

the Westerly

FREE monthly community magazine for Massey to Hobsonville Point

PROPERTY MARKET REPORT

COME FLY WITH ME

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

**BEACH UPBRINGING SPARKED AN
OCEAN LIFE**

Circulation is 15,500 print copies.

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

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

April 2013

Intro

Scientists tell us that a sixth mass extinction is on the way. Five previous extinctions, in which there was a widespread drop in the species of animals, plants and other forms of life on Earth, occurred millions of years ago. Populations of wildlife have been failing over the past century, and the rate is accelerating, with human overpopulation and over-consumption appearing to be the main factor in this. It seems that intensified conservation efforts could still avoid a dramatic decay in biodiversity and loss of ecosystems, but time is running out. Obviously this is a much bigger problem than anything we can influence individually, but it is a reminder for us to do what we can to recycle and use any natural resources as sparingly as we can.

Closer to home, let's celebrate the opportunities on our doorstep. Appropriately Earth Day is coming up to remind us that we can help by responding to the dangers of plastic pollution. Kaipatiki is offering a chance to learn more about sustainability and the environment. Even Geoff's article on a professional sailor who grew up at Muriwai Beach reminds us of the hazards of plastics in the ocean. Consider starting a zero-waste lifestyle.

Is English your first language? Could you help someone who has arrived in New Zealand without this knowledge? Maybe find the travel agents' suggestions in this month's West-erly to spread your wings and escape from the inevitable cold of the Southern Hemisphere winter (though you might have to watch a few quick YouTube lessons if you are going to need the local language at your destination)?

Children have several options nearby, maths, parties, sports, or just general support. Youth also features in theatre and music. We focus on cultural events, both to celebrate and to look forward to. Relax and fish, or expend a bit more energy and join a fundraising walk. There are many offers of help should your body need fixing, and not only you but your pets as well. If your body just needs nutrition, turn to our food and beverages section.

Enjoy Graham's regular report on the housing market, together with things you should know about maintaining your house and getting the rules right. As ever, it's a good time of the year to be making plans for your garden. Get the plants right and you will be rewarded by visiting birdlife.

This is a browse-and-come-back magazine, so enjoy your reading, and take care.

John,
Editor



the Westerly

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Questions and feedback:

John Williamson
P 021 028 54178
E jbw51red@googlemail.com
W thewesterly.co.nz

Cover Shot: Come fly with me Hobsonville Point

Print run is 15,500 copies through Treehouse Print
Email database is managed by Sublime NZ

Disclaimer: Articles published are submitted by individual entities and should not be taken as reflecting the editorial views of this magazine or the publishers of the Westerly Limited. Articles and photos are not to be re-published unless consent is granted from the publisher.

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Community notices

Is your child settling into the new year OK?

How is your child settling into kindy, day care, school or even university this year? My Miss 8 has found settling in to school a little hard so far. With no real close friends in her class she struggles to find someone to play with and complains of a sore tummy every morning. So I decided to create a special bracelet set for her and me. One morning before school we sat down, read through the card and popped our bracelets on. She thoroughly loved the idea of knowing that we now share this connection throughout the day. So anytime she's feeling a little down she can look at her bracelet and know that I'm there for her and thinking of her which therefore gives her confidence and strength to get through the day. Stay connected with your children with one of our "Connected" bracelet sets available at www.preciousimprints.co.nz.



Guided tours to France with two French/Kiwi locals

Have you always dreamed of a trip to France? Experience authentic French culture, eat and cook fabulous French food? Boutique Tours France, the venture of French/Kiwi locals Catherine and Patsy, organises amazing guided tours for small groups (max. 8 people) to France in 2018. Catherine and Patsy are both French and take you to those special places. Your guides know France inside out and know what Kiwis want to experience. The tours are fully organised so your travel is carefree: your guides leave NZ with you, speak the language and look after you. You just happily join the trip with no planning at all. In September 2018 we take you to the picturesque coastlines of Normandy and Brittany in the North-West of France. We visit picturesque villages like Honfleur, St Malo, and Mont St Michel and encounter regional crafts, food and



antique markets to get a true insight into French culture. Good Food – Good Company – Good Times. Book now www.boutique-toursfrance.co.nz.

Music in the square

The crowd picnicking under the trees at Hobsonville Point was entertained by an afternoon of music on 4 March. Sponsored by Auckland Council, with its partners Zero Water and Media-works, the Music in Parks event featured Mel Parsons, Kendall Elise and Jed Parsons. Mel is an award-winning indie-fold artist who has toured from wool sheds to festival stages internationally. Kendall is a flame-haired chanteuse who blends rhythm and blues, folk and country. Jed is a multi-instrumentalist and singer songwriter, playing a unique concoction of indie, pop, rock and vape-wave. A beautiful sunny afternoon made it a wonderful way to relax and enjoy the free entertainment. Catch them all on their Facebook pages.



Wallflowers

Wallpaper has exploded back on the decorating scene with more choice and style than ever. Are you are thinking about a feature wall, mural or even a neutral colour or texture throughout the home? Maybe you already have your perfect paper and just need an installer? Wallflowers is bringing back the art of wallpaper installation, adding colour, life and texture to homes or workspaces. Friendly and professional wallpaper installation service. Installer, Amy Howell, is passionate about excellent communication with clients, also taking that extra care and time to ensure your walls look outstanding. Residential & commercial feature walls, murals, new builds, refurbishments and commercial interiors. Plus, wallpaper removal and wall preparation. Wallflowers is based in North



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West Auckland, but also services the wider region. Call or email Amy at Wallflowers (amy@wallflowers.nz / 027 882 7300) for a free quote or search @wallflowers.nz on Facebook and Instagram.

Come Fly with Me

The 2018 Come Fly with Me Kite Day will be held at Bomb Point / Te Onekiritea Park, Catalina Bay Drive Hobsonville Point from 10-2pm on 8th April. It is a free family fun day for all ages with food trucks, a picnic area, games, activities and kites of all sizes.



Come and relax, eat some delicious food, relax with the beautiful views and connect with your local neighbours.

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20 for a free quote, or visit our website below. Our other services include: Dent removal – small to large. Yellow / foggy headlight restoration. Deep clear coat scratch removal. Ceramic coating paint protection. Signwriting removal. We are a fully mobile operation, meaning we come to you to make your life easier. Contact us on 0800 20 30 20 for a quote, or visit www.TMCS.co.nz to see our work and 5 star reviews.

Waitakere Volunteer Fire Brigade

Open fire season - If you are in a mixed rural area it is an open fire season and no fire permit is needed to light a dry wood or dry matter herbage fire in open air. However you still need to exercise caution, check the weather and be well prepared before lighting. Before you set your fire go to www.Checkitsalright.nz. Fire permits are required for all



fires on public conservation land other than for an approved campground fire or a fire lit for cooking or for warmth. Apply for a fire permit [1] it is illegal to light any open fires or discharge any fireworks in public places in the Auckland region. This applies to all beaches, foreshores, parks, reserves, and forests. Contact firepermit.auckland@fireandemergency.nz. Fire station open day - Waitakere Fire Station will be open to the public between 2 and 4pm on Saturday April 21. On display will be the two new appliances and equipment that services the community, also

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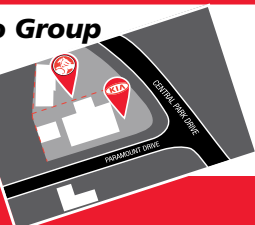
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the state-of-the-art pumps and technology that has been fitted to these response vehicles. Waitakere Fire Station members represent a diversity of age groups and life-stages offering the Waitakere community (within a 5km radius) the opportunity to become a member for active firefighting or in a support capacity to a growing number of medical and weather event call outs. If you have an interest or would like to look around an active volunteer fire station please diary note the date and time. April 21st at 2 till 4pm at 10 Township Road, Waitakere Township, or call Station Officer Denis Cooper on 027 562 6942. Keep safe, Denis Cooper - Station Officer, Waitakere Volunteer Fire Brigade.

Are you feeling lost and needing some guidance in your life?

Kerry-Marie has been a psychic medium for over 20 years and she works locally in Hobsonville doing private consultations, healing and teaching her spiritual work. She is, accredited through the UK has been featured on TV, radio and magazines. She offers you guidance for your life, healing and if you are in grief from losing someone as she is an very experienced medium and can bring your loved ones through to comfort you. Book a reading with Kerry-Marie through spiritualdecisions.co.nz.



Earth day

Earth Day is celebrated every year on 22 April. Earth Day is a global event where people honour the natural environment and raise awareness of environmental issues that trouble the world. This year's Earth Day is themed around plastic pollution. This day brings awareness to the effect Plastic litter has on our cities and oceans. To help celebrate this event Westgate Shopping Centre have five marine animals who are effected by plastic pollution who are hiding within our Center. Can you name and find all five? There are 3 great prizes up for grabs. See our website for more information



www.westgate.kiwi. Follow us on Facebook for location clues @ NZWestgateShoppingCentre.

You travel together

Paula at YOU Travel Westgate has launched a new group, specifically for solo travellers, those who love to travel, but are not only fed up with the single supplement charges associated with travelling alone. Also those who would love to meet a like-minded person and become travelling companions. Check out our Facebook page "YOU Travel Together: Email me paula@youtravel.co.nz and be added to the group data base to stay informed and updated of the latest travel requests within the group. Or pop in/call, Paula, YOU Travel Westgate, 18 Westgate Drive, Westgate – 09 831 00018.



Muriwai Beach upbringing sparked an ocean life

Story by Geoff Dobson.

Growing up at Muriwai Beach put the sea in Richard Mason's veins. The die was cast for the future sailor when Sir Peter Blake hoisted the young man over the rails onto Ceramco in the 1981=82 Whitbread Round the World Race during the Auckland stop-over. Richard went on to learn about sailing through the Royal New Zealand Yacht Squadron and, after completing an environmental science degree, set his sights on the sea's horizon. He got a break with another sailing legend, joining Ross Field who has sailed in numerous round the world races. Since then, Richard's been a professional sailor more than 20 years, and has been with the Whitbread's successor the Volvo Ocean Race since 1999, also spending time involved in the Swedish Victory Challenge America's Cup 2007 entry. He sailed on Assa Abloy (2001-02), Ericsson 1 (2005-06), Ericsson 3 (2008-09) and Team Sanya (2011-12) in the round the world race. A highlight for Richard was Assa Abloy winning the leg into Auckland. A more land-based role developed when Richard became shore manager for the all-women team SCA (2014-15) then event organiser with Volvo Ocean Race SLU. He's now the leadership team executive director, which




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includes not only overseeing the race but particularly looking ahead to organise the next two or three round the world events. Now based in Sweden, with wife and former sailor Caroline and their two children, and sometimes in Spain, the job still involves travelling the world, except not so much by boat. Richard has to sort out stop-overs, sponsors, partners and the many other machinations associated with round the world sailing.

"The beauty of this race is there's a real mix of cultures," he says. Political issues in some countries could get in the way, but Richard finds the sport great for removing any political barricades. Stopping in Auckland during March, the Volvo Ocean Race carried a universal message in supporting the United Nations Environment 'Clean Seas' project and offering key sustainability themes around ocean health and plastic pollution.

Race villages and the race itself focused on reducing plastic use, visitors invited to sign the Clean Seas pledge to minimise plastic use. Water refill points and no bottled water sold onsite discourage single-use disposable plastic bottles. All other beverages and food are also not served in plastic.

About 300 000 single use zip ties are avoided through reusable bungees to attach to banners and branding. Up to five million straws can also be avoided through not using them in the villages.

Children are invited to become "Champions for the Sea" in their local communities and continue their action into the future in their communities and also in association with the Volvo Ocean Race.

School programmes, Ocean Summits, education, science and online programmes also promote the messages.

During the race, all the boats send data to a race headquarters in Spain to help with weather forecast accuracy and climate models, particularly to better understand climate change.

Floating sensors also provide information, while selected boats such as Turn the Tide on Plastic test the sea water and determine the amount of micro-plastics in the ocean.

Even the boats themselves are "recycled", having been refitted after the last race.

Early data from Turn the Tide on Plastic identified more than three million micro-plastic particles for every square kilometre of ocean.

Richard himself is no stranger to beach clean-ups. Parents Anna and the late Brian Mason were heavily involved in their Muriwai Beach community, including sand mining issues and regular beach patrols to remove plastic and other polluting items. Visit www.volvooceanrace.com for more information.

Max autumn collection

Whether you're dealing with the unpredictable weather or staying dry indoors, discover our autumn arrivals, full of texture, print and colour to refresh your wardrobe and get ready for the change in season. Treat yourself to cosy coats, luxe cashmere blend knitwear and outfit staples like denim and sneakers - just the pieces to see you through the season. Shop the Max autumn collection at Westfield Albany, NorthWest Shopping Centre or online at Maxshop.com.

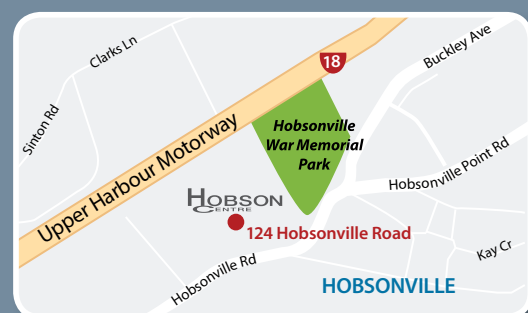


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InBrief updates:events

Little Miss Enchanted

Come to Little Miss Enchanted, our one of a kind hand created Magical Princess Garden party shop 302A Main Road, Huapai, Auckland, where you can meet some of your favourite princesses or fairies such as Elsa, Anna, Snow White, Cinderella, Sleeping Beauty, Belle, Jasmine, Pocahontas, Ariel, Rapunzel, Tinker Bell, and Enchanted Fairy. Come along and play loads of fun games with your favourite characters and be pampered. Getting delightful mini manicures with gorgeous nail art, hair curled with pretty gems. Play some of our fun games such as flower ring toss, toss the turtle, toss the hedgehog, Tinkerbells treasure hunt, Snow White apple toss, dress ups, pass the Little Miss party game with prizes. Have your photos taken in our pretty pink princess carriage, photos with the princesses or fairies, watch a princess movie, show us your dance moves with our party music and so much more! We have hosted over 900 Pamper Parties. Come and see why we are the BEST.



