fatigue, low performance, mitigate muscle soreness and any niggles to help keep up with your training. Book online at www.topnotchbodyworks.co.nz or call 09 212 8753. Ask for our ACC registered Osteo's David and Daniel or, the Massage Therapy team who are experts in helping you to be at your best. Because you know, your body deserves better.

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Area Columnists

When is your career only half yours?

When you're in a relationship you make decisions as if you always will be a team, like putting your career on hold to raise the kids. But what happens when it's all over, and "team spirit" is in short supply?

A lot has been happening in this area of law that you might like to know about. In this article we talk about a landmark decision of the Supreme Court that has shaken things up by taking real steps to even up the financial positions of parties to long relationships.

Scott v Williams was a case about two lawyers, a husband and wife, who decided that one of them would stop working to run the household and care for the couple's children, and the other would keep working full time as a lawyer. Eventually the career-partner became a partner in his own firm. When they separated, of course the career partner had the ability to earn a very high salary, whereas the stay at home partner could earn only a small fraction of what she would have had if their roles had been reversed.

While they were a team the division of roles worked well for them both. But the effect of their roles was that he ended up with a valuable asset, and she didn't.

When the case got to the Supreme Court, the judges dusted off a law that had fallen into disuse (Section 15 of the Property (Relationships) Act 1976). They decided it wasn't a "just division" of relationship property unless the stay at home partner got a return on the years of investment in the other partner's earning power. The result was to increase the stay at home partner's share of their relationship property...in that case by over \$500,000!

Now if that doesn't seem fair to you, if you've been burned in a pre-

vious relationship break up, you might want a 'prenup' (or contracting out agreement). You may wish to "contract out" of the law so that your beloved knows you will only enter a relationship if at the end of it you can take your full earning power and if they've stunted theirs (by caring for your children), that's tough.

Or you could accept that if you're building a family and you go onwards and upwards with your career and your partner goes backwards in theirs, there will need to be a rebalancing if the relationship doesn't go the distance.

Or after an honest discussion, you could come up with your own agreement about how you would compensate the non-career partner for the effects of how you plan to divide the roles (and record it in a prenup).

Whichever way you'd like to go, the right legal advice is essential. If you're wanting to talk about a contracting out agreement, you're dealing with a claim for a disparity under Section 15, or you should be making a claim, call us for expert advice.

Your friendly local lawyers – Taina Henderson 027 537 9222, Shelley Funnell 027 537 9221 and the rest of the team on 09 281 3723.

Impairment risks

No matter what changes to the law are made, drugs and alcohol affect a worker's ability to work long after taking them.

The effects of being hung over from taking drugs or drinking alcohol becomes a safety concern for not only yourself but also your boss and workmates.

The effect of alcohol and drugs can include impaired vision, loss of hearing and muscle coordination. Add loss of alertness and attention to detail and a recipe for harm especially in risky operations such as roofing, or driving jobs is heightened.

In health people are affected by alcohol and drugs will experience hangovers, gastric upsets and fatigue.

Decision making by people who use alcohol or drugs often make poor decisions that can lead to serious harm injuries.

Both legal and illegal drugs can have an influence on your ability to work safely.

To confirm that a person has an alcohol or drug problem you need to observe and recognise the unsafe behaviour. Non action may lead to a serious accident perhaps involving your workmate or one that affects yourself. While many businesses carry out pre-employment and possibly random drug testing, companies do not realise that they can carry out reasonable cause testing.

Signs that alcohol or drugs may be affecting a workmate include sweating, weight loss, chills or shivering, physical deterioration and change in appearance. Excessive talking, poor coordination and concentration, lack of energy, motivation and unpredictable behaviour, arguments and sudden outbursts and withdrawal from others could all be signs that



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Area Columnists

someone is under the influence. Increased aggression, high anxiety, apparent stress, denial of issues, depression, paranoia, frequent absence from work, changes in attitude, poor time keeping and careless and frequent accidents are other symptoms.

So what do we do? In terms of health and safety it is important that unsafe behaviour in the workplace is addressed as soon as possible in order to prevent injury. Let's face it we all want to head home after work to our families at the end of a day's work.

