

the **Westerly**

FREE monthly community magazine for Massey to Hobsonville

PROPERTY MARKET REPORT

IT'S A DOG'S LIFE

- Sunderland lounge
- Home and garden
- Community notices
- Food & beverage

BUILD NEW

Circulation is 12,000 print copies.

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

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

June 2016

Intro

After an unexpectedly warm autumn, we must prepare ourselves for the change of season as we enter winter. Your June edition of the Westerly has plenty of ideas and views to keep you entertained as the focus turns towards fewer outdoor activities (though sports news isn't forgotten). There is a myriad of choices available locally. These range from early days, with facilities for parents and children, carrying your baby in a sling, supporting education for older children, and activities for cadets to the other end of the age spectrum where Seniors get together to grips with computers. A local teenager reflects on the experience of a first orienteering competition. There is also a wide array of foods and food outlets promoted across the region, as well as advice on growing and using herbs and ideas for the garden. Find details of the Hobsonville Heritage Project – perhaps you could contribute.

This edition also contains plenty of advice on health matters, from the various medical and dental services locally to avoiding winter injuries or who to see to fix that pain. Have you got a dispute or complaint about a service? Maybe the Citizens Advice Bureau can help. Preparing for a wedding? There are ideas for planning the day and what to wear. There is the regular advice section for bringing happiness to our pets. And of course there are full details of the property market and how to make the best of preparing your home.

Thanks for reading, and once again, please mention the Westerly when you contact our advertisers.

John,
Editor



the Westerly

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Community notices

Car boot sale

We're holding a car boot sale on Saturday 25th June starting at 7:30am to fundraise for Lighthouse Playgroup. Come and show your support for this wonderful place in our local community for Mums and preschoolers. If you would like to register your boot, please contact the office on 09 416 6787 or email: office@westgatebaptist.org.nz. \$10 per boot.

Cruise destination: Alaska

With over 4000 New Zealanders cruising Alaska last year, taking the opportunity to see wildlife such as whales, bald eagles, and grizzly bears, in addition to the spectacular glaciers, this serene destination remains a favourite for those nature lovers out there. Travel on board the Island Princess from Vancouver, Canada for seven nights to Whittier, Alaska. In addition to three beautiful ports of call in Skagway, Juneau, & Ketchikan, the real highlight is the day spent scenic cruising in Glacier Bay. You can follow the cruise with a 3-8 day tour of inland Alaska, staying at five star hotels & experience the wilds of Alaska in comfort. With Air New Zealand flying direct to Vancouver 5 times a week, it has never been easier to experience The Last Frontier. If you are interested in this cruise, or any other travel, get in touch with Cruiseabout Westgate on 0800 338 152.

Safe driving tips with Bridgestone Tyre Centre, Westgate

The weather is starting to turn for the worst and conditions on the roads are challenging! When the weather is wet the accident rate increases so it pays to be aware of the risks - one of the major risks is hydroplaning. Hydroplaning occurs when a layer of water builds between the wheels and the road surface, it can lead to a loss of traction and the driver is often unable to control the car, it can be a very scary experience, especially when there is oncoming traffic. You can avoid hydroplaning by making sure the tread on your tyres is thick enough and by slowing down. When it comes to speed on a wet road, slow down and avoid sharp braking. Call to see the Team at Bridgestone Tyre Centre Westgate (behind McDonalds) phone 09 833 8555, we are happy to check the tread on your tyres, no charge - our job is to keep you safe on the road.

Quality European Motorhomes and caravans from Euro RV Ltd

If you are looking for a quality RV at a fair price Euro RV Ltd is the place to go. This family owned and operated business has imported European RVs since 2006 and is currently the exclusive importer for German made Eura Mobil motorhomes as well as the French made Caravelair and Sterckeman caravan brands. Euro RV's focus is on customer service as well as value for money. Because they buy directly from the manufacturer the savings are getting passed on to their customers. Full factory support means comprehensive warranties and easy spare parts supply. There are 2 new models on display at their yard, a Caravelair Allegra 475 with french bed and an Allegra 470 with island bed configuration. All caravans and motorhomes come fully certified and set up for freedom camping. Please visit their website euro-rv.co.nz for more information or ring Rainer on 021 266 3602 or 09 832 0064 for inquiries, catalog orders and appointments to view.

What will you do with your free toolkit?

Every household within The Trusts' boundaries will receive a voucher in the mailbox for a FREE toolkit starting 2nd May 2016. The voucher has clear instructions on what to do and should have been delivered to your letterbox. You are able to take the toolkit voucher along with a proof of address (such as an electricity or phone bill) to any of our West Liquor or Village Wine & Spirits stores to claim your free toolkit. One FREE toolkit will be donated per household and vouchers are valid until 31 July 2016 or until stocks lasts. Do you live within The Trusts' boundaries but haven't received your voucher? Visit www.thetrusts.co.nz/toolkit.

West Auckland Space

West Auckland SPACE has a new programme starting this month in Kumeu. Parents and their babies will get to meet each week to enjoy play/music, development discussions & guest speakers. A new baby can be very isolating. The focus of SPACE is to bring parents together as a community to enjoy playing with

Susan Annett
LICENSED SALESPERSON





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their babies. The SPACE programme has been designed to support parents through the first year of their child's developmental journey. The programme runs weekly for 3-4 terms (i.e. 30-40 weeks). The sessions are run by qualified facilitators who have knowledge, experience, and training in early childhood care and education. Parents love the support and ongoing friendships they make at SPACE. They also love the ideas and confidence that builds as they interact with baby in a supportive environment. For further information and to enrol please email space@teakoranga.org.nz or phone 09 09 838 8849 to enquire further.



One year, your life – make it happen

If you keep trying to succeed - but just keep getting the same results - then this is the place for you to BREAK THROUGH the barriers that are holding you back! As a Consulting Psychologist and Transformational Life Success Coach, Published Author and Supervisor and Trainer with more than 25years experience, my mission is to help you SEE -and ENGAGE in a new vision and new possibilities for your life. I use powerful transformational principles to help those who are open and willing to dramatically improve their results - and live the expanded life they have always wanted. If you are READY to become AWARE of just how much you are capable of I can teach you powerful strategies that BROADEN and BUILD on your personal strengths and lead to outstanding results! Contact Michelle: oneyearyourlife@yahoo.com, 021 053 1754 or find us on Facebook: www.facebook.com/oneyearyourlife.

No shortcuts

With a love of good, honest food, Mary Brons is the brains behind the artisan relishes and chutneys of NoShortcuts. Mary quite literally takes no shortcuts when creating her beautiful products. With traditional methods and minimal ingredients, Mary achieves a taste that reminds us of the good old days where we needed no nasty additives to produce great flavour. Mary makes her chutneys and relishes with recipes she knows are tried and true. NoShortcuts products are cooked the old-fashioned way, in small batches with quality ingredients – just like Mum made. The cooking and preservation process



may be labour-intensive, but the results are worth the effort. NoShortcuts products are proudly Hand Made and 100% New Zealand owned and operated. Mary sells her products at the Hobsonville Point Farmers Market. She also supplies a number of other outlets. Hop on line and visit www.noshortcuts.co.nz and follow Noshortcutsnz on Facebook or noshortcutschutneys on Instagram.

A Bin Ltd

A Bin Ltd is a boutique mini skips business based in West Harbour, servicing most of Auckland City including Kumeu, Huapai and Waimauku. I will travel to Helensville for a small extra charge. I tip at the Envirowaste transfer station where recycling is a priority. Green waste and hard fill are always recycled. Also if you have items like appliances that are in good condition I will try to find a new home for them, just let me know when ordering a bin. I provide a cost effective and reliable mini skip service. My truck is a smaller type vehicle which allows for greater access to difficult sites and minimising damage to your property and driveway. Bin hire is usually four days but I can extend by arrangement when ordering. I can arrange bigger bins up to 15 cubic metres as I have a link with three other companies to meet customer requirements. Check me out on www.abin.co.nz or Facebook. Give Stuart a ring on 027 4747 149 or 09 416 4045 (after hours).



\$75 = Exposure for a month

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



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WEDDINGS/SPECIAL OCCASIONS

Safercommunities

Firefighter Sky Tower stair challenge

On 28th May 2016, four members of the Waitakere Volunteer Fire Brigade joined the 850 firefighters from around NZ, Australia and the USA to brave the Sky Tower's 51 flights, 1103 steps while wearing 25kg of full firefighting gear and breathing apparatus to fundraise for Leukaemia and Blood Cancer NZ.

The four team members are Stephen Bishop, Anthony Hellyer, Jamie Shaw and William Grigg.

The total funds raised for Leukaemia and Blood Cancer NZ last year exceeded \$1 Million and they hope to raise the same or more this year.

Remember if you call 111 for our assistance please have your family outside at the safe meeting point, a person at your driveway entrance to signal where the house is, especially on rural roads, and if you have a gate please ensure it is unlocked.

Denis Cooper, Officer in Charge - Waitakere Volunteer Fire Brigade, phone 09 810 9251.

Not sure how to get a dispute sorted?

At the Citizens Advice Bureau in Massey we get a lot of enquiries from people who don't know how to sort out a problem they have with a service provider, whether it's a shop, tradie, employment situation, rental problem, or the power company.

Last week we had a case where there was confusion around rent paid in advance, as it was now the end of the tenancy and the landlord had a different view from the tenant. In another case a client had concerns around why the repair bill for their car was so high. We've had clients with complaints with purchases from nappies and electronic goods to problems with cars.

Lots of people don't know how to complain effectively, or aren't sure if there's a specific complaints organisation they can go to if they aren't able to sort things out with the other party.

There are a few simple rules of thumb to complaining effectively. First of all you need to be clear in your mind about what the problem is, and what you want them to do about it (within reason). Gather together any evidence you have to support your complaint, such as receipts, emails, photos and so on.

Be calm and polite when you make your complaint. It's a good idea to raise any issues in writing, so that you have a record of

this communication. This can be by email.

If you can't reach an agreement you can apply to the appropriate complaints organization. For example, for tenancy disputes you would apply to the Tenancy Tribunal; for disputes with your electricity or gas provider contact the Electricity and Gas Complaints Commission; for complaints about a real estate agent get in touch with the Real Estate Agents Authority.

It isn't always obvious which complaint resolution organisation you need to go to with your complaint, so if you aren't sure you can visit the Complaint Line website www.complaintline.org.nz - or come and see us at Citizens Advice Bureau Massey

There is lots of great information to help with your dispute on our website www.cab.org.nz, but sometimes it helps to talk about the issue with someone. You can just pop into the CAB Massey in the library building on the corner of Don Buck Rd and Westgate Dr or call 09 833 5775 and we can help you work through your options. If you think helping people with these sorts of situations would be rewarding for you contact Barbara at the CAB - 09 833 5775.

Community Policing centre

The good news is, over the past month, Police have seen a decrease in burglaries in our area.

Police advise that you to check your exterior security lighting and outbuilding security, as there has been a trend in outbuildings and sheds being targeted for burglaries.

Up until now we have been very lucky with the weather, in that there has not been as much rainfall as usual. As we all know, the Auckland winters can get very wet, and now would be a good time to have the tyres and brakes in your vehicles checked.

If you are concerned about incidents or activity in your area, please do not only post it to local Facebook pages, report it to Police, that way there are avenues for follow-up and investigation.

Police would like to thank those who have put their hands up to be liaisons for Neighbourhood Support groups in their given areas. If you are interested in starting up a Neighbourhood Support group in your area, please contact Community Constable Bevan Dennison at bevan.dennison@police.govt.nz.



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Hi Mike

Just writing to thank you very much for the opportunity to be a part of your organization in respect of providing us with Graham to sell our home. From the beginning Graham was positive and inspiring for us, he was very respectful and always followed through with his plans.

We tried three agents before we got to Graham and instantly took a shine to his honest, down to earth, kiwi approach. We felt like we had known him for a long time and trusted him to carry through with the job, of which he has done, we are very thankful for that.

I have worked as a Social Worker within the community for many years and as a result I am a good judge of character, and Graham was awesome to work with, my husband is a straight up Kiwi bloke and he enjoyed and trusted Graham to assist us in our venture. The experience is one we will never forget and has allowed us to move away to a quiet place to enjoy the rest of our lives.

Karen and Lee Tait
Henderson
Auckland



Graham McIntyre

027 632 0421 | 0800 900 700
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InBrief updates:events

Little Miss Enchanted

Little Miss Enchanted and The Little Vintage Party have teamed up to bring you the best at home fairy party experience for your child's special day.

We create a unique party setting and experience with everything you will need for a magical day.

Includes delivery for a beautiful 12 fairy party setting, party staging and pick up after the party. Beautiful fairy tutus and fairy garlands for the girls to wear, and an amazing fairy entertainer for an hour and a half who will play fun fairy games, help make fairy crafts, dance and sing. We take all the stress out of organizing a birthday event and create a magical party that your child and guests will never forget.

You can also book our amazing Little Miss Enchanted Fairy entertainer Aimee for your at home party. Aimee will come to your desired venue and entertain the children with songs, fairy games, dancing, crafts, bubble machine and more.

For more information or to book Aimee our amazing fairy entertainer please email info@littlemissenchanted.co.nz or info@thelittlevintageparty.co.nz.

Winter skin

The harsh winter elements are drying for our skin. If your skin feels dry Pure Allies has beautiful luxury body butters, made with organic, unrefined shea butter, and cocoa butter. Just divine. All products can be made to your requirements and preference with pure essential oils suitable for your needs. pureallies@gmail.com or Facebook: Pure Allies NZ.

North West shopping promotion winners announced

The North West District Business Association is thrilled to announce the winners of the recent Mother's Day promotion that was launched last month – Yvonne Dickson, Laura Richards, Keryn Langford, Vanessa Alex, Lizzie Traviss, Nick Gaites, Maree Evans and Stephanie Ross who each won one of the eight prizes that some great businesses throughout the North West Country had donated, just in time for Mother's Day.

With over 2,700 entries across 70 North West businesses, we think it is safe to call it a success, and would like to extend a

very big thank you to the businesses that took part, those that offered prizes, and the customers that entered. We hope this promotion will be the first of many, so keep your eyes out for our next promotion, Father's Day, while shopping in the North West Country area in a few months' time!

Orienteering - my first competition

The picturesque scene on the way to Kumeu soon turned into ramshackled houses and contorted trees as we wound our way down the pot holed road. A single sign read 'Orienteering up ahead'. Serious looking officials met the bus and beckoned all competitors to the start line. The painfully slow countdown began....knees knocking, heart thumping 5,4,3,2,1 GO! Off down the path, through the fields. The first control point ,check in 'done'...keep going, over the gate , the next control point ahead. "I can do this," I tell myself, only 12 controls to go. One by one I conquer them. The end is in sight, "run fast, overtake fellow competitors in front" a burst of energy, the finish line, relief. I did it. The shredded map is handed over to the finish-line judges. A feeling of achievement, my first orienteering competition completed.

Seniornet West Auckland

The West Auckland SeniorNet group has its Learning Centre at 67 Henderson Valley Road, Henderson, where we hold classes and workshops for members. All our tutors are volunteers and our classes are small. We are currently running groups for Windows 7, 8.1 and 10 also iPads. Various other subjects will be covered in the weeks to come. Our orientation days are popular with people who need help to decide which courses they need to get the most out of their computers and devices. Please ring Shirley on 09 817 0540 or Pam on 09 827 2156 and have a chat about joining our group, membership is open to anyone aged 50 plus.

On the 3rd Tuesday of each month we have a members meeting – friends welcome- held at the Kelston Community Centre, 135 Awaroa Rd, from 10am. Meet people with similar interests over morning tea. Our guest speakers are always interesting and cover a wide range of subjects from the Community Constable to high tech phones for the hard of hearing and of course anything in the IT field.

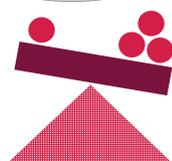
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ness is done online. So why not make it fun at the same time and you may even start a new hobby to claim your interest. For enquiries please phone Shirley on 09 817 0540 or Pam on 09 827 2156.

