

the **Westerly**

FREE monthly community magazine for Massey to Hobsonville

PROPERTY MARKET REPORT

COMMUNITY POLICING CENTRE

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

HAVE A REAL CELEBRATION

Circulation is 18,000 print copies.

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

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

December 2016

Intro

It's an interesting time of year, isn't it? If you've read Sir Terry Pratchett's *The Thief of Time*, you will remember that they used to steal time from the past when it was in abundant supply and was being wasted on reptiles. Couldn't we use a bit of extra stolen time now, when we are struggling to finish that last piece of work, get ready for Christmas and have things ready for the summer holidays? So in our multicultural society we are still celebrating a festival adapted from a northern hemisphere mid-winter celebration, but it is a time for thinking of others, giving and receiving presents, and sharing food with family and friends. We may send annual greetings to others (though perhaps we are better now at keeping in touch through social media). Most religions accept a precept that one should treat others as one would want to be treated. That must mean only giving a present one would be pleased to be given oneself, and also to consider those in our society for whom Christmas may be a time of sad memories or hardship.

This edition of the *Westerly* runs through January, and you will likely know that this incorporates the name of Janus, the Roman god of beginnings and changes. His images face both ways, viewing the past and the future, and it is a conventional time to look back at the year just passed and to make resolutions for the coming year. Sadly, the statistics suggest that fewer than ten per cent of people keep these resolutions, and you have a greater chance by choosing something achievable and sharing this with someone else. How about looking through this *Westerly* magazine and find something you can benefit from or contribute to? To paraphrase John F Kennedy, ask not what your community can do for you, ask what you can do for your community.

Have a great Christmas season and a happy and safe 2017.

John,
Editor



the *Westerly*

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Questions and feedback:

John Williamson

P 021 028 54178

E jbw51red@googlemail.com

W thewesterly.co.nz

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Community notices

Hobsonville Land Company

In 2014 HLC commissioned Alison Milne and 'Knitted Graffiti' to create a 'tree cosy' for the Pohutukawa tree on Hobsonville Point Road as a temporary artwork, and one that the community could get involved in. The knitting was anticipated to last 2



years, and it has just managed that! It's starting to look a bit tired. HLC have asked Alison if she would embark on creating a new 'outfit' for the tree, if there is interest from the community in creating a new one, and there is!

Next week the knitting will be removed and those pieces used as templates for a new outfit. The pohutukawa will remain without a tree cosy until a new one is created. Work will start on creating a new one late February 2017 and will take a few months. Anyone who is interested in knitting a section for the new tree cosy can contact me on Kathleen.waldock@hlc.co.nz. Materials will be supplied. Fortnightly get togethers will be arranged (likely to be a day time option and an evening option).

Bridgestone Westgate

Holidays are coming to Bridgestone Westgate but we are still focused on keeping you safe on the road. We are open through Christmas and New Year's (only closed stat days) and are happy to check your tyres and pressures before you head off on holidays - feel free to call in to 1 Cellar Court, Westgate (behind McDonalds) anytime Mon - Fri, 8.00am to 5.30pm and Saturday 8am to 1pm.



If you do need tyres we have a selection of quality tyres available, or we can order in what you need, usually within a day - we only sell quality tyres that we know will keep you safe.

Good quality tyres give you good contact with the road, they help when you need to brake and they last longer than cheaper

alternatives, call us on 09 833 8555, we are happy to give you a quote.

Gareth, Iki and Josh and the guys at Bridgestone Westgate wish you all a Safe and Happy Holiday.

