

the **Westerly**

FREE monthly community magazine for Massey to Hobsonville Point

PROPERTY MARKET REPORT SAVING ON STORAGE

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

WORLD BECKONS FOR TWO YOUNGSTERS

Circulation is 16,000 print copies.

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

Contact John Williamson on 021 023 54178 or jbw51red@gmail.com

August 2017



Intro

During the long winter evenings you may have wondered why a circle is divided into 360 degrees. It is very close to the number of days in the year, and the Sumerians and Babylonians who lived in what is now southern Iraq observed the time it took for the sun to complete the full circle of its annual journey. They had twelve months of thirty days each dividing up this circle. Later the Egyptians added five holy days to the year, and with some subsequent refining the more modern year's length evolved. The Egyptians also divided the day into 24 hours (the length depending on the season) then the Greek astronomers made the hours equal. The Babylonians carved up the hours into 60 minutes, with 60 seconds in a minute. We think that we are sophisticated, but over 4000 years ago these ancient cultures made their calculations without the aid of computers. Sometimes we dismiss the achievements and thoughts of previous generations, as we increasingly look to the Internet for answers without considering the bigger picture.

So take a 360 degree look around, and see what's on in your local community. The Westerly will orientate you in the right direction - see what our contributors have written out. There are organisations to cater for all ages and interests, volunteers preparing a kindergarten playground, carers in the community who can get their own support, spaces for groups to meet, a chance to brush up your online skills, or nurture native plants for the environment.

Be inspired by the skills and enthusiasm in photography and graphic design in Geoff Dobson's feature on Kat and Jesse. Check the safety of your home heaters, and car child restraints, and read how the police are building community initiatives. A locally-born Defence Force officer working for peace overseas describes his work.

Feeling hungry or thirsty? The answer should be close by. Feeling sore or injured? There is plenty of support available. Look after and be safe around pets. If you missed our previous articles on keeping Kids Safe With Dogs, you can always check out earlier editions at www.thewesterly.co.nz.

Lastly there is no shortage of helpful information on the local property sales market, looking after your home, physically, financially and legally (and the recent meth epidemic that may threaten it).

Please support our advertisers and mention the Westerly when you contact them.

John,
Editor



the Westerly

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Community notices

Electronic signage for Massey Birdwood Settlers Association Hall

The Massey Birdwood Settlers Association and the Rotary Club of Waitakere have installed an electronic sign on the Massey Birdwood Settlers Community Hall.

The sign will provide information for Massey residents, says Association Secretary, John Riddell, about events and happenings in Massey as well as what is happening in the hall. The sign will not be used for commercial advertising. Community groups will be able to advertise coming events says Mr Riddell. Activities such as road closures or the opening of the shopping centre (the 16-shop development on the old PCL site opposite the hall as and when it happens) would be considered useful information for the residents and ratepayers of Massey.

The Rotary Club of Waitakere annual soap box will be advertised on the sign and over time the Association is hopeful that the information displayed will create a sense of belonging for the many people who reside in the Massey area.



Quality European recreational vehicles from Euro RV Ltd

Euro RV Ltd has been importing European caravans and motorhomes since 2007 and is currently the exclusive importer for French made Caravelair caravans as well as the German made Eura Mobil motorhome brand.



The family owned and operated business is based in Massey, West Auckland and prides itself on friendly, personal customer service. Buying directly off the manufacturer and having low overheads means the clients get superb value for money and a great back up service.

The RV brands have been selected by Euro RV for their exceptional quality from state of the art production methods as well as comprehensive factory warranties.

The Caravelair caravans have a 2 year factory warranty and 7

year leak tight warranty, the Eura Mobil motorhomes come with a 2 year warranty on the Fiat base vehicle, 3 years interior and 10 years leak tight warranty.

There are exciting new layouts and interiors as well as great technical innovations in the 2017/2018 model lineup.

Rainer and Edith are looking forward to showing you their RVs. Please call Rainer on 021 266 3602 for an appointment to view. Please visit www.eurorv.com for further information.

Forest Furniture

Forest Furniture has a comprehensive selection of dress and wall mirrors. Each has a solid timber frame of either rimu, kauri or oak which make these items a show piece for any room.

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Rotalite

Our new project year at Rotalite is off to a great start with two projects finished already. Most recently our amazing team of local West Auckland volunteers spent a weekend preparing the Swanson kindergarten playground for their new outdoor area. This will enable the children at Swanson to have a safe, natural outdoor play environment and we were so pleased to be involved. If you're a local and looking for a way to make a difference, you can join us at one of our meetings held at different venues across the West. Visit our Facebook page to find the



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details of our next meeting, next project, or to volunteer your time or a cause that Rotalite could help with. www.facebook.com/rotalite.

International self care day 2017

You've heard the airplane rule. When the oxygen masks drop, put yours on first BEFORE you assist anyone else. The same rule should apply to care giving. Caring for yourself is one of the most important things you can do as a caregiver. You can't give from an empty well. Your well-being will directly benefit the well-being of the person that you are caring for.



What happens when we live and work from a place of caring for others without addressing our own self-care? Listed below are a few tips by Hospice West Auckland on how we can avoid burnout and becoming overwhelmed by cultivating a balance between caring for others and caring for ourselves.

1. Rest and relaxation – Be kind to your body – make time to do things that are relaxing, e.g. sleeping, listening to music, massage, having a bath or meditation.
2. Healthy eating – Try to maintain a healthy and balanced diet.
3. Physical activity – Try to build a sustainable amount of physical activity into your daily routine. Even a 30-minute walk can make a big difference to your overall health and wellbeing.
4. Social connections – Make the effort to regularly engage with friends, family and your local community. This can be as simple as having coffee with a work colleague, phoning a friend, joining a local club or having a chat over the fence with a neighbour.
5. Do activities that give you pleasure – Set time aside to do the things you enjoy; this could be anything – reading a book, gardening, going to the movies, playing the piano, riding a bike, etc.
6. Go outside – Embrace the great outdoors – fresh air and sunlight (Vitamin D) can help to improve your overall health and wellbeing.
7. Talk – Telling your story can be healing. Talk to someone supportive and understanding about your grief journey.
8. If you need help, ask – Help is available if you need it. Don't be afraid to ask or find out what is available.

Hospice West Auckland runs a free Carers Programme throughout the year for carers in a supportive and enlightening environment for all family members, friends and members of the community. The programme encourages carers to come together on a regular basis to discuss their caring situation, socialise, share information and offer each other support. Further information regarding the programme, as well as upcoming dates can be found here at store.hwa.org.nz.

Steve Cotter
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Show Dad how much you love him

Father's Day is fast approaching. How are you going to show him you care this year? Socks? Craft beer? Tools? BBQ equipment? OR why not do something different this year and buy him a personalised gift from Precious Imprints. Choose from key



rings, guitar picks, pendants and more, or we can work together and create something unique to your relationship with him, something only you and he will "get". Visit my website www.preciousimprints.co.nz for inspiration or feel free to email me jo@preciousimprints.co.nz so we can start creating an original gift for Dad, one that he can treasure forever. Father's Day – Sunday 3rd September – Order now to be sure you have the perfect gift in time. And don't forget the Grandads too!

Who to vote for?

Helensville and Te Tai Tokerau electorate candidates. An opportunity to hear them and have your questions answered. Monday 21st August, 7pm at Kumeu Baptist Church. Political Parties will be available for information and discussion in the church hall from 6pm. Attending: Helensville National – Chris Penk, Labour – Kurt Taogaga, Green – Hayley Holt, NZ First – Helen Peterson, Act – Nick Kearney, The Opportunities Party – David Fitzgerald, Te Tai Tokerau Labour – Kelvin Davis, Green – Godfrey Rudolph, Mana – Hone Harawira, Maori – Amiria Te Whiu.



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Safercommunities

Wood burners, gas heaters and heat pumps need maintenance

Home heating is crucial to provide a dry warm home environment and as parents, property owners and landlords it is our responsibility to provide a heating source that is safe, reliable and efficient. It is not good enough to advocate responsibility, we must take the lead. We also need to have some annual safety checks on the equipment in use, let's look at some of the things that you'll need to consider/ check:

Woodburners - The chimney needs to be swept by a professional chimney sweep every year. Failure to do so could void your insurance. A sweep of the chimney de-carbonises the chimney, riding the flue of semi-burnt fuel that under the right conditions may ignite, causing in most cases a super-heated upper flue which can lead to a ceiling cavity fire (space between the room ceiling and the roof). The professional you use will typically look at your fire bricks and your re-heating plates to ensure that the fire burns well and to the manufactures specifications.

Gasfires - These rely on the correct mix of oxygen and gas and re-ignition to continue to burn at the best rate. Heat, light, water and carbon-monoxide are all released as a result of the burning. Therefore ensure that the room you are heating is ventilated, has windows open during sunshine hours to release moisture. Never use gas elements for cooking to warm a home, further never use a gas BBQ for heating. Further gas fires have rubber connections that over time become cracked and brittle. These connections should be checked every year and replaced as required.

Heatpumps - One of the safer heat forms but ensure that the filters are cleaned once a year and that they are part of a regular home electrical warrant of fitness.

Stay warm this winter, but ensure you take steps to be safe at this same time.

Graham McIntyre

Acting Officer in Charge

Waitakere Fire Brigade

Phone 09 810 9251

graham.mcintyre@fireandemergency.nz.

Message from Massey Police

This month we would like to remind everyone of the responsibility of restraining children in vehicles.

Under New Zealand law, all children under eight years of age

must use an approved child restraint appropriate for their age and size.

International best practice recommends the use of an appropriate child restraint (or booster seat) until your child reaches 148 cm tall or is 11 years old. Child restraint and medical professionals recommend that you keep your baby in a rear-facing restraint until as old as practicable, at least until they are 2 years of age.

It's a driver's responsibility - When you are the driver, children in your car must be protected in the event of a crash.

As the driver, you are responsible for ensuring that any child travelling in your vehicle is correctly using an appropriate child restraint. Child restraint includes child seats, booster seats and seat belts designed specifically to fit children.

All children under the age of 8 yrs of age must be restrained in an approved child restraint.

Approved child restraints include:

- Infant restraints for young babies (baby capsules)
- Restraints for older babies, toddlers and preschool children (car seats)
- Booster seats for preschool and school age children
- Child safety harnesses (used with or without a booster seat for preschool and school age children).

NZ Standards - All child restraints must meet an approved standard. This ensures a restraint's design and construction are laboratory tested under crash conditions and provide the best protection when used according to manufacturer's instructions. All approved child restraints display standard markings to show they are approved.

Look for a child restraint that shows:

- A tick mark (indicates the restraint meets the joint New Zealand/Australian Standard AS/NZ 1754)
- Or look for a restraint that complies with the United States Standard FMVSS 213. The restraint must also show the New Zealand Standard 'S' mark indicating it is certified for use here.

Manufacture and Expiry Dates -All infant capsules, car seats and booster seats expire. This includes all imported car seats. The lifespan range is 5-12 years, this is typically from the date of manufacture (DOM).

The life span does not depend on how well the seat was looked after, how long it has been stored between uses or how many children have used the seat.

Once a seat expires, or has been in an accident, the life span becomes nil. The car seat needs to be disposed of safely, to prevent other people from using the seat again.

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People:places

World beckons for two youngsters



By Geoff Dobson

Kate Clough (Kat Clo) and Jesse Beazley are two young people going places in photography and graphic design.

Kat, 19, and Jesse, 21, left, have worked together at Lush Lagoon Photography and Design which Kat founded about six months ago.

While Kat grew up in Huapai and has just moved to Henderson, Jesse was raised in Melbourne before returning “home” to Reweti where he has developed his Iconik streetwear label.

“We’re very different,” Kat says. Yet the two often share their artistic talents and work together well.

Both have a driving desire to help others and they share a graphic design interest.

Kat says she’s long held an interest in photography had got her 700D Canon digital camera from mum Jo Clough after she topped her high school class in NCEA level two photography.

She especially enjoys photographing animals – probably inherited from her mum’s love of dogs (she featured in our April issue about The Dog Safe Workplace), and does a lot of apparel photography as well as family and corporate shoots.

Working mainly from home with access to an Auckland central studio, Kat started photographing apparel for Trainers SB and has just applied for a BNI photography scholarship for the company.

Some of her artistic flair seems inherited from her grandmother and artist Susan McCullough.

She’s keen to help others and has volunteered her services for several causes, including helping StarJam with its charitable activities for young people with disabilities and working with various animal sanctuaries.

Kat has helped build portfolios on animals up for adoption using her photography and graphic design skills.