Your Resident and Ratepayers Association

The Massey Birdwood Settlers Association Incorporated was incorporated in 1925, one of the first resident and ratepayers associations in Auckland.

The objectives of the Society include the general advancement and improvement of the districts of Massey and Birdwood in the provincial district of Auckland and of the environments thereof, commercially and as a place of residence and otherwise howsoever; to cooperate with the statutory bodies in looking after the affairs of the districts of Massey and Birdwood and to ensure the maximum fair expenditure of the general rates levied by such bodies in the districts for the benefit of the ratepayers, residents and visitors.

Another of the objectives the Association included on its founding document (names like Luckens and Spargo) is to pursue and undertake any activity with the object of establishing, improving or preserving social, cultural or sporting activities or amenities or the unique environment of the Districts.

In plain English therefore, the Association represents your views to the local Council and Government, ensuring adequate resources are spent in the community that will benefit the whole community.

This Association is your Association – a voice to represent the community in matters relating to the way the City relates to all of us. Over the years many executive members of the Association have held elected positions within the City Council and Local Boards.

We have always made submissions to the Council on proposed rate increases as part of its role in ensuring local ratepayers are heard and the Council are aware that rate increase has a direct impact on many residents and local businesses budgets.

If you're a resident or ratepayer in our area (From Ranui to Westgate and all areas between) the Massey and Birdwood Settlers Association Incorporated is well worth joining for a membership of just \$1 (one dollar).

The Sunderland Lounge

The Sunderland Lounge is available to hire by the community. It is located off Marine Parade on Hobsonville Point, and is one of the old air force buildings. It is named after the Royal New Zealand Air Force Short Sunderland flying boats which were based at Hobsonville in the 1940s and 1950s. It was at one time the

Base cinema, and a place to gather socially. It was previously owned by the Hobsonville Land Company and was popular for weddings, birthday parties, theme parties, and even the temporary home for a local kindergarten. It is now managed by the Auckland Council as a community



facility that can be hired out for one-off events, community classes and regular bookings. Currently there are classes for dance and yoga, as well as the craft market and the Angelite Holistic Fair using the facility. Contact Auckland Council's Venue Hire team on 09 301 0101 for more information. Check out facilities and booking costs (only \$39 hourly at peak hours) at <https://bookings.aucklandcouncil.govt.nz/facilities/facility/sunderland-lounge>.

TS Bellona Sea Cadets

With the beginning of the school term, TS Bellona sea cadets are back in action. They participated in the ANZAC Day Dawn Service and Civil Service at East Coast Bay RSA. Our unit provided the Honour Guard at the Civilian Service, after which they placed their wreath at the Browns Bay Cenotaph. If you would like to learn more about sea cadets, look for us on Facebook (<https://m.facebook.com/SeaCadetsTSBellona/>) or come along to our weekly parade night



(during school terms): Thursdays, 6:45 - 9:00 pm in Hobsonville Yacht Club, at Hobsonville Point Farmers Market. Our recruitment officer is Andrew McHolm on 021 204 2420.

Wedding gown style

Choosing the right wedding gown for your big day can be a

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difficult decision, so having the support and advice of an experienced and friendly specialist like Andrea at Fancy Frocks is one way to make finding your perfect dress easy and enjoyable.

Fancy Frocks is Auckland's newest bridal showroom. Based in Beach Haven on the North Shore, Andrea has a large collection of beautiful wedding gowns for hire and for sale, along with bridesmaid dresses, flower-girl frocks and pageboy suits. Whether you're looking for a stunning designer piece or a gorgeous fashion gown, Andrea can help you find the perfect dress to reflect your personal style and capture your individual beauty, at a price you can afford.

At Fancy Frocks you'll find your dream gown for your special day – be it formal, casual or something in between. Contact Andrea today on 021 129 8537 or andrea@fancyfrocks.co.nz to book your free appointment.

Caption: A gorgeous designer gown from the Fancy Frocks collection (Photo courtesy of Sage Images).



A great venue for your special event

Are you looking for a venue to stage a concert, dance show or theatrical production or perhaps you need somewhere to run a workshop, business meeting, art exhibition or do some filming? Massey High School at 274 Don Buck Rd is home



of the Bruce Ritchie Performing Arts Centre (BRPAC), a state of the art facility that is suitable for a multitude of uses. First opened in 2011, the centre is continually booked by the school dance, drama and music departments but it is also available for a kaleidoscope of community and corporate events. Features of this excellent facility include a raked auditorium with up to 495 comfortable seats giving unobstructed views of the 11 metre wide, 8.5 metre deep, sprung stage (can be increased to 10 metres deep with a stage infill), excellent acoustics, full sound/lighting/curtain rigs, backstage area with dressing rooms and a mezzanine floor, a spacious foyer including a well-equipped café and a disability lift to the stage. Parking is available within the school grounds. Regarded by many professional musicians as being the best piano in the world, a Fazioli 288 Grand piano was very generously donated to the school and is also available for use by the greater community. The venue and hand-crafted piano have attracted many renowned artists including Michael Houstoun, Matteo Napoli, Dame Malvina Major and James Iohle. The Auckland Philharmonia and Auckland Youth Orchestras

perform regularly at the BRPAC. Community and professional hire of the theatre complex is tailored to after school hours during the week, weekends and during term breaks. The centre is very popular with dance companies especially in Terms 3 and 4 to stage their annual dance shows, competitions or prize giving. A flexible curtain rig makes the stage suitable for productions with large casts down to solo performances and a full size fabric cyclorama provides an excellent background for lighting effects and projection. An area in front of the stage can serve as an orchestra pit if required. Use of the BRPAC is not limited to the performing arts. Having auditorium seating that is easily accessible to the stage, the facility is very suitable for inter-active events such as seminars, company promotions, auctions and graduations. The large and attractive foyer is a great space for social get-togethers and exhibitions. Costs of hiring the theatre complex are very competitive and personnel are available to help ensure success for your event. If you and your associates would like to have a look at the Bruce Ritchie Performing Arts Centre, tours can be arranged by contacting Facilities Manager, Sheryl Watson phone 09 831 0500 ext 644 or email swatson@masseyhigh.school.nz. She would love to show you around.

Babywearing with Jess

Babywearing is the term used to describe the act of using a wrap, sling or carrier to hold and/or transport your baby or child. There has been an increasing number of parents today that have started to again utilise this parenting tool that our Western society has, in recent generations, forgotten. For thousands of years, parents all over the world



have strapped their babies to them in a variety of ways and continued about their daily lives & work with babies who cry less, settle more quickly, can nap on the go, even feed on the go; all while safe and close to their parent or caregiver, whom they are also bonding with and learning from in the process.

For my family, when my eldest son was first born, we discovered babywearing as a way for us to continue doing bushwalks, a favourite activity for my husband and I. Since having my second baby I have come to appreciate and embrace babywearing even more as it allows us to meet the needs of both my baby and toddler. There are many choices and varieties in the styles of babywearing options out there but they are not all created equally; make sure you are looking at something ergonomic, that supports baby from knee to knee, this will make it more comfortable for both of you. Also carriers are a little bit like clothes in the sense that what suits one person's needs, preferences, size, body shape etc will alter what will work best for them. Your best bet is to get to a sling meet and if at all possi-

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



RYAN JACKSON

M: 027 498 6202. E: ryan@treehouseprint.co.nz

P: 09 810 8609.

PO Box 133, Kumeu 0841 Auckland

ble, it is always best to try before you buy, regardless of level of babywearing experience!

Check out my blog (www.babywearingwithjess.com) or Facebook page (facebook.com/babywearingwithjess) for more information or feel free to send me an email to babywearing-withjess@gmail.com.

Hobsonville Heritage project

What is The Hobsonville Heritage Project? - The Hobsonville Heritage Project is a collaboration between students at Hobsonville Point Secondary School (HPSS) and the Hobsonville Heritage Trust. It is designed, over a three to five year period, to find out about and then present to the wider community, the history of the Hobsonville area from the Māori pre-history to the developments which are happening now.

How does The Hobsonville Heritage Project work? - HPSS students have chosen to be involved in the Heritage Project through the Big Projects and Impact Projects strand of the school curriculum. They are actively engaged in different facets of the processes of research and presentation and have chosen particular aspects to focus on, to begin with.

The Project itself began this year, in April 2016. At this stage there are four groups of students working on diverse aspects of the Projects. There is one group developing a website - this is where the findings of the other groups will be placed so that the information is available to the wider community. A second group is doing archaeology - they plan to find artefacts from the Brickworks based in Limeburners Bay and from the no-longer-existent Airforce base, and then reconstruct context around the artefacts. Another group is finding out about the street names in the Hobsonville and Hobsonville Point areas - many of these street names have been given based on the heritage of the area and so this group is finding out what they are based on and why it might be significant. The final group working in the Project this semester is called 'grave-robbing' although this is of course not what they are doing; in fact this group is basing themselves in the cemetery of the Hobsonville Settlers Church and researching the lives of the people whose graves are there. Where to from here? - The Project has only just started, but it is anticipated that it will continue over a three to five year time-frame. In addition to the website, which will also include other focuses as we progress; we are planning a series of children's books as another medium of spreading information throughout the area, and we are also working on the idea of a physical museum space which could be available to collate all the different artefacts and information the students have collected.

How can you help? If you know or have any connection with the history of the Hobsonville area, we would love to hear from you. We are especially keen to collect stories of your experiences or photos that you might have of events or places of significance. Please be in touch through our blog, at hobsonvilleheritage.blogspot.co.nz.

TAUPAKI GOJU RYU KARATE ADULT CLASSES

Tues & Thurs, 7 - 8.30pm
Taupaki Hall - Taupaki Rd

Contact Sensei Bryan Williams
(5th dan black belt)
09 412 9768 or
julia@bwainsolvency.co.nz



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hobsonvilleheritage.blogspot.co.nz. It would be excellent to hear from you.

Kip McGrath Education Centres

Every year, at least 15-20 percent of school leavers head out of formal education without the basics of literacy and numeracy. Education systems are not always designed to manage the children who have this difficulty. Some education systems have in the past accepted this failure rate because there were always low-skilled jobs for these people – until now. Educational resources need to be specific, well thought out and delivered in a step-by-step approach. They need to target and strengthen the root cause of the problem. Otherwise this simply won't work. Some illiterate and/or innumerate students cannot be trained to do many of the skilled tasks required for today's world. The government spends enormous amounts on vocational training that doesn't work because the trainee doesn't have basic literacy and numeracy skills. Governments spend tremendous amounts on unemployment and other social benefits. There is a very real possibility that these unskilled people will engage in anti-social behaviour, with the subsequent infrastructure that is needed to support these people presenting a tremendous financial burden to governments.

Kip McGrath Education Centres provide all students with the opportunity to achieve functional literacy and therefore achieve the basic skills to find employment and manage their own day-to-day living needs.

Cat lovers urgently needed

Volunteers - required to help with cleaning duties at a cat rescue shelter. People wanted also to pat cats and give them love and attention. The rescue shelter is located in Huapai. Phone Carolyn 021 1436 815.

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Localcybertalk

Ooooooh yeah! Minted Lamb! As one of my customers said to me, "I'm a farmer's son from the South Island, so how could I go passed the Minted Lamb?". On top of our pizza base layered with handmade Nepali sauce, we add oven roasted Lamb bites, fresh New Zealand tomatoes, red onions, olives, wilted spinach and green capsicum, followed by Mozzarella cheese, feta cubes and oregano. This Delicious Gourmet pizza is served to you with pottles of mint sauce for you to swirl over the pizza to your taste. www.flamepizza.co.nz.



Mane Hair Design is now open please like and share our page. We are already grateful for the support we have received from the community- Thank you so much! We currently have our month of May promotion running. Please feel free to pop into salon for a visit or give us a call. 124 Hobsonville Road, Hobsonville - 09 416 9444.

Hi everyone, just to let you know Yoga classes are now on at Anytime Fitness Hobsonville! My name is Dawn and I am a qualified Yoga Therapist and Ashtanga yoga instructor. The classes are one hour long on Tuesday night at 7pm and Friday morning 9am, cost is \$10 for gym members and \$12 for non members. Come and have a good stretch and "de-stress", look forward to seeing you.

I just had a divine one hour holistic massage at the new Senses Massage by Hobsonville Countdown. It was just heavenly. Highly recommend - plus it's always good to support the new businesses in our community. www.sensesmassage.co.nz.

Looking for quality and affordable house cleaning? Leave your free time to enjoy with family and we will manage the house chores. I have a few available spots during the week. Contact me on 021 024 27524 Medelyn.

Free training/work experience: Tree-planting co-ordinators. This free training programme will give hands-on experience to those wishing to be a planting co-ordinator as a paid job, volunteer or to kick-start their own local planting project. Learn real skills including plant identification, laying out plants, welcoming & managing volunteers, promotion, hosting (zero waste) events, health & safety, planning and team work. www.kaipatiki.org.nz/courses/trainee-planting-co-ordinators/

Hi my name is Charlene, I am 16 years old, and live in the Hobsonville Point. I love children and am available to baby sit over weekends or in the evenings. Please send me an email on ccoivier2000@gmail.com. Looking forward to hear from you.

If you have a cool ethnicity or are a mix of ethnicities, consider joining the NZ Bone Marrow Registry. There are 14 non-European New Zealanders out there desperately needing a transplant and are waiting anxiously for donors. To see if you are eligible, visit the NZ Blood website. You could help save someone's life. www.facebook.com/sieskav/posts/10206418921896093.

Trampfit classes are back up on Thursdays at 6:30pm sharp, \$10 burning off those calories & strengthening those calves, burn over 2000 calories & bring out your inner child!!! Dialled Tramp World, Westgate- next to Paleo Cafe & Big Save Furniture. Hope to see you there!!!

Looking for a Job?? Are you motived, strong and fit? We are looking for a skilled labourer to join our concrete curbing team. Must have own transport. Company based in Kumeu. Please txt 021 654 137.

You gotta show up to make a difference! Group Exercise - Free Trial is happening tonight at 7pm and tomorrow at 6am! Yes in the cold, Yes in the dark. Yes it is worth it!!!! Morning: 6.10am: Mon - Whenuapai (Super Women), 6.00am: Wed / Fri - Hobsonville Point
7.00am: Mon/Wed - Whenuapai (Super Women).
Mid-Morning: 9.20am: Mon / Fri Whenuapai (Super Women).
Evening: 7.00pm: Mon / Tues / Thurs - Hobsonville Point Primary. Contact Melody to book your spot: 021 556 010 or northwest@bootit.co.nz.

Teachers with a passion needed. Hi everyone, hoping that someone out there is looking for a change in their life or a new position. If you are a qualified Early Childhood Teacher or Primary School Teacher, we may have the job for you. We have 2 vacancies: 1. in our Bigger Bears transition to schools room with a love for our nature outdoors approach to learning and 2. in our beautiful Baby Bears centre with a Magda Gerber (RIE) approach to care and learning. We have a large rural setting with outstanding centre environment, so come and join our amazing team of teachers. www.countrybears.co.nz please don't hesitate to give us a call on 09 412 8055 and check out our Facebook page www.facebook.com/cbearscc.

Nomm nom nom! Like a home-made burger but better - with our handmade Aioli, 120gm patties and fresh salad on a freshly toasted 5" sesame seed bun. All day every Tuesday just \$10 for 2 of these mouth watering beauties. At Flame Hobsonville point on the corner of De Havilland Road and Baffin Street Phone 09 416 1906.



