

the **Westerly**

FREE monthly community magazine for Massey to Hobsonville Pt

PROPERTY MARKET REPORT TIME TO REFLECT

- Pet tips & advice
- Home & garden
- Community notices
- Food & beverage

MUZZLING DOG BITES

Circulation is 16,000 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@googlemail.com

April 2017

Intro

"The smallest act of kindness is worth more than the grandest intention" - one of Oscar Wilde's gentler quotations. It's often the small things that make a difference, and we may even be unaware of the effect they have. Someone once said to me that I had said something helpful to her ten years previously. Of course I had no recollection of what I'd said, but it had clearly made an impression. A smile to a stranger ("there are no strangers here; only friends you haven't yet met" another quote from an Irishman, William Butler Yeats) may be the only smile received that day. We should also remember to be kind to ourselves. Look through this issue of the Westerly, and you should find an activity or event you could enjoy. Don't just intend to take part, but be kind to yourself and your family, and find the time to do it. There is so much to choose from. Would you have time for some volunteering? The local fire brigade is looking for members, or you could help the environment by growing native plants at Hobsonville Point. Are you planning an event? Maybe Hobsonville Church would be a suitable venue? Looking for something to wear? Fancy Frocks has some great bargains. Hospice West Auckland has opened a new shop in Glen Eden. Find an activity to join - GirlGuiding needs leaders; bouncy castle and Ivy Cottage Parties, Gym Zone, holiday classes in Kumeu or even driving for the kids; or self defence in Massey. Look out for local events - kite flying at Bomb Point, the Croatian Harvest Festival, the Woodhill Forest music festival, or support our local Hobsonville Point cricketers. See the advice for safety around dogs, as well as food tips for dogs and cats. There is no shortage of local food and drink ideas for humans, too. Health care suggestions abound, and read the features about the property market, autumn planning for your home and garden, and not forgetting the Tradie of the month. It's all here. Just look through the Westerly and find heaps to do.

John,
Editor



the Westerly

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Community notices

The Herbalist craft beer

The Herbalist craft beer has been created by local woman Rebecca Stenbeck, who has grown up and lived in Kumeu all of her life. Rebecca was exposed to brewing from a very young age by her grandmother and has carried on this ancient tradition of women brewing for their menfolk.

Incorporating brewing and her experience as a qualified Herbalist and Naturopath has allowed Rebecca to create a range of tasty craft beers that are infused with herbs and brewed with GE-free New Zealand barley and hops.

Manuka Ale, 5.4% - This highly refreshing ale is finely infused with manuka leaves, fennel seeds and burdock root.

Rosemary and Liquorice Ale, 5.4% - Infused with a hint of rosemary and liquorice to excite the taste buds and pair to lots of foods.

Nettle & Bilberry Lager, 5.3% - Well balanced and layered with subtle interesting flavours.

Local stockists: The Bottle-O Huapai, Norwest Liquor, Boric Food Market Kumeu, Hobsonville Kitchen and 4 Square Parakai. Visit www.theherbalist.co.nz.



Kiwi owned waste and recycling company expands services

To Whenuapai, Hobsonville, West Harbour, Royal Heights, and

Herald Island.

Econowaste, operating under its parent company Northland Waste Ltd, is a Kiwi owned waste and recycling company that has recently expanded its services to Hobsonville and surrounding areas. As of 2 March 2017, Econowaste can provide local residents wheelie bins for household rubbish for as little as \$2.45 per week, saving money and the hassle of buying rubbish bags. Econowaste is also passionate about helping Kiwi's in their time of need, having donated upwards of \$90,000 to local hospices. Sign up online today or find out more about Econowaste by visiting www.econowaste.co.nz.

Fancy frocks

Don't you deserve a fancy frock? Andrea is reluctantly selling her stock of over 400 gorgeous dresses and dreamy wedding gowns. You don't have to spend a fortune to look like a million dollars! Andrea has a selection of ball gowns, party frocks, cocktail dresses, flower girl dresses, pageboy outfits, beautiful designer wedding gowns, off-the-rack wedding gowns and bridesmaid dresses, at a range of prices to suit any budget. Hurry before they disappear. Contact Andrea at www.fancyfrocks.co.nz www.facebook.com/FancyFrocksNZ.



NEW BEER MAKES RED WINE & MEAT PAIRING A THING OF THE PAST

West Auckland News

In breaking news, a new herbal-infused craft beer has been hailed as the new favourite when it comes to pairing red meat at dinner time. THE HERBALIST has formulated a Rosemary & Liquorice Ale using real Rosemary leaves and Liquorice Root (not to be confused with the confectionary form we are used to), along with New Zealand-grown hops and malt, and made in the style of a pale ale. The Rosemary & Liquorice Ale enhances the diner's experience of enjoying their favourite roast lamb or beef, herbed sausages and even Asian-style stir fries. One country woman reports the Rosemary & Liquorice Ale even pairs well with cakes and desserts (good heavens, what next!). Get yours today and join the beer and meat pairing revolution.



The alleged beer making waves in dinner circles. Available at: Fresh Choice Waimauku, The Bottle-O Huapai, Norwest Liquor, Boric Food Market, Sojians Estate & Hobsonville Kitchen.

Tyre tips with Bridgestone Tyre Centre, Westgate

Our local family owned tyre store has some top tips for you this autumn.

- 1 - Keep tyres inflated to the proper psi – underinflated and overinflated tyres lead to unnecessary wear and tear on the tyres.
- 2 – Check you tyres – sometimes if you hit a bump or go over a sharp kerb your wheel alignment goes out of whack and if it not brought back into line it can lead to uneven wearing on tyres and cause one or more tyres to wear out earlier than they should.
- 3 – Tread depth –Keep an eye to ensure that the tyre tread is minimum 1.5mm, this is the minimum legal NZ tread but it

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pays to get your tyres checked regularly as the 1.5mm needs to around the whole tyre. In some road conditions 1.5mm may not be sufficient to be safe. Call in to see us anytime, we are happy to check the tread for you and give you honest advice.

4 – Avoid hard braking – Try to keep an even speed on the road and avoid having to brake hard and sharp. That type of braking can lead to bald spots on the tyres and may cause the tyres to wear out earlier than necessary.

We are open 6 days a week (Mon – Fri until 5pm and Sat until 1pm) and we are happy to help you with all your tyre needs. We are local too and know only too well how busy the roads have been getting, no doubt it will be busier once the Birdwood development starts. Call to see us at 1 Cellar Court, Westgate (behind McDonalds) or call us on 09 833 8555, we are happy to help with all your tyre queries and needs.

GirlGuiding

GirlGuiding has some exciting opportunities for you and your girls.

We have a number of vacancies in our volunteer positions out West. It's an opportunity for you to gain some great experience on your CV as well as working with other like-minded women in your community to grow and inspire girls.

The girls are from 5-17yrs old and you choose which age group you would like to work with.

Nicola Igusa, a current volunteer in Te Atatu Peninsula describes her time in Guiding; "It was fun and different to anything we would experience at school or home"

If you are keen to gain free leadership training and like working with kids and young women apply online at www.girlguiding-nz.org.nz or call us in the office on 0800 484 331 for some more info.



Jesters Pies Westgate turns 10

Since 2007 your local Jesters store at Westgate Shopping Centre has been making great pies. With our 10th birthday our store has now been relaunched with a completely fresh look. New colours, new design and new branding. We have also add-



ed some new side products such as our world famous chips, BBQ Chicken Roll, Free Range Chicken Nuggets and the new Kransky BBQ frankie "the Krankie".

We are, of course, famous for our pies. From our ultra-thin-puff pastry, to our chef's obsession with using only the freshest, local ingredients – a Jesters pie is a damn good pie. Baked fresh at our store throughout the day.

To celebrate our birthday, visit our Westgate store during April, become a ViPie loyalty customer, buy a pie and get a side for free.

Jesters Pies Westgate, Westgate Shopping Centre, next to Countdown – phone 09 832 6060.

Easter cruising

An hour north along State Highway 16 will bring you to one of the earliest settlements on the Kaipara Harbour, the historic settlement of Port Albert. Intended by the early settlers to be a major township, Port Albert was



once purported to be the future capital city of the young colony. Join Kaipara Cruises this Easter on a unique cruise departing from Port Albert and reliving the history of the early Albertlanders as we cruise through the sheltered inland waterways of the Oruawharo and Otamatea rivers, sight many bays and inlets accessible only by boat, historic remote settlements, early bush camps and mill towns including the historic 1860 Batley Hotel. Cruises depart daily this Easter from Port Albert wharf for more information visit our website www.kaiparacruises.co.nz or phone 09 420 8466.

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Safercommunities

West Harbour Volunteer Fire Brigade recruiting now

West Harbour volunteer fire brigade is located on Hobsonville Road just across the motorway from the Westgate shopping centre. We are looking for new members to join the brigade as operational fire fighters.



The brigade serves the Massey, West Harbour, Hobsonville and Whenuapai areas. The Fire Service is seeing a steady reduction in fires every year, but our role is steadily expanding into other areas. We respond to a wide variety of incidents, such as fires, car accidents, weather related incidents, cardiac arrests (co-response with ambulance) and yes, even cats stuck up trees. We also have a role in educating the public in home fire safety usually at community events. Keen to join? While no previous experience is necessary we do need you need to live within the area shown enclosed by the red line on the map below. Some of the other pre-requisites for joining are, be able to pass a general medical check and police check, be reasonably fit and most importantly be willing to learn new things. All training, uniforms and equipment is supplied by the Fire Service. Membership is open to both men and women. The roles are the same for both. The Brigade is a great place to learn new skills and meet new people both within the Fire Service and the public we serve. Some of the skills you'll learn along the way include Fire Fighting, how to wear breathing apparatus, first aid and CPR, personal safety, and so much more. To register your interest you can either go to our Facebook page www.facebook.com/WestHarbourVolunteerFireBrigade and leave us a message or phone our recruiting officer Kevin on 029 200 8142. If you're still not sure, contact us anyway and we can answer any questions you have.

Waitakere Volunteer Fire Brigade

Waitakere fire led another team of Auckland firefighters down to the Port Hills fire in Christchurch. The fire covered 2,000 hectare's which for New Zealand is a large fire. The team included volunteers from Kaukapakapa, Puhoi, Kawau Island and Piha Brigades and involved long days working in tough conditions using dry firefighting methods, another word for no water.

2017 is a good year to assist a local community group. If you or your family are not presently volunteering in your community then make a call to donate some time to help yourself through your community. The benefits include: meeting new people with similar interests, developing new skills and experiences, getting a greater sense of personal achievement, a feeling of involvement and participation in the community, having a number of buddies to do things with, engaging on a business, social and personal level. If you have a few spare hours a week and want to volunteer some time on a part time or regular basis it starts with a phone call to the group. Community fire Brigades always need a hand. With Easter just around the corner and a nice 4 day weekend if you are going away then please turn off any appliances at the wall. Take care on the roads and allow for extra travel time. This is also a good time to start thinking about winter preparations such as fire wood, chimney swept, stock fenced off from water ways and check your smoke alarms. Keep safe, Denis Cooper - Officer in Charge, Waitakere Volunteer Fire Brigade.

A Message from Massey Police and Massey Community Patrol

We trust you have all had a good summer break. We thought we would pass on some general burglary tips. Firstly put yourself in a burglar's shoes. If you "think like a thief" you will be able to identify signs of security weaknesses in your home. Lock doors and windows. (This includes locking up the front of the house if you are enjoying the backyard). Record the serial numbers of expensive electronic items and photograph these and other valuables such as jewellery. Keep valuables out of sight i.e. jewellery/cameras/electronic games/laptops. Consider investing in an alarm system or getting sensor lights fitted. Keep garden sheds and garages locked when not in use and ensure ladders are stored away from sight. Keep hedges or plants around doors well trimmed – don't give a burglar a place to hide. Check for weak spots where a thief could get into your garden e.g. low or sagging fence or a back gate with a weak lock. Keep the house secure when you are out in the garden or yard. Use a chain on the door – don't open the door to strangers, unless the chain is attached. Note down registrations of any suspicious vehicles – often burglars will scope out a place beforehand. Join a Community Patrol or form a Neighbourhood Support Group. Check with your local station for details. Register serial numbers on SNAP website www.snap.org.nz.

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People:places

Muzzling dog bites



Top Photo: Michelle Irwin, left, Chase the dog and Jo Clough. Bottom photo: Darcy and Summer Martin, 2, have a close relationship. Photo: Kat Clo Photography.

Ever worried about getting bitten by a dog?

There's every reason to fear, with dog bites increasing.

But a Kumeu company is working to muzzle the problem – by training people.

Dog bites cost the country millions of dollars last year. ACC alone paid out more than \$5 million - around \$14,000 daily.

That's only reported bites, which jumped more than 1000 in a year to 14,024 in 2016, The Dog Safe Workplace's Jo Clough says. Many go unreported, like a real estate agent who told Jo they didn't report being bitten in case they lost the property listing. But medical bills, time off and replacement of bitten staff – or even those traumatised by an attack – can cost a huge amount. Only 38 per cent of dog bites are reported, European research shows.

Jo, a former vet nurse, and business partner Laura Purkis are making significant inroads into countering the increasing trend in dog bites nationally. They provide tailored training programmes for organisations whose employees, contractors or volunteers visit properties where dogs may be kept.

That includes meter readers, parole checkers, posties, security staff and the increasing number of home delivery people with online shopping.

New health and safety rules apply, so some businesses have turned to The Dog Safe Workplace for help.

The company has started a pilot scheme in five schools under their new charitable trust, Kids Safe with Dogs.

Another former vet nurse, Michelle Irwin of Westgate, is among 14 qualified instructors nationally going into schools and workplaces. Michelle takes along Chase, a fox terrier/miniature schnauzer, one of several dogs trained and temperament tested for the job.

"I got him at eight weeks and he's been coming into work ever since," she says.

Now online too, The Dog Safe Workplace began after Jo started Pet First Aid in April 2014, providing first aid kits and instruction on handling injured animals (applicable to humans).

That got Jo thinking. "I started researching dog bites, increasing across New Zealand and around the world."

She commissioned ACC reports on dog bites back to 2005.

"There's been a huge increase, but what's frightening about it is that these are only reported dog bites for which ACC has paid out."

Then Jo was asked by a gas bottle supplier about a delivery to her. "They didn't even ask if I had a dog." She does – a big "bully breed" rescue dog called Darcy, pictured with Summer Martin, 2.

"That's when I wondered how many people had been bitten visiting properties, so with Laura we created The Dog Safe Workplace in August 2014, registering it last year."

Despite searching the internet, Jo couldn't find any similar organisation. "So we're probably a first internationally."