She has worked with people like “orca lady” Ingrid Visser who’s actively involved in orca research. Ingrid helped Kat develop her photography skills and inspired her to do a double major in marine and biological science at Auckland University, which she’s about half way through.

Taking up scuba diving, Kat’s going for her open water and instructor’s licences, with the idea of working for world publications such as National Geographic.

A love of the sea may have developed through her father Brian Clough’s surfing interest, and Kat has enjoyed various sports such as snowboarding, tennis, skateboarding and surfing. Kat was lucky enough to meet Jane Goodall, well known for her work with chimpanzees, after winning a high school essay competition about why she would like to meet her.

“Jane shows that one person can make such a difference. She was amazing.”

A love of nature and animals probably came about through Kat’s mum Jo reading her bed-time stories about David Attenborough, items from Animals Facts and National Geographic.

As a birthday present Kat even got a National Geographic subscription, which she’s renewed every year.

So it’s little wonder Kat wants to help make a difference, especially in conservation.

“I want to help those without a voice,” says Kat who aims to get meaning behind her photographs.

It’s having a message which is important for Jesse too.

Describing himself as “half Maori, half Aussie”, Jesse says he came back to Reweti when he was seven after growing up “a city kid” in Melbourne’s streets.

He says he grew up around graffiti but never tagged private property. He says he wanted to “pretty up ugly areas” with murals instead. He studied art at school but is mainly self-taught after struggling to find a suitable university course for his needs. He likes designing and recalls going to school in a Spiderman design he put on a t-shirt.

Jesse found he enjoyed designing his own clothes and embarked on screen-printing t-shirts.

He was trying to find a suitable title for his designs when he awoke early one morning and put the name “Iconik” on his computer. When he woke up again later he realised it was the label he needed.

Jesse has been putting out his clothing label for about two years now and has some key people interested in his work.

“I’d like to get my mates on board to give them some opportunities,” Jesse says.

“All of us loved art and try to find ways to express it.”

Jesse says he gets blank t-shirts from Gildan and does the graphics then prints the design on the t-shirts.

“I did up the garage at home and still work with Kate but not as often.”

Jesse says his dad invested in the business “when he saw I was serious about it”.

Designing from a computer now makes life a lot easier, he says. While Jesse says he likes difference designs, many revolve around skating, nature and surroundings themes.

He’s learned a bit about tattooing as well.

Jesse has helped with art projects at nearby Woodhill School and says he likes “anything to do with art” and wants to help where he can.

Kat says Jesse has helped her with photography ideas. He enjoys making videos.

Jesse says he wants his clothing designs to become better known, especially globally. He’s even thinking of buying a van and driving it around New Zealand and Australia as a “pop-up shop” for his products.

Check out their Instagram pages through @iconikstreetwear and @katcphot for more.

InBrief updates:events

A thank you from Auckland Equestrian Sports Inc

With the autumn season well and truly wrapped up (literally, brrrrr) we would like to take a moment to acknowledge our generous sponsors who not only support AESI but our sport too. No sponsors, no events! A massive thank you to the following:



NPD Maintenance Ltd, Peninsula Medical Centre, Sports Hub, Ride in Style, NZ Horse & Pony Magazine, Healthy Water Tanks Ltd, Woodhill Sands, Burmester Realty Auckland, MaxLife Batteries, Fiber Fresh Feeds, Harney Teas, River Park Farm, Prydes EasiFeed NZ, Courtney Wood - Premium Real Estate and last but not least, AC Photography and Northern Equine NZ. These girls do a fabulous job photographing at our events and capturing those special moments. Rain, hail or shine they're out there with their cameras. If you're interested in sponsoring AESI in any way, shape or form please get in touch. We have a great variation of sponsorship packages available. Bring on the spring season!

SeniorNet West Auckland

We had a great Open Week in June and our tutors are now ready to take on new classes. One of these being Government on Line. Anyone watching the recent programme on TV "What's Next" will appreciate the importance of becoming familiar with interacting on line especially with Government agencies. Just

filing a tax return on line can be quite a mine field. So why not come along and join this workshop it is just \$10.00 for two hours. Please phone Pam and she will let you know the next course date. Our courses are all held during the day at 10am or 1pm days and times vary from month to month.

Our course co-ordinator is Pam phone 09-8272156 please phone and if necessary leave your phone number and she will get back to you. Our classes are held at 67 Henderson Valley Road, Henderson, and our monthly meetings are held at the Kelston Community Centre, Cnr Awaroa Road, Kelston on the third Tuesday of the Month at 10am. We have a guest speaker and morning tea. Cost is a \$2.00 raffle ticket, so you could also win one of three prizes. Our Kelston meeting is open to members and non-members alike and we look forward to seeing you there.

Love the life at Hobsonville Point

Even for the most able retiree, a time comes when a little support with day to day basics is helpful, without having to give up independence. From help with housekeeping, meals and taking medications, to showering assistance up to and including rest home-level care, a Summerset serviced apartment could be your answer.



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Other services: Sewing machine and overlocker servicing and repairs, designer fabrics, haberdashery, and classes. Come in and visit us soon. Shop hours Mon – Sat 9:30am - 5pm. Phone 09 832 6994.

Kaipatiki project

Kaipatiki Project is one of the largest restoration and environmental education providers in Auckland, and we're looking for keen and enthusiastic people to join us.



Each year, we eco-source, propagate and pot up a massive 25,000+ native plants. These plants contribute to restoration activities all over the North Shore, helping to rescue the bush from invasive plants and establish homes and habitat for native birds and other species.

Kaipatiki Project provides regular, easily accessible, week-day volunteering opportunities. These particularly suit people who are between jobs, have stopped full-time work, or are baby-boomers with even more time to give. There is no pressure to commit your time and we don't expect you to turn up every week, just come along if the mood takes you. A morning at Kaipatiki Project is always a refreshing distraction from the norm and a warm welcome and morning tea are always provided.

We would really appreciate your help protecting the environment – simply turn up at the following times and we will get you involved in our plant nurseries or out in the bush.

Wednesday mornings 9am-12pm. Nursery work at Engine Bay Community Plant Nursery, Bomb Point Drive, Hobsonville Point. Tasks as above, relating mainly to native plant propagation. The nursery site here is in an area of ongoing new-build and redevelopment works. Contact us to register your interest in joining this team. Email admin@kaipatiki.co.nz or phone 09 482 1172.

Driving tips with Bridgestone Tyre Centre Westgate

What to do if a car crosses the centre line and comes towards you? The temptation is to cross to the wrong side of the road however the other driver may do the same so the official advice

is to: Brake, Look for room to the left, Sound your horn, Flash your lights. That way if there is an impact there will be less speed involved and the further to the left you are the more chance you have of avoiding the accident or at least minimising the impact. Call to see us at Bridgestone Tyre Centre, 1 Cellar Court, Westgate we are happy to do a free tyre safety check for you, phone 09 833 8555 or email firestonewestgate@xtra.co.nz.

Stay safe on the roads this mwinter with Bridgestone Tyre Centre Westgate.

New children's programme at Flippin' Fun Trampoline Park

Junior Flippers is a programme suitable for children aged 4 – 8 years old and designed to develop the Fundamental Movement Skills in your little ones. These are intrinsic to all sports and include; – locomotion, spring, landings, rotation, statics and manipulative skills.



Classes are taught in a fun and safe environment and are non-competitive allowing children to progress and learn at their own pace. The programme will build your child's confidence, strength, and flexibility as they gain new skills and make new friends. The Junior Flippers programme is designed to lead in to our Flip Class Level 1 classes.

Alongside this is the Schools Movement Programme and is designed for Year 1 – 4 students. The Ministry of Health recommends at least 60 mins of moderate to vigorous activity per day for children. Such activity aids learning as kids are apt to be more settled in the classroom environment. Available to schools either as a condensed 1 hour class or an expanded 5 visit programme.

Tramplining is already one of the best activities children can do. Give them a head start in the sporting world and enrol them now. More details are online at www.flippinfun.co.nz or call 09 833 6880.

Palmers

It's August, and spring will soon be upon us! It's a great time to get the garden tools out, and start planning and creating your spring garden.

Flower and vegetable seeds can be sown now in seed raising trays or small greenhouses, ready for transplanting when the

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weather warms up.

Prepare garden beds for spring planting by weeding and digging in compost, fertiliser, and lime to improve the soil structure. Plant containers for outdoor areas with new season's flowering annuals like pansies, polyanthus and cineraria.

Put seed potatoes in a tray in a sunny position until they've sprouted then plant in the garden, or a large plastic pot or planter in a warm and sheltered position. Plant asparagus crowns directly into the garden and for best results plant in well-draining soil that is rich in organic matter.

Feed existing trees and shrubs with a controlled release fertiliser - just sprinkle around the drip line and water in well. Use a good mulch such as Kolush Manuka Mulch and Seaweed and you'll quickly notice the difference!

Plant new roses and deciduous fruit trees in rich, well-drained soil with plenty of compost and fertiliser. Complete rose pruning in time for spring growth.

Protect winter crops and new plantings from pests, fungal disease and bacterial blight by spraying with Grosafe FreeFlo Copper and Enspray Oil. Safeguard against weather and weeds with a good (organic) mulch.

helloworld

We have just returned from Phuket for our family holiday with 2 adult children. This was a great holiday as once we were there it was so cheap, we spent under \$3000 over the time we were there on sightseeing and meals and drinks (excluding airfares and hotel). It was supposed to be the rainy season but we only got really heavy rain a couple of times and the rest of the time it was hot and sunny. A highlight of our trip was the day we had a private driver to take us around all the sights and we went to Tiger Kingdom, that was fantastic. We also went to Phi Phi Island on a day trip and beautiful as it was it was sooo crowded it left us wishing we had done one of the other islands on offer. It was fun though to see the monkeys on Monkey Beach and the snorkeling was relatively good. If you would like to know more about this please contact us at hobsonville@helloworld.co.nz or phone 09 416 1799.



10,500 new homes in the North West

Auckland Council has been allocated \$300 million for a green

field development at Whenuapai and Redhills. This will support the construction of 10,500 houses in that area.

Finance Minister Steven Joyce said the funding allocations will help provide another big step forward in housing supply. "The funding will be used to provide network roading and water infrastructure for projects in fast-growing urban areas." Building and Construction Minister Nick Smith said the infrastructure funding will bring forward the ability to build these houses - in some cases up to eight years earlier than otherwise. "Adding these big new subdivisions will help lift the supply of residential sections and bring greater consumer choice into the housing market." While the government has already freed up planning constraints, areas zoned for residences cannot be built on without infrastructure, Smith said. "We will be working closely with the Councils and developers to ensure these projects are progressed at pace." The government wants the first earthworks in the funded projects to be under way by summer, with the first houses completed by late 2018. Infrastructure development has long been cited as a major obstacle to addressing housing supply shortages.

Patrol boost from "Good in the Hood" grant

A "Good in the Hood" \$1228 grant from the Kumeu Z service station has boosted the Nor-West Community Patrol Trust.

Thanking Z for its support, trust chairman Graham Attwood of Huapai says patrol volunteers are still needed.



"The patrol is out and about three nights a week, and we've had several notable successes on the road since April 3, 2008," he says.

Acting as community "eyes and ears" for police, the patrol is seeking more members to extend the number of patrols, especially during the day.

"Our volunteers are group of people fully committed to the task and who have achieved some great results," says Graham, pictured left, with fellow member Brian Bracey at the Z presentation.

Training includes first-aid as well as health and safety to keep members up to date with new legal requirements.

"We would like all of those people interested in giving four hours of their time to the maintenance of a safe and healthy environment in which to bring your family up in to come forward and gain a better understanding of the patrol," Graham says.

Phone 09 412 9435 for information.

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Wedding tips and advice from Anna Moroz

Consider Mother Nature - Guests have been known to skip out early from hotter-than-hot summer weddings and improperly heated winter loft receptions. Bugs (sandflies and mosquitoes) also swarm in certain areas during certain seasons. Consider cold refreshments and ice-blocks as well as renting pest control tanks or including bug repellent in guests' gift bags. Anna Moroz phone 027 440 8665 or visit www.WeddingGirl.co.nz.

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Ivy Cottage Parties

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Remember to mention our \$20 discount voucher when you book! Book or enquire online: www.ivycottage.co.nz. Email: fairies@ivycottage.co.nz. Phone or text: 021 357 755.