English language partners at Massey Birdwood Settlers Hall

Based in New Lynn English Language Partners run classes for new migrants. Moving to a new country and being unable to speak English is a huge barrier to social integration and gaining employment, English Language Partners do a marvellous

job in helping new migrants, many of whom live in Massey. To find out information about English Language Partners you can visit the Massey Birdwood Settlers website, masseybirdwood-settlers.org and click on the link under hall users on the right of the home page or alternatively check out our venue page or simply visit the English Language Partners webpage www.englishlanguage.org.nz.

House of Travel

We get the occasional person ask us why they should book with us over the internet so I thought I write about a few scenarios below. I hope you find this helpful when planning your next trip.

The internet is a great way to research travel, look at interactive maps and get ideas. However, when it comes to actually booking travel online, the experience becomes time consuming, stressful, confusing and risky. This has resulted in a big shift back to booking with an experienced travel professional.

You're searching for a flight or hotel which then opens up multiple pages- sound familiar? A lot of website addresses may start as a '.co.nz' but at time of booking become a '.com' or other foreign address. They are clever enough to show prices in NZD, but you'll be getting charged USD or EUR. If you book travel on a foreign website, you may not be covered by the New Zealand Consumer Guarantees Act. So, if something goes wrong you could be on your own. You can try ringing the first website (if there is a published phone number) but since you actually booked with a different website, they won't be able to help. Book with us and we are sitting right here in Hobsonville New Zealand ready to help and we are TAANZ bonded. Feels good to book with a local who's got your back.

Even booking directly (which rarely saves money and offers little benefit) with a well know cruise line, tour company or airline can become frustrating if you have any questions. Nobody likes hold music or talking to faceless people in a call centre. Having the same person looking after your travel plans, from initial quote through to welcoming you home, offers a personalised service unmatched via a computer screen.

House of Travel Hobsonville clients are often amazed that our prices are such good value, because there is a common feeling that travel agents generally cost more. This, in fact, is not the





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case. Unfortunately, travellers often realise too late when booking online for less that the price they have been quoted online may be misleading. For example, the price of a flight ticket may not include luggage or taxes and these then have to be paid at check-in. Sometimes the ticket is priced in a foreign currency with added bank fees, or might involve flights which don't connect. Websites may quote a cheap price for a substandard room type we don't/won't offer.

One of our roles is to make sure our clients have the correct travel documents for travel and our advice is based on fact. An experienced travel agent will guide you through passport and visa requirements. Most websites say in the fine print that visa and passport advice are your responsibility. Search engines are full of people giving out advice, but will they be there when you get denied boarding?

We are new to the West but have almost 50 years of combined travel industry experience in store. Wherever and however you are planning to travel in 2018/2019 we'd love the opportunity to find the perfect trip for you.

Buzz at House of Travel Hobsonville, Cnr Hobsonville Point Rd and De Havilland Rd 09 416 0700 Hobsonville@hotmail.co.nz.

EcoFest North is back for 2018 with over 40 eco events

Mo te ao, mo te whanau, mo tatou katoa – For the planet, for the family, for all of us

Kaipatiki Project will be coordinating this month-long series of sustainability and environment themed events across Auckland North.

Keystone events will include:

Totally Sustainable talks- Thursday April 5th 7pm - 9.30pm. Be inspired by five eco-leaders who are creating a better future from the community up - followed by networking. Supported by the Devonport-Takapuna Local Board and Think Electric Bikes at the Vic Theatre Devonport

Living the Change movie fundraiser - Sunday 15th April 6pm. Living the Change travels New Zealand to discover inspiring solutions any of us can be part of to make a difference to the global challenges we face today. Meet the filmmakers, celebrate Kaipatiki Project's 20th anniversary and finish the Eco Fest North 2018 festival with a fun night out. Book tickets at www.kaipatiki.org.nz/ecofest/

Bring your friends, family and colleagues along to any of these fun events to help celebrate our natural environment and find out how to live more sustainably.

Backyard food production – Workshops with all you need for getting started and eating fresh and homegrown - Small scale sustainable gardening, Kefir and kombucha, foraging, post-harvest pruning, preserving fruit, jams and chutneys; Compost Collective, Love Food Hate Waste; and more.

Discover nature on your doorstep and learn about plants and wildlife with expert guides.

Pest-Free – Help keep our local environment healthy and flourishing: Pest-Free Kaipatiki Backyard Predator Monitoring and Trapping; Ngataranga Bay Rat Pack.

Sustainable transportation 101 – Guided bike rides and guided ranger walks.

Making smart choices – Take easy steps to help reduce our impact on the planet: Repair Cafes, Birkdale Beach Haven Community Project Inc DIY Fiesta, Boomerang Bags sewing bees, Sustainable home renovations

Simply You – Hatha Yoga Class, North Shore environmental volunteering, Make your own laundry and bathroom products

Events – Kaipatiki Eco Fun Day, Totally Sustainable Talks, Kaitahi Bayswater Community Dinner, Ngataranga Organic Garden Open Days, Fernglen Native Plants Garden Open Day, Herb Fairies Academy, Birkdale Beach Haven DIY Fiesta, Kids Found Object Orchestra.

To find out more and for details of events near you, visit www.kaipatiki.org.nz/ecofest/

EcoFest North is co-ordinated by Kaipatiki Project Environment Centre with support from Kaipatiki Local Board, Auckland Council, Devonport-Takapuna Local Board, Ministry for the Environment, Foundation North, Birkdale Beach Haven Community Project Inc and sponsors Good Health and Snow Planet.

EcoFest North is held in conjunction with our 'westie besties' EcoMatters event EcoWest across West Auckland during the same month.

What are our marriage values?

This was a question from one of my Canadian couples coming to New Zealand to get married. Interestingly, they chose New Zealand not just for the beauty of our country and alternative seasons, but because they



wanted to get married in a country that supports and values marriage. When sharing with me the common approach and perception of marriage in Canada, their eyes reflected the sadness and disappointment when they spoke about their peers describing the marriage as "is just a piece of a paper with a signature", "it's a show-off event for friends and families", "it's a commercial industry that is all about draining your money and time". These phrases really made me think... No doubt we get influenced a lot by western world and fashion, what we see in movies, wedding websites and social media. A lot of brides get overwhelmed by Pinterest (a whole separate topic) and sometimes tend to deviate off the actual purpose of a wedding, but

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despite these, I believe, as a nation, we still value the marriage, and I definitely see it in the vows my clients write for their ceremonies. So, what does marriage mean to us? It's being together but staying independent, helping each other to strive and contributing to common goals and values, it is being honest and open at a time when it's easier to hide. It is about sharing, but becoming richer. Its accepting that this "next step" is not a step in to a "Happily ever after", marriage is a job, that requires a lot of hard work but is rewarding. Marriage is when both partners are ready to accept, embrace, and then help to shore up the weaknesses of their spouse. So they day is about accepting the above, declaring it to each other, making a promise and committing to it. That day, I finished my conference call and came to realisation that I am very happy to be able to do what I do and do it for the nation who were able to preserve the original purpose and values of marriage – thank you New Zealand. Truly yours – Anna Moroz – your local Marriage Celebrant and Wedding Planner.

Youth & beauty take to the stage

Award-winning animated film and stage musical *Beauty and the Beast* will come to life at the Glen Eden Playhouse Theatre in the April school holidays, led entirely by youth, with 27 cast members ranging from ages 6 - 17 years. Based on the original Broadway production that ran for over thirteen years and was nominated for nine Tony Awards, Disney's *Beauty and the Beast JR.* is a beloved take on the classic fairytale, featuring some of the most popular songs ever written. Eighteen year old director Matt Billington says, "We are producing, directing, performing and creating a completely youth-led show. This means that all of our performers on stage are under 18 years of age, and everyone involved in the show production is under the age of 26. As far as I'm aware, this is some-



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thing that has never been done before in NZ and we are very excited to pioneer this model of youth theatre in our community." Acting Playhouse Theatre President Simon Julius says "We were very happy to hand over the reins for this show to a future generation of committed theatre makers. Playhouse Theatre Inc is the resident theatre company of the Playhouse Theatre, a jewel in the Auckland performing arts community. Our mission statement is to provide opportunities for creative, aspirational theatre. Matt and his youth team are certainly committed to delivering this." 21-28 April 2018 in school holidays. Times of 11am/2pm/6.30pm vary daily. Glen Eden Playhouse Theatre, 15 Glendale Road, Glen Eden. www.iticket.co.nz / 0508 iTICKET / \$15 Visit Playhouse Theatre Incorporated on Facebook. Photo shows Henderson High School students Aaron Cathro (17) and Monica Ellmers (16) as the lead roles of Gaston and Belle in *Beauty and the Beast JR.*

Tennis for preschoolers

Tennis Monsters run various coaching programmes at Greenhithe Tennis Club, a great community club located in Roland Road, Greenhithe. Mini Shots is a fun class for preschoolers, aged 3-5 years of age using mini, modified equipment which is age appropriate. Young kids pick up skills quickly and the programme is based on co-ordination and balance skills incorporating interactive fun games. It's conducted in a welcoming and friendly environment, with a qualified coach, including parent participation with their little ones. Mini Shots is a great stepping stone for preschoolers to continue on to the children's tennis programme. However it's also suited for kids just wanting to get out and have some fun, doing physical activity in a group with other kids. Interested? Check out www.tennisonmonsters.com, under Junior Programmes or contact 0800 RACKET.



Top salesperson at helloworld

Lesley Johns has just been recognised from Globus and Cosmos coach tours and Avalon River Cruising as one of their most successful consultants in New Zealand. Lesley has been in the travel industry around 30 years (no-one's counting!) so she has a wealth of knowledge and experience across all destinations, having previously won awards with Viking and Scenic Cruises.



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She is popular with our clients, regularly receiving flowers and gifts, who love her attention to detail and ideas she comes up with for them, but make an appointment if you want to see her, she is busy. Lesley started her career with Wings Travel in Grey Lynn, before moving to Budget Travel, Holiday Shoppe, AA Travel and United Travel/Harvey World for 20 years at Westgate before moving to helloworld in Hobsonville. She still loves the travel industry and providing great service to her clients. Lesley is supported in the office by Carolyn Hedley Owner and Manager, herself being in the travel industry 30 years, Neil Harkin who has returned to travel after a spell running his own business but many of you will remember him from United Travel Westgate. Hayley Miles is our young person having attended Massey High School and is our whiz with all the latest fares and packages. We have all lived in the area many years and are committed to providing great service and love our clients popping back in to let us know about their trip. If you would like to experience the best travel can offer, come and see us, call or phone hobsonville@helloworld.co.nz or 09 416 1799.

Hilton Brown Swimming

Bookings are now online. Jump onto our website at www.hiltonbrownswimming.co.nz, go to the Hobsonville page, click the 'Book Online Now' link and book your swimming lessons today. All bookings will go in the draw to win one month's swimming lessons FREE - with a total of 3 to give away. Lessons start on Monday 14 May. Things are really heating up at the new Hilton Brown Swimming private learn to swim facility at 5 Rawiri Place, Hobsonville. This state of the art learn-to-swim facility will use the latest technology for filtration and air handing. The water

will be treated using Wapotec technology and heated to 32°C, with the air also being heated for the comfort of the swimmers. Our highly trained staff cater for all ages of swimmers, from babies through to adults. Every Hilton Brown swimming instructor has received comprehensive training to teach correct technique while ensuring children progress and have fun. Our unique teaching methods are the result of years of experience – we know what works. Our aim is for your children to become safer and more confident in and around the water – giving them swimming lessons for life.

Gym Zone

Free-Play is now open at Gym Zone. Come along and try out our huge foam pit, trampolines, tumbling track and gymnastics equipment. One hour sessions are open on Saturday and Sunday for all ages. Preschool Free-Play sessions Monday – Friday 10.30am-11.30am entry fee



includes a free coffee for caregivers. For more info go to the programmes tab on our website. School Holidays are also coming up and our popular Holiday Programme is open for registrations. Please select the timetables tab on our website to make a booking. Gym Zone – Where movement begins. 4 Workspace Drive, Hobsonville. Read more at www.gymzone.co.nz.

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www.hiltonbrownswimming.co.nz

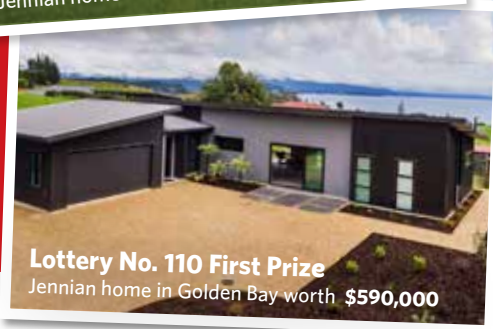
Or call us now to book:

Hobsonville –
5 Rawiri Place,
Hobsonville
Ph: (09) 666 0240

Also at Albany –
Volkner Place
(off Bush Road), Albany
Ph: (09) 414 5484

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ZD

area property stats

Every month Mike Pero Real Estate Hobsonville assembles a comprehensive spreadsheet of all the recent sales in the area that reviews the full range of Residential 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.