For further information on health and safety contact John Riddell from Securo email securo4@securo.co.nz or check out www.securo.co.nz.

Looming paper recycling issues

Auckland Council is keen to undertake an in-depth feasibility study to find a solution for New Zealand's looming paper and cardboard recycling crisis, as a matter of urgent priority. In recognition of the need for a coordinated national approach, there is support for urgent action from local authorities across New Zealand.



The study would further existing work undertaken over the last 12 months by the Ministry for the Environment's National Resource Recovery Taskforce and Auckland Council, focusing on how to best manage and process paper collected in local recycling systems across New Zealand.

"As Kiwis, we are committed to recycling our used paper. We all want to keep doing the right thing. With changing global markets and limited onshore processing facilities, we lack the capacity to deal with our own paper. Finding a New Zealand-based solution is a pressing need," says Councillor Penny Hulse, the council's Chair of the Community and Environment Committee.

"The solution needs to be financially sustainable and work for all of New Zealand. But we need to move quickly to complete the detailed analysis and then get on with the job of making it happen," says Parul Sood, Programme Director – Waste Solutions.

Illegal dumping of rubbish

When you see waste dumped in public places, call the Illegal Dumping Hotline, 0800 NO DUMP (0800 663 867) which operates 24 hours a day, seven days a week, to allow Aucklanders to report the illegal dumping

of rubbish on public property. Eyewitness reports or camera footage can provide Auckland Council with sufficient evidence to enable them to issue a Litter Infringement Notice, which carries a fine of up to \$400 for the offender.

Your rubbish is your responsibility and dumping rubbish is illegal. If you've got items that are unsuitable for your rubbish or recycling collection, there are lots of ways you can get rid of them. Give it away to friends, family, community organisations, or charity shops (during business hours only). Repair it - increasingly, there are community repair sheds emerging around the city where people can take items to be repaired and/or learn how to repair them. Upcycle or re-purpose the materials - It is possible for the item to be upcycled or re-purposed? Are there valuable raw materials that can be re-used or recycled? For example, scrap metal, e-waste, timber, etc. There are eight Community Recycling Centres around Auckland. People can drop off unwanted items and materials for reuse and recycling at these facilities. The aim is to reduce waste to landfill by reusing, re-purposing and recycling as much as possible. Set the items aside and book an inorganic collection.

Sort your rubbish and put recyclable items in your Council kerbside recycling bin. If you have too much rubbish for your rubbish bin or have items that are too large or not accepted in the council's kerbside collections, such as garden waste, hazardous materials, and scrap metal, take your waste to your local transfer station. To find out what else you can do and for more handy tips, visit www.makethemostofwaste.co.nz.

A familiar face gets a makeover

An iconic part of our streets and neighbourhoods for the past two decades, Neighbourhood Support New Zealand is ushering in a new chapter with the launch of a fresh logo.



Neighbourhood Support Waitakere is part of a nationwide community-led movement that brings people and neighbourhoods together, creating safe, resilient and connected communities.

We have active Neighbourhood Street Groups throughout the Massey / West Harbour and Hobsonville areas. Contact us today about connecting to your local group, and if there isn't a group in your street we will help you with all the resources to get one started - it's that simple - let's connect!

Why join? A well-connected community helps to improve the safety, resilience and wellbeing of all residents.

When you join a Neighbourhood Support group you will; Have a great way to get to know the people that live around you. Receive emails and

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alerts that will keep you up to date with news from our community partners including NZ Police. Gain tips and resources to improve your household and neighbourhood safety. Learn how you can be better prepared for emergencies. By working together we can support each other, solve local issues and make our neighbourhoods safer and more welcoming.

Neighbours that know each other are more likely to offer, accept and ask for help when they need it. Let's build a stronger community by staying more connected.

Best of all, it's free to join. Phone 09 838 0132. Email neighbourhoodsupportwaitakere@gmail.com or visit www.nswaitakere.org.nz.

What does the Massey Community Patrol do?

It's late Saturday evening, the skies are clear and the temperature is a chilly 8 degrees when we begin our patrol. We have 3 people in the car tonight – one of them has never been on a late night weekend patrol – they're in for a real treat tonight!