Greenhithe School 125th anniversary & reunion celebrations

We invite all past pupils, staff, families, friends and the community to join us ~ catch up with old friends, share memories and create new ones. Labour Weekend: Friday 20th – Sunday 22nd October 2017. Purchase your tickets on our Eventbrite page:



www.eventbrite.co.nz - "Greenhithe School 125th Anniversary & Reunion" Join our Facebook Group & Event to stay informed: www.facebook.com/groups/GreenhitheSchoolReunion. Greenhithe School. 9 Isobel Road, Greenhithe, Auckland. Phone 09 413 9838, email: reunion@greenhithe.school.nz or visit www.greenhithe.school.nz.

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area property stats

Every month Mike Pero Real Estate Hobsonville assembles a comprehensive spreadsheet of all the recent sales in the area that reviews the full range of Residential 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
Hobsonville				
	8,500,000	40712M2	140M2	25,000,000
	820,000	431M2	176M2	1,150,000
	1,075,000	571M2	279M2	1,538,000
	770,000	264M2	182M2	1,080,000
	750,000	283M2	189M2	1,230,000
	750,000	475M2	197M2	1,125,000
	1,250,000	489M2	346M2	1,690,000
Massey				
	450,000	291M2	127M2	670,000
	610,000	540M2	189M2	830,000
	440,000	351M2	117M2	720,000
	560,000	822M2	160M2	785,000
	405,000	350M2	64M2	520,000
	610,000	531M2	162M2	898,000
	390,000	597M2	110M2	640,000
	420,000	609M2	90M2	668,000
	790,000	534M2	243M2	1,125,000
	4,450,000	813M2	100M2	795,000
	480,000	497M2	160M2	742,500
	300,000	595M2	81M2	546,000
	500,000	809M2	170M2	810,000
	610,000	612M2	132M2	900,000
	520,000	440M2	170M2	780,000
	535,000	458M2	166M2	725,000
	465,000	1002M2	130M2	745,000
Royal Heights				
	600,000	614M2	170M2	980,000
	430,000	1158M2	80M2	680,000
	560,000	601M2	134M2	660,000
West Harbour				
	580,000	809M2	170M2	1,038,000
	650,000	828M2	140M2	930,000
	520,000	761M2	120M2	770,000
	630,000	615M2	160M2	973,088
	1,200,000	623M2	301M2	1,360,000
	540,000	442M2	130M2	785,000
	860,000	712M2	268M2	928,500
	740,000	552M2	190M2	1,050,000
	550,000	621M2	130M2	864,000
	465,000	157M2	133M2	685,000
	425,000	579M2	80M2	680,000
	610,000	658M2	160M2	899,000
	710,000	699M2	200M2	955,000
	620,000	351M2	170M2	775,000
	460,000	853M2	100M2	778,000
Waitakere				
	580,000	1HA	160M2	870,000
Whenuapai				
	605,000	966M2	50M2	815,000

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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 with Graham

Auckland property sales were down by a third annually in the past month, but national sales also plunged year-on-year, showing a flow on effect to the Reserve Banks tightening of the financial noose. Auckland sales volumes were down by 34.6% on the same time last year and by 5.9% on the previous month. The New Zealand's median price was up by just 2.1% year-on-year to \$850,500 while Auckland's median prices saw an 8% annual price growth. Greater Auckland has showed signs of price slowing, the month-on-month figures showing a drop of -0.8%. The national median price was up by 11.5% to \$431,000, showing the separation of the national market and the greater Auckland market. A number of things are happening across the market – with levels of property on market impacting on pricing but tighter lending conditions also having a significant impact. The greater Auckland market is one of the most mature and resilient, in terms of the property cycle and demand cycle, however, at worst, prices in the whole Auckland region are steady or stable. Comments made by property commentators are that Auckland prices are showing all the signs of stabilising that would be expected, this being a similar trend over the coming months until the election is over. The market will then start to react to political decisions around immigration, home ownership and property market regulation.

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

Hobsonville residential	\$1,080,000 to \$1,690,000
Massey residential	\$525,000 to \$1,125,000
Royal Heights residential	\$660,000 to \$980,000
West Harbour residential	\$652,000 to \$1,360,000
Waitakere residential	\$870,000
Whenuapai residential	\$815,000

When you list your home for sale, sometimes it is the energy that the agent invests in the relationship, the service offer and systems that delivers confidence and certainty. Likewise it may be the AREINZ status of that person that ensures that the person is skilled to the highest level. Further you may consider that working with the business owner who has financial investment in the relationship and clear decision making ability has more advantages. Whatever your decisions and choices, if you would like the very best in real estate in the North West, you would be wise to consider Graham McIntyre. View www.grahammcintyre.co.nz or phone 0800 90 0700. It costs no more to use the very best and often it will deliver a much better result. Licensed REAA (2008).

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Quinovic Property Management

Quinovic Property Management is very pleased to announce the opening of its new office in Kumeu, servicing the wider Kumeu and Hobsonville areas. Quinovic is New Zealand's largest private residential property group, with over 25 years of experience, 32 offices nationwide, and a reputation for getting results. Quinovic Kumeu's Franchise Owner, Virendra Gupta says "whether you are an investor or an absentee owner, our team at Quinovic Kumeu is committed to delivering service with a passion. We are here to help you achieve your property management goals and financial freedom, by entrusting us to look after your most important physical asset – your home". Virendra has been investing in residential properties for more than 25 years, and has a very strong passion in this area, and in helping others to achieve their property management and investment goals. Virendra says "he looks forward to being involved in and assisting the local Kumeu community, and very much looks forward to providing clients with a high quality of advice and service". Contact us for free rental appraisal on your property at Quinovic Kumeu phone 09 973 5527 or email enquiries@quinovic-kumeu.co.nz or visit www.quinovic.co.nz.



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



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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.

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. Our services include; colour steel roofing, tile restoration, gutter and downpipe replacements, and repairs. We can also install insulation while re-roofing, saving you time and money and ensuring your home stays dry and warm. All of our replacements, restorations and repairs on homes and businesses in Auckland are backed with an exceptional 10 year workmanship guarantee, and manufac-

turer'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.

Can a court reverse the transfer of land to a trust?

The answer to this is yes. There are provisions in various statutes which allow this - under certain conditions. An example is section 44 of the Property Relationships Act ("Act"). Section 44 allows a court to reverse a transfer of relationship property (such as house) if this is done to defeat the interest of another party. In addition, the section may apply even if the other party did not have rights to the property pursuant to the act (for example, if the relationship was less than 3 years). Section 44 however can only be used when there is a relationship property claim in the court. The section is meant to prevent relationship property being moved out of the reach of the court to prevent a later relationship property claim. This includes transferring a house to a trust (usually controlled by the transferor) supposedly to prevent it becoming relationship property. We recommend that you get competent legal advice about relationship property before you sign an agreement about your relationship property or before taking any steps in the courts if you think that relationship property has been transferred out to a trust. Luke Kemp - Kemp Solicitors phone 09 412 6000 or email luke@kempsolicitors.co.nz.

Saving on storage

I thought I'd do some mid-winter finance calculations this month on the cost of storage and how much you can save with a good storage solution at your place. Offsite storage costs around \$30 per month per Square Metre and one of our Stealing Spaces ceiling racks provides up to 1.62 Square Metres of storage. So each and every month a Stealing Spaces rack is saving you \$48.33 in offsite storage. Even better, your gear is available right there in your own home, any time you want it. Alternatively, the average New Zealand house size is 149 Square Metres. Based on 40% equity in your home and a 4.2% mortgage a single Stealing Spaces rack reclaims up to \$24 worth of space per month. We're based in Kumeu with logistics by e-Pack, installations by local company Diverse installs and we process all orders through our website at www.stealingspaces.co.nz. Take a look and save yourself some money.



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REFURBISHED 4 ROOMS, PRIVACY ON 2423SQM IN WAITAKERE TOWNSHIP 3  2  1 

By Negotiation

2A Northfield Road, Waitakere
By Negotiation

A beautifully presented, 2423sqm with a fully refurbished and modernised three bedroom home. A new kitchen, bathroom and laundry certainly delivers the ooooh aaaah factor. Open plan living and entertaining out to alfresco decking with a distinctly private and serene backdrop. The home enjoys an easy-living style including a study nook, a large cabin and double garage with ample storage. The CV on this property is \$590,000. 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/RX1092569

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MODERN - MASONRY OVER BRICK IN WAIMAUKU 3  2  2 

By Negotiation

25 Buttercup Place, Waimauku
By Negotiation

Open plan living, with expansive decking and alfresco leading on to partially fenced lawn areas, perfect for the pets or children. The home has a formal entrance opening to two lounges, dining and kitchen. Three generous bedrooms and a study nook with complementary bathroom and ensuite. The home has the added benefit of internal accessed double garage with exclusive drive off a quite cul-de-sac street. Close to Waimauku School, convenience shopping, parks and transport links. The CV on this property is \$780,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



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CONTEMPORARY, AFFORDABLE, ALFRESCO - HOBSONVILLE POINT

2 1

By Negotiation

5 Harakeke Road, Hobsonville Point
By Negotiation

This two bedroom contemporary living home delivers all the very best of modern entertainer's living with an extended living seamlessly linking to patio and grassed area. A fee simple freehold section delivering ambience and exclusive use, the home punches well above its price point, offering entertainment, kitchen, dining and lounge on the ground floor and bedrooms and bathroom upstairs. Two generous bedrooms with plentiful sunshine delivering warmth and ambience. A near new, well cared for offering that will deliver a home that you can purchase and immediately move into. Very close to motorway onramps, convenience shopping, parks and reserves. The property has a dedicated off street car park as well as convenience parking outside the home.

www.mikepero.com/RX1177307



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

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

Mike Pero Real Estate Hobsonville is delighted to welcome Cherry Kingsley-Smith

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

Cherry Kingsley-Smith

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Office Location: 2 Clark Road, Hobsonville
www.mikepero.com





10 ACRES OF FLAT USABLE LAND - HELENSVILLE

4 3 2

By Negotiation

37 Te Pua School Road, Helensville
By Negotiation

Searching for flat land with easy access to SH16, this is the property for you. Flat grazing land, orchard with shedding and near new four bedroom, two bathroom family home returning \$550 per week. In addition the property has casual grazing options, arena, sleepout, stable and tack room. Things to do, but so much on offer to the gazer or grower looking to secure an excellent long term investment. Close to Parakai and Helensville convenience shopping, schooling and transport network. Access off Te Pua School Road and SH16 makes the property multi-functional and flexible. The CV on this property is \$840,000. 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/RX1154899



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



ULTIMATE LIFESTYLE PROPERTY

3 2 2

By Negotiation

45 Ararimu Valley Road, Waimauku
By Negotiation

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

www.mikepero.com/RX892144



Lyndsay Kerr
027 554 4240

lyndsay.kerr@mikepero.com



ELEVATED EAST FACING ON 809 SQM - KUMEU

4 1 2

Asking Price \$905,000

49 Matua Road, Huapai
Asking Price \$905,000

This immaculately presented home is split over two levels to allow for a separated living environment. Three bedrooms upstairs with kitchen, dining room, bathroom and lounge leading out to a back entertainers area. Downstairs contains one bedroom, lounge and bathroom, perfect for the teenage or guest alike. Situated on 809 square meters, the section is flat and fully fenced for the kids and pets. In close proximity to Huapai Shops, close to transport links, School, Shops, Cafe and Park. The CV on this property is \$600,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



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RIVERHEAD, ¼ ACRE, POOL, SPA....

3 2 2

By Negotiation

52 Great North Road, Riverhead
By Negotiation

- * Large flat quarter of an acre section (1011 sqm) in sought after Riverhead.
- * Potential for minor dwelling with own entrance (subject to council approval).
- * 200 sqm house with 3 bedrooms, study / office, 2 bathrooms and 2 lounges.
- * Large internal garage and separate laundry.
- * Pool, private spa and extensive decking.
- * Walk in pantry with granite benches throughout.



Lyndsay Kerr
 027 554 4240

lyndsay.kerr@mikepero.com

www.mikepero.com/RX1168747

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www.mikepero.com



AFFORDABLE, ELEVATED, SUNNY HOME IN WAITAKERE TOWNSHIP

2 2 1

Asking Price \$729,000

57 Waitakere Road, Waitakere
Asking Price \$729,000

Set on 876sqm this private home enjoys generous sunshine and privacy, while the elevated position allows for extensive views to the west over farm land and native bush backdrop. A light and open layout combining cathedral ceiling with open plan living linking to a central hallway with two bedrooms, bathroom, toilet and laundry upstairs and an office downstairs. A small section, off street parking and independent double garage adds great value to this affordable and practical family home. Close to Waitakere Township and Swanson transport links, shopping, café, parks and schools. The CV on this property is \$540,000. 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

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www.mikepero.com/RX1154898

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MASSEY - FULLY REFURBISHED 4 ROOM - MOVE IN TOMORROW.