Hobsonville Point's first Rainbow Run

Come down to Hobsonville Point's first Rainbow Run on 11 December 2016, a 5km run round Hobsonville Point with different colour stations around the course! The course will include 3 stations where volunteers will be throwing nontoxic powder



at the competitors. There will be spot prizes and it is a great way to get active. Entry is open to all at \$20 a head (free for under 5s) and all profits will go to KidsCan (see www.kidscan.org.nz) a charity which believes that education equals opportunity, and every child, regardless of their social economic background, should have an equal chance. KidsCan partners with low decile schools all over New Zealand to provide kids with the basics, including food, shoes, raincoats and a health programme for kids. The event will start with a briefing at 9 a.m. at Hobsonville Point Wharf. See www.hobsonvillepointrainbowrun.co.nz to register. The Rainbow Run has been developed from a Hobsonville Point Secondary School Project, making an impact.

Seniornet West Auckland

In the New Year when our classes start up again, we are doing a series of new workshops on using Google, including Gmail, Google Chrome and Google Drive. If you would like to phone Pam and let her know what day and time would suit you she can get in touch with you when classes are available. Formatting Family Stories is another programme that will interest those of you gathering information on your family. For those lucky enough to get new iPads or iPhones for Christmas we have classes for these also.

Please phone Pam on 09 827 2156. If there is no answer please leave a message as she will get back to you as soon as possible.

Susan Annett
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Our Kelston meetings will recommence on Tuesday, February 21st, at 10am. Our classes are held at 67 Henderson Valley Road Henderson.

Writing course

Auckland Writing teachers Ros Ali and Jo Emenev are offering opportunities for older adults to tell their stories at New Lynn Library, following the success of their North Shore workshops. They are offering a free two-day creative writing course on Saturdays 11 and 25 February 2017 that will enable you to tell your stories in your own voice, and in a polished, professional way. These free classes sponsored by Whau Local Board encourage creativity, crafting and collaboration. We will have a comfortable room adjoining the library to ourselves. You will be introduced to new pieces of writing, new people and new ways of thinking about your own written expression. There is space for up to twenty people, with preference given to those who are able to attend on both days. To register, please email Ros and Jo with your name, telephone number and address, plus verification of the days you can attend (with "Telling Our Stories" in the subject line of your email) to rosandjo@gmail.com or phone Jo on 021 054 8947. Applications close on Saturday 14 January 2017.



Sanrio Hello Kitty Northwest

Sanrio is the company that Hello Kitty officially calls her Home. It is based in Tokyo, Japan, a company that produces products focusing on their own Kawaii (cute) Japanese pop culture. They license their products branded with their own original unique characters and have created over 400 characters as of today. The most successful and well known character that everybody may have heard of at some point for the past 40 years is Hello Kitty. Her friends like My Melody, Gudetama, Chococat, Cinnamoroll, Keroppi, Badtz-Maru are also popular characters along with the iconic figure of Sanrio. Here at Sanrio Hello Kitty Northwest, we sell Hello Kitty and her friends themed items that include stationery, school supplies, household goods, gifts and accessories along with other Sanrio stores worldwide. Currently Sanrio has store network of 3458



MAKI STREET, NORTHWEST SHOPPING CENTRE

stores in 109 countries. As of today, Sanrio Hello Kitty Northwest is proud to be one of the three stores in New Zealand! At Sanrio, we believe that a gift is more than just a gift. Rather, a gift that has a meaning of expressing our heartfelt feelings for others. The expression of respect and love is the basis of Sanrio's 'Social Communication' business. Ever since Sanrio's establishment in 1960, this philosophy has been the core of our business. We invite all our friends and guests to experience the magic of these four simple words, "Small Gift, Big Smiles" from our lovely boutique store.

ASAP Promo

The Christmas rush is now upon us. Have you given any thought to what you will be giving your customers and/or supporters for Christmas this year? Don't leave it until the last minute, call us and we will help to get you organised. At ASAP Promo we have found the best gift ideas to suit all budgets. To make good use of your marketing dollars you should always gift something that is branded with your logo and ends up being used more than once. This will increase your brand recognition and help to build future business for you.