AREA PROPERTY STATS

Suburb	CV	Land Area	Floor Area	Sale Price
Hobsonville	730,000	842M2	120M2	870,000
	960,000	1960M2	194M2	851,000
	1,200,000	1160M2	212M2	1,630,000
	760,000	197M2	182M2	900,000
	680,000	450M2	157M2	972,000
	750,000	283M2	189M2	1,125,000
	600,000	206M2	149M2	850,000
Massey	425,000	626M2	94M2	593,888
	560,000	753M2	180M2	847,500
	360,000	960M2	100M2	615,000
	550,000	1004M2	150M2	730,000
	540,000	650M2	116M2	676,000
	560,000	451M2	157M2	805,000
	415,000	636M2	110M2	777,000
	660,000	651M2	190M2	862,000
	430,000	387M2	120M2	625,000
	535,000	1138M2	120M2	620,000
	560,000	613M2	150M2	795,000
	480,000	618M2	180M2	695,000
	410,000	998M2	130M2	598,000
	465,000	494M2	128M2	682,000
	625,000	890M2	170M2	820,000
	345,000	872M2	100M2	539,000
	530,000	600M2	155M2	656,000
	490,000	607M2	90M2	750,000
	600,000	509M2	160M2	770,000
	435,000	1014M2	100M2	585,000
	670,000	885M2	180M2	785,000
	500,000	642M2	180M2	837,000
	510,000	1221M2	200M2	747,000
390,000	651M2	90M2	579,000	
570,000	860M2	130M2	790,000	
560,000	4512M2	113M2	655,000	
410,000	665M2	90M2	650,000	
435,000	736M2	90M2	689,000	
750,000	3035M2	110M2	945,000	
West Harbour	760,000	665M2	180M2	840,000
	500,000	762M2	97M2	750,000
	540,000	581M2	110M2	740,000
	700,000	559M2	160M2	991,000
	720,000	356M2	247M2	1,235,000
	690,000	708M2	180M2	821,000
	510,000	993M2	132M2	848,000
	1,025,000	644M2	280M2	1,350,000
	710,000	968M2	120M2	825,000
	1,100,000	803M2	420M2	1,417,000
	485,000	640M2	100M2	700,000
	1,975,000	842M2	398M2	2,800,000
	450,000	703M2	100M2	860,000
	435,000	757M2	80M2	701,000
	500,000	601M2	100M2	786,000
	Whenuapai	745,000	850m2	160m2
1,000,000		5564m2	390m2	2,000,000
545,000		1050m2	89m2	818,000
Waitakere	980,000	2ha	242m2	1,250,000

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

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

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

Market report with Graham

Within the urban boundaries we are not so influenced by seasonal flutter, the winter blues or the puggy gateways or rural settings. We are however just as affected by the ups and downs of the supply of homes that are on-market and coming to market. As we move through the Winter months we will see property listings dry up and demand surge ahead to record levels delivering better returns to sellers and some disappointment to buyers. Therefore if you are a buyer, get on and buy before the market heats up more and if you are a seller, take heed, this is the right time to be on market. So let's have a look at the market this month:

Hobsonville - Residential on larger land is \$851,000 to \$1,630,000
Residential on smaller land is \$900,000 to \$1,125,000.

West Harbour - Residential on larger land is \$770,000 to \$2,800,000. Residential on smaller land is \$629,000 to \$770,000

Massey - Residential on larger land is \$656,000 to \$1,412,500. Residential on smaller land is \$418,000 to \$595,000.

Whenuapai - Residential on larger land is \$818,000 to \$2,000,000
Herald Island - No sales recorded but previous indications are \$900,000 to \$2,500,000.

Waitakere- Residential on smaller land is \$ 601,000 to \$850,000. Great news is that Mike Pero Real Estate has an exceptional multimedia marketing program including television exposure, magazine exposure, and signage at no cost. Further to this we have exclusive TradeMe special offers and digital upgrades to ensure you get the very biggest marketing exposure, with a very sensible commission rate. See more at www.grahammcintyre.co.nz or phone us directly on 0800 900 700. Mike Pero Real Estate Hobsonville - It's not about the talk, it's walking the walk. Licensed REAA (2008).

Money matters

The bank of Mum and Dad are for many first home buyers the only way to get their foot on the housing ladder. There are various ways that parents can help with raising the required deposit, whether it's a gift of money or acting as a Guarantor. Each option has its pros and cons and some offer better protection for Mum and Dad and their assets. We can help with this and work with you to provide the best solution for all concerned so please contact us for a no obligation and confidential chat. 09 411 9251 / 027 411 9255 or david@davidlloydmortgages.co.nz.



David Lloyd
Director

David Lloyd Mortgages Ltd
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By choosing tile restoration you will prolong the life span of your roof, and it will look great too. We will ensure that your tile roof is leak free.

Tile restoration can usually take between 1-3 days, depending on the roof size.

The team at Precision Roofing also provide professional advice and repairs for tile roofs.

Call us today on 0800 002 222 to arrange a FREE no obligation quote - we would love to hear from you.

Winterizing your rental properties

Winter time is upon us and Quinovic would like to stress the importance of preparing your rental properties for the winter months ahead.

No one wants to live in a cold damp home, where you are paying an enormous monthly power bill just to keep warm. It is better for you as the landlord to take preventative measures, to ensure you have happy, healthy tenants.

Quinovic are here to help. Being experts in property management for over 25 years, we provide advice to our clients while assisting them to improve their rental properties, along with arranging any repairs. This enables us to maximise the rental return on your investment.

"We make the whole process easy for the property owner," says Graeme Henderson, Quinovic owner. "I challenge north western home owners who are looking for a better property management experience to let us show you what we can do. We offer a free rental appraisal for your property with absolutely no strings attached."

Contact Janine McCormick at Quinovic, phone: 0508 272 786 or



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Getting your home 'open home' ready: top tip 3

Walking into a house that smells divine evokes quick pleasure responses from us human beings. It can be as simple as triggering a positive feeling or bringing a nostalgic memory immediately to mind.

Equally walking into a property that has lingering odours from cooking, pets (cat urine or doggy smells) or faint whiffs of dirty laundry has the power to subtly or not so subtly repel us even if we are not consciously aware of it.

There are many simple and cheap ways to kick a room's stink!

1) Simmer water in a small pan and add citrus slices and herbs like lavender or mint. The heat permeates the sweet scent throughout the house.

2) Clean your garbage disposal. First try spritzing a dollop of lemon scented dish soap down the disposal, run the water, then turn it on. You can also run lemon or lemon rinds through the disposal with lots of water. If the smell persists, pour in half a cup of baking soda while running warm water.

3) Turn on the oven. Nothing beats the aroma of warm baked goods. Something simple like cinnamon rolls or cooking bread rolls fills the house with good ol' fashioned yumminess.

4) Place candles strategically. Candles are an obvious way to make your home smell sweet and clever placement can increase their efficiency. Try putting an unlit candle in the linen cupboard or storage areas and when buyers open cupboards the scent will give them a nice surprise.

5) Lastly, don't leave smelly socks laying in laundry hampers, or run a drier before an open home. Open windows to create air flow and to help rid any lingering smells. Invest in a spray bottle of room fragrance and apply a spritz to every room prior to the open home. For an appraisal or any questions you may have about the current market please contact Susan Annett on 021 345 788. susan.annett@mikepero.com.

Licensed REAA(2008).

Access lots

An access lot is a commonly owned strip of land which provides access to your property. That is, your title will show 1 lot being completely owned by you and 1 lot owned in common with others. You pay rates on all of your land including the part owned in shares. The thing that is not apparent from the title is that an access strip now has the same rules as right-of-way land under the property Law act 2007. This is sensible because there is a rule against blocking up the right-of-way, a dispute resolu-

tion arrangement and arrangements for making repairs.

However, it is also possible for the owners of the access strip to give right-of-way to non-owners who might find it convenient to use an access strip. To do so, all of the owners of the access strip would need to be involved to make the easement. This is a time for specialist legal advice especially in relation to contributions maintenance and to major improvements to a right-of-way access strip. For instance, an improvement from a metal right-of-way to a concrete right-of-way can involve major expense. However, major expense is sometimes justified to have a maintenance free arrangement. Luke Kemp - 09 412 6000 or luke@kempsolicitors.co.nz.

Your home deserves a diva

Your probably wondering what on earth a diva is and why you would need one. To start, a Diva is a female who gets what she wants or needs done and Domestic means in relation of the running of a home. So let's put two and two together and you've got a Domestic Diva, a person who is extremely house proud and provides tailored home management packages for your in house requirements and lives in your community. New to the North-west location, Jacinta who runs Domestic Diva wants to help families and busy individuals by providing daily and weekly cleaning, housekeeping duties and any organizing their home requires. Downtime. Daydream. Deserved. The words you'll familiar yourselves with on a daily basis. So the question is, Does your home deserve a Diva? Visit www.domesticdiva.co.nz or email info@domesticdiva.co.nz.

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Set Date of Sale - 5pm, Thursday 30th June 2016 (unless brought forward).

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Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

www.mikepero.com/RX797080

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3 1 2

By Negotiation

69 Amreins Road, Taupaki
By Negotiation

Nestled on a north facing gentle sloping hill with expansive views of grazing land and pockets of native bush. The property is ideal for horse owners with a stable area and small arena area adjacent to the house. The home is of hacienda-style which has all day sun, excellent entertaining and alfresco living around extensive decking, featuring an in-ground pool and covered spa area. Three bedrooms, and master room with ensuite, open plan living and a separate outdoor office area located off the garage. Solid masonry over block construction with tile roof. In addition the property has a large barn that provides extra space for storage, workshop projects or easily adapted for more stables. Email susan.annett@mikepero.com for recent sales information.



Susan Annett
021 345 788
susan.annett@mikepero.com

www.mikepero.com/RX769576

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10 Bridgehead Cove, West Harbour
Enquiries Over \$819,000

An excellent home, offering three generous bedrooms and a study with open plan living linking to decking, lawn and well established gardens. It is plain the love, effort and commitment that has been invested into the home, it speaks volume as you walk up the drive and take in the Iceberg roses, the box hedging, the relationship between the lawn areas, garden edging and home - it's breath taking. The price point reflects the motivation of the owner to take up the next part of the journey and to pass the baton to a buyer that loves it as much, and feels the warmth and generosity that has been enjoyed within the walls. We are happy to supply a list of the last 12 months of transactions in this area please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX795398



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



SIX BIG ROOMS, DELIVERING OPTIONS - NEAR WESTGATE



Enquiries Over \$849,000

29 Elizabeth Drive, West Harbour
Enquiries Over \$849,000

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

www.mikepero.com/RX795859



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027 632 0421

graham.mcintyre@mikepero.com



AWARD WINNING EX- JALCON SHOW HOME

4 2 3

Enquiries Over \$1,197,000

15 Station Street, Hobsonville Point
Enquiries Over \$1,197,000

This highly specified, meticulously finished ex-Jalcon show home delivers contemporary styling, earthy tones and very pleasing flow to meet the needs of the executive, early retirees, or the family looking for an easy care, natural flow, alfresco home. Entertainers open plan, kitchen and dining leading to informal lounge and patio area with spa and shade sails. Astute plantings providing colour, creativity and contrast. The double garage is lined and carpeted to allow options for impromptu rumpus or games area, while having easy access to the formal lounge and downstairs toilet/powder room. Four rooms upstairs with main bathroom and ensuite, the home has been well planned for family living, ensuring separation between the master and additional rooms, delivering privacy and quiet places.

www.mikepero.com/RX742038



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09 412 9602

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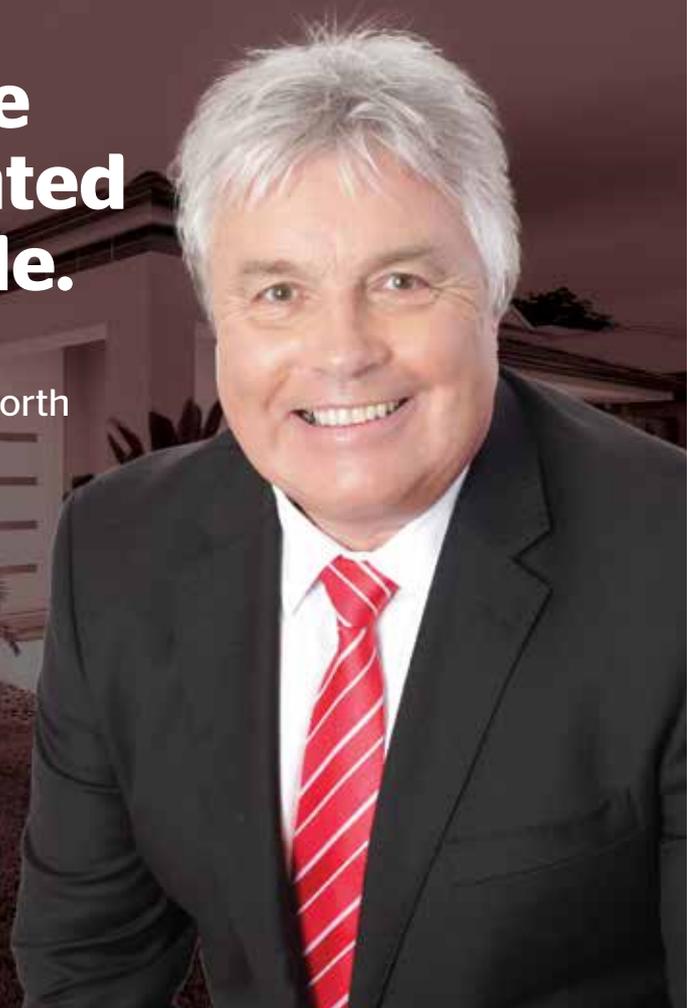
les.whale@mikepero.com

Office Location: 2 Clark Road, Hobsonville

www.mikepero.com

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ROYAL HEIGHTS BRICK AND TILE - HAS THE X FACTOR

2 1 1

Enquiries Over \$649,000

101A Colwill Road, Massey
Enquiries Over \$649,000

Elevated, North East facing Brick and Tile home offering a sun-filled, light, open plan, well presented home delivering significant value for the downsizer, upsizer, first home buyers or a prudent investor. Two generous bedrooms, excellent single level flow and alfresco to a fully fenced patio. A separate wide access bathroom, and laundry is integrated in the easy flow of the home. Single garage and off-street parking to the rear of the home keep things safe and secure. The home has been recently redecorated and has real charm, ambience and presents to a high standard. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



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WAIMAUKU - PEACE AND TRANQUILITY

2 4 1

By Negotiation

126 Hinau Road, Waimauku
By Negotiation

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



Ian Sneddon
027 209 0789

iansneddon@mikepero.com



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

www.mikepero.com/RX687775

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ABSOLUTE PRIVACY - BEAUTIFUL VIEWS - LARGE CONTEMPORARY HOME

5 2 3

By Negotiation

123 Stoney Creek Drive, Waitakere
By Negotiation

This is peace and tranquility at its best. This modern, 360sqm contemporary home consists of: 4 double bedrooms downstairs. 1 extra-large master bedroom upstairs with dressing room, walk-in wardrobe, and en-suite. 1 bathroom and 2 separate WCs downstairs. A second living room downstairs. The house was designed so that you can close one door and separate the "adult" living areas from the "children" areas. The house has a wraparound deck which looks out on to the landscaped grounds, great for those evenings where you want to dine alfresco. The garage is an additional 54sqm, and is large enough for 2 cars and a workshop. The CV on this property is \$1,050,000. We are happy to supply a list of the last 12 months of transactions in this area please email graham.mcintyre@mikepero.com.



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www.mikepero.com/RX790791



1 HECTARE LIFESTYLE BLOCK CLOSE TO KUMEU

By Negotiation

Lot 3 Access Road, Kumeu
By Negotiation

Often hunted but seldom found, this beautifully presented, boundary fenced 1 hectare block offers an idyllic lifestyle opportunity to those wanting to build a brand new home within an established lifestyle area, a short distance from Kumeu Showgrounds and Kumeu Village. Post and rail fencing on the road front, concrete access way and heavy designer gate provide the perfect start for you to build upon. Services including power and water at the roadside. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



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graham.mcintyre@mikepero.com

www.mikepero.com/RX672087



MURIWAI TWO BEDROOM HIDE-AWAY - DO UP

2 1

By Negotiation

265 Motutara Road, Muriwai
By Negotiation

Well constructed, and positioned for the sun and view, while tucked away from the prevailing wind. This two bedroom home, with expansive decking offers the perfect canvas for the romantic, the sea searcher and the wave hunter. A cozy open plan living environment with box-closed woodburner, it has all the makings of a remarkable home, bach or investment. A short stroll to the breakers and black sands. Large section at 1012 square meters this is the one that you don't want to get away. Sun, surf and sublime value await. The CV on this property is \$500,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



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www.mikepero.com/RX794456

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KUMEU/ TAUPAKI BUFFER - QUIET AND SO LITTLE TRAFFIC

2 2 1

Set Date of Sale

295 Annandale Road, Taupaki
Set Date of Sale - 5pm, Wednesday 8th June 2016 (unless brought forward).

Resting high upon a north facing gentle slope is 1 hectare with mature paddocks, fenced for sheep grazing and a small orchard and gardens too. This idyllic spot is open to options of retaining the two bedroom home with double garage and working with Auckland Council to build your new dream home, while retaining the current house as a possible minor dwelling (subject to Auckland Council sign off). With elevated rural views and additional building platforms, it is open to a creative mind that can see the value in having a place to live, whilst building with future income or extended family options. Like-wise this cedar clad homestead oozes cosy, cute and comfortable and would deliver "the good life" to a buyer content to have sunrises, chickens and green fingers. The CV on this property is \$730,000.