We log onto Comms – this is where we say who we are, how long we intend to be out for and if they have anything they want us to do. We cover a large area, so chances are, there's something – even if it is just a check on somewhere.

Our first task is a reassurance check on a neighbourhood the Police are monitoring. There's a party just starting up on the street, but there are no issues.

Our next destination is a commercial area – lots of opportunity for theft, dumpster diving, fighting and of course, people under the influence of drugs or alcohol. In a quieter part of the area, we spot a vehicle of interest. We give Comms a call, it's a good outcome and the vehicle was later followed up with Police.

We move onto a different suburb and can hear the Police helicopter coming over from south. It's getting closer and then begins circling near us – we know somethings up, so we drive around the area, keeping a special eye out for anything out of the ordinary. The chopper is still circling as we come up to a police car, have a chat with the cop – he says there's been a house burglary on a nearby street, they've left on foot and headed in this direction. Delta teams are already walking the park too and they ask us to stay in the ar-ee. Eyes and Ears for Police. It's quite exciting and we're all on high alert. Unfortunately for us – we didn't see them.

It's now well into the early hours, the temp is down to 6 degrees – lucky

we dress warmly! The suburb's occupants may never know we were there, but we know.

Finally back at base and home to bed. It's been quite an eventful evening, hopefully a learning experience for all involved and until next time, stay safe everyone.

PM us on Facebook (Massey Community Patrol - CPNZ) or call Massey Police station 09 832 4099 for an application form if you would like to join. Age is no barrier 18-80+, full training given, work with your local cops and get your own "better work stories" as extra eyes and ears.

Refill your drink bottle for free

Auckland Council is proud to join the 'refillution' with selected libraries, and all pools and leisure centres registering as official 'RefillINZ Stations' – places where people are welcome to stop in and refill their reusable water bottles for free, no questions asked.

The joint venture between Council, Wai Auckland, and RefillINZ aims to promote tap water as the first, easy, healthy, and environmentally-responsible choice for people. Not-for-profit organisation, RefillINZ, is a grass roots movement to prevent plastic pollution by making it easier to refill your reusable water bottle on the go.

"Tap water is a winner on every front," says Kim Taunga, Head of Community Libraries – South & East. "It's readily available, good for us, cost-effective, and cuts back on single-use plastic water bottles."

Reducing domestic violence

New Support Programme Set to Reduce Impact of Domestic Violence on The Trusts Team Members

The Trusts West Auckland has become the first hospitality organisation in the country to receive the DVFREE Tick - an independent certification of their support for staff who are impacted by domestic violence.

Around one in three NZ women are physically or sexually abused by a partner or ex-partner in their lifetime, with half of all NZ murders domestic-related. In addition, domestic violence costs employers \$368 million annually as a result of lost productivity.

The DVFREE Tick was established by Shine, a national domestic abuse charity, to help businesses support staff impacted by family violence.

The Trusts CEO Simon Wickham says store and venue managers have completed training to ensure they know how to assist any staff members



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or colleagues experiencing domestic violence. Frontline team members will also receive training to let them know what support is available.

He says The Trusts employs more than 320 staff throughout their retail and hospitality network, with many expressing support for the initiative.

Wickham says those staff who have been victims of abuse can expect 10 annual domestic violence leave days, support from 'trained responders', a change in work duties, hours or location and other measures to make them safer at work.

He says as an example of how the new policies will be implemented, the organisation may step in and serve trespass notices against anyone who has used violence towards a staff member.

"The formalisation of policies around domestic violence has sent a clear message to our staff that we are putting the infrastructure and training in place to ensure they are protected and supported within the workplace. "Our trained first responders will listen to our staff members safety concerns, work with them to create their own personal safety plans, assist with access to helplines and services and support them during their working hours," says Wickham.

"While we are known for our financial contributions to organisations in the community - including those who support people impacted by domestic violence, we also want our staff to know that if they are impacted by domestic violence in any way we will be there for them," he says.

DVFREE Advisor Holly Carrington congratulates The Trusts for achieving the certification and says the programme has been successful in the other organisations it has been implemented in.