Call us now to discuss your requirements and let us take the hard work out of your "Thank You" Christmas gift shopping this year. ASAP Promo is an award-winning full-service promotional products company and we are able to supply your business with everything you want to place your logo on. To learn more about ASAP Promo and what we do, please visit our website at <http://www.asappromo.co.nz>, email us at info@asappromo.co.nz or find us on Facebook www.facebook.com/asappromonz, or phone 09 973 4352.



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Safercommunities

On call through Christmas

Waitakere Volunteer Fire Brigade wishes you all a safe and Merry Christmas! We thank you all for your support throughout the year. To our wives, husbands, partners, children, family, friends, work colleagues, team mates and anyone else we have had to up and leave at the sound of the siren - thanks for your support.

We were very busy over the Guy Fawkes weekend. The first alarm

went off late Thursday night to send specialist rural fire fighters to Browns Island to try and control the fire during the night. Over the following two days Waitakere sent a further team of fire fighters and a Logistics Officer to help coordinate the helicopters, boats and equipment.

On Saturday night we were all back home resting when the alarm went off again to a bonfire that had spread to a hedge of trees. Sunday was the same as Saturday with a large scrub fire that got out of control.

The hours of training have paid off and we were more than happy to be able to help out in the greater Auckland region.

Have a safe and happy holiday break with your family! Keep safe, Denis Cooper, Officer in Charge - Waitakere Volunteer Fire Brigade, phone 09 810 9251.



Christmas can be stress free

Christmas is a busy time of year which, despite the fun and festivities, brings many challenges. It is a time full of parties and family gatherings. It is important to take time so that this season can be enjoyed.

- Keep expectations manageable - this Christmas doesn't have to be the "best ever". It should be the most enjoyable. Organise yourself and be realistic about what you can and cannot do. Don't spend too much time organising for just one day - Christmas. The Christmas season is a marathon not a sprint - so pace yourself.
- Enjoy Holiday activities which are free. Take a drive to look at the Christmas decorations. Go window shopping and don't buy anything.
- Do something for someone else. You could invite someone who has no family to join your celebrations. Christmas can be a

very lonely time for some.

- **Get Moving.** Go for a walk. It's time to let your hair down and dance at parties. Go for a swim. Take a picnic to one of our wonderful beaches or parks.

- **Be Generous - but be sensible.** Yes we all want to be generous, but it's silly to get into debt. Christmas is a time for giving and sharing, but don't give more than what you have. You could make some presents, or give a token with a promise of a gift, such as babysitting, washing the car, housework, or going on an outing. If you come from a large family you could do a lucky dip, and each just buys for one family member.

- **Don't eat or drink too much.** This is the time of year when it can be easy to give in to excess. Too much alcohol can make you irritable and tired. Pace yourself.

- **Don't try to be perfect or do everything.** Saying no can be hard, but you need to look after yourself. Do what you reasonably can, if you take on too much you'll disappoint yourself and others.

- **Remember what's important.** Have fun. Remember in the end it's not the presents people remember, it's having fun with family and friends. So take time to play with the children, they'll remember the family cricket or soccer game in the back yard long after their presents have broken.

Seasons Greetings from your friends at Citizens Advice Massey, and for help when things go wrong we can be contacted on 09 833 5775 or massey@cab.org.nz.

Community Policing Centre

With all the new building developments happening in the area, Police have seen an increased rate in thefts and burglaries happening at various building sites around these areas. If you are out walking, cycling or travelling in your vehicle and see anything you do not feel comfortable with, please report the activity you observe straight away.

There is a misconception from the general public that 111 is purely an emergency telephone number. This is not always the case, and Police urge members of the public to call 111 or *555 when seeing any suspicious persons, vehicles or other incidents in your neighbourhood. It is better and more likely Police will speak to or apprehend suspects and offenders if it is reported on these numbers at the time, not waiting until the next day to report to the local Police Station. It is for the call dispatchers to decide the priority given to the incidents, so please do not feel you are wasting Police time calling 111 or *555 for what you think are trivial incidents. Remember, registration numbers, colour, type and make of vehicles are important.