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www.mikepero.com/RX791622

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MUST BE SOLD - 2 HECTARES, BIG BARN, CHARACTER IN COATESVILLE



By Negotiation

557 Ridge Road, Coatesville
By Negotiation

Idyllic setting, this 1920's old charming bungalow has character, presence and delivers a relaxed and social environment. Outdoor living flow steps out to extensive entertainment decking to the north-west, to enjoy the sun but provide shelter from the wind. Four bedrooms, two bathrooms (one traditional and elegant), integrated kitchen/ dining that makes the most of the space and the view. In addition the property also has a large 150 sqm barn that provides extra space and options for workshop projects, storage or stables. The CV on this property is \$1,100,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

www.mikepero.com/RX649015



RARE EARTH

By Negotiation

Peak Road, Waimauku
By Negotiation
Viewing by appointment

Overlooking the Tikokopu Valley this 1.25 hectares (3.1 acres) is waiting for you to build your lifestyle dream. Multiple terraces provide a variety of building platforms. The views are panoramic. Animal lovers can build on the top platform allowing you to observe your animals at all times. Rarely does land become available in this choice location. Within the sought after Decile 10 Waimauku School zone this property is your passport to the myriad of outdoor pursuits this region has to offer. Call me today to arrange a look at this unique property. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email lyndsay.kerr@mikepero.com.



Lyndsay Kerr
027 554 4240

lyndsay.kerr@mikepero.com

www.mikepero.com/RX793380

Health:beauty

Are you a competitive athlete?

Do you sign up for the half's, full marathons, ultras or off-road events? Are you into spinning the bike peddles on road or up in the forest? Or would you prefer to slip into your wet suit for an ocean swim? Maybe you do all these? We understand your drive and motivation but importantly the hours and hours of training you do. We are familiar with peak and block training when it comes to nearing an event, which can leave the body feeling sore, tired and start to get a bit niggly! When no amount of stretching or foam rolling can sort your body out it's a good idea to get seen by one of our therapists at Top Notch Massage Therapy. We can facilitate with ironing out the niggles by providing muscular relief to give your body a tune up so you can perform at your best. Book online at www.topnotchmassage.co.nz or call 021 181 8380.

Clearing the clutter

Have you ever felt like things are getting cluttered around you? It might be in your home space, your office space and/or in your mind. Making time to have a clear out can have overwhelming benefits. How do you start a new goal, project, dream if your space around you and your mind are full up with other stuff. Having a good clear out of your physical space around you can be great, your home, your office, the car. Clear it out, if you haven't used something lately, move it on, give it to charity, sell it or bin it. What is cluttering up your thoughts and stealing your energy? You can become aware by making a simple list of what's on your mind the most every day, you can then choose to give energy to only what you want to and drop the rest. Kim McNamara Life Success Coach, visit www.lifesuccesscoach.co.nz.

Mums Return to Ballet the Latest Craze

Club Physical has introduced the popular Ballet Barre philosophy to all its clubs in the form of Barre' Body. Barre' Body is a Ballet-inspired class incorporating ballet, Pilates, and yoga to improve strength, flexibility and core stability through fluid non-impact movements, targeting the whole body throughout a 60 minute class.

While it may look like an easy slow class from the outside, its

focus on form, proper technique, and 'keeping the muscles engaged' means it's anything but. But don't let this scare you off coming to class if you're new!

Barre' Body is a fantastic way to start your exercise routine, help you recover from an injury, or include as an active rest day alongside more rigorous cardio or weight training. If this has made you curious, you know what to do.

www.clubphysical.co.nz or www.facebook.com/clubphysical.

It's our "Chiropractic opportunity week" - June 13-25

Have you ever wanted to try chiropractic care? Do you have a problem that you want assessed? If you answered yes to any of these questions, then this is for you.

At Elevate Chiropractic, we run an annual promotion, we call a C.O.W (Chiropractic Opportunity Week). This year it is running from June 13- June 25. During the promotion we offer a great \$20 New Patient special (save up to \$55). It is a way that you can come and try chiropractic care and see how we work and what we are all about. To find out more or make an appointment please call the clinic on 09 413 5312 to arrange a time. Limited spots are available.

To find out more about us, check out our website and comprehensive blog. www.elevatechiropractic.co.nz. We are located at Shop 1, 10 Greenhithe Road, Greenhithe.



Nerve Irritation – Often missed or misdiagnosed

Is it important to have our nerves assessed and treated when solving pain and injury?

Nerve irritation can be a significant part of many painful conditions and is commonly left undiagnosed. If not identified this often results in long delays in recovery and may lead to recurring injuries. Nerve irritation can be the primary cause of some often mislabelled conditions such as back or



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Optometrist

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neck pain, pain or tingling in the arm or leg, "muscle tears" or "tendonitis".

Nerve irritation occurs when inflammation and swelling in nearby joints, ligaments or muscles irritate the nerve, and this creates a protective response in your body to avoid further damage to the nerve and can lead to pain, muscle tightness and spasm. Clients often report a feeling of numbness, pins and needles, cramping, tightness or an ache (like toothache). Everybody is different and the responses to this condition can vary, which is why it may be tricky to identify and deal with.

A gentle manual assessment by a skilled practitioner can diagnose nerve irritation, and skillful musculoskeletal physiotherapy treatment to the nerve root and structures around it may resolve the problem. In the vast majority of cases this can be achieved within three to four sessions, in less than a week. Without good care it may take several weeks for the condition to settle down by itself, or it may continue for months and at the worst end of the spectrum require surgery.

Solving this type of pain/condition requires a good assessment to confirm the diagnosis and then good treatment – the advice given during treatment is very important to stick to!

Is pain and injury stopping you from doing the things you enjoy? Do you think you may have a nerve problem? Call us today 09 416 4455 or email physio@hobsonvillephysio.co.nz.

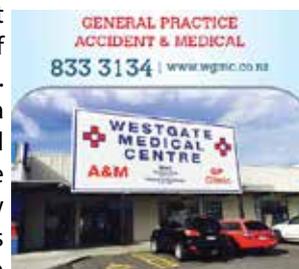
Hi tech beauty comes to Swanson

Nestled up a driveway opposite the Swanson train station is Oh So Beautiful. OSB is a small boutique home based beauty therapy studio run by stay at home mum Michelle Hiebendaal. Michelle has been a beauty therapist for 11 years and has a purpose built studio that is private and has plenty of parking. While working at a prominent West Auckland studio Michelle was trained as an IPL technician (laser hair removal) and has been passionate about IPL ever since. Michelle has recently made a significant investment in a New Zealand made professional Eclipse IPL machine. This machine would not be out of place in Auckland's best studios and comes with the revolutionary pain free SHR technology. As well as IPL, OSB offers a range of beauty treatments at great rates. Give Michelle a call or find her on Facebook. Phone 021 931 731 or visit www.ohsobautiful@gmail.com. OSB accepts EFTPOS and has online booking. Book early to avoid disappointment.

Westgate Medical Centre

Westgate Medical Centre will be extending its opening hours to 8am to 8pm, 7 days a week from 1st June. Westgate Medical Centre is a comprehensive Urgent Care (A&M) Clinic, offering

complete accident management including on-site X-rays, casting of fractures and suturing of wounds. Westgate Medical Centre is also a Group General Practice with several highly experienced male & female GP's and is currently accepting new applications for enrollment. Patients do not need appointments and can simply walk in however appointments can be made to see specific doctors between the hours of 9am and 5.45pm on weekdays. A Radiology service & Pharmacy next door is open similar hours to the Medical Centre and there are nearby Physiotherapists and Labtests.



Westgate Dental Centre

Westgate Dental Centre has now been around for 8 years and it's a time for a little make over.

We are still the same company called Asmile Ltd with the same people and with our usual and growing team. With our principal dentist having over 30 years of experience in dentistry she is dedicated to hire only the best professionals to work with us. We have a new logo and main signage, we are yet to update smaller signage. The next step would be a makeover of our reception area to make our patients feel even more at ease and comfortable while relaxing before their appointment.

The development of our new website is also underway, and we are looking at adding online booking facilities to provide an uninterrupted booking service to our customers outside of our normal working hours.

Exciting times are ahead. Watch this space for more updates, news and promotions.

New look

Westgate Optometrists have upgraded to a refreshing new look! In collaboration with this we have some exciting new brands and have also expanded our range of frames by 40%.



If you don't know us already, we are the original & exclusive optometry practice at Westgate Shopping Centre in West Auckland. We pride ourselves on the rarity of providing truly honest guidance in every aspect of your eye care.

For genuine and knowledgeable advice, simply give us a call or pop in to see our friendly team. Phone: 09 831 0202 or visit



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www.ezybook.co.nz/pages/bodybalancemassage

Hobsonville Point Dental

Hobsonville Point Dental is now open. Dentists Andrea Clarke and Tristan Barker have established a modern, state of the art dental practice in Hobsonville Point. Their dental practice is ideally situated to serve Hobsonville, and surrounding suburbs, located on Hobsonville Point Road adjacent to Hobsonville Point Pharmacy, with easy access from Upper Harbour Motorway or Hobsonville road.

Both Tristan and Andrea are experienced dentists, able to provide the full range of dental services, from simple fillings to porcelain crowns, from Implants to Orthodontics. Also joining the team is Waronga Etiabari, a dental therapist/hygienist, who is able to provide free dental treatment to adolescents, along with dental hygiene treatments to adults. Andrea and Tristan look forward to welcoming you to their new practice soon. If you would like to contact us to make an appointment, please call 09 320 0504 or for further information go to www.hobsonvillepointdental.co.nz.



Injury prevention during winter

Winter is the time of year when those little niggles and old injuries often start to ache and flare up. It is the time of year we see most injuries occur. This is because we are often less mobile, have tight and cold muscles and tight muscles are more prone to injury. For optimal performance and to prevent injuries this winter, here are some top tips to remember.

- 1) ALWAYS warm up and warm down
- 2) Regular stretching- This could include a good stretching routine or activities like yoga.
- 3) Wheatbags! Wheatbags are fantastic to encourage circulation through your body and especially to help ease those achy muscles and joints.
- 4) Keeping warm- wrap up, especially after exercise, and utilise warm spas and pools to soak your muscles.
- 5) Book in with our Osteopath or Massage Therapist for a check up to get on top of any problems that are likely to crop up.

At the Body Clinic, we can assess your posture, treat your problem and give stretches that can help.

If you need more advice or information please contact The Body Clinic 09 320 3803, info@thebodyclinic.co.nz or visit www.thebodyclinic.co.nz.

How sitting creates postural imbalances resulting in pain and tension

Our bodies aren't designed for sitting in an implosion pattern, unfortunately, we tend to sit anywhere between 8-10 hours per day – so many hours of any activity will wear you down.

- 1) Sitting slows down the electrical activity in your muscles thereby affecting your body's ability to burn calories.
 - 2) Your brain function slows down when your body is sedentary for too long, impeding on the levels of fresh blood and oxygen resulting in brain fog.
 - 3) Your hip movement becomes restricted – hips are meant to be very mobile. When the hips don't move well the body will utilise movement from somewhere else, usually the lower back and/or the knees.
 - 4) The psoas, which attaches to your spine and leg, becomes tight and weak – making you unstable and vulnerable to injury.
- The list goes on and on.

With neuromuscular therapy I can assist you in getting back to balance. To book in or if you need advice/information, call Debbie from Body-Balance Massage & Neuromuscular Therapy – 021 120 2175.

Exclusive French eyewear

The very latest fashion frames from Paris have arrived at Hobsonville Optometrists.

Face et Cie feature clip-on fronts. This means you can change the look of your glasses according to your clothes, your mood or your style. You choose the frame, we make your lenses and then you choose as many different fronts as you like. Create your own look! One pair of glasses - as many looks as you want. Call in and see this stunning range at 413 Hobsonville Road.



Room with a view: psychotherapy

Some people come to see me because although their lives are very good, they know it could be even better.

Taking an in-depth look at yourself can often make sense of your past decisions and the direction you chose. Everyone needs to take stock of things occasionally. Winter is a very good time for



 Skids Whenuapai
 021 247 8828 : whenuapai@skids.co.nz
www.skids.co.nz

Before School Care After School Care Holiday Programme

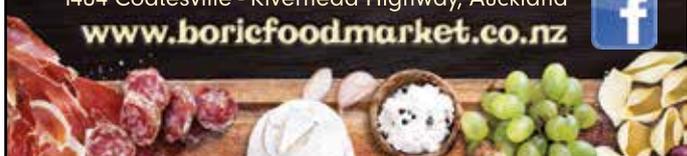
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this internal work.

Whether you have reached the end of a project that took up a lot of time and energy or whether you have just drifted into career or relationship shallows, we all need to spend some reflection time to discover what will re-energise us.

I specialise in assisting people with life transitions. In our lifetimes we will have many 'mid-life-crises' (if we are lucky) because each time we are challenged to accept and embrace the change of who we really are NOW. My cosy and comfortable therapy room provides a welcoming place to find a clearer view. Feel free to call me to discuss whether it might be at yours. 021 477 523 Sarah Hamilton.

Winter R&R spa packages

Spa Di Vine is the perfect place to retreat to when you feel you need a little uplifting & pampering. With a dedicated team, relaxing ambience and innovation in Theravine treatments, Spa Di Vine offers the ultimate in spa relaxation. If you haven't visited us before, then make this month one to remember... and spoil yourself.

There are a variety of treatments you can choose, from facials to massage to full day programmes, but how about a special pick-me-up for your skin and body:

The perfect package to get your Winter glow back following the summer season. Although sunshine is great for your psyche, it can leave your skin dehydrated and unbalanced. Restore softness and vitality with this top-to-toe full body treatment:

Start with an exotic lime and ginger salt scrub

Followed by a deeply moisturising full body massage

90 mins treatment - \$180

Phone Mary or Paula on 09 411 5290 or email us relax@spadivine.co.nz www.spadivine.co.nz.

Are you suffering sleep deprivation?

It seems every day either with a customer or on the TV/Radio I hear someone talking about 'lack of sleep' and how it affects us. Sleep deprivation during any war was one of the worse types of torture they would use, and yet unwittingly we put ourselves through this most nights.

How many of you go to bed, and then wake in the morning?

That means you don't get up and go to the toilet or wake for any other reason?

I am guessing not many can say yes.

Geopathic Stress is linked with 'not sleeping' and the energies of earth can irritate in a way that will wake you. You then get up and go to the toilet and your sleep is disturbed.

However it is also 'disturbing' the healing and repairing that is

supposed to be happening while you are asleep.

Don't torture yourself. Call Nicky for more info 021 545 299

www.clearenergyhomes.com.

Hobsonville Podiatry

Hobsonville Podiatry opened in October 2015 to service the growing population of Auckland's

North West. We have joined forces with Craig and the team at Hobsonville Physiotherapy and are based within their new clinic at level 1, 124 Hobsonville Road by the new Countdown.