Michelle and Chase have already visited Taupaki School, and the programme has caught on elsewhere.

One of the largest meter reading firms in New Zealand, Wells Instrument and Electrical Services, sings their praises. "We have had a dramatic decrease in dog bites in the past two years," operations manager Mark Benson says. Staff are trained in awareness and safety both in classes and online.

Jo says awareness involves knowing the signs a dog is around when visiting a property. Then there are steps in minimising the risk of attack. If all else fails there are also ways to stop a dog biting, such as thrusting a bag or device in its mouth.

Laura is doing a degree in canine psychology and behaviour through a British university to add a further string to their bow.

Jo says their work helps companies and their workers, helps the community and helps dogs.

"There are only winners."

Visit www.dogsafeworkplace.com for more.



InBrief updates:events

Kaipatiki Project

A new sign is now in place at the former Engine Testing Bay on Bomb Point Drive at Hobsonville Point to celebrate the community plant nursery. Kaipatiki Project Environment Centre has been closely involved in developing the nursery for the past 7



years, and we are proud to work in partnership with Hobsonville Land Company. Since 2010, a group of dedicated volunteers led by Kaipatiki Project staff has grown around 10,000 native plants a year at the nursery. These plants have been used to restore and enhance some of the coastal walkways and bush fragments around Hobsonville Point.

There is a volunteer working bee at the nursery every Wednesday morning from 9am to noon. The nursery is located a few minutes along from Hobsonville Point Primary School. Derek Craig, Restoration Manager at Kaipatiki Project, says "No gardening experience is necessary – learn with supervision on the job and take new skills back to your garden at home. You don't have to live at Hobsonville Point to volunteer here". If you are interested, please email Derek at restoration@kaipatiki.org.nz or call 09 482 1172 or just come along and join our volunteer community.

Mark April 9 on your calendar

For the fourth year in a row, Onekiritea Point (Bomb Point) will spark into life for one fun filled day of flying and festivities. This year Hobsonville Land Company & The Open Fort are teaming up with Hobsonville Point High School, with 400 stu-



dents helping to design, create and deliver flight-themed activities, games, and displays. From kite flying to lantern decorating, juggling to carnival games, face painting, races, science experiments, dance performances, live music and much more. Last year's favourite Peter Clark is back with his giant 3D kites as well as some of the best food trucks from the local area and

around Auckland. Kites are also available for purchase on the day (with all proceeds going to Operation Christmas Child).

Grab a friend or the whole family and head to Bomb Point for this free event, 10-2pm, Sunday April 9th. Bring along your kite, get involved in one of the exciting activities, or just relax on a picnic blanket and marvel at the sights, sounds and action.

Rain date: Hobsonville Point High School will host a showcase of the students' projects, Wednesday 12th April, 10.30-12.

The Massey and Birdwood Settlers Association Hall is the scene for many activities

Two of the activities involve classes for self-defence.

Aikido classes take place on Monday night starting at 6.30pm. The instructor is one of the Association's executive members, Craig Andrew. The classes start with very simple warm up exercises before students start practising some of the moves. Students have the ability to work through the grades from white belt to black.

This is similar to the other self-defence class, Kung Fu. Like Aikido Kung Fu is classic martial arts class. The Kung Fu instructor is Jason King and Kung Fu classes are held on Thursday nights starting at 7pm. The photo shows Craig Andrew demonstrating an Aikido move.



Mother's Day special

Mother's Day is "a celebration honouring the mother of the family, as well as motherhood, maternal bonds and the influence of mothers in society" (Wikipedia). So what better way to honour the mothers in your life than with jewellery that is inspired by her family? Jewellery that is symbolic of this love, or, personalised with children's names, dates or special quotes, make a truly meaningful gift for mothers and grandmothers alike! Choose from earrings, rings, charms, pendants, bookmarks, keyrings and more. Or design your very own piece you know she'll love. Mother's Day this year is Sunday 14th May. Place your Mother's Day order by Monday 1st May and receive a 15% discount when you use the code: MOTHERS. So pop on over and visit our online

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Heart Saver

It's been a big month at the Heart Saver offices, with our MD Mike Mander appearing on TV One's Breakfast show to talk about our new videos starring comedian Paul Ego - if you haven't seen them yet, check them out on our website: www.heartsaver.co.nz.



We think they're hilarious and hopefully they teach you a thing or two about AEDs and sudden cardiac arrest. Did you know sudden cardiac arrest is the leading cause of death in NZ adults? It's often mixed up with a heart attack but they are completely different things. If we were to describe your body as a house, a heart attack is a problem with your plumbing, whereas a sudden cardiac arrest is a problem with your electrics. We are dedicated to getting more awareness around how to spot a sudden cardiac arrest and how to help a patient suffering from one. If you're keen to know more, please find more information on our website: www.heartsaver.co.nz. Image: Helen and Mike Mander with Paul Ego on filming day.

Hospice West op shop opening in Glen Eden

Hospice West Auckland has opened a new shop in Glen Eden, adding to its popular and varied treasure troves around West Auckland. The new shop, in the new complex on the corner of West Coast and Captain Scott Roads, is open Monday to Friday 9:00 am – 4:30 pm and Saturdays 9:30 – 4 pm.

Chief Executive Officer Barbara Williams says she is thrilled to be open in Glen Eden. "Glen Eden is becoming an ever more popular West Auckland hub, and we're so glad to be able to open our doors to local shoppers. More than just a second-hand store, our shops are a hugely important 'face' for our organisation in the communities we serve. This store gives us a place to broaden our connection with the people of Glen Eden and surrounding shoppers, provides a place for pre-loved items to find a new home, and of course provides much-needed funds to allow us to continue providing compassionate hospice care to the people of West Auckland at no-charge."

Hospice West's shops provide a cost-effective choice, which is why they are so popular, says Barbara. "We know our customer base is hugely varied – from young people just starting out flatting needing to kit out their house, to aficionados of collectable

homewares to fashionistas who like to cut an original swathe. Our shops offer choice and the fun of searching out something perfect just for you and we're looking forward to getting to know our new shoppers in Glen Eden."

The Glen Eden rounds out the Hospice West Op Shops to six: Glen Eden, Helensville, Henderson, Hobsonville, New Lynn and Te Atatu.

Bouncy castle

Summer may officially be over but there are many weeks of sunshine left so why not book one of our fantastic, bright, colourful castles for a fun filled day. Suitable for work functions, parties, school events, etc.



Amazing Face Painter and Entertainers - Pirate, Fairy, Clown, Magician and Balloon Twister! We have kids' tables and chairs as well- the whole party package. All of our bouncy castle hire prices include LOCAL delivery, set-up, and collection. No deposits are required to confirm your booking for a bouncy castle. No cancellation fee. Cindy 021 1192 573, www.kumeubouncycastles.co.nz or email kumeubouncycastles@gmail.com.

Holiday classes

There are some fun holiday classes as well as two interesting exhibitions on at Kumeu Arts Centre in April. Firstly, a show by Christine Wylie, a multi-discipline artist who works with media that explore line, form and space. More recently focusing on printmaking, the artist folds white paper into geometric shapes, which are



photographed on a white background under bright sunlight to cast shadows in some areas and reduce form in others. The image is then processed into a solar plate etching (photogravure), which imbues the final etching with subtlety and softness. Her exhibition is on until April the 12th. After Christine, a group of talented ex-students from Kaipara College will display some photographs and drawings. Their work showcases personal viewpoints on their environment and explores their interpreta-

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tions of the world around them. Their exhibition is on until the end of April, throughout the school holidays. Image by Christine Wylie – Title- Slant IV.

Ivy Cottage Parties

Captivating kids parties at your place. Is your little one's birthday party coming up soon? Are you wondering what to do to keep the kids busy during the party?

We can help. It's all about making your child's day extra specially magical and allowing you to sit back, relax and watch the children having a wonderful time. Our parties and events are suitable for boys, girls & adults of any age. Even though we're based in Greenhithe and Albany we travel Auckland-wide.

We'll come to your home (or chosen venue) for 1 or 2 hours and keep the kids absolutely captivated. We have 3 different packages and prices to suit your budget, and we've got lots of magical themes: Fairies, Pixies, Pirates, Princesses, Frozen (Elsa), Mermaids, Witches & Wizards, Teddy Bears' Picnic, Face painting, Nail painting and more. Book or enquire online: www.ivycottage.co.nz or email our friendly team: fairies@ivycottage.co.nz.



Underworld under the trees

Woodhill Forest's first big music festival Oro '17 by Ngati Whatua o Kaipara on April 8 features Britain's Underworld, pictured. Gates open for the electronic and hip hop event at 10am with the show finishing at 11pm.



The line-up includes DJ Phil Hartnoll (Orbital), Dave Seaman, Jeru The Damaja, Koven, Feint, Evil Needle, Greg Churchill, DJ Dubhead and SoccerPractise. An international DJ, Dave Seaman has done remixing and producing for a host of music legends ranging from David Bowie to New Order and Kylie Minogue to the Pet Shop Boys. It could be the first event of many to come, Ngati Whatua o Kaipara project manager Tuhi Leef says. Oro '17 is organised by promoter David Roper and is expected to attract close to 6000 people, with a wide range of food and drink available. Tickets for the R18 festival are from Ticketmaster. The cost includes buses in and out, with festival forest access roads closed to private vehicles and pedestrians during the event. Woodhill Forest also hosts the 2017 World Masters Games orienteering from April 26-29. Hundreds of orienteers are among

about 25,000 athletes competing in 28 sports across Auckland from April 21-30. Visit www.orofestival.co.nz and www.worldmastersgames2017.co.nz or search Facebook for more.

Cruise Master at helloworld Hobsonville

Carolyn Hedley, also pictured, holding her Masters of Cruise Consulting Certificate awarded by CLIA (Cruise Lines International Association Australasia). The Masters Certificate is the highest level that can be achieved after significant training to provide professional cruise information and reservations. However helloworld Hobsonville doesn't just do cruising, we do all flights, tours, accommodation, trains, travel insurance and visas for our clients. We offer Fly Buys on all travel booked through us, PLUS now we offer the opportunity to redeem your Fly Buys and American Express points, travel couldn't be easier. Be sure to call our team on 09 416 1799 or email hobsonville@helloworld.co.nz.



The Hobsonville Church

The beautiful, historic and recently refurbished Hobsonville Church is available for hire. The church is a gorgeous setting for weddings, and available for baptisms and other services for all denominations. Available for meetings, clubs and local



group hire, there is also a well-appointed kitchen. The church was built of pit sawn Kauri in 1875 as a combined church and school and was the heart of the district. The first five Hobsonville settlers were the trustees: Joshua Carder, Rice Owen Clark II, Joshua Ockleston, Thomas Scott and William Sinton. The Trustees are buried in the graveyard, along with other members of Hobsonville settler families, including Anderson, Boyd and Midgley. The Church and graveyard is looked after by us, the Hobsonville Church and Settlers' Preservation Society (Inc). We are volunteers and descendants of the settlers who are keen to maintain our heritage Church and graveyard. We are always keen for new settlers to Hobsonville, Hobsonville Point and surrounding suburbs to join us and become part of our Hobsonville heritage. Please visit www.hobsonvillechurch.co.nz. We

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Ian Sneddon
LICENSED SALESPERSON

Mike Pero
REAL ESTATE



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327 Main Road, Kumeu
Auckland

are also on Facebook. For all bookings or viewings please contact Leanne Midgley 021 688 164 hobsonvillesettlerschurch@gmail.com. The Hobsonville Church & Settlers' Cemetery is situated at 1 Scott Road, Hobsonville, Auckland.

Gym Zone

Gym Zone is the latest offering from Gym Kids Ltd. This month we would like to let you know about our Holiday programmes and birthday parties. Our popular Gym Kids holiday programme will be running at Gym Zone



Hobsonville for the April holidays. Children from 4.5 - 11yrs will have a fantastic time with us learning new gymnastics skills and having fun with great games, art and craft activities and making new friends. Do you have a birthday coming up soon? Gym Zone is a fantastic location to host your next party. Enjoy an action packed hour of gymnastics and games before heading into our party room for some birthday treats with your friends. Please click on the link to make an enquiry. Gym Zone – Where movement begins. Read more at www.gymzone.co.nz.

The Flagship

Bring your little pirates down to The Flagship on Sunday 9th April for an Easter Party. There will be face painting, an Easter egg hunt and a colouring in competition. Plus you can enjoy our new brunch menu while your little ones are entertained. The fun starts at 10.30am. Give us a call to RSVP 09 416 6173.

Forest Furniture

To see a full range of Entertainment Units (ETU's) come and visit your Forest Furniture Store, Shop D9 Westgate Lifestyle on Maki Street, phone 09-216-7674 or visit our website www.for-estfurniture.co.NZ. We have a range of designs from traditional through to more modern styles. Each design has a full range of sizes from 1100mm to 2000mm to accommodate those who have a small space, to those with larger rooms. There are corner units with several footprint plans for those who wish to optimize room space. Or why not consider an ETU with a TV lift for a safe & tidy TV storage option. The TV won't be a distraction of your living room again. Personalize your ETU or match existing



forestfurniture.co.NZ. We have a range of designs from traditional through to more modern styles. Each design has a full range of sizes from 1100mm to 2000mm to accommodate those who have a small space, to those with larger rooms. There are corner units with several footprint plans for those who wish to optimize room space. Or why not consider an ETU with a TV lift for a safe & tidy TV storage option. The TV won't be a distraction of your living room again. Personalize your ETU or match existing

Weston Automotive Developments

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 Ben – 021 165 6376
 Max – 021 039 3444

furniture with a choice of Kauri, Rimu or Oak. There are stain variants in each timber, as well as a range of handles and door fronts. Come talk to us today.

Can singing improve health?

Yes, it can! The choir has started rehearsals for the next concert season. It's a friendly, un-auditioned choir. We sing a wide variety of music from classical choral through to music from shows and modern works. Some is challenging but all is fun. You don't need to read music to join the choir although it helps if you do. Feel free to drop in to St Chads Church, Huapai, at 7:30 each Monday evening, so if you would like to join us please contact Christine Smith on 09 412 8939 email g.c.smith@xtra.co.nz or Margaret Lindsay on 09 849 8070 email Margaret@lindsays.co.nz.

GT Marine service centre now open

Having provided a mobile outdoor repair service for the past 18 months, we're thrilled to open our newly fitted out premises at Unit 2, 156 Main Road, Kumeu - the only marine service centre in the area. At our centre we can cater to all jobs big and small. As well as outdoor servicing we're now better equipped to take on engine rebuilds and electrical rewires. We also stock engine oil and spark plugs so you can conveniently stock up on supplies. Don't worry if you prefer us to come to you, we still provide a mobile service. So call in and let's chat about getting the best out of your engine. We hope to see you soon. Unit 2, 156 Main Road, Kumeu (just behind Fit Factory). 9am – 5.30pm weekdays and 9am – 12pm Saturdays. Contact: George on 027 297 4832.