Suburb	CV	Land Area	Floor Area	Sale Price
Herald Island	1,025,000	812M2	213M2	1,100,000
	860,000	946M2	240M2	930,000
Hobsonville	1,150,000	248M2	199M2	1,240,000
	890,000	245M2	138M2	919,000
	890,000	219M2	138M2	990,000
	870,000	210M2	153M2	905,000
	995,000	261M2	143M2	977,500
	1,135,000	809M2	162M2	1,064,000
	590,000	0M2	83M2	615,000
	1,300,000	362M2	245M2	1,200,000
	985,000	237M2	205M2	1,035,000
	1,000,000	208M2	149M2	1,030,000
	930,000	140M2	166M2	875,000
	715,000	117M2	97M2	725,000
990,000	207M2	187M2	950,000	
Massey	690,000	695M2	110M2	650,000
	740,000	673M2	80M2	850,000
	525,000	451M2	147M2	660,000
	465,000	607M2	100M2	960,000
	540,000	385M2	80M2	510,000
	600,000	371M2	160M2	688,000
	590,000	382M2	90M2	620,000
	510,000	938M2	160M2	795,000
	590,000	675M2	90M2	645,000
	760,000	609M2	160M2	980,000
	630,000	433M2	150M2	762,000
	605,000	467M2	80M2	678,000
	950,000	1605M2	140M2	870,000
	560,000	385M2	80M2	610,000
	670,000	600M2	80M2	712,000
	650,000	371m2	90M2	682,000
Royal Heights	820,000	678M2	200M2	985,800
	1,075,000	608M2	250M2	640,000
	840,000	655M2	130M2	847,000
West Harbour	720,000	627M2	80M2	649,000
	720,000	476M2	90M2	656,000
	740,000	499M2	110M2	706,000
	1,430,000	736M2	290M2	1,540,000
	1,750,000	732M2	368M2	1,650,000
	1,050,000	405M2	213M2	1,060,000
	770,000	647M2	90M2	770,000
	850,000	714M2	240M2	1,108,000
	790,000	592M2	130M2	847,900
	1,130,000	753M2	210M2	1,210,000
Waitakere	675,000	857M2	110M2	675,000

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

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Propertynews:advice

Market report

If you took a snap shot of the annual median price changes throughout the country you would feel confident that residential property prices are stable. It does highlight growth in provincial centres but this is based on two leading factors: 1/ People moving out of Auckland for lifestyle reasons 2/ A value correction where buyers see capital gains.

At present one in every three Vendors are moving out of Auckland, this may increase in some suburbs but highlights peoples frustration at the lack of progress made by Council and Transit NZ in solving Auckland's infrastructure grid-lock. We have listed some of the annual median price changes in the North Island: Northland up 8.4% year on year, Greater Auckland up 3.7% year on year, Waikato up 10.5% year on year, Bay of Plenty up 10.1% year on year, King Country up 13.3% year on year, Palmerston to Gisborne up 18.4% year on year, while Wellington came in up 3.5% year on year. It highlights the stability within our residential property market that can retain value in the face of some significant restrictions being implemented by the banking sector on deposit and loan to income ratios.

Let's look at the sales for the month:

Herald Island residential	\$930,000 to \$1,100,000
Hobsonville residential	\$725,000 to \$1,240,000
Massey residential	\$510,000 to \$1,060,000
Royal Heights residential	\$640,000 to \$985,000
West Harbour residential	\$495,500 to \$1,650,000
Waitakere residential	\$675,000

Upsizing or downsizing or liquidating, there are a number of things that will be important to you; a) the agent needs to be experienced and highly qualified; b) the process must attract a volume of buyers; c) the advertising plan must attract the right buyers to view the property; and d) you must feel part of the journey and involved in the success of the sale. At Mike Pero Real Estate, we provide a logical and easy solution that delivers peace-of-mind to buyers and sellers considering a property change. For more information go to www.grahammcintyre.co.nz or phone 0800 900 700. Mike Pero Real Estate Ltd Licensed REAA (2008).

Looking to refinance to get a better deal? Things to consider

When looking to refinance to another bank to get "a better deal" there are a number of logistical considerations that you need to

take into account. (Especially when rates are moving).

1) A lot of banks are requiring full assessment of your application, before they will provide a formal rate and legal contribution quote. These assessments can take 5-7 working days before any offer is presented. If the offer is conditional then more time will be added to the process.

2) If you are self-employed the new bank will need your last two years of finished accounts prepared by the accountant, or submitted to the IRD.

3) When you approach a bank for a competitive offer, try and have an idea on what you want. Do you want to fix your new loan for 12, 24, 36 months? This allows the new bank to apply their discount to the relevant term that you are interest in. It saves a lot of time, which is essential when rates are increasing.

4) Due to Reserve Bank requirements, some banks have higher interest rates for rental properties, so keep this in mind.

5) A bank verbal offer of rates is worth the paper it's written on.

6) The banks will put an expiry date on their interest rate offers. This is usually 2-3 working days after the initial offer was made. If you go past this expiry date, then the offer can be rolled over, or it can be taken off the table, the rates could have gone up or the legal contribution reduced.

7) Once you agree to take an unconditional offer from a new bank, you generally have up to 60 days to settle.

8) There will be lawyer costs, and potential loan break fees for you to consider.

Due to the time it takes to organise a refinance, you need to weigh up the risks of moving your lending in a rising market. Please note lending criteria will apply when you apply, and is subject to change.

For further details or feedback feel free to contact Ivan on 09 427 5870 or 027 577 5995 or email ivan.urlich@mikepero.co.nz. Ivan Urlich is a registered financial adviser specialising in mortgages, his disclosure statement is available free of charge on request.

How does flooding impact my options for development?

Do you want to develop your site but concerned about the amount of water that flows across your site during big storms? Have you checked the Unitary Plan maps and



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see that your site is covered by a bright blue overlay called Overland Flow Paths or Flood Plains?

Thomas Consultants can help you to understand what this all means for the development potential of your site. We can undertake site specific assessment to understand flooding as it relates to your site and provide best practice development approaches to avoid these areas and minimise the risks to your development.

Whether you are looking to subdivide your site, extend your existing dwelling or simply want to know what your options are, give the friendly resource consents team a call on 09 836 1804. We are here to help.

Thomas Consultants – phone 09 836 1804. Photo: Taylor Road Flooding credit Cathy Voullaire.

Is your roof leaking?

Rust holes? Now is the perfect time to get work done on your roof, 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 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.

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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.

Precision Roofing and Spouting - phone 0800 002 222, email roofingprecision@gmail.com or visit www.precisionroofing.co.nz.



What is a "cash out" clause?

By Jennifer Edwards, Smith and Partners Lawyers.

A "cash out" or "escape clause" is inserted in an agreement for sale and purchase to enable the vendor to give notice to the purchaser that they have another signed contract, this second contract is called a back-up contract.



When notice is given to the first purchaser they then have a required amount of days (usually 3 or 5 working days) to declare the contract unconditional or it will be cancelled after the expiry of the time period.

If you are selling and the purchaser requires long condition times, for example they need to sell their existing home first; we recommend an escape clause (cash out clause) be inserted into the agreement.

If you accept a back-up offer you can give the first purchaser notice to go unconditional without having to wait until the conditions are due under the first contract, which could be some time.

Anti-money laundering and counterterrorism financing

Most New Zealanders are perplexed that they are counted amongst potential money launderers or terrorism financiers. However, on 1 July 2018 all lawyers are required to report on such issues. Part of the lawyer's duty thereafter is to identify their client by reference to a driving licence, passport and evidence of a home address in New Zealand. Secondly, the lawyer is required to report on transactions carried out by their client which may be suspicious activities. Suspicious activities may involve assisting with the movement of money where the source of the money is not easily ascertainable. Unexplained wealth, hurried transactions or the use of cash are also categories that may be suspicious. Given that New Zealanders usually own their own money or borrow it from a New Zealand registered bank, there should be no cause for concern. Also, one would expect the bank to have already carried out some verification of their own banking customers. In any event, expect your lawyer to ask questions about your identity and source of money much more than they used to. This seems to be the price for joining the international community.

Luke Kemp - Kemp Solicitors, phone 09 412 6000 or email luke@kiempolicitors.co.nz.



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BRICK AND CEDAR OVERLOOKING RESERVE - HENDERSON HEIGHTS

6 2 3

By Negotiation

11 San Pedro Place, Henderson
By Negotiation

This home that has been crafted for good looks and longevity while the outlook and the privacy from lounge areas upstairs and on street level is blissful. Extensively renovated with a focus on easy flow and entertainers living, the home opens to the council reserve and native bush vista. A world away from the hustle and bustle or suburbia but only a short drive to shops, parks, schools and reserves. The home boasts six bedrooms, two lounges and three bathrooms over two levels with an internal access double garage linking through to the kitchen area. 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.



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

www.mikepero.com/RX1360146

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BRICK AND TILE - MOTIVATED OWNER - WEST HARBOUR

3 2 2

By Negotiation

2/17 Deanna Drive, West Harbour
By Negotiation

Elevated two level home up a private right-o-way, the home delivers three generous bedrooms upstairs and an office downstairs, two bathrooms, double garage and extended kitchen, dining and lounge. A no-nonsense sensible two level family home which uses the space well providing a small patio and grassed area attracting afternoon sun. Some options here to add value and stamp your mark. The integrity of the home will impress you, the location is excellent offering a short walk to Marina View School, West Harbour Marina, Parks and shopping. The CV on this property is \$950,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



Graham McIntyre
027 632 0421
graham.mcintyre@mikepero.com



Cherry Kingsley-Smith
021 888 824
cherry@mikepero.com

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BRICK AND TILE ON ¼ ACRE - KUMEU

3 1 1

By Negotiation

18 Trigg Road, Huapai By Negotiation

Picturesque brick bungalow boasting three rooms, bathroom, open plan kitchen, lounge, dining with decking to the front and back delivering excellent indoor-outdoor flow. A stand-alone single garage and workshop for storage or man-caving. 1019sqm section, fully fenced and peppered with fruit trees and a chicken run for the good-life. A stone throw from Huapai Primary School and bus stop and a short walk to convenience shopping and park and sports field. Secure a real slice of kiwiana, the way it used to be. The CV on this property is \$830,000. 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/RX1417919



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A ROYAL OPPORTUNITY! BEAUTIFUL BONES AND VIEWS ON 1092 M2 LAND

4 2 1

By Negotiation

77 Royal Road, Massey By Negotiation

Positioned on a massive 1092m2 of land stands a solid four bedroom 1960's weatherboard home on concrete block, with tandem garage, rumpus, storage and oodles of extra parking. Enjoy the amazing views from the spacious open plan kitchen, dining and master bedroom deck. A relaxing lounge with wood fire and French doors leads to a peaceful leafy oasis, where you can relax and unwind on the extensive outdoor decks, enjoying the garden and afternoon sun. Enhance your investment with a future proof conversion of the downstairs (subject to the necessary consents) or develop the land, zoned mixed urban. The CV on this property is \$1,060,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email cherry@mikepero.com.

www.mikepero.com/RX1399738



Cherry Kingsley-Smith
021 888 824

cherry@mikepero.com



THE PERFECT LIFESTYLE PROPERTY

4 2 2

Asking Price \$1,298,000

87 Zanders Road, Waimauku Asking Price \$1,298,000

This is the most sought after lifestyle property, 1.9HA (5 acres approx.) nestled in a quite rural cul-de-sac in the Ararimu Valley, 10 mins from Kumeu or Waimauku villages. Spacious, Maddren four bedroom, two bathroom brick home with internal access to a large double garage. Large wooden deck accessed by two double bi-fold doors and a ranch slider provide great indoor - outdoor flow. A double bi-fold door opens onto a concrete courtyard, from the large kitchen / family room area. Land is easy to moderate contour and enjoys a pleasant rural outlook. The grounds are neatly laid out, featuring fruit trees and palms. Pasture is divided into 4 paddocks of improved pasture. The fencing is to a good standard. A small dam is at the bottom corner of the block.



Lyndsay Kerr
027 554 4240

lyndsay.kerr@mikepero.com

www.mikepero.com/RX1323109

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NATURE'S PLAYGROUND, BEACHES, WALKS - ANAWHATA

3 2

\$829,000

111 Anawhata Road, Anawhata Asking Price \$829,000

So close to Piha, Waiatarua and Karekare. Being part of nature is not a journey; it's a lifestyle. Set on 971 square metres of lawn and framed by bush it's the perfect place to immerse yourself in Anawhata time. A short drive to multiple west coast beaches and numerous bush walks, the location offers unlimited natural saturation. The property has an open plan, entertainers' home, offering alfresco to a wrap around deck and space to enjoy opening up for summer. Get cosy during the winter evenings with double glazing, closed wood burner and moisture control system. Three generous bedrooms, bathroom and an ensuite off the master bedroom. A home that enjoys easy living, good flow and generous sunshine. A garage area and workshop under the home offer options for tinkering or storage.



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

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SIMPLY THE BEST - SUNSHINE AND VIEWS!