What is Podiatry? It is a branch of health care focusing on the foot and lower limb. Podiatrists are trained to diagnose, treat and rehabilitate as well as provide advice regarding the prevention of conditions of the foot and lower limb. These conditions could include, but are by no means limited to:

Plantar, fascia (heel) pain, forefoot pain, ankle pain, bunion care, osteoarthritis, general foot pain, dropped arches/flat feet, severs (heel pain in adolescents), Osgood scatters (knee pain in adolescents), callus and corns, nails care, including nasty ingrown nails.

What makes us different to other Podiatrists? At Hobsonville Podiatry we treat each client as an individual and address their needs specific to their lifestyle and activities. Give us a call on 022 044 1741 to get back on your feet and back in action!

Do you know what width your feet are?

Many women struggle to find shoes that fit them comfortably, while many men can't fit into narrow men's European fittings.

Take this test – to measure the width of your foot:

- Put a piece of paper on the floor against a wall and stand on it so that your heel touches the wall. Put a mark where your biggest toe ends. Do this for both feet.

- Get a tape measure and place it under the ball of your foot, bring one end past your little toe and the other past your ball joint and bring the ends of the tape measure together.

- Then check your measurements

If your width measurement is 10mm less than your length you are a W fit and if it matches your length you are a WW and both mean you have Kiwi feet! Check out Shoe Talk today where we cater for the Kiwi foot.



Shoe Talk™ we talk shoes



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

Open Mon to Fri from 10am till 5pm and Sat from 9am till 1pm
 Shoe Talk Ltd: 401A Great North Road, Henderson,
 Ph: 09 835 9936 www.shoetalk.co.nz

Susan Annett
LICENSED SALESPERSON





P 09 416 6900
M 021 345 788
F 09 412 9603
E susan.annett@mikepero.com
www.mikepero.com

Mike Pero Real Estate Ltd. Licensed REAA (2008)
 2 Clark Road, Hobsonville
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Regularcolumnists

How successful is your website?

Websites can be a beautiful thing. A lot of the most attractive websites are uncluttered, easy on the eyes and simple to navigate. However, you can't judge a website by its cover. To truly know how successful your website is, you need to dive into the data and analytics. Unfortunately, it can't always be about the pretty colours, fonts and textures but thankfully there is a free tool to help called Google Analytics. This is somewhat colour coordinated for all of you right-brainers out there and for all the left-brainers, this is your chance to truly shine. Using Google Analytics you can measure, track, compare and respond to how visitors and potential customers use your website. Before you pay for any additional marketing or advertising you need to understand this information. The basic metrics include the number of visitors, bounce rate and the average time visitors read a page. As you start using the tool you will discover just how much information it can tell you about what is working or not working on your website. There are other simple ways to track how successful your website is. Do you have people sign up for a newsletter? Do you find the phone runs hot when you do a particular promotion? How many sales do you get online? Combining all this information allows you to properly gauge how your website is going and to better plan new content, marketing and changes to it. Many small businesses cannot find the time to get into all of this. Here at Utopia we love this sort of stuff so can give you a free audit on how well your website is performing. Think of it as WOF for your website. Contact us now to start things off on 09 412 2473 or michael@utopia.co.nz. We are based in Kumeu and provide website design, consultancy and app development to a range of businesses all over New Zealand.



Are you planning on travelling to Europe and need help?

Which airline offers me the best deal, which cruise line will suit me or which places in Europe do I want to visit in the time that I have? Dealing with a specialist in helping plan your holiday so you can pack in as much as possible in the amount of time

that you have is the best way. Quite often you think if you are booking on the internet you must have the best price – this is not always true. Carolyn has access to flights that don't show on the internet and you then always have the backup of a specialist should your flights be delayed or cancelled for whatever reason. Carolyn has helped clients in Europe before that have had the air conditioning unit fail in their hotel and all the rooms were flooded and within an hour of phoning Carolyn she had them in a new hotel in Venice at 10pm at night. This meant they didn't have to go wandering around trying to find somewhere else to stay. Carolyn is your local travel agent in Whenuapai so give her a call and start planning your next holiday, she has all the deals you see advertised. Phone 09 416 1799 or email carolyn@LHC.co.nz.

Inner journey vs outer journey

We have an inner world and an outer world. Which one is more important? Our thoughts and emotions and our feelings and ideas about our connection to source and nature or sorting out the roof over our head, and feeding ourselves and socialising and having a car so we can get to our job and look after the family properly? Which is it?

This is a battle I have only recently realised I had and the penny has certainly dropped! My upbringing was more on the alternative side, and I read pretty much everything I could get my hands on regarding spirituality and being happy. I knew more about the inner journey and doing the inner 'work' than I knew about how to make money. I brought into the idea that money didn't buy happiness so went searching for it elsewhere. I felt more comfortable working with my inner self than I did building a solid business. I also felt that (wait for it, apologies if I offend...!) that acquiring material things was an ego based activity and that having a nice car and a nice house and a boat and a bach was great - but not what life is really about, and 'those' people have a long way to go before they become authentically happy and probably have a long way to go on the journey to self-realisation! How self-limiting is that! Beliefs like that only damage us. Anytime you judge anybody is a massive clue to how you really feel about yourself.

I was literally buying a nice car and renovating the bathroom and thinking I was being naughty! 'Shhhh, don't tell God, I'll just play with earths material things for a little bit before I get on with the real work'.

HAHAHAHA. Talk about a hypocrite! One doesn't exist without



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the other. Our outer world is a manifestation of our inner world. The outer world is a reflection of who we are inside. How life shows up for us is a big clue. What you have is a direct result of your beliefs and perceptions. This goes for material things and our inner areas of self worth and self confidence. How life is for you, is equal to how you think. I have said it before – life can't be bigger than your own beliefs about yourself. For most of us our entire lives are being driven unconsciously. I recently read a quote by Carl Jung who said, 'until you make the unconscious conscious, it will direct your life, and you will call it fate.'

We will always have thoughts and feelings and emotions - these are a result of our beliefs. The key is to start directing them with love and awareness. If you don't have what you want right now then come and see me. There will definitely be beliefs stopping the flow. I work with getting clear about what is happening right now, talk about beliefs that are getting in the way and get very clear about what you actually want. I help regain freshness, and newness about self. A session is about 2 hours. I see people in Riverhead. anna@thinkyourbest.co.nz 021 555 658.

Elements of life

At Country Bears we are very fortunate to be surrounded by beautiful nature, including native bush, large open spaces and the wonders of living creatures. While all licensed Early Childhood Centres are bound to the New Zealand Early Childhood Curriculum of "Te Whāriki", Country Bears also runs parallel to that, a programme called the "Elements of Life". This consists of eight elements: water, soil, insects, animals, air, energy, human health and plants. Because of our lovely setting, we felt it was important to use our environment in our education to the children. This helps the children to engage in meaningful learning

and they can actively get involved on a daily basis.

This programme is based around the creation of the Tree House classroom in the Country Bears forest. Our ideas have initiated from this to expand our learning environment for the children, which is constantly changing according to the natural elements and the interests of the children. By having the children exposed to a classroom in the forest, the teachers can provide quality learning that gives children the opportunity to discover what nature has to offer, with hands on experiences.

Throughout the entire centre, we encourage and role model respect and empathy to all living creatures, including the tiniest of ants. If the children (even young infants) can learn respect for insects and animals, we believe this will be transferred on to other relationships as they grow up and enter different aspects of their life journey.

If you would like to visit our wonderful Centre, designed to provide the children space and time to develop at their own individual time, give us a call on 09 412 8055 to arrange a suitable time. In the meantime, check out our Facebook page: www.facebook.com/cbearsecc.

Country Bears Early Childhood Centre, 79 Oraha Road, Kumeu – phone 09 412 8055.

Business expenses: what can you claim?

Although it can be a confusing area for many business owners, claiming business expenses against your income is important because it will save you money by lowering your tax bill.

The number one rule about claiming business deductions is

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that the expense must be incurred in deriving or earning assessable or business income. There is no definitive list of claimable business expenses because there must be a connection or relationship between the expenditure being claimed and the income being derived or earned. If there is no connection or relationship then there is no deduction.

For example:

- An electrician may purchase a ladder to access wiring in the roofs of houses, which is directly relatable to earning income and therefore claimable.
- However, if the electrician purchased a ladder to trim trees around his home then there is no relationship between the expense and earning income, and it would not be claimable.
- If a business owner takes a customer out for lunch to discuss (for example) supplying additional product then the cost of the lunch is connected to earning income and is claimable.
- Conversely, if a business owner takes a friend who also happens to be a customer out for lunch but the purpose is purely social rather than to discuss business then there is no connection to earning income and the lunch is not claimable.
- If a business owner takes a prospective customer out for a meal or drinks with the hope of converting them into a client in the future then a deduction can be claimed because there is a connection between the business and the entertainment expense incurred.

Claimable Expenses: Motor Vehicles

If a vehicle is used for business you can claim a deduction for tax purposes. Expenses can include:

- Petrol
- Registration
- Insurance
- Repairs and maintenance
- Depreciation

If a vehicle is dedicated solely for business (i.e. no private usage) then 100% of the costs incurred will be deductible for tax purposes.

If a vehicle is used for both business and private usage then an apportionment needs to be made between the business travel which is deductible for tax purposes and private expenditure which is not tax deductible. In this case a log book should be maintained for a representative 3-month period illustrating business and private travel, from which the percentage of business travel can be calculated and claimed.

Unless the home is a place of business, travel expenses cannot be claimed travelling from home to a job. If the home is a place of business then travel from home to a job can be claimed.

Claimable Expenses: Gifts

Gifts to suppliers and customers are 100% deductible for tax purposes. For example if you gift a bottle of wine or tickets to an event to a customer to thank them for their loyalty then the expense will be deductible.

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

Choose your celebrant right

Your wedding day should be a day that you'll remember for a long, long time. It is such an important day, that you would want to carefully select your vendors and suppliers. A wedding celebrant comes in at one of the most important parts of your day.

So how do you choose the right one?

Here are a few things to look for.

In general you need to find the one that will understand exactly what you want, will provide ideas and guidance, but also carefully listen to what you have to say, someone who you feel completely comfortable with, who is caring and willing to get to know you.

A lot of celebrants offer initial no obligation meeting, so use this first meeting to get a good feel for whether you can work with this person and to see if you connect with their personality. And don't feel obliged to book if you feel that something is not quite right, that's exactly why there is that first meeting. At the end of the day, they would be the person pronouncing you husband and wife and appearing on a lot of your ceremony photos, so you have to make sure they are the right one.

A good celebrant would have a collection of resources to provide if you are willing to take an active part in writing your ceremony, but they should also be able to ask you a series of questions and draft one for you, if you would like to step back and let them do their work. They should be able to give you one in the language, tone and feel to suit your overall wedding style.

A good celebrant would be available to meet with you at least a couple of times in person and be willing to provide ongoing support over phone or email pertaining your wedding ceremony.

Providing PA system and wedding stationery is not a requirement but a nice add on that some celebrants offer.

A good sign would be for a celebrant to ask about your dress code or colour theme and consult with you on the outfit they are planning to wear on the day.

Price is important as you are on a budget but the good old saying of "you get what you pay for" carries some weight here. A great celebrant will be worth their fee and more as they know how to create and conduct a memorable ceremony and more importantly, how to look after you on the day. In saying that,



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make sure you have a full understanding of what your celebrant will and will not do for you. Some celebrants charge for travel outside their immediate area. Some charge an additional fee for a rehearsal. Make sure you clarify what's included in the quoted fee.

Some celebrants try and make the most of the wedding season by conducting several ceremonies on the same day. You may be OK with this but be aware of potential complications posed by someone running late, which isn't a rare thing at weddings. Celebrant training is not compulsory in New Zealand. The training available is excellent and those who have completed training have a very clear understanding of the obligations of the role and how to best translate your wishes for your wedding ceremony into a memorable ceremony. Likewise Celebrant Association membership brings with it adherence to professional standards and regular training opportunities.

And finally, do book your celebrant as soon as you have your date and venue sorted, so you have a handful to choose from, especially if your big day falls in to a peak season. Article prepared by Anna Moroz at Wedding Girl. Wedding Planning | Marriage Celebrant | MC.

Beat the winter blues at Kumeu Gym

With the cooler temperatures on their way there has never been a better time than now to join Kumeu Gym! Our facility offers a fully equipped gym with a designated cardio area, highly qualified Personal Trainers and Fitness Instructors, Group Fitness Classes, Supervised Training and Indoor Netball and Soccer competitions four nights a week. We offer full service gym memberships for those that like class-

es or would like help with their training and no service gym memberships for those who like to do their own thing in the gym, Kumeu gym has something for everyone.

We currently have no joining fee and our contracts are for no fixed term requiring only 10 days notice to cancel. We also offer student memberships, ACC memberships and Green prescription options available.

Pop into our gym to have a look, mention the Kumeu Courier article and we will give you a one week trial to try out our facility.

Hobsonville Herb Group

The great news is that although we have discontinued the morning session, the night class is growing rapidly. It is very heartening to see how many people are interested in growing and using herbs. We are running practical workshops and this month we made a winter tonic (see recipe below) and discussed the herb horseradish. Everyone got to take home a small jar of winter tonic.

Hot Ginger Lemonade

1-2 inch piece of fresh Ginger root, grated

1 quart of water

Juice of 1 Lemon, freshly squeezed

Honey to taste

Pinch of Cayenne powder

Grate fresh Ginger root and steep in hot water for 10-20 minutes. Strain and add freshly squeezed Lemon juice, Honey, and a pinch of Cayenne. This concoction is warming (Ginger & Cayenne), contains vitamin C (fresh Lemon juice), and is soothing to a sore throat (Honey & Ginger). The Ginger root can be used more than once. For our June class we will be making insect repellent and learning about "Tansy". We have a lending library for

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members, plants for sale and a raffle. We meet at the Whenuapai Village Hall, 41 Waimaire Rd, Whenuapai Village. 1st Tuesday of each month \$5 per session. 7.15pm to 9.15pm. Contact: Diane 021 135 9613 or hobsonvilleherbgroup@gmail.com.

The Riverhead – raising the bar

We have recently developed Core Values with our team at The Riverhead. It has been very interesting and is already successful in terms of internal morale and ultimate results. Our Core Values include having each other's back, playing as a team, doing something to be world famous, going the extra mile and not being a dickhead. The term of phrase may not be particularly delicate, but it was important that it resonated with the young people who work here and that they instantly understand the meaning. What we have found is that the team themselves are the ones who are policing the attitudes and behaviours of their peers and the results have been immensely positive. The tightness of the team has been tested and proved strong with the recent passing of one of our own and the camaraderie is something to be proud of.

Cricket update

Two former Marina View students in Bradly Nash (Rangitoto College) and Niko Weerakoon (Rosmini College) are excelling for their respective 1st XI college cricket teams in the Auckland Premier A 1st XI competition.



Over the last three seasons, Bradly has been an outstanding top order batsman for Rangitoto 1st XI team whilst Niko has been one of Rosmini 1st XI's top performing fast bowlers. During the recently concluded term 1 section of the 1st XI competition, Bradly and Niko played against each other for their respective schools where Rangitoto beat Rosmini.

Kumeu Gym & Indoor Sports - good for all

Gym bunnies, muscle heads, fitness freaks - at Kumeu Gym you don't have to fit into any of these groups to feel younger, fitter and more alive. We have something for everyone - from Spin Classes to Yoga and Supervised Training to Fitness for Function for 60 years +. If you are looking to gain strength or increase your health, looking to slim down or bulk up we have just what you need. To go above and beyond we also offer Netball and Soccer 4 nights a week on our fully enclosed Indoor Court. Pop

in Monday to Thursday from 6pm to get the full experience and see what you are missing. Let's get fit in our community - what have you got to lose? Kumeu Gym - 250c Main Road, Kumeu - phone 09 412 8932.