EASTER WEEKEND
 Sat 15th, Sun 16th, Mon 17th April
 Soljans Estate Winery, 366 State Highway 16, Kumeu

BERBA
 CROATIAN HARVEST CELEBRATION

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- 🍇 Folk Dancing 🍇 Live Music 🍇 Novo Vino
- 🍇 Wine Tasting 🍇 Croatian Style Food
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*Full programme will be on our website and Facebook closer to the date
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Equivalent
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Weekly Bin
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or phone us on 09 478 3222

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Please note: All prices advertised here are based on a corresponding term pre-paid contract with payments made in advance. GST is included. Direct Debit, Visa and Mastercard payments accepted. Bags prices RRP from Auckland Council website as at 2 Feb 2017.

 **100% NZ OWNED & OPERATED**

area property stats

Suburb	CV	Land Area	Floor Area	Sale Price
Hobsonville	720,000	175M2	170M2	1,045,000
	11,150,000	40671M2	530M2	25,000,000
	265,000	161M2	150M2	815,000
	680,000	331M2	138M2	1,015,000
	480,000	0M2	130M2	766,000
	590,000	1516M2	118M2	766,755
	480,000	0M2	114M2	651,000
Massey	510,000	350M2	125M2	560,000
	450,000	356M2	105M2	535,000
	450,000	484M2	128M2	650,000
	495,000	930M2	100M2	890,000
	430,000	0M2	100M2	545,000
	395,000	350M2	90M2	670,000
	615,000	1022M2	216M2	823,000
	580,000	454M2	159M2	881,000
	600,000	0M2	250M2	761,500
	425,000	628M2	80M2	670,000
	630,000	1011M2	130M2	863,000
	660,000	451M2	193M2	887,500
	440,000	602M2	80M2	639,000
	500,000	513M2	100M2	639,000
	405,000	0M2	130M2	590,000
	640,000	688M2	210M2	900,000
	640,000	405M2	214M2	805,000
	345,000	792M2	90M2	640,000
	390,000	504M2	100M2	600,000
	400,000	390M2	80M2	665,000
455,000	698M2	170M2	842,000	
455,000	610M2	110M2	702,500	
390,000	582M2	351M2	1,490,000	
500,000	1013M2	230M2	560,000	
430,000	1270M2	110M2	740,000	
505,000	830M2	80M2	772,500	
Royal Heights	450,000	580M2	80M2	635,000
	550,000	602M2	180M2	791,000
	680,000	644M2	193M2	920,000
West Harbour	440,000	767M2	80M2	820,000
	510,000	717M2	110M2	780,000
	470,000	603M2	80M2	750,000
	730,000	725M2	210M2	1,020,000
	435,000	682M2	100M2	773,000
	660,000	451M2	150M2	869,000
	780,000	660M2	160M2	1,140,000
	800,000	3862M2	209M2	992,500
Whenuapai	575,000	880M2	93M2	785,000
	780,000	827M2	186M2	1,225,000

"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.

"we'll save you a minimum \$2000 commission and give you a \$6000 multi-media marketing kick start"

"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"

Graham McIntyre
Brand & Territory Owner

Mike Pero | REAL ESTATE

Mike Pero Real Estate Ltd Licensed REAA (2008)



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.

Mike Pero
REAL ESTATE

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Market report with Graham

A flood of new listings to market has increased supply, the reserve bank has continued to put pressure on banks to reduce risk, and reduce offshore lending. Likewise the restriction on investors to borrow on properties in the market continues to slow demand from lower value home owners keen to migrate to bigger houses or new homes. Reduced competition is reflected in some prices softening. Similar to 2008 we are seeing an easing in values but only by a small percentage at this time. We expect buyers to continue to be cautious while the election looms, with less competition and increased time on market.

At Mike Pero Real Estate we have moved most of our Vendors to an "offer over" pricing to more clearly showcase the indicative value and to provide confidence and clarity in price guidance. We believe this is vital to drive demand based on good value.

Let's have a look at the market sales this month:

Hobsonville residential	\$815,000 to \$1,045,000
Massey residential	\$565,000 to \$1,200,000
Royal Heights residential	\$717,000 to \$1,045,000
West Harbour residential	\$587,000 to \$1,200,000
Waitakere residential	\$992,500 to \$1,400,000
Whenuapai residential	\$830,000 to \$1,800,000

If you are considering buying or selling in this market, give me a quick call on 0800900700 and tell me what you are looking for, what is your wish list and time frame. It costs nothing to ask some fundamental questions that gives you an advantage. With Mike Pero Real Estate you will receive some solid unbiased advice, a multimedia marketing kick start including TV Advertising, Magazine showcase and online presence. Further with Mike Pero Real Estate you will save thousands on commission with our sensible commission rate. Contact me on 0800 900 700 or view more on www.grahammcintyre.co.nz. Licensed REAA (2008).

Money matters

Are you self-employed and need a small cash-flow injection or looking to update plant or equipment? If so, I have access a finance provider who specialises in unsecured business loans up to \$50,000. We can also assist with the funding of any "start-up" business you're planning.

Applying for this type of finance shouldn't be complicated nor should you have to jump through hoops. My bank contact makes it easy and affordable, so call me for a no obligation and

confidential discussion about your business needs. 09 411 9251 / 027 411 9255 or david@davidlloydmortgages.co.nz

Compulsory buyout arrangements and owning land

It is not uncommon for a group of owners to have different ideas about the sale of a property or their share in the property. However, the property Law act allows for a sale of part or all of a property if there is no agreement regarding the ongoing ownership of the property. An order, for example could require the purchase of one owner's interest in the property by valuation by a certain date. Variations on this theme included getting an order to approve a subdivision of a property so that each owner can have separate land. However, such subdivision would only be ordered if it was something allowable under the resource Management act.

We recommend that co-owners of land such as flatmates or even extended family members enter into a property sharing agreement which sets out the sharing of the costs of owning the land or house including maintaining, improving and insuring it. Such agreements can include an agreed arrangement about the outright sale of the property if one of the parties no longer wants to be a co-owner. This saves the bother and expense of going to court. Luke Kemp - Kemp Solicitors, phone 09 412 6000 or email luke@kempsolicitors.co.nz.

Is your roof leaking?

Is your roof leaking? Rust holes? Now is the perfect time to get work done on your roof before winter, ensuring your home or business stays dry over the winter months. If you've been thinking about getting work done on your home or business why not give us a call to arrange a free quote.

The Precision Roofing team are specialists in all aspects of roofing, meaning you only need one company to cover all of your roofing needs. We are a family



David Lloyd
Director

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owned and operated company based in Auckland. With over 15 years' experience in the industry, we have all your needs covered.

Precision Roofing pursues providing high quality work at a reasonable price. We use the highest quality materials to meet your home or businesses requirements as we understand that Auckland is prone to variable weather conditions. Our team pays attention to detail, so all our work is Precision quality.

Our services include; colour steel roofing, tile restoration, gutter and downpipe replacements, and repairs. We can also install insulation while re-roofing, saving you time and money and ensuring your home stays dry and warm.

All of our replacements, restorations and repairs on homes and businesses in Auckland are backed with an exceptional 10 year workmanship guarantee, and manufacturer's warranties also apply on most materials of up to 30 years.

For the month of April we are offering a free complimentary gutter clean with every re-roof booked in. Precision Roofing and Spouting - phone 0800 002 222, email roofingprecision@gmail.com or visit www.precisionroofing.co.nz.

The importance of marketing your property – for sale

Your marketing campaign will springboard your property into the spotlight, so it's imperative that you and the real estate company you choose gets it right. An effectively marketed home will often sell in a shorter amount of time and often for a higher price.

Here are some of the things you need to know when marketing your property for sale.

The most important part of selling your property is ensuring that the market knows it is for sale. The greater the exposure a property has in the market, the greater the number of buyers who will be aware of the listing.

To achieve a premium price for your property, you need to create, a perception that your property is fairly priced, a degree of urgency, competition amongst prospective buyers and emotional attachment to the purchasing of your home.

If you want your property to stand out from other properties in the local area or within the same price range, it needs to be in the limelight – you need to go the extra mile and go to the market with trumpets, flags and the bells ringing.

Advertising is an investment and it will only increase the value of your home. Consider that \$1,000 might return an extra \$2,000 to your final sale price, or it could mean an extra \$5,000 or a quicker sale.



Professional photography, attractive signage, and well written copy all have the ability to alter the way a buyer perceives the property and the value of the property.

As a rule of thumb, most agents in New Zealand are of the view that you should consider investing between 0.5% and 1% of the asking price for your property in your marketing campaign. Views vary here and your agent will advise you on what Marketing best fits within your budget and what Marketing will benefit you the most.

There are many marketing options that will be presented to you, such as:

- Professional Photos
- For Sale Signs
- Property Publications
- Local or community Newspapers

You need a real estate company that not only uses all of the traditional marketing media that you would expect, but some innovative ways as well. Marketing online, on social networks or on TV are all great ways to reach extra potential buyers.

Listen carefully to the marketing options that your agent will present to you, and don't think that advertising is just another cost.

You'll get one chance to make a first impression, so do it once and do it well. An under-investment in marketing can end up costing you more in the long run. The right marketing campaign will both save and make you money. Mike Pero Real Estate phone 0800 900 700. Licensed REAA (2008).

Stage It Yourself - Staging with a difference

Are you thinking of selling your property? If you are, one of the most important factors is presentation. As we walk around an open home where there is too much of the homeowners personal items, beds made untidily, vanity units cluttered with toiletries, front doorways messy, we all know these affect our visual and could possibly deter us from being a prospective buyer. With many properties being sold at this time of year it is important to enlist the help of someone to assist you in making your property shine, to get the attention of every prospective buyer. Stage It Yourself can come and help for only \$50 + GST. I will offer a comprehensive list of ideas and suggestions to help you achieve this, the consultation will last approximately an hour and after I will e-mail everything we discussed - so easy I hear you say. I also have a full range of accessories, from bed-covers to cushions, to bath towels to decor items for hire for the period of the promotional pictures and open homes starting at only \$250 + GST. Call me today to save yourself time and money Frances 021 065 2611.

Graham McIntyre
LICENSED SALESPERSON
BRAND & TERRITORY OWNER





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HUAPAI NEAR NEW HOME AND INCOME

5 2 3

Offers Over \$1,397,000

3 Maple Lane, Huapai Offers Over \$1,397,000

Designed to enjoy spacious open plan living, alfresco to covered patio and raised bed gardens on fully fenced yard. So much is packed into this 801 sqm section including three bedroom and a office/ study with two bathrooms and a guest w/c. Well planned through to a attached but very separate one bedroom flat with kitchen, bathroom and alfresco patio to the west. If you are seeking a high quality build with options for family, friends or income this two level G.J. Gardner home delivers great value. Close to Huapai School, Sports fields, convenience shopping and transport links. The CV on this property is \$1,150,000. 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.

www.mikepero.com/RX1037755



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graham.mcintyre@mikepero.com



AFFORDABLE CLASSIC VILLA

4 1

Offers Over \$799,000

82 View Road, Henderson Offers Over \$799,000

Discover warm native timbers, a soaring eleven foot stud delivering a huge sense of space and open plan living, dining and kitchen complete with a log-burner for cosy winters. You'll also find three generous bedrooms and a very useful second living area/fourth bedroom that flows onto a very private rear deck, with a delightful weatherproof outdoor lounge and rear yard - with its own grove of mature hand-planted native bush. Move in and enjoy the full 678m2 site now, and restore as your budget and schedule allows. Zoned 'residential mixed housing - urban' on a full 678m2 site. The CV on this property is \$510,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email steve.cotter@mikepero.com.

www.mikepero.com/RX1016320



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Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



RETIREMENT SOLUTION FOUND!

2 1 1

Offers Over \$599,000

13 / 18 Williams Road, Hobsonville
Offers Over \$599,000

Situated within the very peaceful and well-maintained Hobsonville Villas, and located only moments from shops and the motorway, these units are designed for over 55's to enjoy the security of a village neighbourhood, independence of home ownership and the convenience of a body-corporate. Investors or owner occupiers alike will appreciate the well-constructed brick and cedar design, sensible open-plan layout, internal-access single garage and the low-maintenance landscaping. The CV on this property is \$450,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email steve.cotter@mikepero.com.



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Mike Pero Real Estate Ltd. Licensed REAA (2008)

www.mikepero.com

Mike Pero Real Estate Hobsonville is delighted to welcome Steve Cotter

Steve Cotter is currently working in your area.
Want to know what your property might be worth
in today's market?
Contact Steve for a no obligation FREE appraisal.

Steve Cotter

021 171 3941
steve.cotter@mikepero.com
Office Location: 2 Clark Road, Hobsonville
www.mikepero.com





EXPANSIVE VIEWS, AFFORDABLE FAMILY HOME, SWANSON 4 2 2

Offers Over \$949,000

5 Awhiorangi Promenade, Swanson
Offers Over \$949,000

Elevated two level weatherboard and block home on 1176sqm of land. Extensive decking allows a magnificent panoramic views through to Rangitoto and Auckland SkyTower. Generous space downstairs with Double garage, laundry, kitchenette, bathroom and bedroom and upstairs opens to an entertainers lounge and dining with alfresco to the North and East. Three good sized rooms here, all off a central corridor and separate bathroom and toilet. The home has been redecorated, offering a refreshed and homely feel, certainly has the Ooh Aah factor. Set on a quiet cul-de-sac location off Scenic Drive, Swanson, the home is the quintessential kiwi quarter acre paradise. Close proximity to Swanson train station, Swanson Primary School, parks, bush walks and Convenience Shopping.