2 2 2

By Negotiation

203D/160 Hobsonville Point Road, Hobsonville Point By Negotiation

Seldom Available! A modern and immaculate North-facing two bedroom, two bathroom apartment with views over the park, all day sunshine and alfresco dining on the deck. Whether you want a lock and leave lifestyle or the simplicity and convenience of Hobsonville Point life, this property certainly delivers! Low maintenance and energy efficient, brick and cedar, two car-parks, a storage locker and bike room, assure a future-proofed investment. An easy walk to cafes, restaurants, medical centre and great schools. Good transport links, the ferry, farmers market, Bomb Point reserve and the new coastal walkway are all at your door-step.

www.mikepero.com/RX1362337



Cherry Kingsley-Smith
021 888 824
cherry@mikepero.com



RENOVATE - REBUILD - DIY - WAIMAUKU

4 1

By Negotiation

236 Kiwitahi Road, Helensville By Negotiation

An unparalleled opportunity to have your cake and eat it too. This character filled open plan bungalow with wrap around decking enjoying expansive views through the Waimauku valley. The home has four general rooms that can be developed further with a functional kitchen and bathroom. Whilst private and tranquil the home has extensive small glass-houses for tomatoes, capsicums and cucumbers. Large lawn areas with established plantings for shelter and shade covering an impressive 6109sqm (1.5 acres). The home has a consultants safe and sanitary report regarding its condition and a current registered valuation is available at \$780,000. The property is a short distance from Waimauku and Helensville Townships, including convenience shopping, schools, parks and transport links.

www.mikepero.com/RX1369936



Graham McIntyre
027 632 0421
graham.mcintyre@mikepero.com



THE KIWI DREAM

4 2 1

Asking Price \$995,000

289 Motutara Road, Muriwai
Asking Price \$995,000

Four bedroom home on quarter of an acre with the beach a ten minute stroll down the road. This beautifully built character home is looking for a new owner who will appreciate the skill that was employed to build to this quality. Extensive use of Kauri and other quality timbers make this home a rare find. A modern kitchen is complimented by a pristine Shacklock range with a wetback. The formal lounge overlooks the lovely gardens. The master bedroom is a spacious light filled room. The beach and surf club are one kilometre away, the golf club is around the corner, what more could you ask for. The CV on this property is \$1,050,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email lyndsay.kerr@mikepero.com.



Lyndsay Kerr
027 554 4240

lyndsay.kerr@mikepero.com

www.mikepero.com/RX1332459

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HOME AND MINOR DWELLING RIVERHEAD - 1.6 HECTARES

4 2 2

By Negotiation

301 Riverhead Road, Riverhead
By Negotiation

Tucked away from the hustle and bustle of Riverhead and Kumeu with over 50 mature fruit trees, chickens and grazing. A unique family environment with space for the family to grow, tranquility to enjoy the sounds and smells of semi-rural life, and privacy to sit back and watch the day unfold with green fields, established plantings and the wow factor. The home of four bedrooms and two bathrooms has been sensibly developed. It boasts extensive open plan living and entertaining out to a wrap-around patio and pool area. Options around office/study/bedroom and storage through to the double garage. In addition the property has a 65sqm minor dwelling to the front of the section which provides options for income or the extended family.



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

www.mikepero.com/RX1359567

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EXTENSIVE PANORAMIC VIEWS - VENDOR SAYS SELL

By Negotiation

731A Ridge Road, Riverhead By Negotiation

Elevated mixed pasture and bush in an upmarket and established development. One of the last sections available. Options here to capture the view, create a little paradise and enjoy. 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. The CV on this property is \$810,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

www.mikepero.com/RX1055369



RARE EARTH

By Negotiation

1056 Peak Road, Waimauku By Negotiation

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



Lyndsay Kerr
027 554 4240

lyndsay.kerr@mikepero.com

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EXTENSIVE VIEWS, ART DECO REFURBISHMENT, SWANSON

4 4

By Negotiation

1084 Scenic Drive, Swanson By Negotiation

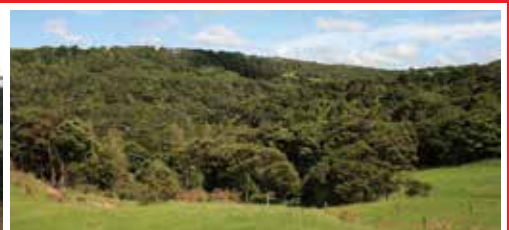
A beautifully refurbished home with extensive bush valley views with four rooms, two lounges, four bathrooms and study/office. An elegant and Art Deco look that seamlessly links the best of period piece living and the beautiful outlook of Waitakere's Foothills. Options here for a family or a working from home buyer that is seeking a funky and fun environment with excellent offstreet parking. Easy access to one of the rooms directly with walk in wardrobe and ensuite without accessing directly into the home. Extensive alfresco to wrap around decking to integrate with plentiful uncluttered views. The CV on this property is \$785,000. 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/RX1363436



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



PICTURE THIS, NEW HOME ON 48 HECTARES - WAIMAUKU FRINGE

By Negotiation

1295 Old North Road, Waimauku By Negotiation

Elevated land, no power lines, rural outlook. Seldom found - an amazing rolling grazing land with bush glades, multiple house sites, and an uncompromised rural valley view. If you are searching for tranquillity and an environment to create your very own ponderosa, with a mixed compliment of around 24 hectares of grazing and the same in covenanted bush including tea tree. This could be your opportunity to consider gazing and honey making hobbies. The land meanders to a central stream with access on both sides through an established raceway so travel by foot or quadbike is fun and medium fitness. Likewise wild deer still roam the land as Wood Pigeon and Tui's swoop through this picture perfect landscape.

www.mikepero.com/RX1326808



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027 632 0421

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Home:garden

Attracting birds to your garden

Many a gardener is a nature lover as well, and one of life's pleasures is seeing your garden provide food and shelter for native wildlife year-round. Whether you have a large garden or small, there are plenty of plants to attract and feed the birds especially during winter and spring when birds such as tuis and our native wood pigeon will travel long distances in search of food. Food sources are scarce during the winter, so even if you plant a couple of different varieties of plants for the birds, and your neighbour plants a couple more, soon you will have birds visiting throughout the year. Awa Nursery has a range of plants to help you on your way to creating a food haven for the birds. Kowhai, titoki, karaka, flaxes, corokia, cabbage trees, Fuchsia procumbens, putaputaweta, coprosmas, griselinias, rewarewa, pittosporum, pseudopanax, puriri, lacebark, mapou, and Muehlenbeckia are some popular natives to encourage the birds, providing nectar, fruit or seeds. You can also encourage insects for birds to feed on by providing a good layer of mulch or leaf litter on your garden. Large or small, there is bound to be something that will fit in your garden to help feed the birds. Now is the time to plant. Come and see us at Awa Nursery to add your garden to the many who enjoy the birdlife.



Health and safety history

Early health and safety probably saw its birth in 1833 when the Factories Act in England led to the creation of the first factory inspectors. Back then the inspectors were charged with preventing injury amongst child labourers and they came to exercise considerable legislative influence. By the 1960s and 70s the inspectors used their knowledge to represent all workers in factories. Was it though the industrial disasters, for example the Halifax disaster in December 1917 in Canada when a ship loaded with 9000 tons of high explosives destined for France caught fire as a result of a collision and killed 2000 men and injured 9000 that started people thinking about health and safety? Or was the confined space industrial accident in June 1988 in Auburn in Indiana when chemicals were mixed improperly killing four workers that started the world thinking about health and safety? In NZ the Ballantynes department store inferno of No-

vember 1947 in Christchurch when 41 people were killed is the reason why we practice emergency drills at work and school every six months. The Health and Safety at Work Act has its foundations in the Pike River Mine disaster when 29 men were killed in November of 2010. However the Health and Safety in Employment Act of 1992 probably was a result of the Roben's Report of 1972 in England when Lord Roben in his report to the English Parliament found that the primary responsibility for accidents and incidents in the workplace lay with those who created risks and those who worked with them. Last year 49 people died at work and in January of this year one person died as a result of an accident at work. The NZ Safety at Work Act of 2015 requires PCBU's to have a functioning health and safety system. In other words, you cannot just have a manual sitting on the shelf. If you would like to ensure that your system is functioning or even if you would like a health and safety system then contact John Riddell at securo4@securo.co.nz or by contacting Securo at www.securo.co.nz for help in establishing a health and safety system for your workplace.

Laser Plumbing & Roofing Whenuapai has moved

Your local plumbing, roofing & drainage experts have moved to newer offices - now located at Unit 4, 3 Northside Drive, Whenuapai - only a few minutes away from our old premises. Laser Plumbing & Roofing Whenuapai are your local specialists in hot



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and always use quality New Zealand made products. To contact Laser Whenuapai, phone 09 417 0110. We are open five days a week from 7am-5pm and are located at Unit 4, 3 Northside Drive, Whenuapai. www.whenuapai.laserplumbing.co.nz.

Garden hub

Autumn is the best time for planting and transplanting trees and shrubs. Soil temperatures are still warm, promoting root growth and cooler air temperatures cause less stress on the foliage. Hedging gets away well planted in autumn.



Smaller hedges can frame and tidy a garden (See picture of a teucrium hedge outside the garden center) buxus, euonymus, lavender, even star jasmine can be used for the same effect. Medium hedges can divide garden areas without blocking the view choose Westringia, pittosporum Midget or corokia. Or for larger hedges creating privacy and boundary planting choose Photinia Red Robin, Michelia and camellia, there are more options than griselinias. Prepare the ground well with compost and slow release fertiliser, dug in to existing soil. Make sure the area is well drained or create a mound. Stake trees if it's a windy spot. Check labels for planting distances or chat to the girls at the Garden Centre for other ideas and recommendations. Happy gardening. Check our Facebook page for regular updates, specials and competitions.

Improve your farm accounting using Xero and Figured together

There is good news for farmers looking to improve their management of farm performance and profitability. Xero accounting software has the ability to manage livestock tracking with the help of the farm accounting software Figured. Figured integrates with Xero for all livestock reporting and tracking. It tracks actual numbers of livestock simply by inputting sales, purchases, births and deaths, so there is no need to manually reconcile your closing numbers. It can forecast profit position to the end of the year by taking into account forecasted sales and purchases. It also enables the sharing of actual performance information with your accountant. Using Xero and Figured together results in better tax



planning and payments. For more advice on farm accounting, contact your local specialist Mark Foster and the UHY Haines Norton team at 329A Main Road, Kumeu, on 09 412 9853 or email kumeu@uhyhn.co.nz.

Prepare to be inspired

Now you have the flexibility to build exactly what you want. Like many builders, G.J. Gardner Homes has an extensive range of house plans to suit the needs of all kinds of families and lifestyles. What makes us different is that our plans don't just look good on paper. They work incredibly well in practice, designed to maximise living spaces and optimise living flow. It's among the reasons why more New Zealanders have chosen to build with G.J. Gardner Homes over the last 17 years than any other builder. G.J. Gardner plans also provide a greater deal of flexibility because they are designed using an engineering formula that allows the layouts to be easily modified. So while most of our customers choose one of our concept plans, amongst all of them adapt the layout to make their home unique and personal. Simply bring us your wish list and see how flexible we can be. Call in to our show home today at 7 Grove Way Riverhead to have a chat to one of our Sales Consultants, Leanne, Fiona or Kylie, or contact us at the office on 09 412 5371.

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CENTRAL'S TIPS

APRIL 2018



Sow broad beans and cut back globe artichokes. It's also an ideal month to dig compost into your vege gardens and sow lawns.

Plus don't forget to add colour into your winter garden and start planting spring bulbs!



Get colour into your garden for Winter and Spring

Now's the time to plant some colour in the garden - cornflower, dianthus, nigella and snowpeas for winter, and bulbs like tulips, narcissi and hyacinths to pop up for spring.

IN THE VEGGIE PATCH

- Seasoned vegetable gardeners like to have their **broad beans sown by ANZAC Day**.
- **Save seeds** of heirloom tomatoes by rubbing tomato flesh through a sieve. Allow the seeds collected to dry, then package in a paper bag or envelope and store in a cool dry area.
- **Cut back globe artichokes** and divide plants if necessary.
- **Dig compost** through finished vegetable beds to condition soil.

LAWNS

- **Autumn is Nature's time for sowing lawns.** Our range of seed blends from Prolawn, will give you the best lawn strike for your soil and situation.
- The Prolawn range of lawn fertilisers will help you start a new lawn or fertilise your existing grass and we've got a handy lawn spreader to help you distribute seeds and lawn food evenly.



Autumn is the best time to get your lawn back to health.

Now's the time to sow, fill in any bald patches and fertilise your lawn.

THE REST OF THE GARDEN

- **Garden pretties:** Sow cornflower, dianthus, nigella seeds and sweet peas.
- **Plant a hedge of sasanqua camellias** - these early-flowering varieties avoid the petal blight of late season ones.
- **Planting time for all** - ideal soil temperatures to dig in and get plants big and small into the ground. Use Living Earth Compost in the planting hole and water around the plants. Finally mulch with Reharvest Enviromulch and your plants are ready to grow!
- **Spring flowering bulbs:** tulips, narcissi and hyacinths in pots and garden beds. Place pots in semi-shaded areas until the bulbs shoot.



Save seeds of Heirloom tomatoes

Save your prized tomato seeds by rubbing them through a sieve and drying them then store them in a cool, dry area



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The great outdoors

Late summer fishing opportunities

Auckland may well be a pretty easy place for the rest of the country to knock and I guess a fair amount of the ribbing can be justified, but we can genuinely hold our heads high when it comes fishing. The fact is that there are very few major metropolitan centres on the planet that can compare with the piscatorial opportunities that lie on our doorstep.



After summers frenetic rush of boating activity has died away and we settle back into our daily work routines, the late summer, early autumn fishing around our shoreline can be nothing short of sensational. Snapper can be found almost anywhere at this time of year. All the inshore Hauraki Gulf channels such as the Rangitoto, the Motohuie, Sergents, Tamaki straight ... are a sure thing at the moment. Boats are generally congregating in these areas for good reason.

If you are limited by the size of your boat or perhaps you don't have one, don't fret as the upper harbour is full of beautiful legal sized panies at the moment and you can target them from any of the upper harbour wharfs or rocky outcrops where a short cast can place your bait on edges of any of the main channels. Focus on these channels where the fish funnel in and out with the tides. Particular attention should be given to the holes as fish will inevitably gather in them.

The shore lines of the east coast bays, Whangaparoa, the west coast beaches are all firing for the land based fisho as well. In fact the entrances of both the Manukau and the Kaipara ought to be considered as seriously hot spots and if you take the opportunity to swim a tempting live bait or cast a tempting top water lures you will inevitably sooner rather than later be rewarded with kingfish as well.