3 1 1

By Negotiation

72 Gallony Avenue, Massey
By Negotiation

Set on 474 square meters overlooking Emerald Valley Park, this fully refurbished three bedroom plus sleepout/office delivers great space on the outside and the inside. New kitchen and very well presented bathroom and separate laundry area. Open plan living and dining with sliders to north facing decking, the home delivers options for the whole family. Fenced for pets with a single garage and off-street parking, this is a home that will suit purchasers looking for a pleasing bush and pasture outlook, peace and quiet and easy living over one level. The CV on this property is \$410,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



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5 BDRMS + 2 BDRMS + GARAGE/STUDIO ON 1 ACRE 7 2 3

By Negotiation

73 Waitakere Road, Waitakere
By Negotiation

Future proof your family living with this tranquil 1 acre property providing a comfortable 5 bedroom family home, separate consented 2-bdrms plus work-from-home premises. Open-plan kitchen and living areas form the heart of the home while alfresco entertaining options are plenty with a weatherproof outdoor living and spa area. A free-standing, fully consented, self-contained 2-bedroom sleepout by Keith Hay Homes and an additional studio + double garage + workshop (complete with bathroom) provides even more value! Vendors need this property sold, contact me now to view. 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 steve.cotter@mikepero.com.



Steve Cotter
021 171 3941

steve.cotter@mikepero.com

www.mikepero.com/RX1171722



AFFORDABLE LIVING IN WAITAKERE TOWNSHIP 4 2 1

Asking Price \$747,000

114 McEntee Road, Waitakere
Asking Price \$747,000

The family can have their cake and eat it too, space, sanity and super-sized. Four bedrooms, two living rooms, delivering easy split living space making the adult and the kids-zone effective and workable. A traditional bungalow with clinker-brick over weatherboard, offering low maintenance living on 857 square meters (more or less) of lawn with improvements. An independent double garage and wood-shed ticks the boxes for a happy, warm and desirable home. Close to Waitakere Primary School, Bus link to Swanson Rail, Convenience shopping, parks and RSA. The CV on this property is \$500,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



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www.mikepero.com/RX1176091



AFFORDABLE LAND - WATER SPRINGS - WAIMAUKU

3 3 1

Asking Price \$1,195,000

122 McPike Road, Waimauku
Asking Price \$1,195,000

This three bedroom cottage, with office, workshop and chiller room has character and personality that is sure to impress, with kitchen and bathroom that could be developed to add value, or invest in a brand new build subject to consent on the proposed house site further up the hill. 7 hectares of flowing grasslands and established plantings for shelter and orchard ensure a lifestyle that can deliver plentiful reward for a creative couple. Bring your cheque book and imagination, our vendors are ready to seize another opportunity. The land has several natural springs which provide opportunity for horticulture. The CV on this property is \$910,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX1037756



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



ELEVATED STATELY BUNGALOW - WAIMAUKU

4 4 2

Asking Price \$997,000

132 Hinau Road, Waimauku
Asking Price \$997,000

This hilltop bungalow offers generous space from the large high stud shed through to almost ½ an acre of lawn and bush. The home is split over two levels offering four generous rooms, open plan kitchen and dining opening onto extensive decking to the west. Carport and Office, Study or workshop in addition to fenced section. Located in a quiet street, away from crowds and congestion, yet a short drive to Muriwai Beach, Waimauku School and Waimauku Shops. The CV on this property is \$630,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX1034803



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



THE SMELLS ARE BEAUTIFUL - VIEWS AMAZING

4 1

Asking Price \$845,000

183 School Road, Waimauku
Asking Price \$845,000

From this elevated alfresco home you immediately get a sensory lift. The smell of freshness, and the bush framed northerly view is breath-taking. The quiet is splintered occasionally by wood pigeons and Tui's that makes this home a sanctuary. A beautiful eclectic home in concrete stucco and weatherboard. Wonderful character is displayed with lead-light windows and polished floors delivering old-world charm and grace. Like many period-homes the rooms are slightly smaller but plenty of them, separate lounge, open plan kitchen and dining room. Single garage and storage underneath. Set in a landscape of pasture and native bush with a short drive to Waimauku School, Shops and Reserve. Muriwai Beach and walks at your doorstep.

www.mikepero.com/RX1158063



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027 632 0421

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HILLTOP LOCATION OVERLOOKING HELENSVILLE AND PARAKAI

3 2 2

By Negotiation

525 Kiwitahi Road, Helensville
By Negotiation

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

www.mikepero.com/RX1065529



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027 632 0421

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ELEVATED LAND IN RIVERHEAD - COATESVILLE

By Negotiation

731A Ridge Road, Riverhead By Negotiation

2.3943 ha (approx 5.6 acres) of land in an established country lane, a short distance to Riverhead shops and school. The land is semi fenced post and rail and has a house cut in place. From this cutting the views are plentiful through the valley and afar. Additional information is available to purchasers keen to put the dream home on a great land holding. Services at the lane side close to the proposed house site. Motivated Vendor looking to finance a new project. Call 027 632 0421 today to view or for more information. The CV on this property is \$510,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



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www.mikepero.com/RX1055369

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PLENTIFUL VIEWS, 1.8 HECTARE, NTH OF KAUKAPAKAPA

3 2

By Negotiation

3020 Kaipara Coast Highway, Glorit By Negotiation

Traditional and timeless, this solid timber fraemos home delivers the very best of Scandinavian inspired interlocking wood homes with a picturesque setting overlooking the Kaipara Harbour and surrounding hills and valleys. A three bedroom home with two bathrooms, wrap around decking and easy access from Kaipara Coast Highway. Easy access to Wellsford and Kaipapakapa and to boat ramp to the Kaipara harbour. If you are seeking the good life with sunshine, seaside and some farm animals, this 4.5 acre property and home will tick the boxes. The CV on this property is \$465,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



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www.mikepero.com/RX1116909

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BARE LAND IN WAIMAUKU / MURIWAI VALLEY - 1.2 HECTARES

By Negotiation

School Road, Waimauku
 By Negotiation
 Viewing by appointment

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



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www.mikepero.com/RX1085246

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 in today's market?
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Peter Carson

027 277 1904

peter.carson@mikepero.com

Office Location: 2 Clark Road, Hobsonville

www.mikepero.com



Home:garden

Is meth the new 'leaky home' crisis?

New Zealand is in the wave of a meth epidemic. It's one of the nation's most addictive substances and is becoming more of a housing issue than the leaky homes.

The numbers paint a daunting picture. In April 2016, \$150 million of product was seized in Auckland, followed by a staggering \$448 million seizure in Kaitaia. Sadly, methamphetamine use is an increasing problem in New Zealand.

It's impossible to accurately estimate how many houses are contaminated, but Housing New Zealand data shows that 688 of its 64,000 properties tested positive in the year ending May 2016, a 200 percent increase on the previous year. This is only a drop in the ocean, as you're just as likely to find a lab in a \$2 million suburb.

Last month, property owners and the decontamination industry welcomed the new Standards New Zealand rules, which give clearer guidance on the decontamination of meth-affected properties, including acceptable meth levels, screening, sampling, testing, decontamination and disposal.

If you're looking for a trusted expert, the Code Green Solutions team takes care of everything when it comes to meth decontamination. Call us for a free quote on 0800 000 452 or visit codegreensolutions.co.nz.



Chemwash

Is your property dirty? Grimy? Mouldy? The Chemwash system uses specially formulated products to create a clean & sterile surface. Chemwash can remove unsightly dirt build-up, mould, fungus, lichen, carbon, soot, grease, oil or plain old grime – however it is still safe around children and pets.

Spouting, guttering, fascias & soffits - People are often surprised to see just what is in their spouting and how quickly spouting can become blocked. Often the problem is not detected until water starts overflowing out of the spouting, or worse,



overflows back into the house coming out through light fittings and down internal walls. Debris will clog your gutters causing them to hold water, providing a perfect breeding ground for mosquito larva.

Windows - As you obviously care about the maintenance and appearance of your home, why not have your windows cleaned at the same time. Phone 09 817 9811 or email sales.chemwash@xtra.co.nz.

Winter mower service

It really makes sense to have your mowers & rider mowers serviced annually to reduce inconvenient and expensive break downs and improve performance and reliability during the busy seasons. Now is the best time to beat the traditional busy spring rush and have your mowers serviced by Grasslands. For your convenience, we offer a pick up & delivery service, or you may prefer to drop them off at either of our handy locations in Kumeu or Ranui. Service can also be booked online at www.grasslands.co.nz. Even a simple basic service and blade sharpen will make a big difference as you try to harness the rampant grass growth we will experience in coming spring months.



Even the more complicated repairs can be sorted by our factory trained mechanics and generally we can have your mower up and running in no time. Grasslands – Shamrock Drive Kumeu & Swanson Rd Ranui.

Subtropical garden

With spring just around the corner, it is a great time to consider the favourite of many gardeners, the subtropical garden. The warmth and humidity we get in Auckland can produce astonishing growth rates which can appease even the most im-





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Reg Drainlayer: Over 20 yrs Experience

patient gardener.

At Awa Nursery we have many plants which are tailor made for the subtropical garden, flowering spectacularly or that lush shiny foliage. Our hibiscus are now in stock and these are fantastic, brightening up your garden with its long flowering period. We also have the vireya rhododendrons in stock which is another plant which grows superbly in the subtropical garden. So many colours and flowering intermittently throughout the year these are a firm favourite.

Our list of fantastic plants for your subtropical garden theme is quite substantial. Consider the Cordyline Showoff with its green and purple foliage, the strappy clivia with that splash of orange or lemon coloured flowers, the gardenia with that heady scent, the wonderful foliage on the Philodendron Xanadu, the hen n' chick ferns, and not forgetting the bromeliads! From large palms to the small black mondo grass, there is plenty of choices for those wishing to add to their existing subtropical themed garden, or starting afresh.

Take the plunge and come and visit Awa Nursery for ideas and inspiration. Phone 09 411 8712 or visit www.awanursery.co.nz.

Your plumbing, roofing & drainage experts in West Auckland

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



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

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

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

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

Whether needed for large commercial projects or smaller residential fix-ups, they can provide a complete solution to any wa-

ter system, roofing or drainage issues.

For all your service needs from plumbing through to roofing, drainage, gas and pumps and drain unblocking, contact Laser Whenuapai at 09 417 0110. Open five days a week from 7am-5pm, Laser Plumbing & Roofing is located at 45 Brigham Creek Road, Whenuapai. Visit their website whenuapai.laserplumbing.co.nz for more information.

Independent pre purchase house inspections

In this edition I wish to speak of the need to have pre purchase house inspections carried out on new homes. In recent months I have found a large number of workmanship faults on some new homes. On one a total of 76 faults was found and 58 faults on another. I am often asked "How is it possible that a house with so many faults can be signed off by council inspectors"? The answer of course is that the council inspectors ensure that the house is built according to the building code, but not necessarily to a high standard of workmanship or attention to detail.



I believe it is necessary and wise to have a pre purchase inspection carried out prior to purchasing any home. Older homes may present problems such as subsidence, insect infestation or leaky building issues etc. but almost all the faults I find on new houses are workmanship related, many of which are easily remedied but some not so.

Our inspectors Kevin and Keith have over 100 years building experience between them. There is a lifetime of experience behind our eyes. To speak to Kevin call him on: 021 288 0101, email kevinmontgomerie@gmail.com or visit www.independenthouseinspections.co.nz.



Chris Ridley 021 488 274 or chris@streamlineelectrical.nz

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Dan's Tips

August 2017

Spring is almost in sight! Time to start planting vegetables like carrots and beetroot, fertilise citrus trees and do some light pruning. It's also a good time to plant early spring flowers - hellebores, azaleas and camellias will grow great!



Time to sow vegetables

Sow carrots, spinach, spring onions and beetroot directly, sow tomatoes, capsicum and lettuce in trays indoors or in a greenhouse

Growing Food

- **Fertilise fruit trees**, especially citrus that are beginning to flower now. For an organic treatment, liquid feed them with Acquaticus Garden Booster, or apply a layer of sheep pellets. A good tip - apply BLACKGOLD Mulch around your plants - this inhibits any rapid weed growth during early spring
- **Sow carrots, spinach, spring onions and beetroot directly**; sow tomatoes, capsicum and lettuce in trays indoors or under cover, if you don't have a greenhouse
- **Get herb gardens ready for spring** - prune and shape thyme and rosemary, lift and trim roots of mint and plant coriander and parsley
- **Lightly prune fruiting plants** - blueberries, feijoas and autumn-fruiting raspberries
- **Fork fresh Garden Mix or Compost** through the top 10cm of your vegetable bed - this is the area where the roots of young vegetable seedlings will need some nutrition
- **How to plant Potatoes** - Use a balanced potato food or apply plenty of good quality (Living Earth) organic compost to your soil. Dig furrows of around 15- 20cm deep and plant the potatoes - tubers upward, about 70cm apart. Fill in with soil just covering the shoots, by gently raking the soil back over them. Do not press down. The idea is to continue 'hilling up' the potatoes as they grow, covering the foliage by about 10cm at a time. Early potatoes are generally ready in three to four months' time when the foliage begins to yellow. Perfect for Christmas...