"Other organisations taking similar steps with DVFREE have seen a significant increase in staff disclosing domestic violence and seeking help,

while their trained 'First Responders' and managers report increased confidence in responding effectively to these disclosures," she says.

What is the cost of a life?

\$18 - I hope that puts things into perspective.

Recently Fire and Emergency has released information highlighting the best early warning alert for our homes. Photoelectric alarms work using a photoelectric sensor and a light source. As smoke enters the chamber and crosses the path of the light beam, light is scattered by the smoke particles, aiming it toward the sensor, which in turn triggers the alarm. This system is fast, accurate and gives very few false alarm activations.

The battery life of the Photoelectric is 10 years and the batteries can't be taken out. Therefore they are not only reliable, they are efficient and non-tamper. Therefore in rental accommodation, private homes and public areas, these devices are a big improvement from what we have used before.

Photoelectric alarms should be placed flat to the ceiling in the hallway, immediately outside the bedroom, this delivers the maximum timeframe from alert to evacuation. See www.escapemyhouse.co.nz for escape planning. An evacuation route should be discussed by occupants in the



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

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

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

In response to advertiser demand we offer the following options:

Business Card Advertising:

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



Display Advertising:

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



Front Cover and Inside Page:

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



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



Contact us today at editorial@thewesterly.co.nz
or phone John Williamson on 021 028 54178 or
email jbw51red@googlemail.com

Area Columnists

home or building (tenants/ family/ colleagues) and you should have an agreed meeting place (by default many people have this as their letter box or assembly area).

If you need assistance installing your photoelectric smoke alarms please contact Waitakere Fire on 09 810 9251 (please leave a message as this is a volunteer station) or email me directly with your name, contact phone number and address to graham.mcintyre@fireandemergency.nz.

Pictured: In life, we try to balance purpose, friendship and family, and through being a volunteer we meet up with great mates, have loads of laughs, and work side by side in high stress environments. Graham McIntyre CFO and Ryan Jackson SFF before the SkyTower Firefighter Stair Climb.

Kiwi Tennis at West Harbour Tennis Club

Do you want to join the best tennis coaching programme in Auckland? At Kiwi Tennis we run junior programmes that cater for any age or ability from a complete beginner through to a national competitor.



Not only is tennis an amazing way for children to stay physically active but our qualified tennis coaching professionals will help your children to develop lifelong skills.

Children will learn social skills such as leadership, teamwork and communication through the interaction on and off the court with other children, coaches and sporting officials.

Our fun, progressive programmes will also help to enhance cognitive skills, which in turn can boost positive attitudes, behaviours and even concentration! By using modified tennis equipment to suit all ages and abilities we'll help to boost your children's self esteem and confidence.

Why not sign your child up to one of our amazing coaching sessions or October holiday camps at West Harbour Tennis Club?

More information can be found by visiting www.kiwitennis.co.nz/programme/west-harbour-tennis-club. Feel free to contact us at coaching@kiwitennis.co.nz or on 022 898 1212.

Playhouse Theatre Inc - Dishing up the spam!

Coming to The Glen Eden Playhouse Theatre, from Sept 28th is the mu-

sical Monty Python's SPAMALOT.

Based on the 1975 movie, SPAMALOT is a hilarious musical that pokes jolly good fun at the Arthurian Legend as he, and his Knights of the Round Table quest for The Holy Grail.

Audiences worldwide have loved Spamalot for its sneaky parodies of many revered musicals, but more particularly for its many classic Python irreverent jibes at Church and State as King Arthur canters through two hours of fish dancing, plague, taunting Frenchmen, elderberries and coconut shells to retrieve the cup believed to be that which Jesus used at The Last Supper. He battles a Black Knight, finds love with a Lady who lives in a Lake, suffers disobedient servants, loneliness and a giant rabbit whilst still managing to "always look on the bright side of life."

Spamalot is produced by West Auckland's premier theatre company, Playhouse Theatre Inc, with the entire creative team sourced from our West Auckland artistic community.