So where to find the fish is taken care of, that's the easy part. Now you just need a game plan on how you want to target them. Typically, if you are a bait fisherman you'll be best off fishing at anchor and employing berley to attract the fish to you. It's not rocket science, just get your berley as close to the bottom as possible, preferably feeding back into a hole or some reefy structure that will likely hold fish, then use a strayline rig with as little weight as possible to carry your bait down to where the fish are getting excited. Try using circle hooks as they are not only superb at hooking fish, they almost always set the hook into the corner of the fish's mouth, making handling and releasing fish easier and vastly improves its chances of survival if you are releasing it.

If you are lure fishing, be it soft plastics or slow jigs, then you'll need to be drifting to cover ground and essentially hunting for the fish. Berley is pointless but a sea anchor or drogue is essential if there is any wind blowing as it'll control your drift speed to manageable levels as well as keeping the boat sitting at a consistent angle. With soft plastics cast ahead of the boat, or in other words, the direction you are drifting allowing your vessel to drift over the top of your lure. The secret to soft baiting is getting the amount of weight you use right. Jig head choice is imperative. You must have enough weight to enable you to get the soft plastic lure to the bottom, but only just! Too much

weight and you'll end up getting snagged on the bottom and your lure wont work naturally. Not enough weight and you wont be getting down to where the fish are. If you are drifting the channels and you're in say 10-15m of water, try starting out with a half oz jig head and adjust as required. Deeper water with lots of current will likely demand a heavier jig head and the opposite is true if you are in shallow water where there is less movement. Give your lure enough time to sink and then work it back towards you imparting life in the lure and hang on for the predatory strike of a hungry snapper. Come in and see us at either Westgate or the North Shore if you'd like more information. We're open 7 days and we'll happily steer you in the right direction!

West Harbour Tide Chart

Date	High	Low	High	Low	High
Sun 1 Apr	-	02:29	07:53	13:58	20:23
Mon 2 Apr	-	02:16	08:41	14:44	21:09
Tue 3 Apr	-	03:01	09:26	15:28	21:53
Wed 4 Apr	-	03:45	10:10	16:10	22:36
Thu 5 Apr	-	04:29	10:53	16:51	23:18
Fri 6 Apr	-	05:13	11:35	17:33	-
Sat 7 Apr	00:02	05:59	12:18	18:16	-
Sun 8 Apr	00:48	06:49	13:03	19:05	-
Mon 9 Apr	01:39	07:42	13:53	19:59	-
Tue 10 Apr	02:35	08:38	14:47	20:59	-
Wed 11 Apr	03:31	09:33	15:45	21:58	-
Thu 12 Apr	04:25	10:25	16:42	22:51	-
Fri 13 Apr	05:15	11:15	17:35	23:40	-
Sat 14 Apr	06:01	12:01	18:24	-	-
Sun 15 Apr	-	00:24	06:46	12:47	19:10
Mon 16 Apr	-	01:08	07:30	13:31	19:55
Tue 17 Apr	-	01:51	08:15	14:16	20:39
Wed 18 Apr	-	02:35	09:01	15:01	21:24
Thu 19 Apr	-	03:22	09:48	15:47	22:11
Fri 20 Apr	-	04:10	10:37	16:35	23:01
Sat 21 Apr	-	05:02	11:28	17:25	23:53
Sun 22 Apr	-	05:57	12:22	18:19	-
Mon 23 Apr	00:50	06:57	13:19	19:18	-
Tue 24 Apr	01:51	08:00	14:21	20:22	-
Wed 25 Apr	02:53	09:03	15:24	21:28	-
Thu 26 Apr	03:55	10:04	16:28	22:30	-
Fri 27 Apr	04:53	11:02	17:28	23:27	-
Sat 28 Apr	05:48	11:56	18:23	-	-
Sun 29 Apr	-	00:19	06:40	12:46	19:13
Mon 30 Apr	-	01:07	07:28	13:33	20:00

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



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Build: New

Selling your home in autumn & winter has its advantages

Autumn is here and winter is not far away, so you may be thinking that it is better to wait until spring before you look to put your house on the market.

Think again! There are some advantages to selling your home during winter. Your local Real Estate Agent will help guide you, but winter can be a great time to sell! Here are some reasons why.

There are buyers, even in winter: There are always buyers in the market. Life changes that cause buyers to look for a new home occur all year-round, not just during spring and summer – a new job, growing family or downsizing, marital changes. Fewer homes on the market means less competition: There are usually fewer homes on the market in winter, which means less competition and a better chance of your home standing out.

Motivated buyers: Buyers who are out looking during the winter months are extremely motivated. People willing to brave the cold and wet weather are serious about finding a home and are more likely to be qualified and pre-approved for a mortgage.

Better price for your home: Because there are fewer homes for sale, if you market your home right you have the potential to get a better price for your home.

Here are a few tips to help make your home look appealing during the winter season:

Wash down the house exterior, including paths and driveways. All outdoor lighting must be working and on during viewings. Clean the garden and mow the lawns.

Provide photos of what the garden looks like during the spring and summer months.

Ensure your home feels warm and cosy.

Put on all heating including fires, underfloor and bathroom heating.

Turn on all lights in the house to create a bright and welcoming environment.

Dehumidifiers and washing must be put away. Use essential oils to mask any winter smells.

Mike Pero Real Estate Ltd Licensed REAA (2008) phone 0800 900 700.

Tips for building a safer home

With another summer ending and with the clock hurtling towards Easter and the winter months, now is a great time to ensure your home is a safe haven, whether it's already in existence or you are taking the plunge and building your dream home from scratch.

Safety begins with the home's layout. Think about which parts of a home represent the greatest risk to safety and keep those areas away from busy thoroughfares. The kitchen is a prime example. It's full of sharp edges, breakable objects and numerous heat sources. It's not a place for people to be coming and going on their way to other parts of the home. Ideally, the kitchen



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should have its own dedicated space. If you have your heart set on a central kitchen with open access, it's wise to separate cooking areas with an island to keep foot traffic well away from the potential hazards.

According to ACC statistics there were 830,000 claims for injuries around the home in 2013, many of which can be prevented by taking a few measures to improve safety. Falls around the home are common and can be caused by such things as a single step separating your living areas. How often have you been caught out going up or down a step that you didn't know was there when you're out and about? It's a good idea to differentiate floor levels with several steps, which are harder to miss than with a solitary, single step.

It's also important to plan your living room so that there are no extension cords lying across the room, where tripping is almost a certainty. If you're building new, you will have a chance to meet with an electrician to wire your home. Ensuring the sockets are laid out efficiently is a great way to make your home safer for you, your family and visitors. Nowadays it is common practice to prewire a home during construction for audio visual equipment such as sound systems, home theatres and wall hung televisions so that wiring of any type is safely and neatly hidden within the walls out of harm's way.

Sadly, a great number of claims lodged with ACC involve children being injured around the home. As a precaution, choose tinted glass for living area windows and sliding doors where running children (or adults) could mistake a closed door for an open one. Even if you don't have young children yourself, attention to safety will widen the appeal of your home should you choose to sell in the future.

Of course building new means you have the best opportunity to plan a fully safety conscious home, but even if you're adding rooms, renovating, buying new furniture or just having an au-

tumnal change around, safety of your loved ones can still be a discerning factor without having to compromise on style.

Show Home now open, Come on over to Jennian Corner and see what life is like in this brand new Jennian Show Home. 1 Lockheed Street, Hobsonville.

Maddren Homes Tradie of the Month

Keeping a business online 24/7 is a big responsibility, but for Richard Downer from the PC Zone in Helensville it's all part of the service, even if it's Christmas. Which is why he's the latest Maddren Home's Tradie of the Month. Instead of enjoying some festive eggnog with his family, he was dutifully upgrading Maddren's server. So it was a welcome relief when everyone logged on in the New Year to a working system and a friendly note explaining the upgrade changes. It's people like Richard who can make a big difference to a business and who deserves recognition. Richard's positive can-do attitude has earned himself a voucher from proud sponsor Western ITM. Nice work Richard.



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Food: Beverages

Apple jam muffins with cinnamon cream

3 cups plain flour
4 tsp baking powder
½ tsp cinnamon
1 cup sugar
125 gms melted butter
1 ½ cups milk
2 eggs
2 large peeled apples – grated

Topping:

1/3 cup Demerara sugar

1 tsp Cinnamon

Filling:

Strawberry jam

Cinnamon cream:

Whip together -

300mls cream

1 Tb icing sugar

½ tsp cinnamon

Melt butter and add milk and beaten eggs. In a separate bowl sieve the dry ingredients.

Stir in the grated apple and pour in the wet ingredients. Stir until just combined.

Place a spoonful of mixture into base of lined muffin tins. Then place a spoonful of jam and then top with remaining mixture so muffin tins are ¾ full.

Sprinkle cinnamon /sugar mixture on top and bake at 185 for 20 mins until slightly golden.

Serve warm with cinnamon cream.

Recipes supplied by Wedding and Birthday cake specialists Paula Jane Cakes. Contact Paula on 021 208 8604 or Jane on 021



273 6139, email info@paulajaneakes.co.nz or visit www.paulajaneakes.co.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 proudly 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, pickles and jam can be found at Farro Fresh and other stockists. Check the website for details at www.noshortcuts.co.nz, or visit Noshortcutsnz on Facebook or noshortcutschutneys on Instagram.



The Herbalist Craft Beer

With winter almost upon us again, this tasty and easy-to-make Beer Soda Bread recipe from the book "Cooking With Beer" by Mark Dredge will be a great addition to soup and stew meals, perfect for weekend sandwiches or as a bruschetta snack served with your favourite beer.

Ingredients: 2 cups wholemeal flour, 1 teaspoon salt, 1 teaspoon baking soda, 1 tablespoon honey, 2/3 cup of The Herbalist Nettle & Bilberry Lager or Manuka Ale, 1/3 cup natural yoghurt, ¾ cup grated cheese plus your choice of fresh herbs, onion slices or caraway/fennel/dill seeds which can be added into the bread and used as a decoration for the top of the loaf.



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Method: Pre-heat the oven to 200C. Mix all of the dry ingredients together in one bowl and all of the wet ingredients together in a separate bowl, reserving a third of the grated cheese to decorate the top of the loaf. Pour the wet ingredients into the dry ingredients and mix well. Using a little extra flour, shape the dough into a ball with your hands. Place the loaf onto an oven tray lined with parchment paper. Decorate the top with the grated cheese, a few finely sliced red onion rings and some finely chopped herbs or seeds. Bake for approximately 45 minutes. To check if the loaf is ready, turn it over and tap the base. If it sounds hollow, it is ready.

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

The Coffee Club Hobson Centre celebrates two years

The Coffee Club Hobson Centre is celebrating its two-year anniversary in Hobsonville. Owned by Greg and Rebecca Bauarschi, the café first opened its doors in 2016 and has become a popular spot for food and coffee lovers.



Greg and Rebecca have both enjoyed becoming a part of the local West and Northwest Auckland community. Greg

is of Lebanese and Armenian descent, so grew up experiencing the good food and warm hospitality that both cultures are well-known for. "It's in the genes," he smiles. "Rebecca is from Invercargill and loves hospitality as much as I do. Running The Coffee Club Hobson Centre is a perfect fit for us."

"The cafe wouldn't be the success that it is without the trust and support of our patrons," adds Greg. "We would like to take this opportunity to thank everyone in the area – whether they are a regular or just pop in for the occasional coffee. We also have a great team of staff that make coming to work a real pleasure. They are integral to the café maintaining the high-quality of food, service and quality that The Coffee Club Hobson Centre has become well known for."

The cafe enjoys a prime spot in the Hobson Centre at 124 Hobsonville Road, Hobsonville, serving a wide range of meals, snacks and sweets as well as hot and cold drinks.

The Coffee Club Hobson Centre is open all week until 5:30 pm except for Friday and Saturday when it is open until 9 pm.

Greg and Rebecca are excited to be launching a brand new menu on Wednesday 21 March. It will feature Southern Fried



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- Phone orders and walk-ins welcome – large orders by arrangement
- Ph 09 412 5060 - 316 Main Road, Huapai – opposite the Huapai Tavern

Please see our Facebook page for delivery area & Menu
@ggswoodfiredpizza

Chicken Strips, Beef and Bacon Brioche Burger, and Balsamic Mushroom and Herb Cream Cheese Ciabatta, among many more, including three new desserts. The classic favourites haven't gone anywhere either, with options such as the Chicken and Bacon Club Sandwich, Lemon Pepper Calamari and the famous Eggs Benedict range still starring on the menu.

The Coffee Club opened its first store in New Zealand in 2005, and has grown rapidly, since then, opening new stores all over New Zealand. It is one of the largest and fastest growing café brands in New Zealand. For more information on The Coffee Club, visit thecoffeeclub.co.nz.

GGs wood fired pizza

Kumeu's most well-known wood fired pizzeria has been under a few guises in its time and now new owners Scott and Abby Limbrick are keeping the fire stoked as GGs wood fired pizza.



Using a local supply of 100% manuka and kanuka wood

to fire the oven, ensures these are some of the tastiest pizzas around and can become, as a few of the locals have found out, quite addictive.

GGs use only high quality local and imported salamis and meats, quality New Zealand cheese and veg and have a surprisingly extensive menu to please every taste, items like Smokey BBQ wings, hand cut wedges with smoked garlic aioli, salads, deserts and drinks.

GGs will also sell you dough balls or precooked bases for those who love to make pizzas at home. GGs wood fired pizzas - 316 Main Road Kumeu, phone 09 412 5060.

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Soljans Estate Winery is a special place as it is Kumeu Wine Country's premier Winery Venue. So add a little Mediterranean magic into your next event or function!

We have great facility options to add character and be the perfect venue for your next event, function, wedding or product launch.