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

www.mikepero.com/RX1020776



ELEVATED BRICK AND TILE NEAR WEST HARBOUR 4 2 2

Offers Over \$899,000

14 Fresil Lane, Massey
Offers Over \$899,000

This home offers a high quality brick and tile build, elevated land of 574sqm overlooking Council Parks Reserve. Single level, the layout provides open plan entertainers kitchen, dining and living which extends off a central hallway to four rooms, bathroom and ensuite. A double garage and a garden shed provides good storage options while the fully fenced yard with cantilevered electric gate offers security and pet containment. Close to convenience shopping, Primary schools, Parks and reserves and transport links. A short drive to NorthWest Shopping Centre. The CV on this property is \$610,000. 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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027 632 0421

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www.mikepero.com/RX1037754



MODERN - MASONRY OVER BRICK IN WAIMAUKU

3 2 2

By Negotiation

25 Buttercup Place, Waimauku By Negotiation

Open plan living, with expansive decking and alfresco leading on to partially fenced lawn areas, perfect for the pets or children. The home has a formal entrance opening to two lounges, dining and kitchen. Three generous bedrooms and a study nook with complementary bathroom and ensuite. The home has the added benefit of internal accessed double garage with exclusive drive off a quite cul-de-sac street. Close to Waimauku School, convenience shopping, parks and transport links. The CV on this property is \$780,000. 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.

www.mikepero.com/RX952890



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



ULTIMATE LIFESTYLE PROPERTY

6 2 4

Offers Over \$1,600,000

45 Ararimu Valley Road, Waimauku Offers Over \$1,600,000

This lifestyle property ticks all the boxes. Set well off the road amidst beautiful grounds just 5 minutes from Kumeu you will enjoy the peace and serenity this unique property has to offer. There are two centrally heated homes, the main house is 210m2 with a uniquely large, second dwelling of 170m2. If you wish to renovate you can live next door. The gardens which back onto the Ararimu Stream are very mature with stunning specimen trees and a wide variety of fruit and nuts just waiting to be harvested. There is a planting plan available. Ducks wandering around the pond add to the rural charm this home provides. An unlimited crystal clear water supply is provided by an artesian bore. This water is bottled under a number of brands further down the valley. You can swim in it in the large heated pool.

www.mikepero.com/RX892144



Lyndsay Kerr
027 554 4240

lyndsay.kerr@mikepero.com



HILLTOP RETREAT - VIEWS OVER CASCADE FALLS 3  2  2 

Offers Over \$1,147,000

45 Jonkers Road, Waitakere
Offers Over \$1,147,000

This beautiful home has been positioned to complement its surroundings and make the most of the expansive Valley Views over Cascade Falls and through the Bethells Valley. High on the ridge line where Tui's and Kereru's swoop and play. Amongst this delightful bush habitat is a wonderfully designed home over three levels, including double garage and workshop, three generous bedrooms, bathroom and ensuite and open plan entertainers kitchen, living and dining area delivering alfresco living and expansive views. Set on a hectare you have the ultimate in privacy, tranquillity and peace. As this home is best served in private, we welcome your interest and are happy to open it exclusively for you by appointment, but be warned you will not want to leave.

www.mikepero.com/RX1006917



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



AMAZING LARGE EXECUTIVE HOME IN WAIMAUKU 4  2  2 

Offers Over \$1,295,000

81 Freshfields Road, Waimauku
Offers Over \$1,295,000

Enter through the formal entrance to the heart of the home featuring a designer kitchen with granite bench tops, open plan dining and family room with spectacular views lead to a separate formal lounge area. The house is warmed by a wood burning fireplace for those cozy winter nights. This executive property features four double bedrooms, master with en-suite, walk in wardrobe, balcony and separate office or nursery attached. A large family bathroom with spa bath, separate laundry with more than enough storage plus a built in vacuum system really makes make this house the all-encompassing perfect family home. There is an extra-large carpeted double internal access garage, with off street parking for a further two more vehicles plus a boat.

www.mikepero.com/RX1085707



Ian Sneddon
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09 412 9602

ian.sneddon@mikepero.com



ELEVATED EAST FACING ON 809 SQM - KUMEU

4 1 2

Offers Over \$949,000

49 Matua Road, Huapai
Offers Over \$949,000

This immaculately presented home is split over two levels to allow for a separated living environment. Three bedrooms upstairs with kitchen, dining room, bathroom and lounge leading out to a back entertainers area. Downstairs contains one bedroom, lounge and bathroom, perfect for the teenage or guest alike. Situated on 809 square meters, the section is flat and fully fenced for the kids and pets. In close proximity to Huapai Shops, close to transport links, School, Shops, Cafe and Park. The CV on this property is \$6000,000. 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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Mike Pero Real Estate Ltd. Licensed REAA (2008)

www.mikepero.com



ELEVATED STATELY BUNGALOW - WAIMAUKU

4 4 2

Offers Over \$1,095,000

132 Hinau Road, Waimauku
Offers Over \$1,095,000

This hilltop bungalow offers generous space from the large high stud shed through to almost 1/2 an acre of lawn and bush. The home is split over two levels offering four generous rooms, open plan kitchen and dining opening onto extensive decking to the west. Carport and Office, Study or workshop in addition to fenced section. Located in a quiet street, away from crowds and congestion, yet a short drive to Muriwai Beach, Waimauku School and Waimauku Shops. The CV on this property is \$630,000. 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/RX1034803

Mike Pero Real Estate Ltd. Licensed REAA (2008)

www.mikepero.com



AFFORDABLE LAND - ELEVATED - WAIMAUKU

3 3 1

Offers Over \$1,197,000

122 McPike Road, Waimauku Offers Over \$1,197,000

This three bedroom cottage has character and personality that is sure to impress, with kitchen and bathroom that could be developed to add value, or invest in a brand new build subject to consent on the proposed house site further up the hill. 7 hectares of flowing grasslands and established plantings for shelter and orchard ensure a lifestyle that can deliver plentiful reward for a creative couple. Bring your cheque book and imagination, our vendors are ready to seize another opportunity. The CV on this property is \$910,000. 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/RX1037756

Mike Pero Real Estate Ltd. Licensed REAA (2008)

www.mikepero.com



COUNTRY RETREAT IN WAITAKERE

2 2 1

By Negotiation

423B Wairere Road, Waitakere By Negotiation

Fantail Ridge is set in a private glade amongst Kereru, Fantail 's, Tui 's and Morepork 's. The home is a large 150sqm with a contemporary style delivering open plan space, two upstairs rooms offering real options to add your own style to this character home, that has attention to detail, with the craft of a boat builders touch. Set in 4 hectares of bush, a real must see for nature lovers, this lovely child and pet friendly property links naturally to parks and conservation lands aligned to the Waitakere Foothills. Coming home to this property every night is really going to unwind you before you reach the door, delivering ease of living quaint and quiet, it really is a magical setting. A small drive to Waitakere and Swanson Villages, Train and Bus Services, Waitakere Primary School and Bethells Beach.



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Ian Sneddon
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www.mikepero.com/RX939232

Mike Pero Real Estate Ltd. Licensed REAA (2008)

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PRIME INVESTMENT OPTION - HOUSING NZ LEASE 4 2 2

Offers Over \$695,000

211 Metcalfe Road, Ranui
Offers Over \$695,000

Split over three levels this four bedroom brick and weatherboard home provides a solid investment for a purchaser wanting a secure 5 year lease arrangement with Housing NZ over a home constructed in 2006. This elevated sun-filled home offers 4 bedrooms, 2 bathrooms, double garage, open plan living environment. Set on 382sqm of fully fenced lawn with generous sunshine and secure within a ROW environment. Close to Ranui train station, amenities, shops, schools and parks it delivers immediate income and long term options. The CV on this property is \$550,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



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www.mikepero.com/RX896243



HILLTOP LOCATION OVERLOOKING HELENSVILLE AND PARAKAI 3 2 2

Offers Over \$997,000

525 Kiwitahi Road, Helensville
Offers Over \$997,000

High on the ridgeline, a harmony home which delivers commanding 180 degree views over rolling landscape through to the Kaipara Harbour. The views will certainly impress while the grounds have been developed to be easy care and hold character in large stone and driftwood. Set over 1.9 hectares of pasture suitable for horse, cow or sheep, the home looks down over the land. The home has two lounges and dining room opening onto alfresco decking to the north and south, three bedrooms off a central hallway and two bathrooms. An internal access double garage for the tools and toys compliments this outstanding lifestyle home. Opportunity here for some improvements, while the view and the aspect doesn't look like changing any time soon.



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www.mikepero.com/RX1065529



ELEVATED LAND IN RIVERHEAD - COATESVILLE

Offers Over \$839,000

731A Ridge Road, Riverhead Offers Over \$839,000

2.3943 ha (approx 5.6 acres) of land in an established country lane, a short distance to Riverhead shops and school. The land is semi fenced post and rail and has a house cut in place. From this cutting the views are plentiful through the valley and afar. Additional information is available to purchasers keen to put the dream home on a great land holding. Services at the lane side close to the proposed house site. Motivated Vendor looking to finance a new project. Call 027 632 0421 today to view or for more information. The CV on this property is \$510,000. 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/RX1055369

Mike Pero Real Estate Ltd. Licensed REAA (2008)

www.mikepero.com



BARE LAND IN WAIMAUKU / MURIWAI VALLEY - 1.2 HECTARES

Offers Over \$849,000

School Road, Waimauku Offers Over \$849,000 Viewing by appointment

Rolling hills with wire and baton boundary fencing, a pocket of established trees and multiple building platform options. The land has a commanding rural outlook to the west and is genuinely usable for grazing. Water is tank and waste is septic at purchasers care. The land is located close to a rural school bus route, close to convenience shopping and to Muriwai Beach and Coastal Reserve. Schooling is Waimauku Primary in Muriwai Road. Make the move to a better environment, make your home your way.



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Mike Pero

Receive more - Pay less

After a hugely successful launch in 2015, Mike Pero Real Estate Hobsonville has consistently delivered award winning service to hundreds of satisfied buyers and sellers. If you are selling your home you will be impressed with our sensible commission rate and with our extensive and complimentary marketing program that will reach more buyers and achieve a greater impression on the final sale price of your home. For more information, email hobsonville@mikepero.com or phone 0800 900 700.



Graham McIntyre

Mike Pero Real Estate
Brand & Territory Owner

Mike Pero

Mike Pero Real Estate CEO

0800 900 700

327 Main Road, Kumeu
2 Clark Road, Hobsonville

Mike Pero Real Estate Ltd Licensed REAA (2008)

Home:garden

Fragrance in the garden

There is something about walking past a gorgeous flower and smelling the heady fragrance wafting through the still evening air. We at Awa Nursery marvel at the beautiful smells from our plants on many an occasion. Planting a specific garden



for scent is very popular nowadays and we have plenty of options for you to choose from. Different plants flower at different times of the year so you can have scent all year round, with the added bonus of cut flowers to bring the fragrance inside as well. Gardenias are high on the list, and we have several varieties in stock. The lovely white flowers bear a heavenly scent and can take you straight to the tropics. Port wine magnolias, star jasmine, daphne, Mexican orange blossom, some camellias, lavender, Rhododendrons, roses, and who can resist that smell of citrus blossoms! The list just goes on. Plant taller plants or standards down pathways so you can enjoy them as you walk by, or dedicate one area perhaps under a window where you spend time reading. Perhaps by the front entrance to your house or around the barbeque area where friends and family gather. Plant in containers so you can move them around to suit the occasion. Come and see us at Awa Nursery. Phone 09 411 8712 or visit www.awanursery.co.nz.

Need scaffolding?

Whether it's a smaller residential job for repainting or re-roofing a house, or a large scale commercial job, due to the new Health and Safety Legislation, scaffolding is now a requirement for many projects. Roman Scaffolding Limited is a family owned local scaffolding business based in Kumeu. The owner Tony Deda and his team have had many years' experience within the industry, and are dedicated to providing customers with reliable and safe access solutions. Aside from their high safety standards, Roman Scaffolding Limited have also built up a strong reputation within Auckland for their professionalism, excellent customer



service and competitive prices. Whatever upcoming projects you may have, small or large, feel free to contact Tony at Roman Scaffolding Limited on 0800 ROMAN 1 for a no obligation Free Quote. You can also visit our website www.romanscaffolding.co.nz or send us an email scaffold@romanscaffolding.co.nz.

service and competitive prices. Whatever upcoming projects you may have, small or large, feel free to contact Tony at Roman Scaffolding Limited on 0800 ROMAN 1 for a no obligation Free Quote. You can also visit our website www.romanscaffolding.co.nz or send us an email scaffold@romanscaffolding.co.nz.

Laser Plumbing & Roofing

Laser Plumbing & Roofing is your local plumbing company based in Whenuapai. We are committed to servicing our local community families and businesses with great service at reasonable rates.

No job is too big or too small for Laser Plumbing & Roofing Whenuapai. Whether you have a dripping tap or a blocked toilet, our experienced and friendly Maintenance Plumber, Dave will be there when you need him. With over 20 years' experience, Dave is very thorough and meticulous, and never leaves a mess behind. You can rely on Dave and all our Laser Plumbing staff to offer complete plumbing solutions.

Laser Plumbing & Roofing Whenuapai are also your local specialists in hot water systems, roofing and gutters, plumbing maintenance, repairs and installations. We also offer a state of the art drainage un-blocking service.

And you will always receive our 'Totally Dependable' service, guaranteed.



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 Certifying 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 organise the whole job including all other trades from start to finish), kitchens, toilets, solar systems, water mains, hot



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Independent pre-purchase house inspections

There is a great deal of variation in the types of houses available in New Zealand, many different types of cladding and roofing, concrete or wooden floors, different foundation types, tilt slab houses, etc. Experience has taught me that different types of houses present different problems, all of which I need to be aware of in order to present a realistic picture of the condition of a property to the perspective purchaser. A complete and thorough visual inspection of the entire building includes: The roof and gutters and valley trays. Cladding and all joinery. Foundations, floor and sub floor framing (including for insect infestation). Floor to ground differentials. Inside the roof space checking the roof, roof framing, insulation and ducting etc. Moisture meter readings taken on the inside of all exterior walls (leaky building). Moisture meter readings taken around showers baths toilets etc. (plumbing leaks). Our promise to you: Your inspection will be carried out in a thorough and professional manner by a very experienced and competent builder. We will provide a verbal report by phone, and via e-mail a detailed written report clearly outlining all findings. A certification is given with each report that the inspection has been carried out according to NZ Standards 4036:2005. We are totally independent and work only in the interest of the perspective purchaser. We cover the entire Auckland area, from Wellsford to Pukekohe and beyond. Reports are promised within 24 hours but are usually sent on the same day as the inspection. Competitive prices – from \$350 (single level, verbal only). Decks and pergolas. Fences, retaining walls, separate garages and carports etc. Impending maintenance or repairs needed. Our inspectors Kevin and Keith have over 100 years building experience between them. There is a lifetime of experience behind their eyes. To speak to Kevin please call: 021 288 0101.

Stealing Spaces

When you're shopping at those North West stores every weekend and coming home with carloads of gear it doesn't take too many trips before your garage is full of 'stuff' and the car is relegated to the driveway. We've solved



the problem by installing garage ceiling racks and this month are super-excited to introduce them to NZ from right here in Kumeu. Ceiling mounted racks create storage areas in space you already own, with more convenience and at a significantly lower cost than off-site storage. Store bulky sports equipment, seasonal items like tents, outdoor furniture and Christmas decorations and you can easily suspend bikes, surfboards, ladders and gardening equipment underneath the racks. Order a set this month using code 'KumeuFriends' for free shipping, get one of our partners to install them for you and send us a picture of your racks installed! Check out www.stealingspaces.co.nz.