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InBrief updates:events

The herb column

Lavender oil – An ideal oil to put in your First Aid Kit in the car. Known for its anti-inflammatory, antifungal, antidepressant, antiseptic, antibacterial and antimicrobial properties. It also has antispasmodic, analgesic, detoxifying, hypotensive and sedative effects.

Use it as a relief for muscle or joint pain, as well as for skin conditions like burns, acne and wounds. Make sure to dilute it with carrier oil e.g. Sweet Almond oil available at the supermarket. As an inhaler add a few drops to a bowl of hot water, and then breathe in the steam. Use as a compress by soaking a towel in a bowl of water infused with a few drops of lavender oil. Apply this to sprains or muscle injuries.

I also recommend adding lavender oil to your list of natural cleaning products. You can mix it with baking soda to make an all-natural antibacterial scrub for your bathroom and kitchen. Hobsonville Herb Group - hobsonvilleherbgroup@gmail.com.

Moving schools

For most children, moving schools or making that jump from intermediate to high school can be a big deal. If the family works together it can mean a lot less stress all round. Your child will probably be experiencing a mixture of emotions ranging from excitement to a sense of loss and even fear. The move from intermediate or full primary to high school is especially confusing in many ways. Children have to deal with both 'endings' and sadness while at the same time anticipating new beginnings. This may include feelings of excitement and nervous anticipation. Old friends may be left behind and the fear of the unknown looms ahead.

Even for well-adjusted children this can be a daunting experience. If your child is struggling in other ways due to family disruption, moving to a new location, falling behind in their school work or other problems, the thought of all the change involved with moving to a new school can be daunting. However, there is plenty you can do to make this a positive experience for your child:

- Do some research yourself so you can understand the emotions your child may be experiencing
- Remember, kids don't always know how to express their feelings, they may act out in other ways instead of talking about how they are feeling
- Put yourself in their shoes - think back to your first day at a new

school or high school

- Make sure they are confident in their school work. It's important that reading and maths skills are up to standard before they enter high school
- Ensure you are ready as a family - take care of the practical things such as uniforms, books and school bags
- Be patient! It may take time for your pre-teen to adjust to their new environment

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Rainer and Edith Zeltwanger, the company owners, have got some very exciting news. German auto electrician Andreas Zickert is now part of their team. Andreas has a wealth of knowledge in fault diagnosis, vehicle electrics, modern can bus systems and even hybrid vehicle technology (Audi e-tron).

Andreas worked previously at Giltrap Group in VW technical product support, Porsche technical support and training and as Audi technical trainer teaching franchise technicians from all over New Zealand the latest technology. Two first places in the New Zealand VW technician of the year competition are further proof of his outstanding ability.

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The Christmas break is an opportunity to take stock of your finances and plan for 2017 and beyond

If you're a NZ resident with a company or private pension in the UK, you have three options to consider: either leave it where it is, move it to a SIPP (Self Invested Personal Pension) or transfer it to a NZ QROPS (Qualifying Recognised Overseas Pension Scheme).

An independent pension transfer specialist can help you weigh up your priorities, so that you can determine which action is most appropriate for you and your personal goals.

Tony Chamberlain of GBPensions says, "Although Brexit concerned many people, it has actually had a positive effect on the transfer value of some UK pension funds. My advice is not to wait and worry, but to investigate now. Once you've all the facts in front of you then you can make a truly informed decision."

A pension transfer to a SIPP or NZ QROPS may not be relevant or appropriate in all instances. The decision whether to transfer or not is complex, and it is important to consider the benefits, risks and disadvantages before determining if a transfer is suitable.