The season runs for 2 weeks from Sept 28 to Oct 12th at 15 Glendale Road, Glen Eden. Tickets are \$25.00 with a 10% discount for Group bookings of 8+. Visit our website at www.pti.net.nz where you can book tickets.

Promoting diversity

\$1 Million Charitable Initiative Offers Support to Promote Diversity

Auckland charities are being invited to apply for part of a million dollar fund with the allocation of money decided by public vote.

Additional support is also being offered to charitable organisations to help break down barriers which prevent greater diversity and inclusiveness.

The Million Dollar Mission is part of The Trusts West Auckland - a social enterprise which returns profits from the retail sale of alcohol, its hospitality business and investments back into the community.

More than 100 charities, schools, clubs and other local organisations have received \$3 million in donations from the Trusts online platform since 2016. The groups use the funding to complete a wide range of education, health, sporting, environmental and other initiatives that support the West Auckland community.

This year applications are being sought from a wide range of local organisations to ensure a level of diversity among the funding recipients which reflects the demographic profile of West Auckland. Additional support is being offered to some groups to help them complete their application.

CEO of The Trusts Simon Wickham says often many of the groups that are the most in need of funding may be smaller in size and may not have the internal infrastructure or commercial experience in fundraising applications - which can be off-putting for them.

"We would really encourage charities and groups of any size to come forward and talk to us, we will help them put together their application if needed and work with them on the process to ensure they have the visibility they need when it comes to attracting public votes.



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"Increasing community awareness of the organisations involved in the funding application is one of the key outcomes of the Million Dollar Mission.

"Beyond the completion of their specific projects, we want those groups that are involved to be able to use the platform to increase their current membership and support base throughout the region," he says.

Wickham says the West Auckland community is one of the most ethnically diverse in the country and they also want to ensure their funding process is inclusive and reflects the region.

"As an example, we have large populations of Maori, Pasifika, Indian, and Chinese residents living in our area who all have organisations working to support them; there may also be other groups who could use the funding to complete their projects such as those in LGBTQ+ community.

"Ultimately the Trusts are there to support the entire West Auckland community, and we are committed to breaking down any barriers that may prevent any local groups from applying," he says.

Applications will run between August 19 – 27 September. Finalists will be selected by a panel of Elected Members and members of the public and announced on October 14, just prior to the opening of public voting on October 22. For more information visit www.milliondollarmission.co.nz.

Sharing our stories

Two creative workshops for ESOL / Migrant New Zealanders 15 - 25 years. Saturdays 21 and 28 September 10.30 - 1pm at Te Manawa, 11 Kohuhu Lane, Westgate (opposite the mall).



Do you love writing stories and poems? Are you interested in writing and sharing stories with peers? Would you like to combine your cultures in your writing, but you're not quite sure how that might work? Would you like to read some short texts by NZ and international writers, and try new ways of crafting your work? Is publication one of your goals? Do you enjoy meeting people whose families are new New Zealanders and who know other languages?

If so, join Ros and Jo to write, share and publish. Register at youngwriters@writerscentre.org.nz Thanks to Mt Tuhi Foundation for the grant which has enabled this project.

Ros Ali and Jo Emeney are experienced teachers of English language, Literature and Creative Writing. They coordinate the Young Writers Programme, facilitate the delivery of its content, and edit its annual literary journal, Signals. Submissions to Signals open 6 September and close 14 October. Those who participate in the course will be encouraged to submit work.

This FREE creative writing course is for 15 - 25 year-olds from families that speak a language other than English in the home and who'd like to write and share their stories. To register, students simply email youngwriters@writerscentre.org.nz with name, school, year group and contact phone number. Register now. Closes 7 September 2019.

Pre-season lawnmower and weed eater servicing

Believe it or not, spring is all but here. That means the grass is growing and so are the weeds. This becomes a very busy time for our lawnmower service and repair workshop, causing some un-wanted delays for repairs when machines are most needed. So to help, at Grasslands we are encouraging our customers to have their lawnmowers, ride-on lawnmowers and grass & scrub cutters serviced now, to avoid any delays. This means the machines are ready to go when you need them. We offer a pick-up & delivery service, so give us a call on 09 412 7880 or book on-line at www.grasslands.co.nz, or you can just bring you equipment to our Kumeu store at 20 Shamrock Drive Kumeu at your convenience Monday to Friday 8:00 to 5:00, or Saturday 8:30 to 3:00. Grasslands are your local Outdoor Power Equipment Specialists.