Entrance and driveway transformed into a beautiful entranceway

As everyone knows, first impressions count. This starts, not at the front door, but at the entrance to the property. When clients asked for a makeover of their entrance and driveway of 120 metres, they had 'low maintenance' as a prerequisite. The driveway had been kept under control mainly with a weedeater, however it still presented as a high maintenance job and it always looked messy. We used the crane truck to remove dead or ugly trees. The digger was used to shape the bank, to remove waste and to create a swale. Stone and mulch was brought in using the crane truck and bin system for efficiency. Interest pieces of drift wood and large boulders were placed to create the look of a natural river bed flowing downhill. The entrance reconstruction involved replacing the old fence and gates and continuing the river boulder theme. The result; happy clients with a permanent attractive entrance and driveway they love. To view more on this project www.sustainablelandscapes.co.nz/low-maintenance-country-drive-2/ or talk to us, 027 543 0288.




Lifestyle property/farm supplies

Western ITM in Kumeu specialise in the stock and supply of Lifestyle Block/Farm supplies. Fencing materials. Metal & wooden farm gates & gate hardware. Electric fencing & Strainrite fencing tools. Water troughs (round/rectangular). Zilco horse rug range & PurePine Shavings. Visit www.westernitm.co.nz today for a free online quotation. Try us, you'll be impressed. Western ITM - 154 Main Road Kumeu. Phone 09 412 8148 - open 7 days.



Chris Ridley 021 488 274 or chris@streamlineelectrical.nz

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John Puckey
M. 021 808 002
P. 0800 176 630
E. Info@Aotearoaroofing.co.nz



Dan's Tips

April 2017

It's time to transition your garden from summer to autumn and remove crops that have finished producing. If you're not doing a winter plant, sow a green crop like lupins; best of all, fork some compost around the garden.

Growing Food

- **Managing transition from the end of the summer garden:** now is the time to remove spent diseased crops that have given up their best yields
- **Replenish organic matter ahead of spring planting:** Dig over the cleared areas and add compost or Veggie Mix plus some sheep pellets to replenish organic matter ahead of new planting
- **Time to sow a green crop:** generally lupins and mustard seed – lupins must be dug in when knee height before they flower
- **Seed-saving:** the seed from any heritage/heirloom vegetables may be saved and stored in paper envelopes or bags in a cool dry area. However, many modern vegetables are hybridized so they may not seed true to last season. For tomato seeds rub them in a sieve to get rid of pith and dry before storing.

Other Work

- **Nature's Best:** the planting season of the year. The soil is warm and moist and there is time for to establish plants before the cold hits
- **Fork some compost around everything** in the garden
- **Early flowering camellias (sasanqua varieties)** begin their flowering season from now on. They're generally free of petal blight disease and beautifully perfumed. Excellent for medium height hedges
- **Baby cyclamen and the traditional polyanthus seedlings** are available in punnets in the garden centres – brilliant for some winter groundcover where bright colour is needed
- **Plant spring flowering Bulbs:** tulips, hyacinths and daffodils are ready to hit the soil.



Sow a green crop

Plant a green crop like Lupins to help add nitrogen and nutrients back into the soil.



Spring Bulbs

Tulips, hyacinths and daffodils are ready to hit the soil



The Lawn

Great time to sow new lawns.


See how to with TV One Seven Sharp gardener Andy Ellis:

www.youtube.com/watch?v=tTyHj1dCjsM



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Looking to redo your lawn or show it some love? Now is the time to do it!

With the cooler temperatures and more moisture in the earth, now is the time to show your lawn you care.

At Central Landscape and Garden Supplies Swanson we have a wide range of grass seed, soils, fertilisers and lawn care products.

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www.centrallandscapes.co.nz • 09 833 4093 • 598 Swanson Road, Swanson

Build: New

Turn Your pumpkin into a palace – talk to Lloyd today

The Tasman Tempest didn't stop our New Home Consultant, Lloyd Hallett enjoying his time at the Kumeu Show. The rain and flooding might have kept people away, but the bidding on the pumpkins was still a lot of fun. The weekend of wild weather also heralded the end of the Signature Homes Show Home at Riverhead. We have two new show homes in the development stage. One will be in the newly developed Scott Point, Hobsonville subdivision which offers easy care sections with sea views, great school zones and convenient access to motorways. The other show home will be in the Huapai Triangle. This subdivision is a more rural development that offers various housing opportunities from terrace housing to large single dwelling sites. This development is close to the west coast beaches, vineyards and shopping complexes. If you are interested in either of these developments come and see me in our showroom which is open 7 days a week at our offices at 80 Main Road, Kumeu. House and Land Package Kauri Grove, Huapai - Cabra's Kauri Grove subdivision is adjacent to the Matua Residential Estate, within 2 minutes' drive from the Huapai Township and 10 minutes from the new Westgate development and Western motorway. We have one of the last lots available in this subdivision. Follow the link to check out our house and land package. Or talk to Lloyd today



021 175 1670 www.signature.co.nz/house-and-land/rodney-west-north-west-auckland/seacrest-kauri-grove.

G.J. Gardner Homes – Bring us your wish list

Now is the time to start thinking about what you need in a new home versus what you want? Put your dreams and wishes onto paper and start forming an idea of what's important to you in your new home. Our 'Home Prep' brochure has great cut-out pages in the back which can help; request your own copy from our website or call into our show home at 171 Matua Road, Huapai. Bring your plans, scribbles, or just a mind full of ideas and meet our team. We have lots of experience in helping to turn your best ideas into something that's workable and cost effective. Current land availability provides a fantastic opportunity to get in now before current stocks are snapped up. Visit our website to view available House and Land Packages www.gjgardner.co.nz/english/locations/rodney-west/listings - we have land secured in Huapai Triangle, Oraha Estate, and new exclusive development in Riverhead – Deacon Point. One of our friendly new home consultants can show you the possibilities for your new home, we can even help you arrange finance with our in-house financial experts – Onion Home Loans. Let us help you secure your dream of owning your own home.



Building is easier than you think

HOUSE & LAND PACKAGES AVAILABLE NOW



TAUPAKI, RODNEY
HOUSE: 232m² | SECTION: 8,000m²
FROM: \$1,700,000



SWANSON, WAITAKERE
HOUSE: 236m² | SECTION: 569m²
FROM: \$1,200,000



SCOTT POINT, HOBSONVILLE
HOUSE: 182m² | SECTION: 225m²
FROM: \$995,000



HUAPAI TRIANGLE, HUAPAI
HOUSE: 175m² | SECTION: 601m²
FROM: \$998,000



Tradie of the Month

Madden homes would like to congratulate Drewe Pyke of Custom Fascia and Spouting for being our March Tradie of the month.

We feel very fortunate to have Drewe and his team as one of our key partners and his team consistently provide top quality service and finishes for all our jobs.

The feeling is mutual too

"Custom Fascia and Spouting is proud to be associated with a



“is this your space
\$75+gst”

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

you will receive a months worth of local exposure

multi award winning company like Maddren Homes. It is a pleasure to work with such a reputable company that works to the highest of standard with each house they complete" says Pyke. On behalf of all the team at Maddren Homes we would like to Thank you and your team for all the hard work and effort you put in to meet our clients expectations. It's really appreciated by us all.

Get the right advice with Compass Homes & New Build

Are you looking to build a new home and need finance? Want to talk to a specialised construction lending company who provide competitive deals? NewBuild can help. Specialists in residential construction lending, the team at NewBuild are passionate, knowledgeable and provide great financial support and advice. Compass Homes is a preferred builder with NewBuild working successfully with them on numerous new home build projects. NewBuild can offer Compass Homes clients lower deposits and very competitive bank interest rates (not second tier lending rates). If you own your home and don't want to move twice, NewBuild offers Turn-Key solutions. To find out if you are eligible for a low deposit, new home construction loan visit www.compasshomes.co.nz/BuildingFinance.aspx and fill in the simple online calculator. For more information contact Scott.gordon@compasshomes.co.nz, or visit our showhome - 3 Larmer Drive, Huapai, www.compasshomes.co.nz.

Matua Residential Estate

Matua Residential Estate achieves the perfect balance of a relaxed rural lifestyle, with all the conveniences of modern living.

The subdivision borders Huapai domain - two minutes' drive from Huapai township. Huapai is Auckland's most historic wine area, with amazing beaches, natural thermal pools and adventure sports activities nearby. Just 10 minutes away is Westgate Mall (soon be one of Auckland's biggest malls) - with a movie theatre, restaurants, ten pin bowling and of course, a huge array of shops. Four bedroom, family focussed homes. Every aspect of modern family life has been carefully considered in these superb single level homes - set on spacious sections, with two car garaging. Family life will centre around the large open plan kitchen, dining and living area. Jalcon's land and house packages at Matua Residential Estate are all at fixed prices - no surprises, no budget blowouts! And if you make a purchase within the next month you can choose your roof style between mono-pitch and gable styles. Maximising outdoor living. Enjoy two enticing outdoor living spaces: the first features an expansive, protected deck and the other is west-facing; perfect for evening entertaining and catching the last rays of sun. The architecture was influenced by barn and hangar design, to complement the surrounding rural landscape. rust - we've built our business on it. Jalcon is family-owned and managed. For over 20 years we have been trusted to build homes of quality - Jalcon has built homes for over 1,600 families. We take great pride in our design and workmanship... First and foremost it's about quality - inside and out. Discover how easy it is by calling 0800 52 52 66 to talk to one of our sales consultants or you can find out more by visiting our new Showhome in Huapai for details of this home and to see other quality built Jalcon homes and designs.

Visit Jalcon's latest purpose built Matua Residential Estate, Huapai show home and discover the Jalcon way. 2 Eric Farley Drive, Huapai. Open Wednesdays - Sundays 12 - 4 pm. www.jalcon.co.nz.

“Old hands at building award winning new homes”

- R.S.



www.madrenhomes.co.nz

Food: Beverages

The Coffee Club Hobson Centre

Let Greg and Rebecca Bauarschi make you feel welcome as you enjoy their Good Food, Great Service and Excellent Coffee at The Coffee Club Hobson Centre, Hobsonville. As Greg says, "I'm half-Lebanese and half-Armenian – both cultures that have a massive tradition of hospitality - and Rebecca is from Invercargill, so good



hospitality and good food are in our genes!" The Coffee Club Hobson Centre, Hobsonville is open daily for breakfast, lunch, coffee and cake. They're also now serving a new Dinner Menu after 5pm daily with delicious meals such as Eye Fillet with Red Wine Jus, Grilled Fish of the Day with Béarnaise Sauce, Chilli Prawn & Chorizo Linguine plus more. There are also exciting Fresh Salads such as Chicken, Spinach and Quinoa Salad and Grilled Haloumi Salad to name a few.

Now open until 9pm Thurs-Sat. 124 Hobsonville Road (near the new Countdown). For more info visit www.thecoffeecub.co.nz or phone 09 416 0126.

Berba Croatian Harvest Festival

Easter Weekend: Sat 15th, Sun 16th & Mon 17th April 2017 (no surcharge applies). The once a year BERBA Croatian Harvest Celebration is just around the corner. Grape stomping will be available for those who love to squish grapes between their toes. We have scheduled comprehensive winery tour from the vineyard

to the finished wine and Novo Vino (new fermenting wine) for tasting. Come and indulge yourself in our new seasonal menu and Croatian delicacies at the Winery Café. The Cellar door and gift shop will be stocked up with award-winning wine and kiwiana gifts. Also, do not miss out the Dalmatian Kolo dance and live music performance. Keep an eye on our website and Facebook page for updates. Winery Café opens from 9am - 4pm. Booking essential, please contact us on 09 412 2680.

Peko Peko Japanese Takeaway

Time flies and we can't believe it's already April. Daylight saving finishes now and autumn is getting here. We are starting winter hours now (we do not wish for winter but it will be coming soon enough). Our hours are lunch Tuesday - Thursday 11:30-1:30pm, dinner Tuesday - Sunday 4:30pm-8pm or earlier if food sold out.




Our new look Teriyaki chicken bowl is an always option for your hearty meals. Try our original Teriyaki sauce, you will taste the difference. Located at Passion Produce car park 92 Hobsonville Road. Phone order recommended. 022 431 3462.

THE GALLERY

Cafe & Japanese Restaurant

Dine in & Takeaway
(10 free dumplings when you spend over \$40)



Tues & Sun: 8:30-5pm
Wed-Sat: 8:30-8:30pm

09 4128983 | 329a Main Rd, Huapai
www.facebook.com/thegalleryjapaneseandcafe

The Hunting Lodge

The new Cellar Door is now officially open, complete with a fresh new Mediterranean inspired deli style café that features a menu designed by award winning consulting Chef, Des Harris (well-known from Clooney restaurant). With a focus on locally sourced, high quality ingredients, The Hunting Lodge cellar door deli perfectly complements the seasonal flavour of the eight wines on offer.



Create your own personal platter from the selection of cured meats, salumi, beetroot salad, fresh figs, burrata, pâté and golden-baked focaccia. Then grab a picnic blanket and basket from the table, and enjoy some down

Come and check out our new

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1404 Coatesville - Riverhead Highway, Auckland
www.boricfoodmarket.co.nz



time with friends on the lawn, alongside the vines in the Kids Zone or get cozy inside the vibey Cellar Door itself. Open Monday to Sunday, 11am-5pm.

Left or right? Always end up at The Riverhead...

I went to a meeting last night with about 16 other people from around this area. As people filled up the spaces on the long table every new comer entered the room and went left to the crowded end of the table. I am sure that there was nothing wrong or unpleasant about the other end of the table, but they all squashed in at the left-hand end of the table. This reminded me of a little-known fact about us Kiwis... we will always go left; Americans always go right... it's our conditioning from the road rules. Take note next time you enter a room, or look to cross a road (be extra careful overseas because you will automatically look left and step out!). It's also a very good tip if you're visiting Disneyland! Always take the left-hand queue it's always shorter! Whether you turn left or right, just make sure you end up at The Riverhead!

The Fireplace - place to wine & dine

2017 is well under way and we have some great new specials for the year – the season's new promotions are getting great feedback from our diners. We have something of added value for you every day of the week. Brunch/lunch special: Mon – Sunday 10.am – 3pm. All meals \$12.99, plus \$2.50 for coffee or \$5.00 for pint of beer or glass of house wine. Monday: Kids dine free

(one kid's meal with every main). Hungry Tuesday: Ever popular all mains for \$21.90. Sweet Wednesday: All desserts \$8.00 when dining in. Porky's Thursday – Pork ribs or pork belly with pint of beer or house wine: \$25. Friday – Happy Hour 4 - 6pm: Great specials on beer, wine & spirits plus all bar snacks half price. So come along and take advantage of our value added specials as there is something for everyone. Bookings on 09 412 6447 or info@thefireplace.net.nz www.thefireplace.net.nz.