The Hobsonville Point Hobby Hub

The Hobsonville Point Hobby Hub is a loose federation of interest groups. These include:

- The Technical Project Sharing Group which runs free during evenings that often include a show and tell element, with topics such as: 3D printing, Arduino & Raspberry Pi projects and engineering. The goal is to chat and share projects that members are busy with. This group is still in the early stages and is open to ideas.
- The Hobby Hipsters are Hobsonville Point musicians with the sole purpose of making music for community events. Its repertoire is based on popular cover songs. This venture is very new and will need some time before being let loose on the community.

If you are interested in joining either of these groups please contact Ross 021 240 1827.

There are also some Local Knitters working with Katherine Waldock of HLC to renew the knitted tree at the top of Hobsonville Point Road, and a Community Garden is in an advanced state of preparation with first plots planned soon in Buckley Avenue

(over the road from the new notice board).

When public rooms and facilities come available from next year, we hope more groups (such as a Menz Shed and even a chamber orchestra) will be formed to represent a wider range of interests.

For more information please contact Grant Dixon: grantdixon@orcon.net.nz or search for 'Hobby Hub' on neighbourly.co.nz.

Christmas trees of remembrance

Kiwis are being encouraged to remember someone special in the lead up to Christmas, and at the same time contribute to a good cause. Hospice West Auckland is again teaming up with retailer Farmers, national partner of Hospice New Zealand, for the annual Trees of Remembrance fundraising campaign at Farmers stores throughout West Auckland.

In exchange for a donation, you will receive a beautiful remembrance card to write your personal message and place on the dedicated Remembrance Tree in-store. All funds raised will ensure hospice care and support to people with life-limiting conditions are provided at no cost to patients and their families. The Christmas trees can be found in all West Auckland Farmers stores, and in shopping malls and precincts around West Auckland from 21 November until Christmas Eve.

In addition to the Trees of Remembrance, Farmers will also be retailing the collector's Christmas decoration – a beautiful glass Christmas decoration, this year featuring a golden manuka flower motif designed by the artist FLOX. Retailing for \$10, all proceeds go to support Hospice West Auckland.

Take time to remember your loved ones this Christmas, and support Hospice West Auckland's patients and their families at the same time.



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seclusion of this retreat. Explore the bush walk with its bridges, board walk and stream. Walk or take the 10 minute drive to the beach or Lake Wainamu. Enjoy our late departure policy after visiting the glow worms in the evening. We offer assistance to guests walking the Hillary Trail, and co-operate with Lone Kauri Lodge at Karekare - just let us know what your needs are. For further information, please contact Lyn and Alan 09 8109 584, 021 1557 443, bushsandandsea@gmail.com or www.bushsandandsea.co.nz.