Country Club Huapai opens

The multi-million dollar Country Club Huapai lifestyle living development for over 60s has been officially opened.

Project developer representatives Leigh Hopper of Hopper Development and Ian Boocock of Cabra Developments helped Country Club Huapai villa owner Graham Wallace cut the ribbon at the opening ceremony.



The first six villas are now complete and ready to occupy with the first stage to include 15.

A show home is open to visit Monday to Friday 10.30am to 2.30pm.

Facilities will include a restaurant and bar, meeting and social activity spaces, an indoor pool, spa, gym and outdoor leisure area including a

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bowling green.

More than 250 dwellings and an aged care facility are planned.

"It is great to open this village and as with all Hopper Living villages it will have a strong focus on lifestyle," Leigh Hopper says in thanking those who attended the opening.

The villas offer a new standard in retirement living and the village entry is framed by beautiful limestone walls. Visit www.countryclubhuapai.co.nz for more information.

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\$6,000 rewarded to the community

Almost 3,000 people have participated in the second annual NorthWest Shopping Centre initiative North-West Rewards and the winning schools have been announced. The aim of the NorthWest Shopping Centre initiative is to support the community and its local schools, providing potential opportunities for much needed resources.

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Thirteen schools in the north-west Auckland area, which is almost 6,000 children, encouraged their friends and families to shop at NorthWest Shopping Centre for four weeks from June 24 to July 21. NorthWest Shopping Centre donates \$6,000 by rewarding the top three schools with the highest average spend per student. The centre is really proud to be part of the community and are dedicated to providing support to local schools.

Customers simply partook by redeeming their receipt and voting for their favourite participating school.

Overall winner Whenuapai School took the top prize and have received a \$3,000 donation. Principal Raewyn Matthys-Morris is over the moon, "Thank you to all our Whenuapai School whanau and friends for contributing to this wonderful fundraiser. The donation will be put towards replacing our school play-grounds and we are absolutely delighted to be closer to our goal".

Second place went to Waimauku School, who received \$2,000. Principal Gary Pasfield commented, "We are absolutely thrilled at coming second and will be using the money to purchase much-needed Robotics for our new digital curriculum. Thank you NorthWest Shopping Centre once again for supporting the local schools and providing this opportunity".

Third place winners Waitakere Primary received \$1,000 donation. Principal Heather Atkinson reports this will greatly support their Technology programming. Presentations are taking place at these schools in forthcoming weeks.

North West Country winners

The winners and the highly commended have been selected from more than 70 nominations and 47 finalists in the third annual North West Country Business Awards.



Helensville Women and Family Centre won the Supreme Award and topped the new Not for Profit category, with Nelene De Beer and Helen Smith accepting the award.

"A very well-run organisation that provides an invaluable service," judges say. "Great involvement in the local community."

North West Country manager Phelan Pirrie says not for profit organisations run like businesses and deal with clients in the same way many businesses do.

"So we felt it was worth recognising the hard work these organisations do for our community."

Citizens Advice Bureau Helensville gained a highly commended in the

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Not for Profit sector.

The People's Choice Award from among more than 6000 people who voted during the awards process went to The Secret Garden Preschool Huapai.

It also won the Professional Services category.

"A well-presented entry with obvious high regard for their kids, and their quality offering. An obviously well run and popular member of the community," judges say.

Highly commended in Professional Services were Burmester Realty and Harcourts Helensville.

The awards night was held at The Riverhead before about 180 guests, the venue appropriately winning the Contemporary Dining & Bistro category, accepted by owners Paula and Stephen Peperall.

"A comprehensive approach to every aspect of their business with a dedication to the community, their staff and customers. Always changing to meet the market, including doing more to get more out of the winter months. An outstanding corporate citizen," judges says.

Hallertau Brewery and The Hunting Lodge were highly commended.