Other Work

- **Time to plant early spring flowers** - even if you forgot to plant spring bulbs way back in autumn, now's good for hellebores (winter roses), azaleas, and camellias. Great mileage can be had from the potted colour table at the local garden centre with primulas, polyanthus and poppies. Or, if you have the space plant a NZ clematis, *C. paniculata* - it has beautiful flowers appearing now.
- **Prune hydrangeas** back to double shoots, unless the stem ends in tightly pointed foliage - this is an early spring flower.

Lawns

- Advice from Prolawn, the turf professionals - **'if the lawn is wet, don't try to mow or walk over it, you're better to wait until it dries out a bit'**
- Use a **general lawn fertiliser during August** - Prolawn Garden Supreme.



Get the herbs growing

Now is the time to prune rosemary and thyme, lift and trim mint roots and plant coriander and parsley - yum.

"If the lawn is wet, don't try to mow or walk over it, you're better to wait until it dries out a bit"



Replenish your soil and help your plants grow

At Central Landscape & Garden Supplies Swanson we have Living Earth Garden Mix to help replenish your gardens and raised beds.

We also have a range of compost, barks and mulches so come talk to our friendly staff about your garden needs.

Open Hours: Monday - Friday: 7am - 5pm, Saturday: 8am - 4pm, Sunday: 9am - 4pm
www.centrallandscapes.co.nz • 09 833 4093 • 598 Swanson Road, Swanson

Build: **New**

Everything you need to know about creating a new home - The design and build hub

Essential seminars for anyone considering designing and building a new home in Auckland are now on in the heart of Newmarket. Following the opening of Jalcon Homes' new initiative, The Design and Build Hub, comes Jalcon's 'Hub Talks' information series – practical, free seminars where people can learn about all aspects of designing and building a new home from experts in their field. Having built over 1,600 homes in Auckland, Jalcon's designers and builders are amongst the most knowledgeable in the industry, and they want to share their knowledge, experience and insights with the Auckland public. Jalcon CEO Bruce McKinnon says clarity and confidence in the design and build process does not always go hand in hand, something he is hoping the Hub Talks will change. "We have identified critical stages in a project's journey, from concept drawings to completed building, and have assembled a panel of experts to speak on these subjects. Many people have come to us saying 'we don't know where to start' or are unsure of the questions they should be asking themselves during the design and build process to reach the best outcome possible. We want to change that, we want our customers to be fully prepared and confident in their decisions before pen even goes to paper." To browse Hub Talk themes, dates and times, and to register for a session, go online

at www.thedesignandbuildhub.co.nz/hub-talks or sign up at the Hub itself. The Design and Build Hub is located at 35 Teed Street, Newmarket, with the main entrance on Gillies Avenue and is open from 10am six days a week (closed Monday).

Save on energy bills with Compass Homes

Like most people during the winter, you will have been calling on those extra energy sources to heat your home, such as a gas fire, heat pump, or heater. And you've noticed your energy bills increasing. A low thermal mass home, typically with an R-value of 2, doesn't retain the heat as well in a home and you end up spending more and running your heating sources for longer. A high thermal mass home, typically with an R-value of 4, an example of this is a solid concrete in-situ home with good insulation, is highly efficient at retaining the heat and energy in your home, ultimately reducing your energy bills. Create a warmer, drier, and healthier environment for your family through the long winter months in a solid concrete home. Feel free to pop in to see us at our show home at 3 Larmer Drive, Huapai. Or drop me a line. Scott phone 027 406 3684.



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Here at G.J.'s we are proud to be the market leaders in this large and growing home building industry, and are thrilled to be able to offer this amazing opportunity to driven and motivated individuals. The G.J. Apprenticeship Scheme is the first step in that process. For all students about to leave school or anyone looking for a change in career path, this is the perfect opportunity to join a booming industry with the market leader that has the reputation and career path for advancement. To enquire about any of our apprenticeships visit our apprentice page today.



with a 5% deposit, with loan repayments commencing once you have moved into your new home. Therefore enabling you to continue renting until your home is complete. This can all be simply managed as we can design and build your new home at a guaranteed price and to a fixed timeframe. Generally it's the unaffordability of the process rather than building new that hinders people. This type of financing alleviates that pressure. Nowadays loans can be structured to the needs of the borrower. To find out more call us today 0800 020 600.

Why build over buy?

Why live in a second hand house when you can customise a new home to meet your family's needs. Furthermore, a new home meets new building requirements, utilises modern materials and technologies ensuring a warm, dry well designed home. Consequently the resale value is secure. Building a new home in 2017 is generally low risk and makes financial sense. Financing a new build is more achievable as a lower deposit is required. The time it takes to raise a 20 % deposit \$191,200, for an existing dwelling (median Auckland price \$956,000), sees the price of that house increase by the time you have saved the deposit. Alternatively a new home can be financed



Tradie of the month

This month we would like to congratulate Hennie Pheffer, Project Manager for Kinetic Electrical. Hennie is the electrical supervisor on all Maddren Homes jobs and our ITM Tradie of the Month. Responsible for walking our clients through their new home and personalising their electrical requirements, he always puts our clients' minds at ease, creating tailored plans and going the extra mile to ensure the perfect fit out. His enthusiasm for his job is obvious, as is his wealth of knowledge and attention to detail. The additional support he gives to Maddren Homes in advice, experience and the all-important paperwork for compliance makes working with Hennie a pleasure. Maddren Homes would also like to thank Western ITM for their continued support to acknowledge the hard work and dedication of our Tradies.



NEW OPPORTUNITIES:
www.maddrenhomes.co.nz/buy-now



Artist impression only. Colours and finishes may vary dependant on design choices

FOR SALE

KORAKO DRIVE KUMEU - LAND SIZE 737m² - HOUSE SIZE 205m²
 Under construction with an estimated completion date of October 2017.

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Food: Beverages

Indian Summer

Indian Summer in Hobsonville Point has been up and running for half a year now, and the enormous potential for the restaurant as well as the wider Hobsonville Point Community is clear to see. I am deeply grateful that the community has embraced my venture so completely, and as a result I am more excited than ever to perfect my tried and true recipes as well as innovate and truly establish what modern Indian cuisine means to me, a goal which I plan on implementing very soon. Huge thanks once again to the community for supporting me, and I look forward to seeing you soon.



25mL

At 25mL, we roast our own coffee so it is always fresh and tastes great with a clean and smooth finish. We hand-sort our green beans before roasting to maintain the quality and by cupping (tasting procedure after roasting), we make sure our coffee taste is consistent.



We are an eatery as well, hence people can enjoy our variety of

dishes with our great coffee. Including classic big breakfast and eggs bene, we have waffles, bagels, salads plus two signature menus which are steadily getting attention. Great tasting cabinet pastries are available also.

A variety of roasted beans are available to purchase as well, so if customers want to try something different from our unique blend of coffee, they can buy single origin coffees that are roasted to perfection.

We are open at 72a Hobsonville Point Road from 7-4 weekdays and 8-4 on weekends, however we are closed on Wednesdays.

Peko Peko Japanese Takeaway

Tofu is one of the foods we may eat every day in Japan. It's great to have it as a main dish as well as having it in miso soup. Tofu is made from soy beans and it's rich in protein and iron but low in calories, and known as a healthy food worldwide. It can be an alternative option to meat for vegetarian customers but in Japan we eat it on any occasion.



At Peko Peko, we have Teriyaki Tofu rice bowl, or tofu salad. You can enjoy tofu with rice and salad or scrambled eggs, or you can enjoy it with salad and sesame dressing. If you feel like a meat free day, it's great choice at Peko Peko and also it can be yummy choice for vegan customers. We are a small food truck located at the car park of Passion Produce vegetable shop car park on 92 Hobsonville Road. You can find us on Facebook for our opening hours, menus and any updates. We look forward to seeing you.

Sweet Lemon Loaf

- ½ cup butter (75g)
- 1 cup sugar
- 1 lemon - grated rind + juice
- 1 ½ cup flour
- ¼ tsp salt
- 1 ¼ tsp baking powder
- 2 eggs – lightly beaten
- ½ cup milk



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BORIĆ Food Market

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

½ cup chopped walnuts (optional)
 Cream butter and sugar together until light and fluffy.
 Add eggs one at a time. Sift dry ingredients and add alternatively with milk.
 Add lemon rind, juice and walnuts and beat well.
 Put in lined or greased loaf tin.
 Bake 180°C – 35 mins
 When cooked prick all over and drizzle with – juice of 1 lemon and 1/3 cup sugar combined.
 For cupcakes: Double mixture for 30 large or 60 small cupcakes. Bake 25 mins.
 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.

Hallertau Top 100

Riverhead's Hallertau Brewery has been named by Cuisine in the top 100 NZ restaurants for 2017. Stephen and Hayley Plowman were thrilled and honoured by the recognition. It's Hallertau's debut on the list and comes after their extensive renovations in 2015. Steve says 'this is the culmination of over a decade of hard work by the entire brewery and front of house team, credit must go to them'. Hallertau trades 7 days a week with an all-day kitchen and of course an extensive selection of tasty brews on tap.



The Herbalist craft beer

With the rise in craft breweries, the New Zealand beer category has become a far more interesting scene than it was ten years ago. Rather than the old criteria 'wet, cold and thirst quenching' modern consumers are looking for different hop varieties, malt complexities and interesting flavour profiles. Enter The Herbalist a small local Kumeu based (West Auckland) business run and operated by Rebecca and her husband Grant. Brewing is not new to this family, Rebecca's grandmother home brewed regularly in her old manual washing machine bowl well into her seventies.



This husband and wife team have developed a tasty range of the below craft beers incorporating their collective craft beer brewing skills and Rebecca's extensive knowledge of herbs being a qualified Herbalist.

Manuka Ale, 5.4%

ALL THINGS BERNINA

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This highly refreshing ale is finely infused with Manuka Leaves, Fennel Seeds and Burdock Root.
 Rosemary and Liquorice Ale, 5.4%
 Infused with a hint of Rosemary and Liquorice to excite the taste buds and pair to lots of foods.
 Nettle & Bilberry Lager, 5.3%
 Well balanced and layered with subtle and interesting flavours.
 Local stockists: NEW select West Liquor stores (The Trusts) Fresh Choice Waimauku, The Bottle-O Huapai, Black Bull Liquor Northwest, Boric Food Market, Soljans Estate, Hobsonville Kitchen.
 Visit www.theherbalist.co.nz; facebook.com/theherbalistcraftbeer.

The Tasting Shed

The last 12 months have been huge for The Tasting Shed team, with several awards under our belts, some fabulous events, birthday celebrations and weddings, plus our wonderful local and city dining customers. We appreciate your continued support going into the 7th year of our restaurant dream. As usual, we will be closing for a month from Sunday the 3rd of July and reopening on Wednesday the 2nd of August to give our awesome kitchen and front of house teams a well-earned break over the winter. We look forward to serving you once we reopen in August for what is already looking to be a very busy festive summer 2017/2018. Thanks again, and stay safe on our roads during the cold and frosty months. Best wishes, Jo & Ganesh Raj Phone 09 412 6454 www.thetastingshed.co.nz.



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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

for a vast range of weddings, birthdays, anniversaries and corporate functions. Our location allows your guests to experience the ambience of Kumeu Wine Country, which is 20 minutes away from Auckland City. The Winery was purposely built with functions in mind. We offer varying options for the sizes of your group with our function spaces able to be split into sections with bi-folding doors for intimate or free flowing functions. We can offer numerous styles of menus which are served with a high standard of service from our staff. Our excellent services have repeatedly won us the Beef and Lamb Award and Trip Advisor's 'Certificate of Excellence'. Functions should be enjoyable and stress-free. Our dedicated team will look after every detail to ensure this. For more information, please contact our Functions Coordinator Brittany Willemse on 09 412 2824 or email functions@soljans.co.nz.