WEDDINGS/SPECIAL OCCASIONS

Petstips:advice

West Harbour Cattery

For many cat owners, boarding their cats in a cattery while they travel is the best solution. Here are some tips to help your cats to enjoy their holiday at the West Harbour Cattery.



The best time to get your cats used to a cattery is while they are young. Kittens accept new situations readily and will cope well with change. Book your kittens in to our cattery for a long weekend. This will ensure your cats accept their holiday location throughout life.

If you haven't done this and your cat is now an adult, no worries, your cat can still accept their new holiday locations later in life. A test of a long weekend stay, prior to leaving them for a longer vacation period, may help ease your cat into their holiday and may assure you too, that your pet is safe and comfortable.

Bringing items that belong to your cat may help make them feel more secure, such as their favourite toys, blankets, beds or treats. Food provided in their own bowl or sleeping on their blanket may ensure continuity of care when away from home.

Need more advices? Please feel free to contact us on 09 416 5586 or email us on info@cathotel.co.nz.

Cat joke of this month:

Q: What do you call a pile of kittens?

A: A Meowntain.

Herbal support for your pets

Is your pet struggling with a health condition that just hasn't improved? Pain? Inflammation in joints? Digestive issues? Issues with their coats, skin? Herbal medicine can offer huge benefits to re-balance your pet's health.



We offer customised herbal formulas tailored to your pet's specific needs. Contact us today to start getting your pets health back on track naturally.

After selling out of our first batch we now have Iggly Wriggly back in stock- A blend of herbs with traditional and modern day uses of supporting the reduction of worms in the GI tract. A

great natural option for a healthy digestive system for cats, dogs and other animals- \$27 + \$5 postage. Contact us on Facebook @ [herbalpaw](https://www.facebook.com/herbalpaw) or 027 448 7096.

Aucklanders keep on giving to help animals and people in need

Mobility Assistance Dogs Trust and SPCA grateful to public after receiving significant donations through Animates' Tree of Hope initiative. Despite the hardships faced around Christmas for many New Zealanders; generous North Auckland pet lovers



have donated over \$37.6k through Animates' Tree of Hope Initiative which ran over the festive season raising much needed funds for Mobility Assistance Dogs Trust and the SPCA. The funds raised will allow the Mobility Assistance Dogs Trust to help more Kiwis with physical disabilities get the support they need, and the SPCA to rescue, rehome and rehabilitate animals in need in often over-stretched centres. North Auckland stores include; Albany, Glenfield, Lincoln Road, New Lynn, Richmond Road, Silverdale & Westgate.

Dogs can learn and model behaviours from canine mentors

It's often overlooked as a training method; however the presence of a well-trained older dog is a great way to teach your dog behaviours and responses to commands through mimicry.



My clients have discovered that their own dogs have become more trainable and better behaved since coming out with me and my pack on small group Country Pets dog walking adventures. Behaviors like coming when called, responding more positively to other dogs when out and about, getting in vehicles, sitting, and walking to heel are just some of the feedback I get about how my client's dogs have changed and blossomed

Special thanks

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

Countdown Westgate	Countdown Royal Heights
The Warehouse Westgate	Luckens Road Dairy
Mitre 10 Mega Westgate	Massey Leisure Centre
Countdown Hobsonville	Whenuapai Dairy
Countdown North West	Hobsonville Point Dairy
Mike Pero Real Estate Hobsonville	



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P: 09 810 8609.

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since joining Country Pets walks. The pack instills confidence. Some dogs that previously didn't go in water now swim at every opportunity, and previously shy dogs are now well socialised, confident creatures. If your dog is in need of socialisation and quality daily exercise while you work there are currently spaces available on Friday and limited space the rest of the week. Discounts for multiple walks, price includes pick up, drop off and a fun filled outing off leash enjoying forestry and beaches with a small, safe pack. For more details contact Lisa on 027 380 0265 find us on Facebook Countrypetslimited.

Kanika Park Cat Retreat

Should I feed my cat wet or dry food? Food expert Nicole Paley says: Some cat owners swear by wet food, others insist on dry. Both have benefits. Dry cat food - Dry complete diets have some specific plus points - convenient, easy to measure and use, store easier, a longer shelf-life once opened. Some may help to remove plaque. Wet cat food - Some cats prefer wet food's aroma and texture; it is convenient with single-serve sachets. Cats eating wet food will eat more in one sitting, drinking less due to the higher water content in wet food. Serve wet food at room temperature so your cat can taste and smell it properly. Mix it up! When given a choice, many cats seem to prefer a mixture of both wet and dry foods. Water is a must. For the full article go to our Facebook page. Kanika Park feeds wet food with premium biscuits and bottled water. To contact phone 09 411 5326 or 027 550 1406.



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.



Cat lovers urgently needed

Volunteers required to help with cleaning duties etc. at a cat rescue shelter in Huapai. Can you spare two or three hours once a week? Also loving homes needed for some of the friendly rescue cats. Donations appreciated at thenzcatfoundation.org.nz/donate. Please get in touch with Carolyn on 021 143 6815.



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 customers. Our friendly staff are 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.

The secret of the perfect kiss...with your dog

What!? Kiss my dog? You must be joking! Too far Salome! But wait, hear me out. I want you to go even further... I want you to grab your phone and snap a pic of "the kiss". Guaranteed it will be one of the best pictures you've taken with your pup. All you need to do is get your phone ready and ask your dog nicely...you don't speak dog?...no problem, use the universal word for "kiss here" by dabbing your finger in peanut butter (just a little) and putting some on your cheek. Get ready to laugh, snap and have a bit of fun! How to setup the shot:



Make sure you are not sitting in sunlight. Find some shade under trees, a building or a great spot is at one of the benches at the covered wharf at Catalina Bay. (Another good excuse to visit the Farmer's market.) This will give you even lighting for your photo.

Make sure your camera is a little higher than your eye level. This angle is more flattering.

Chin forward and down. Yup, look like a tortoise from the side. What this does is strengthens your jawline - practise in the mirror.

Master these three techniques with a touch of peanut butter and you've got the perfect kiss!

Make sure to share your pictures on the Westerly Facebook page. Love Salome. Salome is a pet portrait photographer that stays in Hobsonville Point. Follow on Instagram and Facebook @yellowlabpetphoto for fun photo shoots & see more of her magazine style photo sessions at yellowlab.co.nz.



Health:beauty

5 Benefits of floatation therapy

Float therapy is a simple, effective way to invest in your own health and wellness. Improve sleep: Insomnia comes in many forms, begin a once-a-week float habit, and start sleeping better.



Reduce blood pressure: Even if you're young and healthy, everyone can benefit from lowering their blood pressure. Stress and Anxiety: Numerous studies have shown floating to be an incredibly effective way to reduce many symptoms of stress, anxiety and depression. Speed up muscle recovery: Floating has been shown to reduce lactic acid and perceived pain levels after athletic training. Self-Care: In one hour, you can re-set your mind, soothe your soul, and emerge energised and renewed. What's not to love about that? Come float with us today. Mention the Kumeu Courier and get \$10.00 off your float session. www.black-lotus.co.nz.

New doctors open on Luckens

We are happy to introduce our medical team of Dr Frederick Goh and Nurse June Dunn, who are both no strangers to West Auckland. Dr Fred, formerly from New Lynn, returns to West Auckland with his unique blend of personalised, primary



healthcare based on his guiding philosophy of treating every patient like family. He is an experienced GP, who graduated in 1991 in Singapore and is an accredited Family Physician there. He has attained MRNZCGP in NZ and is pleased to be enrolling new and old patients alike. Nurse June worked 7 years in Luckens Road, before moving on to Hobsonville Point. She is back with her special style of child-friendly, patient-centred nursing that puts everyone at ease. Our clinic opens Monday to Friday 9 am to 5.30 pm (except public holidays). Call us at 09 416 4538.

Do you need a new pillow?

Having a good pillow is essential to having a good night's sleep. When it comes to choosing a pillow it can be daunting as there are so many different types available. We have recently released a free eBook called 'Your how-to guide to choosing the right pillow'. In this short book we go through 6 steps to choosing the right pillow for YOU. Everyone is different and what is good for one person will not necessarily be good for another.



There is also a bonus section giving you tips on how to improve your sleep. If you would like to read the eBook, simply head over to our website, click on the link, enter your details and you can download the book. We hope you find it useful. Elevate Chiropractic: Shop 1, 10 Greenhithe Road, Greenhithe. Phone 09 413 5312. www.elevatechiropractic.co.nz.

Feeling blue now summer's over?

Come into Hobsonville Optometrists - Glasses and Gifts and be cheered up by all our new glasses. The new ranges are very elegant. Our new tableware has arrived and features beautiful bowls and petite condiment dishes. We have a new range of fabulous scarves and some fun jewellery including a sparkling poop emoji keyring. More to



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come but not more of the same - we change our stock and suppliers regularly. Come and browse Monday to Friday 9 am to 5.30 pm and Saturdays.

Relieving neck and shoulder tension

For all those people hunched over their computers, laptops and phones all day, and let's face it, that is just about all of us, Spa Di Vine offers wellness treatments which are deeply relaxing. For the month of April the focus is on relieving tension in face, scalp, neck and shoulders. A very special offer was put together by the team, so why not treat yourself – book now. 30 minute face, head (oil-free, so you can get back to work), neck and shoulder massage \$69 incl GST*. Phone Spa Di Vine for your appointment. Spa Di Vine Phone 09 411 5290 or send an email to relax@spadivine.co.nz Website spadivine.co.nz. *Subject to availability in the month of April, bookings required, instant purchase only, no vouchers issued or vouchers accepted.



The benefits of frequent massage

So, tell me, how often do YOU have a massage? Do you have a massage after you have been gifted with a massage voucher? Do you try to get in every so often for a stress-relieving, muscle relaxing tune-up? Or do you see your therapist on a regular basis – once a week, every three weeks or once a month? Getting a massage, regardless of how often – is incredibly beneficial to your mind and body. Getting frequent massage is even more powerful as the benefits of regular massage are compounded with each treatment. It is an effective therapeutic tool for health and well-being from easing pain and inflammation to soothing stress and anxiety. People who get regular massage display greater improvement and notice a reduction in pain and muscular tension, as well as an improvement in posture. Frequent massage can improve our quality of life by alleviating stress. Research has shown that 90% of disease is stress related, and nothing ages us faster, inside or out, than the effects of stress. Massage interrupts stress-inducing patterns and helps nudge the body back into a natural state of balance – this being the case, it makes sense that those aches and pains you see your massage therapist for might disappear sooner, stay away longer, or eventually go away altogether with more frequent visits. Stress may never reach those detrimental levels where the immune system is suppressed, or the nervous system is sent into

an alarm state if you are able to receive stress-relieving body-work with some consistency. With less stress your body and mind can learn to live more calmly, more efficiently and more healthfully. Call Debbie from Realign Massage & NMT on 021 120 2175 for a stress-relieving massage.

Pillow talk

One of the more common questions we get asked at Hobby Chiro is "what type of pillow should I buy?" And the answer is really simple - it depends on your body. The best type of pillow for you is one that allows your neck to remain in a neutral position, not pushing your head too far up, or letting it drop down below the level of your spine. This prevents you waking up with a sore and stiff neck, so you can start your day off right. We spend 1/3 of our lives asleep, so a supportive pillow, along with regular Chiropractic care, give you the best chance of waking up on the right side of the bed each morning. This month we want to help someone get a good night's sleep, so we're giving away a FREE Peace Pillow on our Facebook page. Winner will be announced on the 30th of April!



The truth about foot orthotics

At Hobsonville Podiatry we are becoming more and more aware of some myths that are out there around foot orthotics. Some clients we have spoken to have had very unpleasant experiences with orthotics and are sworn off them. When used correctly orthotics can be very beneficial to healing an injury and reducing pain. We thought we'd take a moment to clear the air around orthotics. What are foot orthotics? Orthotics are an artificial device that go into your shoe (instead of the shoes inner sole) that are designed to change load on the foot and ankle. Through this change in load, healing can occur. Does everyone need them? There are some people of the thinking that everyone could do with foot supports to realign their legs and improve their posture. Here at Hobsonville Podiatry we will advise orthotic supports if we think they will help with your injury/healing process. For some individuals their injury will not heal until their foot is properly supported and stress taken off the





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appropriate muscles/tendons. Others will not require them as their natural foot posture is not hampering the healing process. Should they be uncomfortable? Not at all! Well-made orthotics should be comfortable from the get-go. We work with our clients to ensure getting orthotics is a pleasant experience - if they are not comfortable we will make changes to the devices. We want you to feel so great in your orthotics that you want to wear them, not that you feel you have to. Orthotics will fix my foot pain. While orthotics are a great device to help heal injuries faster, adjunct treatments at home and in clinic with your Podiatrist are often needed to fully resolve the issue - orthotics are simply one part of the treatment plan. Please give us a call on 09 390 4184 if you have any questions about orthotic devices. Hobsonville Podiatry is located at level 1, Hobson Centre, 124 Hobsonville Road, Hobsonville. www.hobsonvillepodiatry.co.nz.

Clear Vision: No surgery, no glasses, and no daytime contact lenses

Wishing you could correct your eyesight and reduce your dependence on glasses or contact lenses — without having to undergo eye surgery? It might sound far-fetched, but it's a reality for many people. It's called



Orthokeratology, or Ortho-K. Orthokeratology (Ortho-K) is the fitting of specially designed contact lenses that you wear overnight. While you are asleep, the lenses gently reshape the front surface of your eye (cornea). Upon waking, your corneas will be the correct shape to accurately focus light enabling you to see clearly, leaving you free to enjoy your day without the hassles of glasses or contact lenses. Phone our friendly team at Westgate Optometrists and make an appointment for a FREE consult to see if Ortho-K is right for you: 09 831 0202 or visit our website for more information: www.westopt.nz/orthokeratology.