Confessions of a small business owner

Confession: From interactions to zero leads. I have always believed in face-to-face interactions with my clients. These interactions give a face value to my business, and given the comfort factor of holding discussions with a real person, my clients always referred me to newer customers. But this method of lead generation has gradually stopped as clients use the digital world. So, while my face-to-face interactions continued to be good, referrals have stopped coming in. webchores.co.nz solution: Engage the customer. Online you have to state your business objectives clearly, so good content is the key. Of all the things we look at to create better online enquiry, interesting snapshots work the best. Online communities and social networks thrive on the content they are fed, posting interesting images and relevant content is a great way to generate interest back to your site. Interesting snapshots of the products and services create higher views than the more traditional obvious staged photos. The more character an image, or copy, has the higher the chance a viewer will click on it for more. After all, it's an emotion that will often trigger an instant purchase decision. Confessions come from our real world clients who needed digital world help. If you need an answer to an online problem email richard@webchores.co.nz.



Kumeu Physio

The old foot is moving on and the older foot has taken over. Joking aside I bought the practice from Ann Bennett on the 1st of April and although Ann is still working here part time while I look for another staff member, she will be leaving the area in the future. She is not quite sure what she will turn her hand to next but we will miss her when she's gone. Otherwise the team remains intact with Diane Bray Taylor as practice manager/receptionist and Lynda Atkinson working two afternoons a week. We also have a Massage Therapist, Mellissa Aarsen who works out of the practice two mornings but appointments are made through her contact details only (021 027 28627). I have been working at Kumeu Physio for 19 years now and prior to that had my own practice in Eilerslie from 1981 to 1996 so you could say

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that I'm an experienced physiotherapist. For those of you who do not know me, I hold a postgraduate Diploma of Manipulative Therapy which teaches advanced techniques in the diagnosis and treatment of musculoskeletal conditions. I also have a diploma in acupuncture. We all are trained in acupuncture as we find it a good adjunct to our physiotherapy modalities. For those of you who hate needles please understand all treatments are done with your consent. I have pride in this clinic offering the best treatment and advice on your health condition that we can provide and if we are unable to sort your problem we are happy to refer for further opinion from specialists. I have no plans to leave this wonderful area as I love the community and hope to be looking after your aches and pains for many more years and also hope to be passing on some of my knowledge to those starting their careers.

What is hand therapy?

Hand Therapy is the assessment and the treatment of injuries or conditions affecting the arm from the elbow to the finger tips. It is provided by specially trained physiotherapist and occupational therapists. It may often involve the fabrication of a splint to allow the injured area to heal. After resting in the splint the hand therapist will graduate you through a process of rehabilitation of stretching and strengthening to restore full function. Typical conditions treated are wrist sprains, fingers and thumb sprains, broken bones, carpal tunnel, arthritis, trigger finger and tennis elbow.

You don't need a referral to attend hand therapy you can simply phone us and make an appointment. If your injury is covered by ACC, treatment and splinting is free except for a small surcharge at your initial visit. If you are unsure if Hand Therapy is appropriate for you give us a call and we can advise you on different options. Our location 8 Shamrock Drive, Kumeu or phone 09 412 8558.



How to care for your sewing machine

How do you keep your machine in good working order? I do get asked how often you need to service a sewing machine. Some machines come with 1 or 2 free services in the first two years. If you use your machine regularly then a yearly service would keep your machine in tip top condition. If you do not sew that often then every 2 years would suffice.

To keep your machine running smoothly you should clean it regularly. This involves taking out the bobbin and bobbin case, hook if it has one and removing the stitch plate. Using a small

dry brush, clean out all of the lint (looks like lint out of the dryer) or a small blast with an air compressor or suck out with a vacuum cleaner. Once lint is removed you can use a cotton bud to wipe surfaces free of oil and other grim. A few drops of machine oil on to the hook (if your machine has one) and then reassemble. Put a new needle in, thread the machine and using a scrap piece of fabric sew test. I often use a zig zag back and forwards to get any excess oil used up before you start on your new project. To help keep your machine lint free for longer you should use a good quality thread. Often the cheap thread you pick up from bargain shops can be old or not good quality, causing breakages and excessive lint build up.

If you are not sure about how to remove your bobbin case or stitch plate please call into All Things Patchwork as we are only too happy to help. 09 411 7618.

Introducing North West Women in Business

North West Women in Business is a Networking organisation for women in the Nor-West area of Auckland. It is a network created to offer all business women the opportunity to meet like-minded women in a relaxed, fun and supportive environment. NW-WIB meets for a sociable lunch/coffee and business networking at various local venues. We are open to all self-employed professional women and there is no cost to join. This group provides a forum to develop a referral network and become a collection of local ambassadors for each other's businesses. Our meetings are supportive, encouraging and non-competitive. If you would like to be a part of this exciting new group, please email a bit about you and your profession to norwestwib@gmail.com. There will be a limit of one group member per industry so please get in touch as soon as possible to secure your place.

Hair colour expert

Muriwai now has an expert qualified hairdresser with over 20 years' experience doing amazing colour work and hair styles.

Glenn Lewis is loved by his clients who have followed him from his previous salon when he moved to Muriwai. He even has clients who travel from around Auckland to get their hair done by him. Some have been with him since he began hair-dressing!

An expert with colour work and styles to suit you, Glenn has a few spots available for one-off or regular new clients. He is available for hair appointments Wednesday to Saturdays. From cuts, colours and new styles, Glenn can do a great look for you. Phone Glenn on 09 411 8652 to discuss your needs and to arrange an appointment.



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Food: Beverages

Spiced Feijoa cake

125g melted Butter
 1 cup Sugar
 1 cup Chopped Peeled Feijoas
 1 Egg
 1 ½ cups Flour
 1 tsp Salt
 1 tsp Baking Soda
 1 tsp All Spice
 2 tsp Cinnamon

Topping
 1 ½ tablespoons melted butter
 ½ cup rolled oats
 ¼ cup Brown sugar
 1 tsp White sugar



Put melted butter, feijoas, sugar and egg into a bowl and beat well. Fold in dry ingredients.
 Line loaf tin and pour in mixture. Mix together the topping ingredients and sprinkle over the loaf mixture, patting down gently. Bake at 180 C for 30-40 minutes or until cooked.

Herbs are heavenly

How great it is to be able to flavour and spice up our food with all the wonderful herbs and spices available, and we can grow them ourselves. Take some time to plan your herb garden. Plant herbs you love and will use in your everyday cooking and cleaning. Get the children involved with the planting and watering. It can be fun! If possible have a plot close to the kitchen, or in a box on the window ledge with your common herbs to allow for easy picking while cooking. Herbs such as mint, parsley, chives, thyme, oregano, garlic, basil, coriander and dill (to name a few) are the more commonly used ones on a daily basis. Let's start with 3 Mints. There are over 1000 different varieties of mint worldwide. Mints are mostly perennial and they are very aromatic. They will spread like crazy, so growing in a pot is the answer to prevent them invading the garden. Variegated Apple mint has lovely fragrant frilly leaves and white flowers. It is especially nice in salads. Winter mint is also great in salads, stews, and of course the old favourite boiled minted potatoes. My favourite is Ginger mint, which can be added to salads, made as a spread chopped into softened butter or enjoyed as a tea. It makes wonderful ground cover and the bees love it. Anything that brings bees to the garden is always a plus. Try these two

simple recipes. Both are great with lamb.

Mint Sauce

2 tbsp chopped mint
 2 tbsp white sugar
 2tbsp malt vinegar
 1 tbsp boiling water

Wash and dry the mint leaves in a tea towel, remove stalks, finely chop leaves and place in a small serving jug. Put the sugar and water in a saucepan and boil for 1 minute. Pour the vinegar over the mint leaves then add the boiling water with sugar. Stir well before serving.

Apple Mint Relish

1 apple
 2 spring onions thinly sliced
 1 tbsp olive oil
 1 tbsp lemon juice
 1 tbsp sweet chilli sauce
 1 tbsp vinegar (apple cider /white wine)
 3 tbsp chopped mint leaves

Method

Grate apple into a medium bowl; add all remaining apple mint relish ingredients, (reserving a few mint leaves for garnish); season with salt and pepper and toss to combine. Join your local Herb Group – www.facebook.com/hobsonvilleherbgroup.

Peko Peko Japanese Takeaway

Healthy, homemade and unique Japanese takeaway food with friendly service. We are a little food truck located at 92 Hobsonville Rd, in the Passion Produce vegetable shop car park, locally owned by an authentic Japanese family. We have been trading around the area for over 2 years now. Our goal is to bring healthier takeaway options to families with our home-style Japanese dishes. We use 100% rice bran oil for frying and make our own sauces, using nutritious ingredients like Pink Himalayan salt and fresh, healthy vegetables. You can find us on our Facebook page www.facebook.com/pekopekojapanesetakeaway or simply come down to find us at the truck. We have now started our bento box including all our all-stars dishes. Numbers limited to 10 boxes a day for your new experience.



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Flame is heating up Hobsonville

Flame Pizza is a restaurant that is known for its gourmet pizzas, burgers, and salads. The owner, Brendon Marsh opened the restaurant in late November 2015 and it's the first Flame franchise to open after the original restaurant in Botany opened its doors 5 years ago. Brendon was presented the opportunity to open a Flame franchise as he has been friends with the owner of the Botany store for the past 6 years. Hobsonville Point is ever growing, and Brendon sees this growth potential; he believes that bringing Flame Pizza to Hobsonville Point will be beneficial to the community. He "knew the brand, knew the quality of the food and felt that by bringing it to Hobsonville Point, it would be accepted and enjoyed by the community." Brendon has already started getting involved in with the Point as much as possible. He has done this by delivering flyers to letterboxes with special deals, as well as supporting the secondary and primary schools by providing player of the day vouchers for sports players to redeem at Flame. Brendon is already blown away by the amount of support the new franchise has been receiving, and although he doesn't live in the community, he feels he is a part of it after investing so much time and money into a business that he hopes will benefit Hobsonville Point.



The Gallery Café and Japanese restaurant

10 free dumplings when you spend over \$40 on our takeaway menu. Here at The Gallery Café we offer a delicious all day café menu but we also have the option of Japanese meals for lunch and dinner to give you the ultimate culture experience within your meal. Our community is continuously growing and so is our menu to satisfy our customers



and keep things exciting for you all. If a romantic dinner for two or a family dinner with the kids sounds like what you're after give us a call and book in now. Not only do we deliver delicious meals but our talented chef has previously done photography for National Geographic and has some of his work on display right here for all of you locals to come view and even purchase. All of his photography currently has a 30 percent discount. So be sure to pop in for a coffee, breakfast, lunch or dinner and check out what The Gallery Café and Restaurant has to offer. Pop online to our Facebook page (www.facebook.com/the-galleryjapaneseandcafe) too find out a little bit more about us and the food on offer. 329a Main Road, Huapai 09 412 8983.

Wild wheat & Hallertau sourdough ale

It was collaboration time again at the brewery this month. Hallertau's Captain of Beer Steve Plowman teamed up with Andrew Fearnside from Wild Wheat bakery, Auckland's leading producer of artisan and specialty breads. The resulting 'Sourdough Ale' was produced by adding 100kg of Sourdough bread to the mash (25% of the fermentable) then kettle soured using the fresh sour dough culture to get some zinging acidity. This style of beer can be traced back to the ancient Egyptians or more recently as the German Gose style which is now enjoying something of a revival in the Craft Beer scene. This doughy draught has rich soft salty flavours that meld into a long creamy tart finish.

Music + food = positive addiction

This is a favourite quote of Mason Reynold's, one of The Riverhead's super star chefs. A Riverhead local, Mason started his ca-

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reer at The Riverhead a little over 5 years ago as a kitchen hand and was one of the original team that joined Paula and Stephen when they had just renovated the old tavern and reopened it to the public. Since then, like the tavern itself, Mason has never looked back. He is now well down the path of his chefs apprenticeship program and loving every minute of it. He has worked all over the kitchen from sauce section to larder to the hot line & functions. He lives The Riverhead's Core Values proving that with the proper attitude and correct training he can achieve his goals. He has aspirations to run his own hospitality establishment and is learning the essential skills to do so. Mason found his calling at school and is happy to be doing what he loves as an adult. Mason's other passion is music and he is a keen vocalist and bass player. His delightful partner, Avalon, can occasionally be found entertaining the guests at Sunday Live in The Boat House with Mason cooking up a storm in the kitchen or outside on Old Smokey BBQ kitchen. These two passions complement each other well and it shows in Mason's willingness to learn new things and push forward toward his goals. It is good to see someone so enthused about their career choice.



Warm up your tummy with Soljans New Winter Menu

Winter is here and with the new season comes new dishes. So it is time to head over to Soljans Estate Winery & Café to try our new satisfying winter menu. Head Chef, Paul Reid has produced a winter menu to exemplify the stunning crisp winter mornings amongst our vineyard setting. One of Soljans new winter dishes is the Moroccan rubbed lamb shanks with truffle oil mash,

green beans, and a tomato red wine jus. Soljans Café is sufficiently heated with a gas fireplace, outdoor heaters and a controlled heat pump, leaving no excuse of being cold. So enjoy the winter by calling the café on 09 412 2680 to book your table now! The menu is available weekdays from 11:00am-2:30pm and weekends from 11:30am (after our breakfast menu from 9:00am-11:30am).

The Fireplace Café & Restaurant

The Fireplace Café Restaurant and Bar provides a warm, welcoming dining environment in the heart of Kumeu, West Auckland. We are fully licensed, offer sumptuous cabinet food, a delicious lunch, brunch and dinner menu, and serve coffee from local coffee roasters Altura coffee and gourmet teas from premium tea makers Harney & Sons. Our lunch/brunch menu features favourites, such as sweet corn fritters, bacon 'n' eggs, Portobello on toast, eggs Benedict, French toast, plus a selection of fresh, tasty salads. In addition we have regular lunch dishes, including Caesar salad, fish 'n' chips, curry of the day, char grilled vegetable pasta, and gourmet burgers in beef, chicken and pulled pork. For customers on the go we have freshly baked scones, muffins, fresh gourmet sandwiches and other delicious deli dishes. We are fully licensed and in winter our fireplace makes the café and restaurant warm and cosy. We open from 10am, serving our brunch/lunch menu to 3pm, and we serve our dinner menu from 5.30pm onwards. So drop into The Fireplace Café Restaurant and Bar where you are guaranteed a warm friendly welcome and delicious food. Call us on 09 412 6447 or stop in 64 Main Road, Kumeu.



The Coffee Club - Hobsonville

In November 2015, The Coffee Club celebrated both 26 years in Australia and 10 years in New Zealand providing Good Food, Great Service and Excellent Coffee. From a single store, which opened in November 1989 at Brisbane's Eagle Street Pier, to more than 300 cafes throughout Australia, 57 in New Zealand, 21 in Thailand, 4 in Egypt, 3 in Maldives, 2 in Malaysia, 2 in Indonesia and now 5 in the UAE, The Coffee Club has established itself as an iconic household name and preferred venue for millions of coffee drinkers throughout the Asia Pacific region. We now employ more than 6,000 employees and serve more than 40 million coffees annually in our 390 plus cafes globally. The Coffee Club New Zealand has a strong presence in Auckland but you'll also find our cafes in



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many regional areas including Hamilton, Tauranga, Hastings, Palmerston North, Wellington, Christchurch, Dunedin, Queenstown, Taupo and now Rotorua. Despite our name, The Coffee Club is about much more than just excellent coffee. At The Coffee Club you'll find a large range of breakfast, lunch and dinner meals available at any time of the day. So if you want bacon and eggs at 4pm or a gourmet beef burger at 10am, it's no trouble at The Coffee Club. As long as we are open we are serving our full menu! The Coffee Club offers two types of dining experiences; a fully licensed, extended hours Cafe Bar Restaurant with full table service and an extended menu, and a Club store, which is typically located in high pedestrian areas and shopping centres and focuses on all-day light meals, breakfasts and snacks with counter service. As well as a comprehensive menu, we also offer a large variety of impossible-to-resist sweets including cakes, slices, muffins and biscuits and, of course, Excellent Coffee with The Coffee Club Signature Blend! With cooperative efforts to promote more socially responsible corporate policies, The Coffee Club is constantly offering support and funding to local communities and schools and contributing to environmental initiatives. Each year, The Coffee Club donates over \$200,000 in charity events and assists in raising around a further \$700,000 yearly towards beneficiaries such as Blue September, KidsCan and the Children's Hospital Foundations. So next time someone asks "Where will I meet you?" make sure your answer is "The Coffee Club!" Hobson Centre - 124 Hobsonville Road, Hobsonville. Phone 0211 578 988 or email tcchobsoncentre@gmail.com.