The Fireplace launches new winter menu

The Fireplace in Kumeu continues to attract fans from far and wide as it launches into its new winter menu. This menu will focus on hearty dishes, almost comfort food, but with the flair and thoughtful presentation that has always been a hallmark of The Fireplace Restaurant.



The Fireplace has always been the heart of the Kumeu food offering, bringing together a combination of classic flavours with unexpected textures and taste sensations. The dining experience is an ongoing and intriguing journey, offering twists and turns, inviting you to revisit familiar territory while tempting you to explore new destinations. With this in mind, their team of chefs have incorporated seasonal produce into dishes that we all crave during the colder months. Many of the ingredients used in the dishes are organically grown or free range, promoting local fresh produce and sustainability within the area.

The early riser menu will be served from Friday – Sunday 10am -3pm offering big breakfast, eggs bene, corn fritters, pancakes, burgers, fish 'n'chips along with our lunch specials & lite bites menu.

At dinner we have a variety of steaks from the grill, a selection of burgers, and our regular specialties like butter chicken, peccan chicken schnitzel, pork ribs basted in our sticky bourbon sauce, pie of the day, pasta and much more. Check our menus on line: www.thefireplace.net.nz/menus

The bar is open 7 days and there is a delectable bar menu to satisfy any appetite with sharing platters and lite bites on offer. As would be expected from a restaurant located in the wine country, at The Fireplace we offer a full range of wines and have just added Heineken on Tap along with Monteith's original and Export Gold.

The Fireplace is located at 64 Main Rd, Kumeu. Phone 09 412 6447. Visit www.thefireplace.net.nz for more information. Open Monday - Thursday from 12 noon to late & Fri-Sun 10.00am to late.

Seasonal favourite returns

It's an oldie but a goodie.

Mary from NoShortcuts has recently completed this year's batches of her Old Plum Chutney and now has limited stock available for purchase. This product is chock full of juicy plums from a Te Kauwhata orchard. It goes great with duck, pork, sammies, cheese and crackers, cold meat platters. Mary adds no fillers, concentrates or chemicals – instead her philosophy is to stick to good old fashioned methods of cooking to ensure flavours are enhanced and all the health benefits are retained in her NoShortcuts products. It's all handmade - just like mum made. Order online at www.noshortcuts.co.nz and keep up with Mary at Noshortcutsnz on Facebook or noshortcutschutneys on Instagram.



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Petstips:advice

Raw Essentials

At Raw Essentials, we feed cats and dogs on a species-appropriate diet of NZ-grown poultry, veal, lamb, fish, venison, and wild prey.

Possum are New Zealand's most damaging pest species; they devastate native forests, chewing through over 20,000 tonnes of foliage each night. They impact our dairy industry through the spread of tuberculosis, and they eat the chicks and eggs of endangered native birds.

Over \$100 million is spent each year on possum control. Our NZFSA-licensed hunters play an important role in keeping numbers down. Rather than waste the carcasses, we are able to utilise them as a nutrient-dense food for cats and dogs. The fur is removed and used in local and international markets. Our possum is sourced from TB-free areas, and inspected at an MPI-approved processing plant.

These wild, free-ranging animals are living off our rich local flora, which makes them an incredibly nutritious food for cats and dogs. They really are the ultimate food for our pets!



Cats and cold weather

Cold weather can be hard on cats, just like it can be hard on people. When the temperature dips, it's important to protect your cats from the cold. The best prescription for winter is to keep your cat inside with you. Being outdoors, does nothing to improve the quality of your cat's life.



Be particularly gentle with elderly and arthritic cats during winter. The cold can leave their joints extremely stiff and tender; they may become more awkward than usual. Have a thick, soft bed in a warm room away from all outside drafts and preferably off the floor. Keep your pet's coat well groomed. Matted fur won't properly protect your pet from the cold.

Kanika Park Cat Retreat has central heating to keep your babies warm while you are away. Call us on 09 411 5326 / 027 550 1406, or find us on Facebook at

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Kanika Park Cat Retreat.

Socialising your dog

By the time your puppy is 12 weeks in an ideal world she should have been exposed to all kinds of people, sounds, places etc. in order to become a balanced dog that can be taken anywhere without stress. The socialisation itself isn't however enough, we need to teach our dogs that their human is their main focus out in the wide world and the rest is just background. Once we can achieve this we can venture anywhere knowing we have created a well behaved dog. The reality is often a different picture; puppies well over 12 weeks before they even begin their socialisation, owners unable to invest the time/frequency required, not equipped with the know-how; and before you know it gaps are in the dog's education.



But it's never too late to start. Obviously with older dogs things are going to take more time.

Start little and often, at home at first, find the thing that will keep your dog's attention on you: is that favourite food? A toy? Acting the goat? Get in your laboratory and discover what you need to do to keep focus on you. Do it often, every day, and then start to take your new training out to places. Add a verbal cue to start and finish 'you/dog' time. If you have a dog that is fearful aggressive, wearing a muzzle will give you peace of mind. Use a long line lead so you can practice whilst giving your dog space too. Always carry your food treats and make sure any potentially intimidating experiences become associated with good things-treats! Ask that scary bike rider to stop and give your dog one of your treats. With time and effort, your dog can become confident, well-mannered and fun to be with in all kinds of places.

If you're engaging a dog walker to help socialise your dog that's great! A good dog walker will make sure your dog is exercised with exposure to all sorts of stimuli and given boundaries too. However your dog walker might only see your dog once a week for a few hours, so be sure you're putting in plenty of effort too in order to reap the rewards. A few minutes several times a day is all it takes to get started.

Muriwai's dog walker is Lisa at Country Pets. Limited spaces are currently available for small/medium dogs. See Facebook Country Pets or contact Lisa on 027 380 0265.

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Book a free phone consultation online at www.thek9way.co.nz or call us now on 021 239 0635. We speak dog, let us teach you to do the same!

This month we are going to introduce you to the third Golden Rule: Stand like a tree

Sometimes when out and about you might come across a dog that is over excited, intimidating, scary or just wants to say hello to you; but you may be uninterested or even a little bit frightened. It could be running towards you or trying to jump up at you. In these situations it can be very tempting, especially for children, to run away from the dog. However, this can cause a lot more problems.

When children (or in fact anyone) runs from a dog they can initiate chasing behaviours, and as dogs are generally a lot faster than humans it doesn't take long for 'chase' to turn into 'catch'. It may be that the dog is excited and chases the child like it would any other toy or dog friend, but when the dog catches the child it may use its teeth, just like we would use our hand, but in this situation damage can be done, although not malicious it is still painful and in some cases, can cause a great deal of damage.

It is important to teach children (and adults too) that instead of running they stand like a tree. The idea is that they become so still and boring that the dog leaves them alone to find something more entertaining to do.

To stand like a tree you simply:

- Stop and stay still
- Wrap your branches – hold your elbows
- Keep quiet



- Stare at your roots – look at your feet

It is important that you teach children to hold their elbows, this stops them from moving their arms around, movements like that could encourage the dog to interact with them.

It is also important that they stare at their feet; this again stops them from watching the dog and accidentally moving around, as well as preventing them from making direct eye contact with the dog.

Please make sure you teach your children the 3 Golden Rules on staying safe around dogs:

1. Always ask - Before touching a dog you should always ask its owner. If there's no one there to ask then the answer is no. Parents and guardians it is your responsibility to recognise if the dog wants to interact, most children don't understand basic canine body language.
2. Where to touch a dog – Only touch the dog on the side or the back
3. Stand like a tree – If you get scared, do not run! Instead be still like a tree

Our 3 Golden Rules are based around the rule of three. The rule of three is a technique used as research has shown people tend to remember three things. Items introduced in sets of threes are more engaging and effectively executed. Making sure children know the 3 Golden Rules as a minimum will go a long way in helping to reduce dog bites throughout New Zealand.

For more information on keeping children safe around dogs contact Kids Safe with Dogs Charitable Trust on 09 969 3007 or go to the website www.kidssafewithdogs.co.nz.

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Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$85 plus GST you can be exposed to over 22,000 locals for a whole month. That is only \$2.80 a day. For more information email our editor at jbw51red@googlemail.com.

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Health:beauty

Ankle injuries

Ankle injuries are probably one of the most common presentations we see in our urgent care clinic. They are usually caused by rolling the ankle inwards or outwards. Most ankle injuries fall into one of two categories-sprains or fractures. When we see a patient who has hurt their ankle, one of the things we first have to decide is whether or not they need an x-ray.

Why not x-ray everyone? Remember that x-rays involve radiation exposure, and, although very small, this is cumulative throughout a person's lifetime and can cause damage to cells, so we try not to x-ray everyone if we can avoid it. Don't be upset if you get an x-ray, it is good news and indicates your doctor does not think your injury is serious. Afterwards your doctor will give you guidance on how to look after your injury.

Doctors use a set of guidelines called the 'Ottawa ankle rules' which determine whether or not to complete an x-ray. These rules advise an x-ray in certain circumstances, for example, if a patient is unable to walk, or if there is tenderness on pressure in certain areas of the ankle.

If a fracture is diagnosed, your doctor will decide on the next step (no pun intended!). Small fractures of the outside of the ankle can often be treated with a padded boot called a 'moon boot' and crutches. Larger fractures sometimes need a cast. Occasionally input from the orthopaedic team is required especially if there is displacement of the fracture fragments or there is an associated wound. Sometimes an operation is needed which involves putting the fracture fragments together using metalwork.

One thing to remember about x-rays is that they occasionally do not show fractures, even if a patient has all the clinical signs of a fracture. In this instance, it is not uncommon for the doctor to treat a patient as if they do have a fracture, in a cast or moon boot.

So how do we manage ankle sprains? Again, sprains can range from being minor to more severe, depending upon several things, such as which ligaments of the ankle are affected and how much they are affected. Many sprains respond to ice, compression and resting. Ice is usually affective at soothing the pain and reducing swelling. Resting the ankle also helps, but early gentle mobilisation is recommended for minor sprains. A physiotherapist is often helpful for the management of sprains, and your doctor will decide whether or not this is necessary.

Ankle injuries are common. I probably see around four per week. Unless there is no pain after an injury, it is always best to seek medical advice, and proper management will improve you

long term outcome.

Dr Isabelle Duck is a GP and Urgent Care doctor at Westgate Medical Centre.

Elevate Chiropractic – Are back braces good or not?

If you have hurt yourself or want to protect your back from injury, back braces may not be the best idea. Here is what the research says:

- Wearing a brace may not be of benefit if you already injured.
- Wearing a brace does not reduce the risk of injury, in fact, wearing a brace may expose you to the risk of a more severe injury.
- Wearing a brace can give you a false sense of security when lifting.
- Wearing a brace for a period of time can increase risk of injury.
- Wearing a brace can increase blood pressure and heart rate.

This is a portion of a recent blog post on back braces. Visit our website, www.elevatechiropractic.co.nz, to find out more information and what guidelines are suggested when using a back brace. Elevate Chiropractic: Shop 1, 10 Greenhithe Road, Greenhithe. Phone 09 413 5312.



Glasses and gifts

Our gift shop within our Optometry practice is a joy. Feel free to browse among our extensive selection of frames, or try on a scarf with a string of seed pearls. Find a quality gift in any price range - for a man or a woman. But most of all - feel welcome.

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Hobsonville Podiatry is growing

We have a new Podiatrist on board, Dani Sutcliffe.

Dani originated from Germany but has lived in Auckland for over 30 years. She has worked in the business sector, gained a Master's Degree in Professional Studies and worked on a Doctoral thesis in literature before coming to Podiatry later in life - bringing many years life experience to her practice. What Dani enjoys the most about Podiatry is "the close interaction with my patients and the provision of top line care to help resolve issues that present".

We are excited to have Dani as part of the team at Hobsonville Podiatry. She has a genuine, compassionate nature and is a wonderful problem solver.

Dani will be in the clinic on Monday and Wednesday mornings from 8am - 1pm, resulting in the clinic now being open longer. Please find new clinic hours below. Monday 8am - 7pm. Tuesday 8am - 4pm. Wednesday 8am - 7pm. Thursday 8am - 4pm. Friday 8am - 2pm.

If you would like to book in with Dani please call us on 09 390 4184 or online at hobsonvillepodiatry.co.nz - select Dani Sutcliffe when booking.

Hobsonville Podiatry is located at level 1, Hobson Centre, 124 Hobsonville Road, Hobsonville.



Remedial massage therapy

Whilst a relaxation massage helps de-stress and loosen up your body and is great for those who feel like treating themselves to some TLC, a remedial massage is geared for those who have particular muscle tension or chronic pain.

Treatment includes deep tissue massage, which utilises classic Swedish massage strokes with added firm pressure to address areas of pain and muscle 'knots' and may also include trigger point therapy or myofascial release therapy depending on your symptoms.