Should you wear the same shoes every day?

So is it fact or fiction that wearing the same pair of shoes every day is not the best idea for both your body and the shoes? As much as all like to pretend we don't sweat, it's not true and what absorbs this sweat? Our shoes. Sweat contains salt



and this will break down the insides of your footwear a lot faster if it is not getting a chance to dry out properly between wears. Wearing the same shoes everyday will also increase your chance of a fungal infection. Shoes will last longer if they are not being used every day, not only do they have a chance to dry out between wears it also gives a chance for the padded foot beds and other comfort features to revert. Different shoes hit on different pressure points. So not wearing the same shoes everyday means different pressure points are activated and also different muscles used in the body. For the ladies - don't wear the same heel height everyday this will stop things like your tendons and calf muscles shortening. So yes it's true, don't wear the same pair of shoes every day and the shoes will last longer and your feet and body will also be happier.

The iHunch

If you're reading this on your iPhone, chances are you're not sitting up straight. In fact, you're probably in what Kiwi based physiotherapist Steve August calls the "iHunch" position (also known as "text neck"). This position is detri-



mental to our body because when we lean forward 60 degrees or more to scroll through Facebook or Snapchat, our necks are forced to support the additional 5-6kg that our heads weigh, which increases the strain on our necks to a whopping 25kg. This may explain why physios are seeing more teenagers with "dowagers" humps that were once only seen in elderly women. The problem: It turns out that your smartphone addiction isn't just taking a toll on your physical wellbeing. It's also bad for your emotional health. A study on the correlation between slouching and self esteem found that people who answered interview questions in a slouched position compared to an upright position gave more negative answers and had significantly lower self-esteem and mood, and much greater fear factor than those

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www.shoetalk.co.nz

sitting up right. The “iHunch” may also affect our memory, based on a study from the Clinical Psychology and Psychotherapy that also divided participants — this time who were clinically depressed — into a slouching group and an upright group. Both groups were shown a list of positive and negative words and then asked to recall them. Those who sat upright recalled about the same amount of negative and positive words, but those that slouched recalled significantly more negative words than positive ones. The Fix: To protect both your physical body and mental health, keep your shoulders back and head up when using your iPhone. Regular back massage and gentle stretching can also help maintain elasticity and movement of the muscles. Lastly, yet most simply, become more aware of the toil that the “iHunch” takes on your mood, memory, and behaviour. Your physical posture sculpts your psychological posture, and therefore could be the key to a happier mood and greater self-confidence.

What your eyes can tell you about your health

Our series continues as Natasha Herz, M.D.*, clinical spokesperson for the American Academy of Ophthalmology, explains what your eyes reveal about your health, and how you know it's time to visit your optometrist. Today's tip: Your cholesterol is too high. If you notice a white ring forming around your corneal arcus (that's medical speak for iris), it might be time to visit your optometrist as well as your GP for a check-up. While this change is most commonly a sign of aging, Herz says it can also be an indication of high cholesterol and triglycerides—which might mean an increased risk of heart attack or stroke. Visit Matthew and Molly Whittington at For Eyes in the Kumeu Village phone 09 412 8172 for top quality eye examinations and spectacles, and treatment of colour-blindness, headaches and reading difficulties. (*Acknowledgement: M. Bonner, Marie Claire).



Health & Wellness Clinic – Massey

Headaches, insomnia, stress, fatigue? Learning difficulties, concentration issues, bed wetting? Kids full of colds and flu all the time? Just not feeling great...? Consider an NIS treatment. The Neurological Integration System is a non-invasive treatment using muscle testing to help determine what is going on in your body, and causing the unwanted symptoms. This treatment has been life-changing for some people, and may help you achieve

optimal wellness. For more information or to make an appointment, contact Celia Buckwell (qualified Naturopath & NIS Practitioner) on info@cuwellclinic.co.nz. The clinic is located inside the Massey Unichem Pharmacy, 396 Don Buck Road, Massey.

Getting the best out of life

A brand new, purpose designed studio operates near you in Greenhithe. It is climate controlled, sound proof and spacious. Stepping in to the oasis of calm you will be welcomed by a slight auburn-haired lady with a sunshine smile. Phillipa has over 20 years' experience teaching classical Pilates. As a former competitive swimmer and ballet dancer she understands the physical and mental discipline required to stay at the top of your game. She has taught in the USA, Asia and NZ. Classical Pilates awakens the unused, stabilising muscles deep within your core and extremities. It reintroduces to those muscles the brain's connections that have been lost over many years of sporting or occupational repetition – movement and conditions that very often manifest in unexplained chronic injuries, aches and pains such as bad hips, back pain, dodgy knees. People leave refreshed, clear-headed and, with all the loosening ... feeling 10 feet tall. The lifestyle benefit of doing classical Pilates is that the mind-body-soul awareness it creates means you spend your waking hours moving fluidly, breathing efficiently and in the correct posture. People find that they have more stamina, are calmer, stronger, more supple and are less prone to injuring themselves performing mundane tasks. Classical Pilates is for everyone. You can contact Phillipa at pilates.nz@gmail.com Phone 09 413 8238.



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Areacolumnists

Join the Zero-Waste Shopping Revolution

There's no way around it: life is getting faster. And with each passing year, the pace quickens, the pressure intensifies, and we rely increasingly on convenient solutions to complete our daily tasks. Our shopping habits of today reflect this growing urgency, hastily appealing to our need for the quick and easy: pre-chopped this, ready-to-cook that, bags of things, packets of stuff. Largely due to our drive for convenience, research suggests Kiwis use an estimated total of 1.29 billion plastic bags per year which can take up to 100 years to finally break down. This is a plastic pandemic. But what can we do about it? Start making small change. Everyone can make a difference, just small lifestyle changes like buying in bulk, filling your containers and shopping without plastic bags can help change the future of our planet, oceans, wildlife and children. The Source Bulk Foods, is a franchise with sustainable zero-waste shopping at its heart. Their mission is to reduce waste and plastic. The second New Zealand store recently opened its doors at 49 Main Road Kumeu and has made shopping sustainably a lot easier and more accessible for the wider community. Brother and sister duo Robert and Andrea Watt are the driving force behind The Source Bulk Foods New Zealand operation. Robert explains "It's less stressful as there aren't 15 different packets of chia seeds to choose from, just one." Also, "You buy only as much as you need. If you come across a recipe



that has say spelt flour, you just need to buy the amount you need and not the entire packet of a product that you may not use again. If you also bring your own containers and fill them in store, you can just take them home and put them straight into the pantry and so saves you time as well." Thus, the Source helps guide us all back to basics: buy what you need, only what you need and leave no trace of it. We all need to take small and manageable steps to improve the sustainability of our lifestyles. Reusable coffee cups and water bottles, home-made cleaning products and avoiding plastic at the supermarket are all great ways to begin consuming more consciously. If you are starting a zero-waste lifestyle, Robert suggests to tackle one thing until it becomes a habit and then tackle the next. The Source Bulk Foods, 49 Main Road Kumeu. Phone 09 412 2492, Website: www.thesourcebulkfoods.co.nz, Instagram: [thesourcekumeu](https://www.instagram.com/thesourcekumeu), Facebook: [thesourcebulkfoods.kumeu](https://www.facebook.com/thesourcebulkfoods.kumeu). Opening Hours: Mon-Sat 9-6pm, Sun 10-4pm.

Dates set for the 2018 Bayer Young Viticulturist of the Year

Now in its thirteenth year, the Bayer Young Viticulturist of the Year Competition has become an important fixture in the wine industry calendar. Its purpose is to grow the future of the New Zealand wine industry and it is a fantastic opportunity for Young Vits (30 yrs or under) to upskill, grow in confidence and widen their network. It is a tough competition testing all aspects of vineyard management, but for those who enter, a very rewarding experience. The competition continues to grow and this year sees a sixth regional competition being added. The South Island Regional Competition is for contestants from Nelson, Canterbury and Waitaki. This year it will be held in Waipara.



National Co-ordinator, Nicky Grandorge says "It is exciting to see the competition growing further and feel the positive buzz it creates around the country as the wine community comes together to encourage these talented young vits." The competition is run entirely on the generosity of sponsors who not only support the competition financially, but also with their time and expertise. A huge thank you to Bayer, who have signed up as our Naming Rights sponsor again for the next two years, as well the following – AGMARDT, BioStart, Hyundai, Bahco, Biomin,

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Constellation, Fendt, Fruitfed Supplies, Ecotrellis, Empak, Ormond Nurseries, Waterforce, Villa Maria, NZ Winegrowers, NZS-VO, Winejobsonline. Tim Adams from the Auckland/Northern region was the Bayer Young Viticulturist of the Year 2017. Who will it be this year? Dates for the 2018 competitions are: Auckland/Northern – Friday 8th June 2018 South Island Regional – Friday 16th June 2018 Hawke's Bay: Thursday 21st June 2018. Wairarapa: Thursday 5th July 2018. Marlborough: Friday 13th July 2018. Central Otago: Friday 20th July 2018. National Final: Wellington 27 August 2018. The National Final practical day will be held in the Wairarapa and then in conjunction with Bragato in Wellington. For more information or an entry form please contact: Nicky Grandorge, National Co-ordinator at youngvit@nzwine.com, 021 780 948.

Football scores for cultural diversity at Ethkick West

Papa Fred Holloway opened the second Ethkick West 7-a-side, football fest at Fred Taylor Park, Whenuapai on 3 March with a karakia. New Zealand is the fifth most ethnically diverse country in the world, and West Auckland



one of the most diverse places within Aotearoa. Charlie Moore from Community Waitakere emphasised how proud we can all be, underlining how its multiple cultures and ethnicities enrich us all. A total of 20 teams competed: 17 men's and 3 women's all from different West Auckland ethnic or cultural communities played round robins all morning, followed by quarter finals, semifinals for the men's teams. The grand finale was, of course, the final between Japan and New Zealand for the women, and between the Ethio Lions (Ethiopia) and the defending champions Afghanistan. There were several close matches, even going into penalty shoot-outs for some. It does not matter where in the world, whether you are playing football on a dirt field with tin cans for goals or in a beautiful stadium with hundreds watching you, it is all about the game and the community participation. Football is one language that almost everyone speaks, and teams definitely shared their common passion on the day. In fact they shared a bit more when needed – lunchboxes and diverse food dishes were swapped between adjacent teams and supporters at lunchtime. Ethkick West was organised by Community Waitakere, partnered and/or supported by: the Northern Football Federation, Waitakere City Football Club, Auckland Council, NZ Police, the Waitakere Ethnic Board, Sports Waitakere, the Human Rights Commission, West Auckland Local Boards and The Trusts Community Foundation. It was an alcohol free and smoke free event. Photo: In the women's

competition Japan won the cup and gold while New Zealand won the silver. Joint teams celebrated their medals.

Turning the Tide fundraising walk

The organisers of a fundraising walk the length of Muriwai Beach are thrilled with the number of people who have already signed up for the event, and are looking forward to a large show of solidarity for a family violence free northwest Auckland.



The second annual Turning the Tide fundraising walk will be held on Sunday 27 May with participants walking around 17 kilometres from Rimmer Road end of Muriwai Beach to the Muriwai Surf Club. Organised by Kia Timata Ano Trust, the women's refuge serving northwest Auckland, the walk aims to Turn the Tide against family violence. Trust Chairperson Harry Hillebrand says, "The more people who take part, the louder our collective voice is. This is very public declaration that we will not tolerate family violence in our neighbourhood." Last year's event, with 80 walkers, raised \$11,000. That money allowed the Trust to employ a new part-time advocate who works in the community helping people make the changes needed to live in safety. Event organisers are excited to be building on that successful first year, with the number of people already registered not far off the total number of walkers in 2017. Sponsorship packages are also available and business owners who are interested in learning more about this worthy cause are invited to email turningthetidewalk@gmail.com. All funds raised this year will go towards family violence prevention and education programmes in our community. Registrations are available online now at urningthetidewalk.eventbrite.co.nz.

How long is a long time?

It depends on what you're talking about... If you're waiting to go on holiday sometimes a week can be too long... But how long have you lived in your home? 1 year? 2 years? 20 years? Some definitely would say "that's a long time!" Many have lived in the same space even longer than this and still don't see it as a long time. If you're being affected by Geopathic Stress it certainly would be a long time. Geopathic Stress is noxious earth energy that, if present where you like to spend time stationary like your bed/office/couch for example then 1 month will be too long. Firstly you would start off by feeling drained, not sleeping, and irritable, perhaps have skin issues, like psoriasis/eczema or have frequent headaches/migraines or gut issues. Then the longer

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you stay 'living' in this space, the more it will start to affect you. Then Crohns, arthritis, insomnia, depression, the list goes on and on. Read more about it on my website or give me a call and let's make sure you are not sleeping on Geopathic Stress? www.clearenergyhomes.com or Nicky 021 545 299.

Auckland International Cultural Festival

Join us at Auckland International Cultural Festival on Sunday 8 April in Mt Roskill War Memorial Park from 10am - 5pm. Free entry. In one unforgettable day, this free, family-friendly festival will showcase more than 50 different cultures. Come along to celebrate Auckland's distinctive cultural diversity and experience new foods, arts and performances. Thrill your taste buds at the myriad of food stalls, enjoy live performances throughout the day, join in with interactive cultural activities, and have a go in the kids' and sports' zones. The festival stage is set this year for another line-up of captivating performances from across the globe. Don't miss festival newcomer, Nigerian-Kiwi rapper Unchained XL, who is sure to get the crowd moving as he weaves the enchanting melodies and textures of 70s West African afro beat with modern hip-hop. Back by popular demand, DJ Stinky Jim (of Stinky Grooves) is guaranteed to up the tempo with his distinctive combination of reggae, dub and afro-influenced sounds. A festival highlight will again be the mouth-watering array of cuisines on offer; indulge your sweet tooth with fresh dough Spanish churros dusted with cinnamon and drizzled in caramel sauce, pile your plate with Argentinian wood-fired meats or munch on traditional Ethiopian curry wrapped in spongy injera flatbread. Discover more about the many cultures that make up our city. Visitors are encouraged to take public transport, walk or bike to the event. Check out facebook.com/CulturalFestival/ or follow @aucklandcouncil on Twitter for event information and updates. Photo credit Miguel Ilagan.