In the related Family, Informal Dining & Takeaways category, The Beer Spot Kumeu won the top award, accepted by Jason Payn and Laurence Van Dam.

"A great business idea and innovation," judges say. "The Beer Spot has made a huge impression locally and it's clear it's by no accident. Their model with suppliers and enjoying food trucks is disruptive, innovative and clearly a winner."

The Beer Spot also gained an Innovation Award in the 2019 Retail NZ Awards and won the Westpac Auckland Business Award for Best Emerging Business – North/West last year.

Highly commended in the Family, Informal Dining & Takeaways sector was WOW Sushi.

The top Retail Award went to Stihl Shop Kumeu.

"Fantastic submission, great presentation," judges say.

The Source Bulk Foods Kumeu was highly commended.

Kumeu Dental won the Health & Beauty Award.

"An impressive company with good growth where it seems staff welfare is paramount. Good levels of staff training evident. A highly professional and well-run practice," judges say.

Highly commended were Craigweil House and The Body Clinic.

NPD Maintenance won the Manufacturing & Trade Services Award, Warren Dobbe accepting the honour.

"Impressed by your focus on clients and their needs and your emphasis on honesty and trust," judges say.

Parakai Automotive 2016 was highly commended.

Country Meat Processors in Kaukapakapa packed away the Rural Services Award, accepted by Nadia Mead.

"Very impressive, your focus on meeting your customers' needs is great," judges say.

Tree Adventures gained the Recreation Award.

"A wonderful business for the North West area, with a clear commitment to the environment and customer experience," judges comment.

KC Fit was highly commended.

The awards allow local businesses to showcase themselves and gain valuable feedback on their operations and customer service.

Entrants were assessed on the same criteria, including a public vote, independent judging panel and mystery shopping.

North West Country is a business association representing 500 businesses from Kaukapakapa to Riverhead including Helensville, Parakai, Kumeu and Huapai. Search for North West Country on Facebook for more photos and information.

West Harbour Tide Chart

Date	High	Low	High	Low	High
Sun 1 Sep	-	02:10	08:35	14:30	20:56
Mon 2 Sep	-	03:01	09:26	15:21	21:47
Tue 3 Sep	-	03:52	10:16	16:11	22:38
Wed 4 Sep	-	04:43	11:07	17:03	23:30
Thu 5 Sep	-	05:34	11:58	17:57	-
Fri 6 Sep	00:22	06:26	12:53	18:54	-
Sat 7 Sep	01:15	07:21	13:51	19:54	-
Sun 8 Sep	02:11	08:20	14:52	20:56	-
Mon 9 Sep	03:09	09:22	15:52	21:55	-
Tue 10 Sep	04:09	10:23	16:50	22:51	-
Wed 11 Sep	05:07	11:19	17:42	23:42	-
Thu 12 Sep	06:00	12:07	18:29	-	-
Fri 13 Sep	-	00:28	06:48	12:50	19:12
Sat 14 Sep	-	01:10	07:32	13:29	19:52
Sun 15 Sep	-	01:49	08:11	14:05	20:30
Mon 16 Sep	-	02:27	08:48	14:41	21:06
Tue 17 Sep	-	03:04	09:23	15:16	21:43
Wed 18 Sep	-	03:41	09:59	15:53	22:20
Thu 19 Sep	-	04:18	10:35	16:31	22:58
Fri 20 Sep	-	04:57	11:15	17:13	23:40
Sat 21 Sep	-	05:39	11:59	18:00	-
Sun 22 Sep	00:25	06:25	12:49	18:54	-
Mon 23 Sep	01:16	07:19	13:472	19:55	-
Tue 24 Sep	02:14	08:21	14:51	21:00	-
Wed 25 Sep	03:18	09:28	15:57	22:04	-
Thu 26 Sep	04:25	10:33	16:59	23:05	-
Fri 27 Sep	05:29	11:32	17:56	-	-
Sat 28 Sep	-	00:02	06:28	12:28	18:51
Sun 29 Sep	-	00:570	07:23	13:20	19:43
Mon 30 Sep	-	01:490	08:15	14:11	20:35

Source: LINZ

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