Hobsonville RSA

Welcome to your local community Hobsonville RSA. Open Wednesday to Sunday 5.30pm to 8.30pm and Friday lunch 12pm – 2pm catering for groups and individuals for meals and beverage.



Also on offer is Simon Budd, a chef, caterer and the maker of over 100 pies a week, (butter chicken of course is teh favourite) a prized pick up or dine in at \$4 - \$4.50. The menu is a mix of favourites and specials including lamb shanks with a price point of \$13 to \$23 which makes it some of the best value around. Add to this the kids menu at \$10 including free ice cream and you have got an excellent local option for the complete family. The most popular meal is scotch filet and pan fried salmon. The Chiefs choice is pasta, which is not only Simon pick but it changes all the time. The RSA is a family environment catering to members and community, provides value, membership and true hospitality. There are draws and raffles on Wednesday and Friday night for members. Every third Thursday is quiz night. Sunday may have a band including Marian Burns (once a month). We'd like to see people make better use of the facility, it has great quality, excellent price point and is accessi-

Susan Annett
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ble. Simon has worked in restaurants through the World and the quality that is served at the Hobsonville RSA is never compromised. Book today on 09 416 7227.

Catalina Cafe

The café building was built in 1938 and has primarily been used for avionics repairs and as a signals and communications centre for the R.N.Z.A.F as a part of the Hobsonville airbase. The café is fitted out entirely with energy saving and eco- friendly technology, all of which is available in the houses for sale in the development. All the lights are L.E.D, we have solar power back up, hot water heat pumps and rain water tanks for our grey water and gardens. All of our communications are on fibre. In our gardens we grow as many herbs and veges as we can and source other produce from as many locals as we can. Even our food scraps go to local pigs and chooks! We fell in love with the space from the very first time we saw it and could easily see the potential that a bit of elbow grease could create. A big plus for us is the cafes outlook over the stunning liquid amber pathway and phoenix palms, which along with the café building create a real sense of heritage and place. It is a real pleasure watching the community evolve and been part of that growth and change.

West Harbour Tide Chart

Date	High	Low	High	Low	High
Wed 1 Jun	03:11	09:18	15:40	21:47	-
Thu 2 Jun	04:10	10:17	16:43	22:47	-
Fri 3 Jun	05:08	11:15	17:44	23:45	-
Sat 4 Jun	-	06:06	12:12	18:41	-
Sun 5 Jun	-	00:40	07:03	13:06	19:35
Mon 6 Jun	-	01:34	07:58	13:58	20:27
Tue 7 Jun	-	02:27	08:52	14:49	21:18
Wed 8 Jun	-	03:20	09:45	15:39	22:09
Thu 9 Jun	-	04:12	10:36	16:28	22:59
Fri 10 Jun	-	05:04	11:26	17:18	23:49
Sat 11 Jun	-	05:56	12:16	18:08	-
Sun 12 Jun	00:39	06:48	13:07	19:01	-
Mon 13 Jun	01:30	07:40	13:59	19:56	-
Tue 14 Jun	02:21	08:32	14:53	20:53	-
Wed 15 Jun	03:11	09:23	15:48	21:47	-
Thu 16 Jun	04:01	10:14	16:41	22:38	-
Fri 17 Jun	04:50	11:02	17:31	23:25	-
Sat 18 Jun	05:38	11:48	18:18	-	-
Sun 19 Jun	-	00:09	06:24	12:32	19:01
Mon 20 Jun	-	00:52	07:09	13:13	19:43
Tue 21 Jun	-	01:34	07:52	13:54	20:23
Wed 22 Jun	-	02:16	08:36	14:35	21:04
Thu 23 Jun	-	02:59	09:19	15:16	21:46
Fri 24 Jun	-	03:44	10:03	15:58	22:30
Sat 25 Jun	-	04:30	10:48	16:43	23:16
Sun 26 Jun	-	05:18	11:35	17:31	-
Mon 27 Jun	00:05	06:08	12:25	18:23	-
Tue 28 Jun	00:57	07:01	13:19	19:21	-
Wed 29 Jun	01:51	07:57	14:18	20:23	-
Thu 30 Jun	02:49	08:56	15:21	21:26	-

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

Petstips:advice

Autumn Winter collection for dogs

Animates, which has one of the biggest ranges of pet supplies and pet products in the country, has just launched its Autumn Winter 2016 collection for dogs. The range, which includes fashion and bedding, is designed to keep your dog warm as well as stylish this winter. The looks include cozy outdoor wear, statement coats and Winter knitwear. The one stop shop for all your pet requirements, Animates also offers a range of grooming services to ensure your dog steps out in style. If you're not sure about sizing why not come in and see our friendly staff who are on hand to help you with all your pet care needs. The Autumn Winter 2016 collection is now available in the Albany, Glenfield and Silverdale stores as well as stores nationwide and online. Fashion range prices start from \$14.98. To view the collection or find out more about the grooming services go to www.animates.co.nz.



Arthritis in Cats

With the colder months, we often see more cases of cats "slowing down". People often think it's due to age but it can also be caused by osteoarthritis. Cats are exceptionally good at disguising pain and the signs of arthritis in cats can be very subtle and until recently, it wasn't a widely recognised condition in cats. Some subtle changes in the behaviour of our cats can give us a clue if they are suffering from osteoarthritis. These include:

- Reduced mobility (stiffness or reluctance to jump up or down from things)

- Reduced activity (sleeping more, playing less)
- Changes in mood (being more aggressive and not wanting contact)
- Reduced hygiene (matted coat, longer and thicker nails)

There are various treatment options available that can help alleviate the pain of osteoarthritis ranging from supplements and special diets to pain relief with anti-inflammatories. Get your cat checked at the vet for this condition. West Harbour Vet Clinic 77 Hobsonville Road, West Harbour Phone 09 416 6388.



It's a dog's life

We often hear the expression, but what's it really like for our pet dogs? "I spend a lot of time indoors alone while my humans have other things to do. They come home and provide me with food and love and they take me out, but during



the week sometimes we don't get to go as it's too dark, or bad weather, or we may go out quickly, then it's back to the house with nothing much to do. The boredom sometimes stresses me out." A dog walker can break up your dog's day and give them the kind of exercise you only fit in on weekends. Relieving your dog of boredom and stress and creating a happy, healthy dog is a good investment. My customers find their dogs are more content, sleep well and have better social skills. Paws to Hooves Pet Care offer beach and forest walks as well as boutique farmstay/daycare. Affordable rates. Contact Lisa@pawstohooves.co.nz see www.pawstohooves.co.nz or call 027 380 0265.

Can diet affect your pet's behaviour?

Many of our clients tell us that their pet's behaviour alters noticeably upon changing from processed food to a raw diet. We routinely hear things like: "My dog is so much calmer since the change" or "My cat is so much cuddlier now, and less skittish." Is this a coincidence? Or is there something more to it? A clear connection between gut health and brain function has been



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established in humans. It is known as the gut-brain connection, and it gives whole new meaning to the phrase "go with your gut feeling!" Processed pet foods are high in inflammatory factors, and evidences suggests that they contribute to gut dysbiosis (disordered gut bacteria). Diet definitely affects behaviour. We know from studies in children that coloured fizzy drinks heighten excitement levels. What if your excitable puppy was actually reacting to additives and preservatives in his food? An easy way to find out is to pop in to one of stores. Tell us about the quirky behaviours you are facing with your own pet ... We love your stories and we especially love being part of the solution! A diet of high quality raw meaty bones, organs and tripe might just be the answer. Your pets will love you for it! 250D Main Road, Kumeu. Phone 09 281 055, email info@rawessentials.co.nz or visit www.rawessentials.co.nz.



Ensuring our animals get the best care

How important is it to have trust in the professionals we get to look after our animals? Jo Clough and Laura Purkis believe it is so important that they started PET First Aid & training (NZ) Ltd in April 2014. Working with two New Zealand vets, they developed a course specifically written for New Zealand and its requirements. Jo is a qualified vet nurse and Laura is a canine behaviorist and trainer who is completing a course in canine psychology. Before starting their company, Jo moved from vet nursing to managing a dog daycare facility where Laura was assistant manager. There has been concern that no standards have been put in place to monitor who, where or how facilities for the temporary housing of companion animals are run. There was the case of Macs, a Jack Russell who was left unattended with a large dog at boarding kennels in Churton Park, near Wellington, in August 2013. Macs was seriously injured, costing the owners thousands of dollars in medical bills. In January 2015 a Labrador was killed by other dogs in a kennel in Rotorua. The dog had been left for 45 minutes with another un-neutered male, four other dogs and no supervision. Jo says, "This would never have happened if the owners and operators of the facility had the relevant knowledge and training. It is not enough to just love animals, you need to recognise behaviour and be able to prevent incidents before they occur." "We all love our pets, which is why we put them into the care of professionals. But what we need to do is check that they are, in fact, profes-



sionals with the correct training and qualifications." A new code of welfare is being developed by the National Animal Welfare Advisory Committee, which will cover the temporary housing of companion animals. It is anticipated that the code will be issued by the Minister for Primary Industries this year. "This is a much-needed step in the right direction where we can ensure that the people we are leaving our pets with are qualified and can take the right action in an emergency," Jo says. The code will cover the responsibilities of owners and people in charge of animals in temporary housing facilities and will include sections on competency and animal handling; housing and facility management; food and water; health; providing for behavioural needs and more. Jo says: "For organisations and private individuals who wish to be prepared for the release of this code, there are organisations ready to assist." PET First Aid & training is already training businesses such as kennels, catteries, groomers, dog walkers, pet shops and boutique home stays regarding pet first aid, canine body language, and introducing and assessing dogs. Awareness of PET First Aid and facility staff having knowledge of its application and when to seek a vet will enable owners and people in charge to meet the requirements of the code. They will have the appropriate ability, knowledge and competence necessary to maintain the health and welfare of the animals in their care". A comprehensive list of recommended questions is on the PET First Aid website – www.petfat.co.nz.

Keeping your dog happy

Winter weather makes it more challenging for us to take our dogs out. Therefore, it is important to consider enrichment programmes. An enrichment programme provides your dog with active mental and physical stimulation to keep your dog happy and healthy. There are a large number of activities available and offering variety and challenges is the key to a successful programme. A great way to provide mental stimulation is through problem-solving activities and many are easily made from everyday items. Remember, dogs don't need to eat from a bowl! Something as simple as placing their kibble inside a plastic milk bottle (cap and ring removed) to work out how to get their food out is excellent stimulation (make sure your dog doesn't eat the bottle). Contact me for your free copy of the full list of problem solving activities. Physical stimulation can be in the form of games and simple conditioning exercises. These exercises do not require any specialised equipment and are great to keep your dog 'body fit'. Contact me today, to design an enrichment programme for your dog. Tania Evans DipAnPhys, Cert CF. Phone 027 459 6675 or email tania.evans@inspire.net.nz.



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New: Builds

Thinking of building?

Meet your local New Home Consultant - Lloyd Hallett is based in Kumeu and has been with Signature Homes for three years. He has over 20 years knowledge and experience in the building industry. Lloyd is committed to ensuring customer service and satisfaction. With his proactive approach, lateral thinking and high standard of professionalism, he has gained the respect and friendship of many of his clients. In his role as a New Home Consultant he can assist you in finding that perfect piece of land right through to a turn-key solution. Alternatively he can guide you through a subdivision or a knock-down and re-build proposition. All proposals include our architectural and interior design service and of course our comprehensive guarantees. The quality workmanship, plans and design modifications that Signature Homes offer is what Lloyd believes makes Signature Homes Kumeu stand out in today's competitive building environment. So if you're thinking of building, get in touch with Lloyd Hallett, email: lloydhallett@signature.co.nz or phone 021 175 1670.



Maddren's tradie of the month

Congratulations to Ian of Pennel Decorators (pictured) for being the inaugural winner of the Maddren Homes Tradie of the Month. Maddren Homes is grateful to have Tradespeople like

Ian who offer such high quality professional service consistently. Pennel Decorators are very reliable and continually meet timeframes which makes planning and project management that much easier whilst maintaining a high quality of workmanship. Maddren Homes understands the importance of having good quality tradespeople as a part of the overall team to help produce high quality homes that our owners can be proud of. www.maddrenhomes.co.nz.



Rendering to reality

One of the first hurdles you face when you start planning your dream home is visualising the spaces. Traditionally you would collect together some images of things you liked and your Architect or Designer would produce some hand sketches and 2D plans to look at and try to visualise. This process would then be repeated a number of times as you refine your ideas and the plans. While this first step is critical in getting everything you want in your dream home, it can be time consuming and relies on you being able to visualise one dimensional plans as three dimensional reality. Seeing design in 3D is a whole lot easier and quicker. 3D rendering is rapidly changing both how you see your new designs and how you interact with them. Today, 3D rendering is used for analysis and approval in the building process. "3D rendering has completely changed the new home design process. Those who are not good with visualising plans find it so helpful seeing in detail how their house will look and function," Paul Reid Maddren Homes. 3D rendering makes it simpler and quicker for architects and designers to try different design variations. Revisions and changes can be made quickly and efficiently. Changes are made in a flexible environment which means they don't involve having to start from scratch. Walk throughs, fly overs and video modelling can even show the effects the sun will have to the design of the home. "The advantages of video computer modelling are that the client gets to experience the full house and all the design features and structure that you miss between the usual still images. It also allows for solar modelling that portrays



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the design characteristics that have been included to further enhance the overall liveability and efficiency of the home," Richard Furze Furze Architecture + Design. 3D rendering doesn't just shorten the design cycle though. A final design can now be viewed via the internet or captured on a USB for wider distribution to key stakeholders. Teams can work together to identify different solutions and find out what works best and the most efficient ways to build. Any feedback or changes can then be made to the original CAD file easily. Building companies have been using 3D renders to capture static renders of new homes for some time, but this new generation of 3D visualisation creates a whole new level of value. From design improvements to greater efficiency in the building process. If you would like to see how your dream home could be rendered into reality contact Paul at Maddren Homes on 09 412 1000.

Classic Builders

Our grassroots - Kiwi-owned and operated, the success story behind Classic Builders began almost 20 years ago. This was when Peter Cooney and Matt Lagerberg saw a need in the market for quality, value-for-money homes, delivered within a pre-agreed time frame and at a fixed price. Founded in the Bay of Plenty, Classic Builders has grown to include the Waikato, Northland, Auckland and Queenstown. The company has expanded to become the largest residential house builder in the Bay of Plenty and Waikato, and is the fifth largest residential building company in New Zealand. We build almost 450 homes a year. This growth is phenomenal, as Peter and Matt personally oversee every region, choosing to avoid the franchise model of home building, which inevitably adds additional



costs to a customer's home build. Matt and Peter also wanted to grow digital technology within the building industry, for the benefit of customers. Today, as leaders in building technology, they implement a highly functional computer system that supports the building process. In turn, this means client services run seamlessly from beginning to end of a home build. More about our directors - As the company has grown Peter and Matt's roles have evolved. Peter now takes a more strategic role in the development of the Classic Group. The Classic Group consists of Classic Builders, CBC Construction and Classic Developments. Peter advocates for customers through his role in the Development Working Party for the Bay of Plenty Region, as well as working with the Affordable Housing Community in New Zealand. Matt is a qualified Joiner and Project Manager and as co-director he oversees all aspects of the business. Matt personally ensures that your home is constructed using quality products to the highest workmanship. The Classic Builders 10-year Guarantee offers you an assurance of quality, as well as the certainty we will stand by your home for the years ahead. But really... it's all about you! - Building a home should be life changing and choosing the right builder is crucial in making this change a good one. We take all the stress out of the process; our builders and designers are the best in the industry. The majority of our home building is a direct result of customer referrals, which is a testament to our excellent customer service. With a portfolio of over 150 house plans available, ranging from \$100,000 homes to multi-million dollar residencies, we believe we offer a wide range of options and have a great team of people to help walk you through the building process. Our teams have local building experience and knowledge, and they work together with you to design and build a home that suits your needs, and your lifestyle. Come and visit one of our show homes. We'd love to meet you! For more information go to www.classicbuilders.co.nz.