Marketing means business

For all businesses, but especially smaller businesses, staying competitive really is 'the prime directive'. It's the main mission because it directly affects Sales and the viability of your business. Staying competitive is dependent on two main areas: innovation and differentiation. The Oxford dictionary defines this as 'the action or process of becoming different or distinguishing

between two or more things'. While innovation can be an expensive strategy, differentiation is accessible to everyone. It is achieved through branding and brand management; standing out from your competitors, creating an authentic brand story and being memorable. It is achieved through marketing strategies which 'position' your products/services in a unique way and that you adhere to consistently and conscientiously. It is achieved through service delivery which is aligned to your business/brand values. Every day, with every customer or potential client your points of difference need to be understood and embraced by your whole team. Acknowledge your staff for great performance in these areas, it shows that you value them; so will they. If your Sales are stalling or if you've become a clone of your competitors (where your competitiveness = 0) give me a call, it's all fixable. I am locally based to work with west Auckland businesses. Andrea at MOXY Marketing 022 327 4758, email andrea.moxy@gmail.com, www.moxymarketing.co.nz.

Have-A-Go Cricket at Hobsonville Point

Over the summer, it has been such a pleasure to see junior cricket start to build in Hobsonville. Have-a-Go cricket, a fun, game-based approach to learning bat, ball and cricket skills for 5-9 year olds. Weekly numbers have doubled over the season. This broadens the games that can be played and allows the experience of a real cricket format to take shape.



The children are really keen, have mixed experience, and mixed attention spans! Luckily, cricket games keep variety happening in their roles which promotes their engagement and understanding. Coaching is offered by local junior coaches, working toward their Level 1 certificate overseen by Takapuna District Cricket Club. TDCC, which supports our growth, has the largest Have-a-Go and Kookaburra Cup competitions running on the North Shore every Friday night. Our coaches work with guidance and supervision at these events, and then roll out a modified programme for the smaller group in Hobsonville Point. In addition, these young adults are now seniors in the Hobsonville Point Y9/10 team, so they are busy cricketers. With growth beginning to establish at the junior level, Hobsonville Point Cricket is looking to form a Y5/6 team in the next 1-2 years. These teams revolve around an 8-a-side team and take part in a well-structured, short-format game that encourages each child to participate in each of the skill areas – batting, bowling, and fielding.



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Parent involvement that supports every child is invaluable. You are welcome to contact us directly if you have a child interested in trying the game. If your school would be interested in running a cricket skills session prior to the next season, please contact us at hobspoint.cricket@gmail.com with your interest.

"Takapuna District Cricket Club is delighted to see the growth of cricket in the Hobsonville Point area through our initiatives over the last three seasons and will be offering more playing options next season with twilight cricket for youths and Cricket Blitz for Under 11 players. We would like to Congratulate Mitchel Atkins for the wonderful Have-A-Go programme that he has run at Hobsonville Point which has become a very popular event in the area on a Wednesday after school." Amita Weerakoon, Director of Cricket - TDCC.

New mother and daughter pampering packages

Go down the Rabbit Hole to our unique and amazing Wonderland Spa Party room with scented candles and decorated in a magnificent Wonderland theme, where you can enjoy some lovely pampering from our hostesses using delicious products with coconut milk, rose hip and shea butter foot soaks and berry scrubs, manicures, pedicures, Wonderland facials using New Zealand's very own The Bon Bon Factory. Delicious, vegan and PETA approved cruelty free products. Starting with an Orange and vanilla face cleanse, then choose from a mocha or pineapple crush face scrub to polish your skin, followed by a Lush chocolate mud mask with Patchouli, Cinnamon, Sweet Orange, Ylang Ylang & Lavender massage oil and finished off with hot chocolate moisturiser, milkshakes and nibbles. Enjoy some pampering time with your Little Miss. Or treat nana, aunty, god mother, great grandma, au pair, sister or brother to a pamper session with them.



Have you got a plan?

Most of the time nothing happens. But what if there is a problem? Supposed you can't get home? Suppose you can't get hold of a member of the household? Perhaps the power might go off in a cyclone? It does no harm to think about being prepared for an unexpected and difficult situation. We rely on our mobile and iPhones for so much, but it could be good to look at how else we can communicate. In the words of Lance-Corporal Jones in Dad's Army, "Don't panic" but now might be a time to look at the Auckland Emergency Management website ([\[landcivildefence.org.nz\]\(http://landcivildefence.org.nz\)\) and find "Make a plan" under Community Resources. Here you can list contact details for all the members of the household, plan where to meet, who to leave a message with, and other issues to plan for. You might even think about Getaway Kits!](http://auck-</p>
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How to fix that pinched nerve feeling

It is quite often that patients feel like a nerve is pinched in their back, shoulder or neck. It seems that the nerve is caught under something and needs releasing. In reality, most of these type of feelings are not related to a nerve pinching. Yes, the pain



might be coming from the irritation of the nerve endings, but no nerve trunk is involved or needs freeing up. Usually there is a tight muscle, joint dysfunction or soft tissue strain. Osteopathic manipulation often helps to release the tight tissues and the pinching settles down quite quickly. It also responds well to heat, stretch, applying ointment and other physical method of treatment. Some patients, on the other hand, do suffer from a pressure or compression of one of the nerve trunks. In such cases the pressure on the nerve causes pain and commonly tingling or numbness down the arm or leg. Sciatica is a typical example of such a problem. This time it is not as easy to relieve the pressure. The most common cause of such nerve compression is a herniated disc. Often osteopathic manipulation may help to release the tension of the surrounding soft tissues, but the disc might either gradually settle on its own accord or it might require surgery. At Family Osteopathic Clinic we can help you diagnose what is causing the pain and what would be the best treatment available. Call us 09 416 0097 to make an appointment.

Your body is listening to everything you think and feel

What I do is a different way of looking at your life - I teach that you are what you are, you have what you have, you are where you are, you are who you are - because of what you think and believe about yourself. The way our bodies are also fits into this. Our bodies can be looked at as an extension of our emotions and beliefs. The way our physical body presents itself can't be separate from our mind and emotions - they are one. Our

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bodies are teaching us, showing us how we have been being and what our next thing to learn is. If we are less than satisfied with our weight the first thing we do is hit the gym and change our diet – we work on the outside. But it doesn't often work or last. We go back to old ways; the fat comes back. Making those changes is hard and too much effort to keep up with. We measure ourselves and are defined by what we see on the outside – We try and fix our external state. But it's our internal state that we need to be paying attention as they are connected as one. We forget to look at the inner work and how important it is. Your body knows how to heal, it knows its healthy weight. Your body has a will, a love for life an intelligence. We are often getting in the way. When you cut yourself, your body knows exactly what to do mend itself, we just let it do its thing. But we can get in the way with our negative thinking, negative self-perceptions, negative emotions and beliefs about ourselves that don't serve us. Believe me if you have guilt or fear you're not lovable enough, and you habitually think and live this way for 20 years – it is enough to wear a body down. We tend to focus on what we don't want to have happen rather than what we do want to have happen. We look in the mirror and our eyes go straight to the bit we think is the fattest – Yip, still fat. What do you think that does to our body? Every thought we think is chemical communicating with our body. Our mind and emotions are leading the way to health or illness. This goes for headaches, back pain, the flu, that bung knee, a bloated stomach and even cancer. When we don't sort out our 'deep down' stuff then it starts to manifest itself physically. We all know we get headaches from stress or carry burdens in our shoulders – and that's the small stuff. When you have manifested a big illness then it's really time to look at your inner world. Our bodies don't just happen to catch something out of the blue, our bodies and health are

a result of something, and working out what that something is, is what I do. For a one off 2-hour session call Anna Wheeler 021 555 658 anna@thinkyourbest.co.nz

Pet rabbits at risk from new virus

A new virus, called RHDV1a-K5 is being released nationwide to control wild rabbits and will put all pet rabbits at risk. It is vitally important that all pet rabbits are vaccinated using the Cylap vaccine starting at 10 to 12 weeks and annually thereafter. The Cylap vaccine is used for the endemic Czech virus and limited trials have shown that it may provide a level of protection against RHDV1a-K5. Ensure you step up your bio-security against flies and mosquitoes and store hay for 3 months prior to use. MPI's Andrew McFadden advises that if the member of the public has had a fully vaccinated domestic rabbit or a kit under 12 weeks that has died, or where the informant has observed a large scale die-off in feral rabbits, then notifying MPI by contacting the MPI exotic Disease line on 0800 809966 open 24 hours would be helpful. This can also be done by your vet on confirmation of RHDV (Rabbit Haemorrhagic Disease Virus). Appropriate action can be determined as a result of that conversation. This will give MPI a feel for what is happening in terms of the scale of any mortality (and location in relation to other reports/investigations/strain typing carried out etc.). The investigation does not necessarily imply all rabbits will be tested as this is determined from the risk assessment carried out by the



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Kelly huts

Space for people is at such a premium in the area that extra building for teenagers, sleepouts, offices and other activities are becoming very popular. The problem is buying one, in a reasonable timeframe, of good quality. Everything on the market is the brainchild of a shed maker that converted a shed to a sleepout and it shows. They often suffer from single glazed windows, leaking joinery, minimal insulation, cheap cladding options (inside and out!) or poor construction. Those things aren't that important in a shed but that all changes when people start spending time there. Kelly Huts are the opposite. We wanted space for our kids that is habitable, comfortable and attractive. A small version of a house, not a glorified version of a shed. We build spaces for people, not things. Contact Nigel on 022 061 3234 or info@kellyhuts.co.nz for more information.



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School maths has changed

Are you finding it more difficult to help your child with their maths homework? Do you find they do things differently in school now? National Standards in education now require students to demonstrate several strategies to solve problems - whereas, in the past, they could use just one - usually an algorithm. Now children develop their understanding of a concept by approaching it several ways. Greater thinking skills and an increased number of strategies are required. They not only



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have to find the answer to problems but also demonstrate their thinking in the process. At NCEA level, students may only achieve Excellence if they present a detailed explanation - both verbal and numerical - of how they reached their conclusion. The teachers at Kip McGrath Education Centres are all qualified teachers who follow the National Curriculum. They support current educational approaches to the teaching and learning of mathematics in the classroom but concentrate on the basics of Numeracy to ensure all essential skills are developed. They also communicate with teachers at the various schools to ensure consistency. If you are having problems helping your child with their homework, call Lynne or Roy at Westgate Kip McGrath - 831 0272.

Jake Bailey teams up with Youthline

Big-hearted, adventure seekers invited to take part in world-first charity rescue race. Fifteen rugged kilometres, five gruelling obstacle disaster zones and more than 100 teams, sets the scene for a world-first fundraising platform that aims to raise an ambitious \$500,000 for five life-saving emergency service charity organisations and the youth-led volunteer service, Youthline. Now in year two, Rescue Run is calling for strong-willed teams of six to navigate their way through simulated earthquakes, floods and car pileups to support New Zealand emergency services and land race-win bragging rights. This September will also mark the first Rescue Run Youthline Division for school students, with cancer survivor and Cisco Youthline Ambassador, Jake Bailey, asking schools and businesses to join him and get behind this unique, lifesaving event. The Youthline Division will challenge around 20 secondary school teams with a passion for social impact, testing their fitness prowess whilst teaching them what to do when times get tough. Each school team (years 11-13) will pledge to raise \$5,000 for Youthline to ensure they can continue to provide critical peer-to-peer support through its 0800 number, free text and online chat services. "This event provides an incredible opportunity for students to learn how to support your mates, gain skills to look after yourself when times get tough and be leaders of positive change in your school and community," Jake said. "The abhorrent statistics around mental health in New Zealand, and those of our young people in particular, are something which we all have a responsibility to change. I'm really keen to embrace this opportunity to continue the public conversation about how we can help our youth and save lives together," he added. Schools will be sponsored by a local business, with an emergency service professional working with each team to ensure they're physically and mentally fit, focused



and ready to race. The school team with the highest score (a combination of most funds raised, points and course time), will receive a Cisco Technology Package worth \$10,000, plus heaps of other school prizes. Rescue Run will descend on Woodhill Forest on September 8th with each team entered pledging to raise \$5,000 for either Coastguard Northern Region, Auckland Land Search & Rescue, Fire and Emergency NZ, Surf Lifesaving Northern Region or St John. Launch year (2016) saw 42 teams raise over \$185,000 which is equivalent to an impressive 37 lives saved. Rescue Run is the brainchild of Mark Cathro who, through personal experience with the Auckland Rescue Helicopter Trust, learnt just how important their service is and as a result was motivated to create an event that would raise both awareness and funds for these vital services. "It's a real privilege to be able to bring so many amazing organisations together on a single project," Mark said. "New Zealand is a truly generous nation, we look after one another and always rally behind a good cause, and when it comes to saving lives we owe a lot to the men and women of our emergency services that dedicate their lives to saving others." More than just a physical challenge, teams will need to engage their minds and their wit to navigate across the 15km high-intensity obstacle course and through gruelling disaster zones. The obstacle disaster zones, designed by disaster relief and emergency service professionals, will be constructed to simulate real world rescue scenarios. Each team of six will be equipped with matching helmets, a gurney, a first aid kit, race bibs and specially designed event equipment. Teams will also have on-going support and resources from the Rescue Run team to help them reach, and exceed, their fundraising target.

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