Made the old - fashioned way

When you love good, honest and wholesome food, traditional methods and ingredients always produce the best result, and the 'NoShortcuts' range of artisan relishes and chutneys is no exception.



Mary Brons, the brains behind 'NoShortcuts' quite literally takes no shortcuts when creating her beautiful products; cooking the old-fashioned way, in small batches with fresh, quality produce and no nasty additives – just like Mum made. The cooking and preparation process may be time consuming, but this labour of love achieves great flavour and a taste that takes us back to the good old days. Mary's 'NoShortcuts' range is hand made locally and can be used as a garnish, topping or side dressing and also blended into your cooking as a flavour enhancer. The NoShortcuts chutneys, relishes and pickles can be found at Farro Fresh and Nosh food markets or on line at www.noshortcuts.co.nz.

The Riverhead's Rituals

Monday Night **Local Pool Comp** \$5 to enter, cash prizes to be won! | from 7pm in
A fun way to meet other locals | The Portage Bar

Tuesday Night **The Riv's Ribs** 'All you can eat' \$32pp | from 5pm

Wednesday Night **Quiz Night** A great night for friends, family, young & young at heart with prizes to be won! Bookings Essential. | from 7.30pm in
The Portage Bar

Thursday Night **Two for One Pizza's** Dine in only | from 5pm in
The Portage Bar

Friday Night **Cocktail Night** Why go all the way to town? | from 5pm

Saturday Night **Rugby on the BIG screen** | from kick off time in
The Portage Bar

Sunday Afternoon **Sunday Live** Live music from 1-5pm. Free entry most Sundays. Bring the family | gates open at 12 -5pm
in The Boat House

Call 412 8902 or email our team on book@theriverhead.co.nz

www.theriverhead.co.nz

Petstips:advice

Hunting for the very best in pet nutrition?

Our nutritional philosophy is simple: A species-appropriate diet promotes optimal health.

Dogs and cats are carnivores. Their digestive systems (starting with the teeth) have adapted to thousands of years of eating raw prey diets. Only in very recent evolutionary history have our pets made the dramatic shift to highly processed, carbohydrate-loaded diets. Raw meat, bones, organs, and tripe - from high quality prey sources - is a species-appropriate diet for dogs and cats.

How does feeding a raw diet work?

It is simple, and rewarding. Keep your freezer stocked up with a mix of meat, bone, organs, and tripe from a variety of prey sources (we suggest three or more sources over a week, to ensure a wide range of nutrients). These products will be in minced cubes, or in pieces of bone with plenty of soft tissue attached. We will help you choose the best products, and most appropriate meaty bones for your pet.

Defrost some product each day (never in the microwave or oven), following standard good meat hygiene rules - and enjoy watching your pet relish their real-food diet.

There are a few guidelines to follow in order to feed safely and effectively, so we offer ongoing support and advice to all our clients. Our friendly staff is on hand to answer all your raw-feeding questions - please don't hesitate to ask. Visit www.rawessentials.co.nz for lots of great articles and information.



How well do you know your dog's vitals?

It's a good idea to learn your dog's resting heartbeat, their usual gum colour, their normal temperature. Get in the habit of carrying out a weekly snout to tail assessment; knowledge of your dog's vi-



tals will help you quickly identify something out of the ordinary requiring veterinary treatment. Talk to your vet, attend a pet first aid course, and research on-line to up-skill. PetTech have a useful application to purchase for android and apple called PetSaver. If you and your dog enjoy adventure walks through bush, forestry and beaches put together a basic first aid kit to carry. We all hope to never come across them, though potential hazards are all around. At the beach grey side-gilled sea slugs, if eaten pose a life threatening effect. Beware of possum and rat baiting, and during summer months karaka berries, highly toxic to dogs, are found all over the North Island.

Country Pets, based in Muriwai (previously Paws to Hooves Pet Care) are trained and certified in Pet First Aid and CPR and carry a full first aid kit during adventure walks. To register your dog on one of our small group adventure walks please contact lisa@countrypets.co.nz 027 380 0265 or find us on Facebook countrypetslimited.

Karaka berry toxicity in dogs

A happy ending to a potentially lethal story by Michelle Irwin (PET First Aid and Training).

This summer has seen an alarming rise in the cases of karaka berry poisonings in dogs, with increasing cases reported by vets in January around New Zealand, including multiple deaths.

The karaka tree is widespread in the North Island and top of the South Island. It produces a fruit during the months of January to April which turns from green to orange when ripe and contains the alkaloid poison karakin within its kernel. The poison levels are variable and can remain active within the fruit for long periods of time after it has dropped from the tree and turned black. Dogs have been known to have been poisoned from eating last season's fruit.

The karaka berry is a major source of food for the wood pigeon, so it is easy for pet owners to assume that it is safe, however when consumed by dogs and other animals it is very toxic and causes initial signs such as vomiting, diarrhoea and pacing, followed by neurological problems, including limb stiffness, weakness, paralysis and seizures, often leading to death. There is no antidote for the toxin so the only treatment is hospitalisation to provide supportive care for the symptoms and use of activated



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charcoal to absorb the toxins.

Lulu, a 4 month old black Labrador puppy, recently survived a karaka berry poisoning due to the quick thinking of her owner Kayla Cumiskey and a timely Facebook post. The pair were staying with a friend on Auckland's North Shore when Lulu came inside with a paste like substance around her mouth, and then a few minutes later with a cracked kernel husk. Kayla had been tagged in a Facebook post just the day before about the dangers of karaka berries and thinking she had seen overhanging branches of a karaka in the backyard she went outside to investigate to find that she was correct. A short while later Lulu began vomiting, so Kayla rushed her to the Emergency Vet where she was made to vomit further, placed on a fluid drip and given activated charcoal. By morning her condition had improved and she was able to go home. Other dogs this year around NZ have not been so lucky. Kayla now remains extra vigilant when walking Lulu, especially around Devonport where the trees are especially prevalent.

Lulu the Labrador puppy - For reasons unknown the toxicity levels seem to be much higher this year, prompting veterinarians across New Zealand to issue warnings to dog owners. Dogs are opportunistic foragers by nature and are known to scavenge for the berries, so owners are warned to keep their dog on a lead when being walked in areas where the trees are known to be. Dr Graeme Ashby from Vets North Kumeu says "Humans and dogs are particularly sensitive to karaka berry toxins and bees can be poisoned by the blossom. Pigs and cattle however, seem to be relatively impervious to the toxins. If you see your dog eat some berries and/or seeds, contact your vet as soon as possible."

Generous New Zealanders boost fundraising for animals in need

Mobility Dogs Assistance Trust and SPCA receive significant donations through Animates' Giving Tree initiative.

New Zealand pet lovers have donated a record breaking \$118,000 through Animates' Giving Tree Initiative for Mobility Dogs Assistance Trust and the SPCA. The funds raised will allow the Mobility Dogs Assistance Trust to help more Kiwis with physical disabilities get the support they need, and the SPCA to rescue more animals.

Jacqui Baigent, Animates' National Manager of Brands and Partnerships is grateful for the continued support from pet lovers nationwide. The overall total raised this year nationwide increased by 59% totalling \$118,000.

"Mobility Dogs Assistance Trust and the SPCA work tirelessly to support both people and animals in need. We're so thankful to our customers who, for another year, got behind our fundraising efforts for both charities that are so close to our hearts," says Baigent.

Mobility Dogs are trained to provide functional assistance with

everyday tasks for New Zealanders living with long-term physical disabilities including Muscular Dystrophy; Stroke; Parkinson's; Spinal Cord injuries and Cerebral Palsy.

Jody Wilson, General Manager of Mobility Dogs says Mobility Dogs provide invaluable support for New Zealanders living with long-term physical disabilities.

"With the donations from the Animates Giving Tree initiative, we are now able to raise and train an additional Mobility Dog this year. It costs \$50,000 to raise and train every puppy. We'd like to thank everyone who donated, it's made a significant difference," says Wilson.

SPCA New Zealand Acting CEO Andrea Midgen is grateful for the generosity of New Zealanders whose donations will go towards rescuing, rehoming and rehabilitating animals in need and helping the SPCA in often over-stretched centres.

Since 2010, nearly 15,000 SPCA pets have been -adopted through Animates to help the SPCA with their mission to find a forever home for all pets.

"We're grateful for the support from Animates and pet lovers nationwide. The generous donations will help us continue our work within the community," says Midgen.

Kanika Park Country Cat Retreat

Finally, the wait is nearly over and we want to thank everyone for their patience and understanding. Kanika Park Country Cat Retreat is due to open April 2017.

Kanika Park is a new boutique cat retreat, run by a family of passionate animal lovers, nestled in the heart of our 10 acre Waimauku property.

Kanika Park is a cattery like no other, where you can treat your cat to a relaxing holiday in one of our eight luxury spacious private suites.

It is our mission not only to provide each guest with a personalised, warm fun place to enjoy, but also to allow owners to be comfortable in the knowledge that their furbabies are safe in a loving and caring environment. Call us to arrange a viewing time or to make a booking on 09 411 5326.



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Health:beauty

Cardio tennis - fast fun fitness

Cardio tennis is a new craze in fitness, which is a fun, tennis based, group fitness programme open to people of all ages, abilities and fitness levels. Cardio tennis combines hitting the ball to various short circuit, high-intensity exercises, set to music. A great way to get active and feel energised in a social environment. It's a fun and fast paced workout, in just one hour, burning up to 500+ calories! Keeps you fit while brushing up on your tennis skills over the off-season. Tennis Monsters run evening cardio tennis sessions through a number of West Auckland tennis clubs, from 6.30pm to 7.30 pm at West Harbour or Waimauku on Monday nights, Te Atatu on Tuesday nights and Greenhithe on both Monday and Wednesday nights. Contact Tracey from Tennis Monsters on 021 468 402 for more information, or booking details. One workout a week will leave you feeling fitter than ever.

What's in my foot?

Feel like you have glass or a thorn in your foot but don't remember standing on anything? You may well have a corn or a verruca. While these two lesions produce similar symptoms in the foot, they are quite different from each other and therefore their treatments differ. A corn is a densely packed cylindrical mass of dead tissue, with the tip pointing into you. They generally form over areas of high pressure such as bony prominences or scar tissue. Corns are generally found on the toes and forefoot but can also be on the heel or midfoot. They can be easily and painlessly removed by a Podiatrist. The difficulty with corns is that if the pressure that caused them is still present, they will return, your Podiatrist should discuss with you ways in which you can reduce the chance of them returning.

Verrucae are viral lesions that have a cauliflower like appearance. Like all viruses, they are contagious so can be picked up from other family members or at communal bathing or changing facilities. The virus takes over the skin cells and starts growing larger. The body is always working to clear viruses, and sometimes verrucae clear on their own. If they don't, it tends to be either because the immune system is unaware the verruca is there (because they are on the skin it is harder to detect the presence of a virus), or because the immune system is focusing on other more pressing matters e.g. growing, keeping you well etc. If you are continually sick, the body will not prioritise clearing the verruca, it will instead focus on getting you well.

Treatment of verrucae therefore is dual sided - supporting the immune system to do what it does well - clear viruses, and applying a topical treatment to treat the verruca from the outside. Generally topical treatments work effectively if the verruca is young, however if it has been there for longer than a few years surgical and laser treatments are the next options. Both of these work well, provided the immune system is strong. For corn and verruca treatment (and other lower limb queries) call Lauren at Hobsonville Podiatry on 09 390 4184.

Have A Fun Easter Break!

No chocolate this year - just an amazing selection of happy chooks from Mexico and gifts sourced from distant shores.

New stock has just been put on our shelves. It is very different and quite upmarket without expensive price tags. Look in our windows and come in to browse Monday to Saturday at Hobsonville Optometrists-Glasses and Gifts, 413A Hobsonville Road.



Denture and oral hygiene routine

Nightly before bed using warm soapy water and a tooth brush thoroughly brush the denture, focusing on the fitting surface. Use a soft-bristled toothbrush with toothpaste on natural teeth and to clean your tongue, cheeks and roof of your mouth.

Try not to sleep with your dentures in. Place the dentures in water or a mild denture-soaking solution overnight.

If you have a hard yellowy build-up or some heavy staining that you struggle to remove, you can use a specialised denture cleaner, Caldent or Tats Denture Cleaner both available through DT Denture Clinic.

Things to avoid on your dentures:

Abrasive cleaning materials. Avoid stiff-bristled brushes, strong cleansers, toothpaste, these are too abrasive and will damage your dentures.

Bleach-containing products. Do not use any bleaching products because these will weaken dentures and change their colour.

Avoid hot or boiling water that could warp your dentures.

HOBSONVILLE Call 09 390 4184
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hobsonvillepodiatry.co.nz



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DT Denture Clinic offer a specialised denture cleaning service where we can put the shine back into your dentures in an hour. We are offering half price denture cleaning in April 2017. Call to make an appointment with DT Denture Clinic on 09 416 5072.

Elevate Chiropractic – What is the best way to fix a sore back?

Recently the American College of Physicians issued updated guidelines for people suffering with lower back pain. In the guidelines, they suggested missing medication as a first-line treatment and recommended non-drug therapies instead. If you are suffering with back pain, maybe a non-drug therapy like chiropractic care can help. Call the clinic on 09 4135312 to book an assessment.



As part of our care, we also give you home help rehab exercises and stretches tailored to your condition to help get you faster results. We are ACC registered with no referral required. Visit our website www.elevatechiropractic.co.nz to find out more. Whilst you are there, check out our blog to learn lots of interesting information and tips and tricks to help you feel great. Elevate Chiropractic: Shop 1, 10 Greenhithe Road, Greenhithe. Phone 09 413 5312.

Drink water after massage

If you have ever had a massage from me, you will have heard me say "Make sure you drink plenty of water." Most people aren't sure of the reason why.

Regardless of having a massage, you should be drinking water as water is involved in every type of cellular process in your body, and when you're dehydrated, they all run less efficiently. Plain old, pure water is what is needed - none of this "well, there is water in my coffee..."

How much should you be drinking? The 8 glasses a day rule is good for a lot of people, although it depends on your size/body weight and activity. I usually tell people to drink 1 glass of water per 10kg, so if you weigh 80kg's drink 8 glasses of water.