Auckland Kindergarten Association

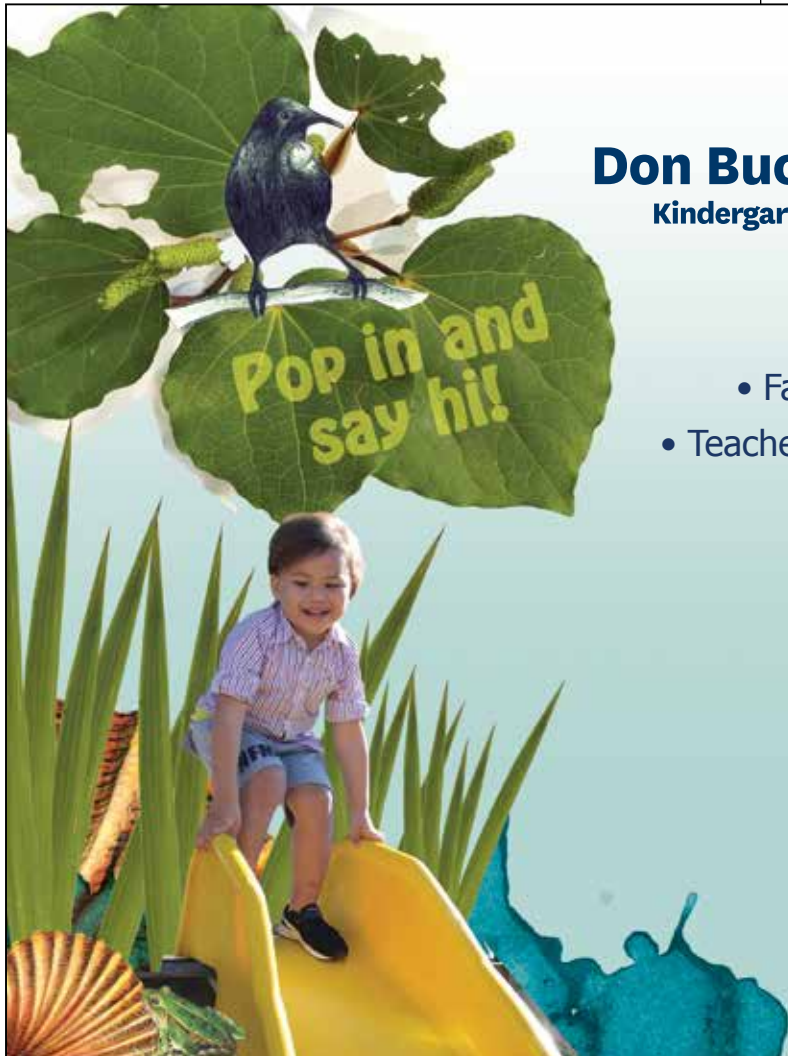
Kindergarten is a special place where children, parents and teachers come together to build amazing communities and life-long friends. For many of us, kindergarten is where we began our life of learning; where we started learning important life skills like sharing, tolerance, patience, respect and self-confidence. Kindergarten gave us room to run, explore and imagine. Today, kindergarten is still the most natural and authentic way for children to learn and it continues to give them the best foundations for life. Auckland Kindergarten Association (AKA) is a charitable trust established in 1908 with the purpose of improving educational outcomes for children. Right on your doorstep alongside Don Buck Road, you can find Don Buck and Massey kindergartens,



where qualified teachers nurture your child's interests and natural curiosity, with large outdoor spaces with lots of room to explore and offering 20 hours free Early Childhood Education. Pop in and say Hi!

Cruising PNG and the Conflict Islands

I have just returned from cruising around PNG and the Conflict Islands. My husband didn't want to go as he thought he would get a blow dart in the back. My thoughts were: remote, unspoilt, learn more about the war and seeing war remnants and great snorkeling. We departed from Cairns and visited 4 ports in 7 days on the beautiful P&O Pacific Aria. If you want to learn about the war in Alotau you need to book this tour early, it sold out and we couldn't get on and instead visited the Cultural Centre. This was fabulous with local tribes showing their dances and costumes, music, beating their drums and it was full of colour. I didn't expect the locals to speak good English but a lot of them have been educated in Australia which I found surprising. Our last call at the Conflict Islands was my highlight with a beautiful white sand beach and great snorkeling. Our verdict is that this is a great cruise for those wanting to see PNG before it becomes more touristy and we thoroughly enjoyed it. Carolyn is the



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owner of helloworld in Hobsonville at the new Hobson Centre, phone 09 416 1799 or email hobsonville@helloworld.co.nz.

Dust off your racquet - summer's here

Tennis Monsters is an organisation that offer a range of tennis programs at a number of selected tennis clubs, including the West Harbour Tennis Club, located at Picaso Drive in West Harbour. The variety of tennis programs on offer cater to all levels, from complete beginners to advanced competitive players, and also for every age group. The hot shots program is specifically designed for children aged 5 to 12 years to learn the game of tennis in a fun environment.



The West Harbour Tennis Club has nine astro turf courts, four with lighting, and the large club house is a great place to socialise, available to hire for special events, with both kitchen and bar facilities. Come and meet Sergio the new senior coach at West Harbour, grab your racquet and get fit for summer! See the website www.tennismonsters.com for programs at the West Harbour Tennis Club, or contact Sergio Sanchez for coaching enquiries on 021 087 01784. Tennis Monsters will also be running tennis programs at selected local schools in the first term of 2017, so check your school newsletter for more details. Over the Christmas summer holiday period, tennis programs for the children will also be in place at the club.