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Home:garden

Growing Citrus trees

No orchard is complete without some citrus trees growing! Awa Nursery recognises this, and we have just received our new seasons stock, newly bagged up and ready to go into your gardens. If you are after a mature readymade fruiting tree, we have those in stock as well.



Now is the best time to plant Citrus trees, as they have winter and spring to get established before summer. Citrus trees prefer a sunny spot, preferably frost free, sheltered from strong winds and a well-drained position.

Our citrus have just been wrenched, which is a process where the roots are cut without lifting the plant, then uplifted and bagged up. You will find the soil is loose in the bags and the root ball quite small. This is normal and your plant will thrive provided it is planted in good free draining soil.

Dig a hole approximately twice the depth and width of the bag and partly fill with garden mix. Place your tree in the hole and fill the remaining hole with soil. Make sure your soil is no higher than where the soil came to when it was in the bag. Stake the tree until it is established. Be sure to water your tree if there has been no rain every three days or so until established. Mulching the area around your citrus tree is a good idea also. Again keep the mulch away from the trunk.

Citrus trees like to be fertilised regularly especially in spring and summer to encourage maximum fruiting and flowering. Awa Nursery has a fertiliser specifically catered to Citrus should you require a bag.

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Total Cover Shade and Awnings are the number one residential and commercial suppliers for outdoor shade and wet weather products. We aim to give every family and business in Auckland the opportunity to create fabulous memories outdoors no matter the weather and most importantly keeping you safe away from the harmful UV rays from our Sun.

We are passionate about what we do and want to offer our products to everyone who needs something in their home, whether it be a customised retractable awning for much needed shade or a fully enclosed canopy which you can use all year round, we want to find you a solution which you will love.

Owned and operated by 2 Kiwi families, Total Cover has been in business for over 20 years! If you are looking for professionals who know exactly what they are doing with great client testimonials to back their work then Total Cover is the place to come. Keep your family protected and call us today or check us out online www.totalcover.co.nz – 09 444 0019, we are here to help!

Methods of selling your property explained

Over this and future issues, Ian Sneddon of Mike Pero Real Estate will be explaining the different sales methods that can be employed in selling your property.

Set date of sale (Deadline Sale Process) -

A deadline sale is a variation on both the auction and tender process, but the similarity to both these methods is that it is intended to make clear to buyers that it is the vendor's intention to have the property sold on or before the deadline date.

With an auction all bids must be unconditional and bidding is in public.

With a tender the property cannot be sold before the tender date and offers must be on a tender form accompanied by a 10% deposit and must remain valid for 5 working days from the close of tender.

With a deadline sale none of the above applies, offers can be made and accepted at any time, offers are made on a normal sale and purchase agreement form, and can be withdrawn at any time prior to acceptance by the vendor. There is no requirement to attach a deposit cheque with the offer.

The vendors reserve the right on or pre deadline to accept an offer, reject all or any offer, or negotiate with the offer they consider most favourable. Offers can be conditional or unconditional. If the vendors wish to accept a pre deadline offer, the Real Estate Agent selling the property on behalf of the owner will advise all parties who have registered an interest in the property that the set date of sale is being brought forward and all offers have to be submitted before 5pm on the amended date and the vendor can then accept this offer at 5pm or if any better offer is presented this can be accepted instead.

Fixed Price Sale - Fixed price sale makes buyers aware whether a property is in or out of their price range allowing them to plan accordingly, this also means that price intentions are already set by the seller making negotiations easier.

To make an offer on a fixed price property you are required

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to put your best offer forward to the Real Estate Agent who is selling the property on behalf of the owner. The agent will discuss any conditions of sale you may like to submit such as LIM or builders report, finance etc. Once this is complete and you are satisfied, the agent will then present the Sale and Purchase Agreement for you to review and sign.

The agent will then take this to the vendor for them to consider your offer and make a decision. The agent will then respond to you promptly as to whether your offer has been accepted.

Next month: Ian will be explaining the Auction and Tender processes. If you would like any further information on this or have any other real estate related questions, please call Ian on 027 209 0789 or email Ian.Snedon@mikepero.com - Licensed REAA (2008).

Update from Sparkn

Firstly, a huge thank you to all the parents and children of Waimauku Primary School who came along on the Runway Challenge. Distances of between 3 and 10 km were raced with the aim of raising money for Waimauku School. The sausages and bread were consumed rapidly after all the exercise!

This month we have been renovating a farm out in Helensville and repairing the farm equipment as well as working on a new build up near Awa. We are getting involved in a great deal of lighting design work, something Tony has a flair for. We love setting up outdoor lighting and highlighting garden features and it is particularly rewarding at this time of year with the darker evenings. Please contact Tony on 021 772 756 to discuss your electrical needs.

SPS Plumbing Services

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

New homes require interior help

Building a new home can be daunting. A lot of you are going through the process right now. Once you have decided on your building company, it is important to enlist the help of an interior designer for at least one consultation. If you go for a template design, get an interior designer to really look at the layout and help you make decisions on increasing the size here and there, heightening the stud in areas or fleshing out your storage requirements. Secondly an interior designer is a great asset to help you decide your scheme. Paint, carpet, tiles, hardware, and electrical requirements for the future. And thirdly I have pro-

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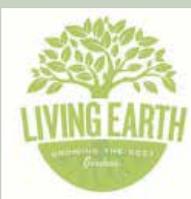
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vided many 3D renders for families to really make them understand the space. We all know that moving into a new house with your old furniture just doesn't look the same so it's about being smart and compromising on a few top pieces that you should retain and purchase to reflect the overall integrity of your new beautiful home. For more information, or a consultation, contact Pocketspace Interiors. www.pocketspaceinteriors.com.

Field day specials on tanks

TANKS - Call into KPL for information on our Mystery Creek Field Day Specials on Aqua Tanks 10,000L – 31,000L! Specials begin June 15th 2016 and are valid until 30th June 2016. FREE delivery! With very little rain for this time of year, seasons are becoming more and more unpredictable. Think ahead and install your extra water tank for the upcoming Winter months. **WOODFIRES** – Turn up the heat and install a Wood Fire, FREE flue kit promotion currently running with Kent Wood Fires. A large range of Firenzo, Kent and Wagener Woodfires are on display in our showroom available in Clean Air and Non Clean Air options. Call into KPL to view. **SMOKE ALARMS** – Time to install smoke alarms, replace that old one. KPL stock Cavius Smoke Alarms, World's smallest Photoelectric Smoke Alarm, with some big features; 10 year life long battery, a penetrating sound at 85 dB(A) at 3 metres, 10 minute pause, unique smart clip mechanism, aesthetically pleasing, environmentally friendly, value for money, NZ Building Code Compliant! Available in single pack or 3 pack compliance packs.

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Preparing your lifestyle property for sale in winter

Some people shy away from marketing their lifestyle properties in winter. One reason is that people feel that their property is not as attractive as it is in spring/summer when gardens are blooming, the deciduous trees are covered in foliage and the lawns are fresh.

I disagree with this view. A well maintained property will always look good no matter what season.

The positive side of selling in winter is that there are fewer properties on the market. This will give your property relatively

greater exposure and generally more inspections as there are always buyers out there especially in the current strong market. Weeding the gardens and putting down a good layer of mulch will keep your garden beds tidy and help keep soil temperatures up. It will also slow down the weeds.

Cleaning up the leaves dropped by deciduous trees and bushes will go a long way to keeping the gardens looking tidy, now is a good time to cut back trees and bushes to maintain that groomed look.

Most buyers realise that the properties they are viewing will come alive in spring, if it looks clean and tidy in winter it can only improve. Lyndsay Kerr - lifestyle block owner, phone 027 554 4240.

Edible gardening

This winter, make a trip to Auckland's Botanic Gardens, where their brick-walled edible garden is outstanding in its display of winter food crops. Warmer than usual temperatures have assisted – there's plenty of inspiration and take-home tips for growing food as we finally head into winter -

- Cold hardy vegetables – Giant Mustard, silver beet, fennel, red and green cabbages, kale and mibuna are all good to grow as we head into winter. Iceberg-type lettuce varieties tend to be the strongest in the winter months.
- Garlic - great time to put a crop of garlic in. Gently separate out healthy cloves from a head of garlic and plant 10 – 15 cm apart with the 'pointy end' facing upward.
- The many uses of rosemary – subtle flavouring for winter cooking, beautiful blue flowers in winter are two of the benefits of growing rosemary. But check out the Botanic Gardens' stunning rosemary hedges around their vegetables beds.
- Fruit tree clean-up – ahead of pruning, pick up fallen leaves and rotting fruit to eradicate risk of leaving diseased spores in the soil. Spray after leaf fall with copper and oil to further clean up for spring growth.
- Dig in lupin green manure crops – when they get to knee-high and ahead of flowering, cut down the plants and dig through the soil.
- Liquid Frost Cloth – if you tend to get frost in winter, now's the time to protect citrus and other vulnerable bushes by spraying over liquid frost cloth, a heavy oil-based cover that helps lessen frost damage on leaves.

The rest of the garden

- Hardwood cuttings – Perfect time to take cuttings of roses, hydrangeas, viburnums etc. Cut 15-20cm pieces of up to 1cm thick and remove leaves. Make sure the top is cut on a slant just above a leaf node. Place cuttings in Propagating sand and water regularly until the cuttings have taken root when you transfer to their own pot. (Hydrangeas cuttings can go straight into the garden).
- Drainage in Lawns - If your lawn doesn't drain well in winter,

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apply a layer of gypsum ahead of rain. Repeat in a fortnight's time.

- Inside – Reduce water to house plants, letting them dry out between watering. Tidy up old leaves and wipe dusty foliage with a damp cloth.

Winter is upon us

Branded umbrellas are flying out the door - perfect for staff and clients alike - and they're looking good. Thank you for your business! We have also been branding wet-weather gear for the staff of our clients who need to be kept warm and dry. Hi-Vis jackets, Beanies, Soft-shell jackets are all very popular, and with the new Health & Safety regulations in force, it's important to look out for those in your employ. We've just got back from the Hong Kong Gift Fair where we discover the latest and greatest for your corporate gifts. Give us a call if you are thinking about your clients or staff and let us help you put together something perfect that is within your budget. We are proud members of the Australasian Promotional Products Association (APPA), and as such are bound by a strict code of conduct so our clients can be assured that we supply a high level of service and quality products. ASAP Promo are seen as industry leaders, made evident with our Director of Sales Tea Larsen being selected as a member of the newly formed APPA NZ council, due to her reputation for being innovative and achieving creative excellence in the promotional products industry. To learn more about ASAP Promo and what we do, please visit our newly updated website at www.asappromo.co.nz, email us at info@asappromo.co.nz or find us on Facebook www.facebook.com/asappromonz. Telephone: 09 973 4352.

The importance of Income protection

An ongoing income is important to maintain your lifestyle. Income Protection gives you a steady stream of income if you're unable to work due to sickness or injury. Many assume that ACC will take care of them if they can't go to work. ACC only provides cover for injuries that are the result of an accident. Income protection covers non-accidental reasons for being off work, such as stress (the biggest cause of people needing time off). Some of the questions we frequently get asked relating to income protection:

What is the difference between agreed value and indemnity cover? - Agreed value policies require you to prove your income when you apply for the policy –generally an average income over two or three years. This can work well for self-employed people with fluctuating incomes.

Indemnity policies require you to prove your income at the time of a claim. These policies can be a little more efficient in certain situations and as a general rule they can work well for people who are employed with a steady income. If you want to know more about your Income Protection plan or what may suit your situation please call Risk Solutions.

At claim time – how long do I need to wait before I get any money? You choose. Most people go with either one, two or three months. Your wait period has an effect on how much you pay in premiums - the shorter the wait period, the higher the premium. This is why it is important to consider how soon you would need the money if you got sick and couldn't work.

Most insurance providers pay their income protection policies in advance. For example, if you have a one-month wait period and are off work for a month, your policy will begin paying at the end of one month. Others pay in arrears, which would result in you not receiving your payment until you have been off work for two months.

How long does it pay out for? - Once again, there are lots of options when taking out a policy. In general we recommend that the payment term is through to retirement age. This ensures that if you make a claim you will keep receiving your money until your doctor clears you to go back to work. In the event that you never return to work you will continue to receive money right through to the age of 65 or 70.

In certain situations it can be prudent to have a shorter payment term, for example, a person may have some alternative income or another type of insurance policy that will work in conjunction with a short payment term. There really are many options.

At Risk Solutions, we take the time to work through the options with you and come up with a plan that will work for you and your family. Timothy Peat - phone 09 412 6363 or visit www.risksolutions.net.nz.

The Drunk Possum

The Drunk Possum is located in the large shed at 522 State Highway 16 Kumeu. We are open 7 days a week from 11am - 4 pm.

We have an ever-changing variety of items including Industrial salvaged items and Vintage treasures from, Vintage Candle holders and Vases, Crystal, Art Deco style items, to Ladders, Lights, Automotive memorabilia and Rare Enamel Advertising Signs

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Let's get those curtains right!

Renovating or building? The Lou Brown Design Paint Colour workshop evening is just around the corner – Thursday 2nd June. Take the guess work out of selecting paint colours for your interior and exterior, be inspired with creative and fresh ideas, and gain the skill set to confidently select the RIGHT colours for your home or business. The last workshop sold out and this one is not far off, visit www.loubrown.co.nz, under the COLOUR WORKSHOP tab to book your spot.

Right, on with this month's blog, how to get your curtains right. Select the right pleat style. For a modern, clean look go no further than a wave heading. If you like a plush and full look, go for a French pleat. This pleat style will use more fabric and therefore expect to pay more. If budget is a factor, use a pencil, inverted or New York pleat as these use less fabric. For a casual, French Country look, a tab or tie heading will do the trick.

Let the light in! Order your track or rod at a customised length so it spans far enough either side of the glazing to allow your drapes to stack entirely off the glass. This ensures your view is unobstructed, maximum daylight enters your home and your curtain fabric is protected from sun damage.

Take full advantage of the height of your space. By taking your curtains right up to the ceiling you will extend the sense of height in your room, and who doesn't want their room to look spacious. True, no? As a rule of thumb, tracks and rods should be

mounted at least 200mm above the architrave, and if you have a high ceiling don't be afraid to take them right up close to the ceiling line.

Nothing screams luxury like puddling drapes. Ok so it's not everyone's cup of tea, so if you'd prefer not to go for that look, at least let them relax on the floor by 10 – 20mm. Most fabrics absorb moisture and shrink during the dry months, and this will prevent a gap between the curtain and the floor – it's like having your fav pair of pants shortened just that bit too much. Ouch! Even if you have a half height window, take the curtains right down to the floor. It looks ten times better. Promise.

Track colour. Unless you have a feature rod that you'd like to be on show, match your track colour to your wall colour. This will seamlessly blend the track into the wall, allowing your drapes to be the wow factor.

For more of my helpful interior blogs visit my website or Facebook page www.facebook.com/loubrowndesign. Feel free to come down and visit us at the gorgeous Studio Black stocking boutique collections of handpicked designer products. Shop hours are Thursday and Friday, 10am – 4:30pm or by appointment 021 814 329.

Massey High School foundation - international night 2016

Annual Massey High School Foundation International Night fundraiser is being held on Friday 29 July 2016. Tickets are on sale at our School Cashiers as of today, I can add people to a reserved ticket list for door collection if people prefer that option. All funds raised will contribute towards special projects for Massey High School students and our community.

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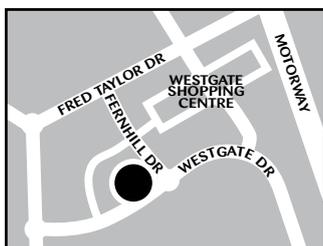
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