How does it relate to massage? Well, looking at hydrated tissues vs dehydrated tissues - hydrated tissues feel soft, almost spongy and allow blood to flow freely throughout the vessels. Dehydrated tissues feel tight, restricted and cause pain and discomfort. It also restricts the amount of blood flow and lymphatic drainage through the tissues by constricting the capillaries. Without a good amount of blood flow through an area, oxygen and nutrient exchange is compromised, allowing metabolic

waste to build up and become stuck within the tissues. During a deep tissue massage, the areas of tension and restriction are usually the areas of focus. The therapist works to break up the adhesions in the dehydrated tissues to improve blood flow, increase movement, and to restore the tissues to a more healthy state. Metabolic waste, released from the tissues, passes out through the lymphatic system whilst nutrients and oxygen are being delivered to the tissues, this process uses water from your blood stream, which may leave you feeling dehydrated. If you have ever experienced a feeling of nausea, headache, or flu-like symptoms after a massage, this is due to the increased amount of metabolic waste being transported out. Drinking more water after your massage can help reduce those symptoms, or even stop it from happening.

Call Debbie at Body-Balance Massage & Neuromuscular Therapy to help take care of the issues in your tissues, 021 120 2175.

\$10 off your first massage with Top Notch

At Top Notch Massage Therapy, we understand the stress that is placed on the modern life; whether that is from a hard training session, the pressure of work and a busy lifestyle, or the impact that pregnancy has on the body. Our professionally trained therapists are ready to work with you towards better health, ensuring you get more out of life. So if you want to get better results in the sporting arena, re-balance yourself or make that pregnancy more manageable, then you need to get in touch with Top Notch today. Clinics are located in Massey and Hobsonville. We are currently offering \$10 off all massages for new clients, so take advantage of this deal today. You can book online at www.topnotchmassage.co.nz or call 021 181 8380.

Spa Di Vine offer for April – the Country Spa Body Ritual

This is a spa treatment designed to restore body and mind. Your skin is prepared with a re-mineralising, exfoliating Citrus Salt Body Polish that softens and cleanses the skin. The next step is the application of warm, smooth



bentonite (NZ) and honey clay with grape extract, before you are wrapped in a warm cocoon to encourage the detoxifying process. Soothing music promotes relaxation, along with the gentle rhythm of a face, neck and shoulder massage with a vi-
notherapy moisturising oil. After compressing off the clay mask,



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Is your child getting headaches?


Squinting? Closing or covering one eye? Holding books closer to their face? Losing his/her place while reading? Short attention span especially in the classroom?

It's important to look out for the signs that it's time to get your child's eyes tested. With the first school term nearing a close and holidays just around the corner there's no better time.

Contact our friendly team on 09 831 0202 to make your small fry an appointment.

Don't forget! If you have a valid community services card, bring it along. These will generally subsidise the eye exam and contribute to the cost of new glasses. Website: www.westopt.nz or Facebook: www.facebook.com/westgateoptometrists.



 Westgate Optometrists

Arthritis and Chiropractic

Arthritis means joint inflammation. Arthritis is not a single disease, it refers to a group of more than 100 rheumatic diseases and other conditions that can cause pain, stiffness and swelling in the joints. Any part of the body can become inflamed or painful from arthritis and can be very common, however this does not mean that arthritis can only affect the elderly. Some forms of arthritis can appear in childhood and early adulthood.

Symptoms:



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Arthritis is a disease that causes the joints to swell, resulting in pain, stiffness and loss of function particularly in the hands, knees, feet, hips and spine. Symptoms depend of the type of arthritis and can range from benign to severe. It could be caused by cartilage that is wearing away, a lack of fluid, infection, or a combination of many factors.

Chiropractic Care and Arthritis:

Many arthritis sufferers assume that nothing can be done to reverse the degeneration or relieve their pain. Chiropractic Care addresses the practical issue of getting the body to move more freely and maintaining as much normal function as possible, so that arthritis need not be a crippling. Once the body is free from *subluxations, the need for pain-relieving medications often times lessens or disappears altogether. Before resorting to drastic options for your arthritis, such as surgery and replacing the affected joints with synthetic devices, give the team at Kumeu Chiropractic a call.

*Subluxation; a subluxation is the result of spinal bones with improper motion or position affecting nerve communications between your brain and your body.

Kumeu Chiropractic - 8 Shamrock Drive, Kumeu - Phone 09 412 5536.

Life coaching/hypnotherapy

Nature is the best stress release. We often take it for granted as it is all around us. Sometimes we need to get off the rollercoaster of life, and slow down for a while. Our bodies and minds need to refuel. Nature is a wonderful way to relieve stress. Stop and look around, what makes you feel happier and calmer? The sound of the birds, the sound of the wind in the trees, a walk on the beach, a bush walk, relaxing with friends and family? Whatever it is, make sure you factor some of that into your life. If you feel too busy, then shuffle things around a bit, and blank out some time for yourself. If we don't refuel ourselves, it is not long before we feel we are running on empty. Make time to do something that makes you happy.

Kim McNamara - Life Coach/Hypnotherapist/NLP Master Practitioner, www.lifesuccesscoach.co.nz.

Shoe Talk's tips on how to fit shoes

• Try both shoes on, you really want to have the footwear on both feet as it will feel different and sit differently on each foot. Also have you ever tried on a high heel when you had a sneaker on the other foot and then done the




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

“bob-hop” around the shop?

- Buy the shoes that fit your larger foot. You can always make a shoe fit better with heel grips and insoles.
- I love high heels but ladies if you are going to be walking a long distance, wear a pair of flats or sneakers and change over at your destination.
- There needs to be room for your toes, they should not feel cramped and in sports shoes you should be able to wiggle them up and down and side to side.
- Try to select footwear that is shaped like your foot, if you have bunions, select footwear that has a nice supple or soft leather upper, so that it will stretch over this area.
- Your heel should fit comfortably in the shoe with a minimum amount of slipping - the shoes should not ride up and down excessively on your heel when you walk.
- Buy shoes with padded insoles and good out soles. These take the impact away from your joints.
- Your foot bed should not be wider than the shoe, there should be no spill out, spill over, or ballet flats that do not cover the tops of your feet at all.

If you are selecting footwear and the ones you “love” don’t fit correctly and the ones you “like” do, buy the ones you “like” your feet will “love” you forever!

How to prevent rugby injuries this season

Rugby is one of the most common causes of muscle strains and ligament sprains we see in clinic. New injuries, but more often than not it’s the old lingering injuries that hang around for years that are the trouble makers and the problems prone to re-injury. Whatever the cause of your problem, or if want to improve your recovery/ performance in sport we can help you. Our specialist in Sports injuries and Rehabilitation Osteopath, Matiu is ACC registered which means the treatment of any injuries caused by rugby or other sports can be subsidised through ACC. Some tips to keep your muscles and joints in good health over the season:

- 1) Warming up properly- we have all been running late and so forsake warming up so we can get on the field quicker. Warming up is important to get your muscles ready for action.
- 2) If you injure yourself and it doesn’t come right within 24-48 hours you should get it looked at. As a rule, generally, if you hurt yourself playing any sports and it is still sore after 2 days, you may have done more damage than you initially thought and to avoid it becoming a problem later on, get it seen to at the time.
- 3) Stretch, stretch, stretch- before and after games
- 4) Book in for your annual ‘body WOF’/tune up to get on top of any potentially problematic areas. Injury prevention is key if you want a long life enjoying the sport you love!

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ADDRESS: 250B MAIN ROAD, KUMEU

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

Removing your gel polish at home

Clients love gel-polish because it lasts for weeks with chip-free, high-shine beauty. But once you get a break and it starts to chip it is hard not to resist the temptation to pick it off.

However improper removal of gel-polish can damage your nail plate and is the cause of most nail damage that I see.

If you cannot get to the salon regularly to have your gel polish removed safely, get yourself a removal kit to keep at home.

Then you can safely remove it when it is convenient, without damaging your nails.

Removal kits with full instructions are available in store at The Polish Room, along with the tools required to remove your gel polish safely.

For further information message Larissa on 027 407 2264 or facebook.com/thepolishroom.



Baby, baby, baby

Are you yelling this out at night! Do you need help?

Are you the parent of a young baby or babies or even toddler that doesn’t sleep?

Do you know someone who is?

If you (or someone you know) are experiencing the exhausting effects of a child that doesn’t sleep, I’m here to help.

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www.wgmc.co.nz

I'm a geomancer, but maybe I should be called a 'baby whisperer', as I have time after time helped parents with children that don't sleep.

This also includes issues like: bed-wetting - babies not settling - tossing and turning - irritability - teeth grinding - nightmares - allergies & eczema - ADHD learning difficulties - hyperactivity - difficult to control - headaches & migraines and failure to thrive to name a few.

There is an invisible energy in your home (and every home) and if it is where you or your child sleeps, it will irritate. Problem is a crying baby, not only is irritating them, it also affects the whole family. It's ok to ask for help. Nicky - clear energy homes 021 545 299 www.Clearenergyhomes.Com.

Hobsonville Chiropractic Centre

Your local Chiropractors at Hobsonville Chiropractic Centre are here to help our community become healthier, function better and get to the cause of whatever symptoms they may be experiencing. February marked an exciting milestone for us at Hobsonville Chiropractic as we celebrated 12 months since our Associate Chiropractor Dr. Aimee joined our team working alongside Dr. Lynnette Orrell. It has been a busy and exciting year as Dr. Aimee has been helping many patients, spreading the Chiropractic word, making it possible for the office to be open 6 days a week (Yes, we are now open on Saturday mornings!), and getting involved with the local community. We have also had Andrea Kelly start as our lovely new receptionist at the beginning of January, our previous receptionist Annette retired at the end of 2016. If you would like an appointment or have any questions please phone 09 416 7589 or email info@hobbycc.co.nz.



Sore neck/back heat or cold?

Our patients often ask: is it better to apply heat or cold when you get sore? The answer is - depends. If it is a fresh injury such as sprain, bruise or strain which has just happened cold pack is the answer. The RICE acronym (rest-ice-compression-eleva-



tion) is the treatment of choice for injuries during the first 12 hours or so. The goal is to lessen tissue bruising and swelling. If you feel burning pain accompanied by redness and heat, cold is definitely the answer as well. Use an ice pack, jelly cooling pack or a cold spray.

If, on the other hand, the injury happened a few days ago or the pain is dull and nagging with the feeling of tightness in the area, then heat is better. Hot water bottle, heated wheat bag or even an electric blanket are the options.

If you tried heat or cold and are still in pain, come and see us at the Family Osteopathic Clinic, 39 Hobsonville Road, we will try to help. Phone 09 416 0097.

Ever wondered about contact lenses?

For Eyes in Kumeu have partnered with manufacturers Bausch and Lomb to bring quality product to NZ at super-low prices. To celebrate, B + L are offering FREE TRIALS of contact lenses through For Eyes Optometrists located in Kumeu Village, and you will receive a free Invisible Zinc sunscreen when you trial the lenses - with no obligation to purchase! Plus, receive up to 2 boxes of contact lenses free with your first order. Contact lenses for astigmatism, multifocal and more. Phone 09 412 8172 for your appointment.



Blondor Freights

The Wella Professionals Blondor Freights treatment is an innovative colour range designed to 'unleash the summer' and provide each client with their very own personalised lightened look. Stylists can use a freehand technique (no foils) to create up to seven levels of 'sun-kissed lift' as well as a tailored effect, depending on the desired result. So no more time spent sitting while foils are correctly placed in the hair.

When the colour is mixed together, the polymers in the formula activate and connect together to create what's called the Actifuse Network. This network makes the formula flexible and adhesive, meaning the colour spreads easily and doesn't blend onto other strands of hair once applied.

It can be used to create all sorts of new looks for summer, sun-kissed hair without the rawness of bleaching.

Perfect for ombre colouring or for adding a lightness throughout the hair that is softer and more natural in appearance.

Phone or text Carla at Zash Hair 021 814 663 for your next appointment.

Special thanks

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

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Area columnists

AA Driver's Town is ready to roll!

Rainbow's End puts kids in the driving seat with the launch of a new ride that combines fun with education

The cars are gleaming, and the roads are ready. After months of anticipation, AA

Driver's Town, an innovative new attraction at Rainbow's End, is set to open to the public on 11 March.

AA Driver's Town, which has been created in partnership with AA and Suzuki, enables children up to 12 years to experience driving a miniature Suzuki Swift around a colourful, tiny town featuring traffic lights, two-way roads, roundabouts, parking spaces, a fire station, café and restaurants, and other landmarks. The ride was officially opened by Mayor of Auckland, Phil Goff, on 9 March.

"We all know how important road safety is, and that our younger generation is overrepresented in road traffic accidents," said Phil Goff, at the launch event. "AA Driver's Town combines the fun of Rainbow's End, with a valuable, real life learning experience for our kids."

Chris Deere, CEO of Rainbow's End explained that the ride is another exciting step in the development of the park, and what it can offer children in the younger age group.

"Kids love to be independent, they love to emulate Mum and Dad and they love to drive! In an age where gadgets, devices and technology are prominent in our children's lives, it is wonderful to step away from this trend and offer an attraction that is real, practical and provides children with the opportunity to use their imagination in a themed environment. It's edutainment at its best.



"AA Driver's Town will also be a fantastic educational tool for schools through modules that have been developed specifically to align with the school curriculum."

General Manager AA Membership and Brand, Dougal Swift hopes the attraction will encourage positive attitudes to driving.

"AA Driver's Town moves beyond entertainment into educational play in a fun and engaging way. It provides a great opportunity for kids to learn basic road rules, patience and healthy attitudes to driving safely," he said.

AA Driver's Town joins a family of other fun and exciting rides at Rainbow's End, New Zealand's premier theme park, and iconic tourist destination. Visit www.rainbowsend.co.nz for more information.

New to the area?

Many new and existing small businesses run a lean, mean operation. They focus on necessities and urgent matters, only spending money when they need to. So, it's easy to see why some business owners might think a website is a luxury item they can afford to live without. They might even believe a Facebook



page is enough for an online presence, or that a sign with their phone number will generate calls, or that a traditional mailer will help them sell products. But the truth is, the only way to start promoting a business is by building a professional website. Have you just moved in to the area and are setting up a new business? Perhaps you have moved here to escape the city and run your existing business from here. As a proud Kumeu based business we would like to assist in your online marketing - from Facebook to a full ecommerce solution. Utopia can provide a large range of website options to satisfy your business requirements. This includes basic one page sites, Wordpress template sites, and full ecommerce. We also develop mobile apps and specialised web applications to meet your business requirements. If you would like a free consultation of how Utopia can build a website for your business please phone us on 09 412 2473 or email michael@utopia.co.nz. We are based in Kumeu and provide website design, consultancy and app development to a range of businesses all over New Zealand.