The remedial massage therapist uses skilled manipulation combined with an in-depth knowledge of anatomy and physiology. They are skilled at dealing with all types of conditions, including sports injuries, traumatic injuries, overuse injuries and stress-related tensions.



Remedial massage therapy can be combined with Physiotherapy treatment to provide patients with a full-service approach to rehabilitation and muscle relaxation, accentuating the effects of physiotherapy as well as promoting recovery.

For more information check out our website at www.northwestphysioplus/massagetherapy.

I'm too unfit - I don't have time

I don't know where to start. Eek classes, no way - I'll embarrass myself. I hate crowded gyms with people staring.

Sounds familiar? YES. But you are ready for more. More energy to get through your list of task/projects. More confidence to get the career you want. You want to feel & look amazing in your clothes (and out of them too). You want to be able to arrive home with energy to spend quality time with your kids & partner. BUT you need something that fits into your busy lifestyle that is simple & you actually know that you can do.

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For more details check out www.benefityou.co.nz or email Melissa who is more than happy to chat.

Celebration spa packages at Spa Di Vine

Spa Di Vine (est. 2002) in Waimauku is the perfect place for a great experience and relaxing time with the girls.

Arrange a half day spa for a birthday, or just because it would be lovely to catch up with each other for more than just a minute. A friendly welcome and expert spa therapists, a soak in the hydrotherapy spa pool, various massages and facials to choose from and time for sitting by the fire place with refreshments. The team at Spa Di Vine have more than 15 years' experience to ensure a great experience.

Phone Paula on 09 411 5290 to ask about The Girls' Day Out Package or send an email to relax@spadivine.co.nz, www.spadivine.co.nz. Spa Di Vine is located in Waimauku, open by appointment only.



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Six benefits of regular therapeutic massage

There are various kinds of massage, but the results are either relaxation or therapeutic. They are both effective and offer benefits, however they have very different purposes.

Typically, a spa offers relaxation massage on its own or as part of a 'spa day' package. The massage will be pleasurable and relaxing but won't necessarily include a discussion of your health needs, and the person providing the massage may not have a therapeutic qualification.

If you have health needs a therapeutic massage would be more suitable. Always make sure that the therapist is qualified and works within their scope of practice, the therapist should have their qualifications displayed.

So, without further ado, here are some compelling reasons to book yourself in for a therapeutic massage.

- Correcting soft-tissue problems in your body – a therapeutic therapist will assess your body, register changes over time and design client focused treatments. They use specific techniques to address injury, postural or joint issues, to improve circulation, reduce pain and to bring about a general sense of well-being.
- Increase mental alertness – as your body relaxes and de-stresses through massage, your levels of mental clarity and alertness are enhanced.
- Ease tight muscles and reduce pain – massage techniques can release trigger points, stretch and elongate muscles and break down adhesions.
- Increase joint range of movement – by releasing the tension in the muscles surrounding a joint, the range of movement in the joint can be increased.
- Reduce stress – one of the most noted effects of massage is the feeling of calm and relaxation, reducing both emotional and physical stress. The soothing benefits of massage encourage the release of endorphins, the chemicals that are responsible for our 'feel-good' factor.
- Immunity boosting – by decreasing stress, the levels of stress

inducing hormones such as norepinephrine, adrenaline and cortisol are reduced. This gives your immune system the opportunity to work more efficiently. As massage also increases circulation and improves lymphatic drainage, it thereby further boosts the immune system's efficacy.

If you should find yourself in need of a therapeutic massage call Debbie from Body-Balance Massage & Neuromuscular Therapy, based in Riverhead – 021 120 2175.

What are your eyes telling you?

Regular eye checks may help with more than just your eye health. Did you know that if you notice a white ring forming around your iris, it could be an indication of high cholesterol, which might mean an increased risk of heart attack or stroke? Also, untreated high blood pressure can damage the blood vessels in your retina, known as hypertensive retinopathy. You can't see the effects in the mirror, but your For Eyes Optometrist will be able to spot any damage during your eye exam. Give them a call and book an appointment today, For Eyes Optometrists, in the Kumeu Village, 09 412 8172 www.foeyes.net.nz.



Shoe Talk's thought on: Why we love the brands we stock

I only stock brands that I believe in and that fit the following characteristics – comfort, quality, brands that fit the Kiwi foot and are fit for purpose. So whether you are buying functional every day shoe or a pair of fashion high heels from my store the above holds true.

- Did you know that all my ladies fashion footwear has a padded footbed and things such as antibacterial lining, the heels are designed to balance you correctly on both the ball and heel of your foot? All this and fashionable styles as well!
- My Propet brand, most styles have removable footbeds, there are styles from fun active casuals through to styles for people with feet issues such as diabetes.

This is why people who try my footwear on love them due to all the bells and whistles. Also my ladies and I really do talk shoes so we provide outstanding customer service. So if you haven't yet been in drop in and see us. There are now two stores; one in Henderson and one in Browns Bay and we look forward to meeting you.

401A Great North Road, Henderson. Phone 09 835 9936 or visit www.shoetalk.co.nz.

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Shoe Talk Ltd: 401A Great North Road, Henderson, Ph: 09 835 9936
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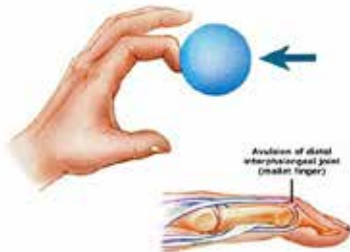
At Top Notch Massage Therapy, we understand the stress that is placed on the modern life; whether that is from a



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

Help I can't straighten my fingertip

Mallet finger injuries occur when the tendon that normally straightens your finger is disrupted by sudden forced bending of your fingertip e.g. catching your fingertip on a ball, or other object. Sometimes a bone fragment may be pulled away with the tendon.



The fingertip sits in a bent position and cannot be actively straightened.

- Mallet injuries can be effectively treated conservatively with few needing surgical management
- Treatment involves splinting the fingertip in a straightened position for 6-8 weeks to allow the tendon to heal
- Rehabilitation exercises and activities after the period of immobilisation helps to enable normal use. Hand Institute Kumeu 09 412 8558.

13 Reasons why normal people go to Psychotherapy

If you feel stuck, that something is a bit wrong and you can't put your finger on it.

If your feelings are too intense for you to manage.

If something traumatic has happened and you can't stop thinking about it.

If you are starting to rely on a substance to cope with everyday life difficulties.

If your previously enjoyed activities aren't fun anymore.

If your relationships are strained and you feel less connected and loving, or alone.

If you are experiencing a life change or transition.

If you have a physical illness.

If you can't understand what motivated your past decisions, or why you still suffer.

AND if your already good life, career, parenting, marriage could be even better.

Psychotherapy is a conversation between us, but it is more than a chat, it's a relationship between two people dedicated to facing the deepest truths of our lives so we can be more self accepting and have a more enjoyable life. No-one else can tell you that you should go, (don't we all rebel against that?) but if you sense you could benefit from a couple of sessions, please contact me to discuss. 021 477 523 Sarah Hamilton.

Joint or muscle pain - Anti-flamme or Tiger Balm?

There is a lot of ointments and creams on offer to relieve a sore muscle or strained joint. We are often asked what would be the best to use. It all depends on the condition. If it is a fresh injury, such as sprain, Anti-flamme or Traumeel is a good choice. They tend to soothe the acute pain. For long standing and recurrent ache Tiger Balm, Voltarol gel or bee venom cream seem to work better. They tend to warm up the area and assist healing.



There are a lot more of them around that often work as well and we recommend trying them if common ones didn't work. The rule of thumb is cooling and soothing for fresh injuries,

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warming and stimulating for long standing ones. And watch for rashes and abnormal skin reaction - you might be sensitive or allergic to some compounds, in which case stop using them. At Family Osteopathic Clinic we might be able to find a cause of your problem. Come and see us at 39 Hobsonville Rd, 09 416 0097.

Banish dry eyes this winter

All of us have probably suffered the sensation of dry eyes at some point. The dry, gritty feeling can be brought on temporarily by lack of sleep, a dry climate, and many other environmental factors. But for some people, dry eyes can be a constant problem, and one that requires treatment to bring relief. We have recently introduced in-house dry eye treatments to our services. This treatment is non-invasive and effective for most common types of dry eyes. Receive \$30 off your first treatment by simply mentioning this offer, valid until 31st August 2017. For more information or to make an appointment - phone our friendly team. Phone: 09 831 0202 or visit www.westopt.nz.

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 This winter at
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Are your kids an 'excuse' or a reason? Part one

I'm a dad of a 3 year old boy and my life is about to drastically change - we have identical twin boys on the way (like anytime now). My wife's job is full on and full time and for much of Harrison's early childhood I have been 'Daddy Daycare', 'Personal Trainer', 'House Husband'. So trust me when I say I know parenting can be tough - the sleepless hours, the relentless juggling act, the endless ideas to keep a little one entertained.



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But through all of this, I am proud I have kept health and exercise forefront in my life. Sure, there have been times I've set an early alarm to fit in a workout and have switched it off and gone back to sleep. But all in all, fitness remains a constant. Children can either be your 'excuse' not to work out - or they can be the 'reason' why you choose to get off your butt. Make them the reason. Look out next month for practical tips on exercising as a family.

Peter Bristow - B3 Personal Training, phone 027 359 0976, visit www.b3training.com or email peter@b3training.com.

Neck pain or back pain?

If so, come and see us at Kumeu Chiropractic.

Doctors Chris and Nolene McMaster are well known in the West Auckland area where they have lived and practised Chiropractic care for over thirty years.



They are now into their sixth year of practice at Kumeu Chiropractic and have loved the positive effects that Chiropractic has had in the lives of the many nor' westers they have already looked after.

Back and neck pain can deteriorate into other body malfunctions such as headaches, limb pain and more debilitating conditions such as sciatica. Kumeu Chiropractic's approach is one of correction and then prevention, as it is important to maintain good health habits even after the affected area has healed.

Improving spinal function through Chiropractic care assists your body to work better; it's as simple as that.

Don't wait for your neck and back pain to develop further. Call us now for a full spinal evaluation. Phone us on 09 412 5536.

Strength is everything

Gel Polish usually adds enough extra strength to natural nails for most people however there are some who still struggle with strength and experience frequent breakages.

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nails prior to the Gel Polish and soaks off with the polish at the time of removal.

For more information please contact Larissa at The Polish Room, 027 407 2264 or facebook.com/thepolishroom.

The weather is getting colder

Sometimes it is easier to just stay inside and keep warm. I am one of those people who love summer, and was never keen on winter. But then I changed my perception of winter. I started thinking beyond winter and wondering what I would like to be doing in the next summer. So then I started planting seeds. What did I need to do now that would enable me to have any even better summer? Winter is now a time for regrouping my ideas and challenging my goals. It is a time for me to study and to think what I need to do know for when summer rolls around. What could you be putting into place now that will make your summer even better? Be sure to check out my new courses life-successcoach.coursegenius.com. Kim McNamara Hypnotherapist/ Life Coach www.lifesuccesscoach.co.nz. Phone 027 978 5970.

CrossFit Red Dragon has a new home

CrossFit Red Dragon has committed to the Hobsonville Point community for a further 4 years and moved into the new business park at WorkSpace Drive, opposite Hobsonville Primary School. CFRD has been a part of the Hobsonville Point community since January 2016, providing fun fitness classes which focus on strength and cardiovascular health in small group sessions.



The new space lets them concentrate on developing new classes such as Olympic weightlifting, gymnastics, teen classes and more. A kid's area has also been added allowing parents to come and train while their kids enjoy watching a DVD, reading a book or drawing on the whiteboard.

Beginner packages start from only \$25 per week for a coached personalised training session. If you want to learn new skills and train as part of a fun group then contact CFRD for a free class. team@crossfitreddragon.com or 021 025 48265.

Moving house

WOW what a stressful time of your life...selling and moving

house.

I have just done this and even though I have done it many times before, each time seems harder. This time I'm moving to a vineyard so the whole experience is going to be like nothing we have done before.

Of course I was able to use my expertise and make sure not only before we signed on the dotted line that the land and building platforms were all free of Geopathic Stress (GS), or at least we were able to work with it. Geopathic Stress is everywhere so no point freaking out about it, but you need to know that you are not going to put your bedroom or an area where you spend a lot of time on a GS knot that will eventually make you sick. The other thing with having a block of land, I can also dowse this to help with future growth of the vineyard.

If you are also moving call Nicky on 021 545 299 or visit www.clearenergyhomes.com.