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How to fast track any goal

How are you leading your life at the moment? What is satisfying? What is your relationship with self? How deliberate are your thoughts, emotions and actions? The answer to all of these questions has got to do with what you have in your life and what you don't. Part of our journey and being a human is stepping to the next thing. Moving forward. But let's be clear here - I think we can get confused with going on the hunt for the next thing and the next thing and the next thing and the things that create true happiness. (Any TV, radio or online AD only exists because of our need for the next thing!).

So when you have your goal/s- how is your goal calling you? What is it about it that's so appealing? What is it about it that is amazing? How comfortable and relaxed will you be? How big will your smile be? How will your relationship with self be? WRITE THIS ALL DOWN. The answers to these questions can be called a mindset. Or alignment or vibration or focus. Most of us don't stay with these ideas and feelings long enough.

In comparison, how are you generally feeling now? When we observe our life we will talk, communicate and think equal to the things in it. Our normal everyday conversations over a beer will all be affirming what is right now. Your current 'what is' can stop the single most important factor to achieving anything - you're thinking. Familiar old feelings are not allowing us to manifest what we want very easily.

Fear plays a role too. Feeling fear is like saying 'I don't feel ready for what I want'. If you don't have something in your life it's because you're not ready for it. If you were ready for it, you would have already received it. To receive means you are ready. So get in alignment with what you want. Start being it now. Don't wait until you have that thing to feel joy and comfort and ease

and momentum. You can start feeling and thinking this way now. Come for a session. This is what I do! We quickly discover any thoughts and emotions that are getting in the way of what you want and create the new. Our whole lives are lived via a perspective. To change does require a shift. I fast track this for people anna@thinkyourbest.co.nz 021 555 658.

Hobsonville Point cricket

Cricket games returned to Hobsonville War Memorial Park (HWMP) over the last two weeks and to the newly laid grass pitch bringing two important victories for the two Takapuna DCC-Hobsonville Point cricket teams.



The first game back at the HWMP, the TDCC-Hobsonville Point Sunday T20 team beat East Coast Bays Sunday T20 team by 5 wickets.

East Coast Bays – 191 – 8. (Logan Nottage 3/28, Caleb Kingi 2 – 31)

TDCC-Hobsonville Point 192 – 5 (Eathan Schmuikel 30, Vishwa Yasas 32, Jacob Edmonds 30, Niko Weerakoon 27, Asiri Wickramanayake 21).

The 2nd game at HWMP and the new grass pitch, the TDCC-Hobsonville Point team beat Cornwall and to stay unbeaten and to qualify in to the Auckland Cricket Association (ACA) Y9/10 B competition.

The players that have performed well for this youth team are the captain Mitchel Atkins, Darroch George-Bodle, Alfie Jones, Sam Mason, Josh De Zoysa, Harrison Wills and Jack Battersby.

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Mitchel Atkins leads the ACA Most Valuable Player (MVP) for this grade after his five wicket bag and the consistent run scoring. This team is coached by Tim Simmons and Managed by Sandra Atkins.

Comments from Sandra Atkins "Cricket at Hobsonville Point has been slowly developing over the last 2 summers, providing an introduction to the game for children, and involvement for youths in a team at grass roots level. This has provided opportunities and challenges for those involved".

"Traditionally, players move out of club and into school cricket as they transition into Secondary School. However, where schools do not offer cricket, or in a start-up position as in Hobsonville Point, this often means players who would like to stay involved lose the chance to do so".

"With the support of Takapuna Cricket Club, this gap is addressed with a Y9/10 team formed from the outset. First season, saw just three HPSS boys joined by others from nearby schools who were afforded the opportunity to keep playing. These same boys were especially privileged to play a touring Australian side, adding to their experience and sportsmanship".

"This season the Y9/10 has boasted 7 HPSS boys, again making up the 11 by welcoming boys from surrounding schools that do not have cricket available. They have grown in confidence, as team players, and as cricketers and are keen to invite friends and others moving into the area to join their numbers".

The Takapuna DCC- Hobsonville Point venture has been an initiative by Amita Weerakoon, the Director of Cricket, Takapuna District Cricket Club. Amita's comments "For younger children (for children 5-10 years), the offering has been simplified to offer one afternoon of Have-a-Go Cricket. This introductory form of cricket offers a fun way to learn good ball and hand-eye skills, as well as testing or trying an interest in the game. Offered on a Wednesday, this is a fantastic way to establish an opportunity for future team development. For the youths from this area, we have the Year 9/10 team option and for the adults, the Sunday T20 option".

The Saturday the 18th March will see the first Auckland Premier Cricket game to be played at HWMP.

The Champion Takapuna DCC Premier women's team will make

their debut at HWMP which will become their home venue going forward.

The Takapuna Premier Women known as the Ponies, are the Prichard Cup limited over champions hosting Waitakere for the first time on the new grass block at Hobsonville Domain.

Takapuna has a strong side with Lauren Down and Roz McNeill from the Auckland Hearts, Kerry Tomlinson from Northern Districts, Anlo van Deventer from Central Districts and Polly Inglis from the Otago Spark. Plus Takapuna have 3 of the top wicket takes in the competition.

Waitakere has Sam Curtis who is a current White Ferns player, as well as some age group players for Auckland. It will be a good battle on the new home ground for the Takapuna Ponies. The match to be played on the 18th of March at 11 30am.

Put your hand up to be a CAB volunteer

Citizens Advice Massey is on the look-out for new volunteers. So if you are interested in people, a good listener, comfortable using a computer and enjoy doing research and learning new things – why not put your hand up to be a CAB volunteer?

We have 21 volunteers from a range of backgrounds, some are retired professionals, some are working but give up time to help those in their community and others may be looking for a pathway into the workforce. Most but not all are native New Zealanders others are newer to Auckland and New Zealand. Some speak more than one language, which is very helpful for our diverse community.

Barbara Guy from CAB Massey says "We are interested in people from all walks of life, ages and backgrounds. As a CAB volunteer you would be fully supported with initial and ongoing learning as you come up to speed with the challenges and satisfactions of being a CAB volunteer. You'll also be supported by colleagues and a huge range of resources including a referral database listing more than 35,000 organisations."

"It's incredibly rewarding being a CAB volunteer", says Barbara Guy. "When volunteers are asked to describe what they love most about being involved with Citizens Advice Bureau, most say it's the range of issues that you get to help people with. No two days are ever the same." Chris (one of our team) said that it very rewarding helping people with Consumer problems, helping them to get the outcome they want. Mary finds it rewarding listening to people to help them come to their own decisions. Barbara Guy says "On any given day, you could be asked a wide range of questions. We work alongside each client to give them the information that they need to take action and deal with issues themselves. "

"If you're interested in becoming a CAB volunteer or just want to know more, just pop into CAB Massey at Library Building cnr Don Buck Rd and Westgate Dr, call 833-5775 or send us an email

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Why are feelings so important?

At Country Bears we are always researching up to date theory and new practices from around the world, as we feel it is important to be aware of new findings that maybe important to consider in our teaching practices. There has been some interesting research and findings that we feel is of interest to all parents of children. We would like to share a small snip it with you.



Feelings - Feelings are so crucial. Why? Because it is our feelings that lead to our behaviours. Feelings motivate us. Feelings result in actions. Our society frequently overlooks the importance of feelings. We focus on behaviour rather than on the feelings which cause the behaviours. We are often still blind to feelings.

When exploring the embryology of feelings from our childhood, we find that our earliest feelings, combined with our experiences (and how these early feelings combine with each other), help to form our adult emotional life.

So how do we help our youngest members of our community deal with these emotions? Just by being there, side by side, may be enough for most children during these early years. It is how children learn to deal with feelings and emotions that will determine how they experience them in their adult life.

Intelligence - Over the past decade, studies have shown how bright infants and young children really are. It turns out they are much smarter than we used to think.

This creates a tremendous opportunity to get their cognitive development off to a good start. But just as important, intelligence also allows us to give the emotional development of children a huge head start. An emotional problem can rarely be solved by a logical solution.

Language - Young children usually begin to talk somewhere between the ages of one and three, however, long before this, they have an understanding of what is being said. As they begin to talk, their psychological world changes dramatically.

We use the term translation for the process of linking children's words to their feelings. Translation exponentially enhances the child's capacity for self-soothing, tension-regulation, and character-building. We can help them to identify and put a name to their feelings, allow them to have those feelings, and be there with them through those feelings.

Summary - These three elements – feelings, intelligence, and language – comprise the foundation of human development. They interact in important ways, giving us a remarkable opportunity to enhance development.

However, too often these elements are presented individually, as if each one is an answer unto itself. This is unfortunate – for the whole truly is greater than the sum of the parts.

The interaction of feelings, intelligence, and language presents us with a remarkable opportunity. It is the interaction of these processes which is creating the Revolution in Infant and Child Development and helping us understand the embryology of human motivation.

Infant/Child Development and the Importance of Children's Feelings by Paul C. Holinger, M.D.

Country Bears Early Childhood Centre hopes that you found this of interest.

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vide 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 09 412 8055.

Time to reflect

John Key's last day in Parliament is April 14, then he's overseas on speaking engagements while deciding his future. The Helensville MP of 15 years and former Prime Minister won't be quitting New Zealand or the National Party though.



He intends keeping in touch with the electorate, handing the reins to new National candidate Chris Penk of Glen Eden, pictured right. Chris, 37, a lawyer and former Navy man, was aide-de-camp in 2003 to then Governor-General Dame Silvia Cartwright.

The Huapai office obtained by John could remain the electorate base.

During his time as MP John has seen "dramatic" changes associated with the area's growth.

Highlights of this time there include helping get infrastructure like water and wastewater services sorted, and to some extent roading. He's still confident electric rail could get to the area, although it may not be soon enough for most.

"In the next 15 years there will be more development here,"

John says, foreseeing better services to meet it.

One disappointment is not having a high school established in the Kumeu district during his time.

On the electorate Special Housing Areas, John says most people accept the extra housing, provided it's backed up with infrastructure.

He says the Government has invested heavily in infrastructure, which is always going to take time to complete.

The April opening of the Waterview interchange on the Western Ring Route, for instance, will free up some aspects of traffic.

But John believes change is coming in car ownership. "Many people in big cities don't own cars and use taxis or public transport."

He'd like to see more police here too.

"The main gripes from people here are about transport and road safety."

John will remain a National Party member in the area and stay in touch.

"A lot of amazing things have happened, like the Muriwai Surf Club's new building and Treaty settlements, and the community feel is still here."

Short term, John aims to take a more relaxed approach, with speaking engagements in the US and Australia.

He'd like to work on a few company boards there too, but intends staying in Parnell. "I don't want to go back overseas."

Being Prime Minister saw a "hell of a lot of challenges", mainly because his time was beset with national disasters like the Pike River mine explosion and the Christchurch earthquakes.

He says the quakes and the possibility of tsunamis has prompted the Government to review warnings, particularly around the use of mobile phone technology, but care is needed in how it is used.

The Global Financial Crisis was another disaster, but John's had



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international praise for his guidance, the country touted as an economic success story.

John says that as PM he had less time to devote to his electorate, something he expects Chris Penk will rectify. "Chris will go back to where I was in 2007."

What about a return to politics? "Definitely not," John says, although he intends remaining a National Party member "until I die".

Any thoughts on President Trump? "We're in for an interesting four years," John says diplomatically.

He still intends playing golf with Barack Obama while in Hawaii though.

Would his children Max and Stephie like to enter politics?

John doubts it, and says Max, 21, is more popular as a DJ than himself, particularly among the younger generation.

Signing off shortly, John thanks the people of his electorate and says meeting constituents face-to-face kept him in touch, especially with how people reacted to changes.

Kerry-Marie Callander

Kerry-Marie Callander, is internationally renowned and one of New Zealand's most well-known psychic mediums. Trained at the renowned Arthur Findlay College in England, she is a certified member of the Spiritualist National Union and an award holder. She has a passion for her work, gives personal 1 on 1 readings, healing and teaches through holding seminars at her premises in Hobsonville. Kerry-Marie's goal is to empower and help people through her spiritual work. She is often interviewed by media outlets and enjoys sharing her gift with a wide audience through shows she puts on. Her new book is soon to be released: "Breaking Free". "Breaking Free" is the uplifting story of Kerry-Marie Callander's journey to becoming a sought-after psychic medium. From meeting her spirit protector in childhood through to discovering and developing her psychic gift, Kerry-Marie shares her life experiences she has learned through communication with the spirit world. Kerry-Marie Callander, Spiritual Decisions LTD. Visit www.spiritualdecisions.co.nz, email kerry@spiritualdecisions.co.nz or phone 021 274 5001.

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West Harbour Tide Chart

Date	High	Low	High	Low	High
Sat 1 Apr	-	05:12	11:41	17:39	-
Sun 2 Apr	00:04	05:05	11:33	17:31	23:57
Mon 3 Apr	-	06:01	12:27	18:25	-
Tue 4 Apr	00:54	07:01	13:24	19:24	-
Wed 5 Apr	01:55	08:04	14:24	20:27	-
Thu 6 Apr	02:58	09:07	15:27	21:32	-
Fri 7 Apr	04:00	10:09	16:30	22:34	-
Sat 8 Apr	04:58	11:06	17:29	23:30	-
Sun 9 Apr	05:52	11:59	18:23	-	-
Mon 10 Apr	-	00:20	06:42	12:47	19:12
Tue 11 Apr	-	01:06	07:28	13:32	19:57
Wed 12 Apr	-	01:49	08:11	14:13	20:39
Thu 13 Apr	-	02:29	08:52	14:52	21:19
Fri 14 Apr	-	03:08	09:32	15:30	21:57
Sat 15 Apr	-	03:47	10:10	16:07	22:34
Sun 16 Apr	-	04:27	10:48	16:45	23:13
Mon 17 Apr	-	05:09	11:27	17:25	23:54
Tue 18 Apr	-	05:54	12:09	18:08	-
Wed 19 Apr	00:40	06:42	12:54	18:56	-
Thu 20 Apr	01:30	07:34	13:44	19:50	-
Fri 21 Apr	02:24	08:29	14:39	20:50	-
Sat 22 Apr	03:20	09:25	15:38	21:50	-
Sun 23 Apr	04:16	10:20	16:38	22:47	-
Mon 24 Apr	05:10	11:140	17:36	23:40	-
Tue 25 Apr	06:02	12:06	18:31	-	-
Wed 26 Apr	-	00:31	06:54	12:57	19:23
Thu 27 Apr	-	01:21	07:45	13:48	20:14
Fri 28 Apr	-	02:12	08:37	-	-
Sat 29 Apr	-	03:03	09:30	15:29	21:55
Sun 30 Apr	-	03:55	10:22	16:20	22:48

Source: LINZ

Daylight Saving: Please note that tide times have been corrected for daylight saving time.

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