Pure Allies NZ

It's been a long wet winter, one of my most used products this winter has been Pure Allies chest rub. All totally natural, hand crafted locally, by request, with specific ingredients for customers specific needs. You know it's made fresh for you, all ingredients at their most effective.



Another favorite has been the pain relief balms, for winter sport strains and aches and pains made worse by the weather. Email pureallies@gmail.com or check out Facebook Pure Allies NZ. Totally natural products custom made for you.

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Area columnists

Auckland airman serving in Korea

Flight Lieutenant Rob Bexley works in the most heavily militarised frontier in the world, helping prevent tension escalating between the hundreds of thousands of North and South Korean troops stationed on either side.



As one of the armistice monitors with United Nations Command on the Korean Peninsula, the New Zealand Defence Force (NZDF) officer helps monitor the transportation corridor in the southern fence line of the 250 kilometre-long demilitarised zone (DMZ) separating South and North Korea.

"Our team monitors the western crossing point into North Korea," said Flight Lieutenant Bexley, who is the Assistant Corridor Control Officer in the United Nations Command Military Armistice Commission Secretariat (UNCMAC-S).

"We also inspect guard posts and observation posts in the DMZ's southern partition to ensure the South Korean troops comply with limits on weapons and defensive measures and understand the rules of engagement."

The US-led UNCMAC Secretariat monitors and supervises the 1953 Armistice Agreement that suspended hostilities between North Korea and United Nations forces defending South Korea. New Zealand and a number of other countries support the Armistice Agreement through the deployment of personnel. The NZDF has a long history of involvement in South Korea since the outbreak of war in 1950 and has contributed to the UNCMAC-S since 2003. It currently has five members monitoring the armistice and performing operational, education, liaison and corridor control function for the UNCMAC-S.

Flight Lieutenant Bexley, who works as part of a team led by a Danish Army major, said their emphasis was on avoiding breaches and preventing issues from escalating.

"The atmosphere in the DMZ is tense," he said. "For the South Korean troops stationed here the threat from North Korea is real and immediate.

"The threat comes not just from the missiles but also the artillery along the border and, more recently, the large unmanned aerial vehicles."

With the concertina wire, high fences, floodlights, cameras and several hundred thousand soldiers on each side of the demarcation line that splits South and North Korea, working in the DMZ was a reminder that South and North Korea remained technically at war, he said.

"Working alongside dedicated and professional military personnel and contributing to peace on the peninsula have been very satisfying."

As he has done on previous deployments, he has with him a family bible that his grandfather and great grandfather took with them while serving during the two world wars.

"My grandfather gave it to me after I completed basic training 16 years ago and I've taken it with me on all my major deployments," he said.

"Although the operations I have been on cannot be compared to what they fought through, I brought it as a talisman of sorts to keep me safe."

Born and raised in Hobsonville in West Auckland, Flight Lieutenant Bexley joined the Royal New Zealand Navy in 2001 after completing a Bachelor's degree in information systems at Massey University.

He was commissioned as a Sub-Lieutenant in 2007 and shifted to the Royal New Zealand Air Force in 2012.

Taking care of business

I've been the Henderson Community Constable since December 2014.

When I consider some of the issues that confronted me back then as I walked the beat around my new patch, I see the really good changes that are incrementally improving Henderson, whilst I also recognise there are areas we still need to work on.

Back then, had I invited my mum to shop in Henderson, I'd have perhaps felt a lit-



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tle anxious about her experience.

There was a perception of Henderson being unsafe or not such a nice place to take your family. Some businesses were under the pump and it was obvious there were quite a few vacant shops in and around our town centre.

At this time there was an obvious element frequenting Henderson that was undermining the good work built up by others before us.

I learned very quickly there was no quick fix solution to this and several initiatives, agencies and the community as a whole would need to work together with intent and vision towards turning Henderson into the humming place it should be.

It didn't take long to realise there were a lot of good people in and around Henderson concerned enough to report concerning behaviours or offences to police. This reporting enabled police to better understand the issues and on who and where we should be focusing our resources.

Police are committed to preventing crime. If we can prevent a crime rather than responding to one that has already occurred, we will increase our community's safety and very importantly, reduce victimisation of people like you and your family, or your employees.

Whilst getting better results in these areas is good for our communities overall, it is also good for business and building the vitality and prosperity of Henderson.

Around November 2015, Police committed additional police specifically to Henderson in the form of the Henderson Neighbour Hood Policing Team (NPT). This was one of the first times nationally an NPT was placed into an urban township such as Henderson as opposed to the suburban areas they are normally deployed.

Our Henderson NPT is led by Sergeant Dan Weir and he and his team are very focused on reducing crime in our township,

increasing your safety and building community capability in Henderson.

Police have been building close partnerships with several groups and agencies to get better results in crime prevention and reduction. One example is that between 2014 and 2016 there was a reduction in graffiti damage around Henderson CBD in general, by over 50% and specifically around Westcity by more than 90%.

This can in part be attributed to better reporting of tagging and its increased prompt removal, positive engagement of local youth with education and art providers, and the focused investigation of offences by council and police.

I'm sure you'll agree graffiti vandalism is one obvious issue that can have a demoralising and negative impact on a community, certainly also in a retail and commercial area. So to see results like those above is very positive.

As you may have noticed, I believe our local youth play a big part in how well our town does and the results attained were only possible with help and engagement them. If you look around Henderson you may notice some of their amazing art – prints, paintings, photos and murals, now adorning our open spaces. Their work is displayed on previously unsightly walls and also as art installations in several empty shop window spaces, some of which are now occupied by new businesses.

Henderson is looking even better with help from the Tag Out Trust – a graffiti removal group, who in conjunction with council, have been staging clean-up events whereby shop frontages, windows and paths are given a spring clean – even in autumn as it turns out. We recently spruced up shopping areas at Rail-side Ave, Massey and Lincoln North.

Tag Out utilised volunteers from community groups and also a few members of the local constabulary (your NPT and myself)

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to do the scrubbing, cleaning and painting. It did feel rather good to be doing something like this for the community and the results were immediate and obvious.

The aim of these initiatives is support and encourage the building owners, landlords and shop keepers to present their shops, and therefore our town, in the best way we can. Cleaning the shop windows in particular, was quick, easy and the stuff used to do it basic - soft broom, bucket, soapy water and a squeegee - all cost very little. This is something any business - small to large, can easily do and what a difference.

I believe taking care of our businesses even in small ways like this can show we have pride in our place, that it is a great destination to shop, do business, eat out, or relax. That we care for Henderson.

So, what's the link to crime?

Crime prevention research has found that if an area is clean, tidy and looks cared for, the community there will be less inclined to ignore criminal behaviour and are more likely to report it. This in turn increases the likelihood of the offenders being apprehended and the "reward to risk" ratio not so attractive to them. Hence - less crime and a safer community. Sounds good to me. All the best to you and be safe out there. Marty Spear.

Right now is the best thing that ever happened to you

You are a human, you have emotions - this will never change. Whatever is happening in your own personal world right now is perfect. Right now is showing you what next. If you are not happy with right now then great - what better way to be shown what you don't want and to get clear on what you want. Trouble

is we hardly use these times to get clear on what we do want. We usually wallow in our lack of and go have a wine.

If you are happy with right now, then great, hold that joy because organic, easy joy is permeating throughout your entire life. You can't feel peaceful in one area of life without it affecting other areas. When someone gives you a compliment about your hair - that feel good moment when you receive the compliment and the smile and the sense of wellbeing - make no mistake it doesn't just stop at your hair - the feeling, the state of being you are in is blessing every area of life.

If right now sucks - please try and be OK with that. Believe me I know it's far easier to write that than to do. It's called allowing. Allowing anything will automatically stop the whole thing getting worse. It's like stopping a snowball in its tracks. I first heard about allowing when I turned up to yoga class and admitted to the teacher that I had just lay on the couch all day eating and I had just scoffed down a snickers bar before I came and I was generally hating myself and in a world of self-pity. I asked the yoga teacher what she would do if she were me. She casually said 'I would just allow it'. Well I was furious. What a joke. I'm not going to allow it. No one just allows the things they don't like - we are supposed to work our backsides off to fix it. I thought allowing it would be giving in to it and therefore create more of it. So it didn't help me then as I didn't fully understand what peace true allowing can bring. Allowing is the first step in inviting something new. Allowing stops you being attached, meaning we don't give it any more of our attention so it doesn't expand. Allowing is not being bothered that you have a problem because you understand an answer is coming. It's not frustrating because you know solution is on its way. Because focus on anything expands it. We live in an inclusive universe - even when we focus on what we don't want in the name of getting rid of it, we are creating more of it.

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We don't usually focus on what we want for longer than 60 seconds. We are usually on default and autopilot. Psychologists say that we think about 45,000 to 55,000 thoughts a day and that 80% of them are moving us away from what we want. This roughly works out to be 1 thought every second we are awake. We can't possibly keep tabs on every thought we think – we would go crazy, and it would be unproductive. The brain is designed to gather up all the information we were ever subject to from the moment we were conceived. It learnt everything from its environment. A million things happened to us and we put meaning to everything. Now our brain is a beautiful record of our past – and it's on autopilot! 95% of what we think comes from this programmed part of our brain – our unconscious brain. This is default thinking, this is also repetitive thinking. Without meaning to, we have not really been thinking things that are in line with what we want. WE have kind of been re hashing the past. But trying to control this part is pointless and not the way to create change.

First step – allow. Allow it all. Stop focusing on it. Don't broadcast what doesn't feel good. Don't affirm what you don't want by discussing it over a wine. You have the ability to focus yourself into better alignment, into better momentum. To just change your focus is one of the cleverest things you can do for yourself. Don't try to force yourself to do anything, just think of ways you can create a more positive, peaceful momentum. I listen to uplifting audio books all the time. I play myself funny stuff every time I do the dishes. I create my own visualisations focusing on all the positive things I want. Repetition is the key here. As your brain loves it and that how default thinking is formed. Being in joy and being in peace is a gift for your entire life – including your bank account. You have everything you need right now. You were born with everything you need. You are not lacking in any way. We are all learning to create a positive focus rather than one of lack.

This is exactly what I help clients with. Most of us don't ask what do I want enough and hardly ever expect it to actually come to them. I work one on one to get very clear on what it is you want and what types of things you need to focus on to get in alignment with it. Call me or email me for a session. Anna Wheeler anna@thinkyourbest.co.nz 021 555 658.

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West Harbour Tide Chart

Date	High	Low	High	Low	High
Tue 1 Aug	01:53	08:01	14:28	20:28	-
Wed 2 Aug	02:44	08:55	15:25	21:24	-
Thu 3 Aug	03:36	09:50	16:21	22:18	-
Fri 4 Aug	04:29	10:43	17:13	23:08	-
Sat 5 Aug	05:21	11:33	18:01	23:55	-
Sun 6 Aug	06:11	12:18	18:46	-	-
Mon 7 Aug	-	00:39	06:57	13:00	19:28
Tue 8 Aug	-	01:21	07:41	13:40	20:08
Wed 9 Aug	-	02:03	08:23	14:20	20:48
Thu 10 Aug	-	02:45	09:04	15:00	21:29
Fri 11 Aug	-	03:27	09:46	15:41	22:11
Sat 12 Aug	-	04:10	10:28	16:24	22:54
Sun 13 Aug	-	04:55	11:13	17:10	23:41
Mon 14 Aug	-	05:42	12:01	18:00	-
Tue 15 Aug	00:30	06:33	12:54	18:56	-
Wed 16 Aug	01:24	07:28	13:53	19:58	-
Thu 17 Aug	02:22	08:28	14:57	21:03	-
Fri 18 Aug	03:24	09:32	16:03	22:07	-
Sat 19 Aug	04:28	10:35	17:06	23:09	-
Sun 20 Aug	05:31	11:36	18:04	-	-
Mon 21 Aug	-	00:07	06:31	12:32	18:59
Tue 22 Aug	-	01:01	07:26	13:24	19:50
Wed 23 Aug	-	01:53	08:18	14:13	20:39
Thu 24 Aug	-	02:43	09:07	14:59	21:26
Fri 25 Aug	-	03:30	09:53	15:45	22:12
Sat 26 Aug	-	04:15	10:38	16:29	22:57
Sun 27 Aug	-	04:59	11:22	17:14	23:41
Mon 28 Aug	-	05:42	12:06	18:01	-
Tue 29 Aug	00:25	06:27	12:54	18:51	-
Wed 30 Aug	01:11	07:15	13:45	19:45	-
Thu 31 Aug	02:00	08:08	14:41	20:42	-

Source: LINZ.

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

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