To join the tennis club or for enquiries on hiring the venue,

please contact the club secretary, Bridgette Fergusson on 027 438 0572 or visit the club website on www.whtc.co.nz. Anyone quoting our advertisement below will get their first lesson for free for booked multiple week courses, and if joining the club see our special price voucher offer!

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TENNIS MONSTERS

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non-member \$166
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9 - 13 January 2017
16 - 20 January 2017
23 - 27 January 2017

Runs at the end of each term and in the summer holidays.

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8.30am - 12.30pm	\$35.00	\$140.00
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People:places

Hot rod heaven



Ken and Desma Galvin love cars.

It's what brought the two Kumeu Classic Car and Hot Rod Festival organisers together in the first place.

Desma had her car broken into in Auckland and wiring pulled out. "I was walking down the road crying and Ken and his brother were leaning over their fence. I thought 'here's a guy who can fix my car,'" Desma recalls.

That was about 40 years ago, and they've been married ever since.

Both were interested in cars early on. Ken grew up in a family of car enthusiasts and was so keen he fudged his age to get his driver's licence at 14.

"I've always been into cars," he says. "I love old machinery and talking to the people involved."

The self-confessed "tinkerer" will tackle anything with an engine, like the golf cart with a GSX-1100 motor he's working on. They have seven vehicles at their Kumeu home, including a 1948 Ford truck Ken's working on for their son. Yes, their children and grandchildren have the car bug. Ken's doing up a kid's drift kart for grandson Indiana Galvin-Pates, 1, already showing a fascination for machinery.

Some vehicles are used regularly, like the 1938 Chevrolet coupe Ken got for Desma on Mother's Day in 1987. Others need work, such as the Pontiac yellow taxi used in Sir Peter Jackson's King Kong movie.

"It's a way of life," Ken says. He's a life member of the New Zealand Hot Rod Association and Wheels Incorporated, as well as

being a National Street Rod Association member.

Ken's passion, particularly through custom painting and pin-striping cars, led to him owning a corporate branding company. He did many of the 1990 Auckland Commonwealth Games signs.

The couple have been involved in the Kumeu hot rod show from the outset and are already preparing for a big 25th show anniversary in 2019.

Meanwhile, they're hard at work on the 23rd festival on January 21 and 22 at the Kumeu Showgrounds. It attracts more than 40,000 people, and has international interest.

At least 5500 classic cars and hot rods feature in the festival's outdoor displays. Showground sheds include a construction shed with cars in various rebuild stages, one for custom built and painted cars where the People's Choice award winner is usually found, and a model car display. A Mad Max style "Volks-rod salvage wagon" was last year's People's Choice and features on posters for this festival.

A Miss Kumeu contest is introduced for girls 10 and under, with other categories including up to 21-year-olds and a Mrs Kumeu section, contestants dressing 1950s style for prizes. The same theme is carried through the "Retro-o-rama" market area.

A Jimi Hendrix Tribute Show features on the Saturday and the Dreams Fleetwood Mac Tribute Show is on Sunday, both 11am - 5pm.

American style dragsters or "funny cars" will do fire-ups at Gasoline Alley, while show visitors can explore more than 70 trade stalls, check the "swap meet", sample some of the 26 food stalls, or test the children's rides and firefighters' Wendy House.

Kumeu Lions are collecting for surf life saving, and show entry is \$15 adult and under-12 free on Saturday 7am - 6pm and Sunday 8am-5pm. Parking's free and a ban applies to motorcycles, dogs and showground "cruising".

Top photo: Ken and Desma Galvin are gearing up for the Kumeu Classic Car and Hot Rod Festival on January 21 - 22.

Bottom photo: More than 40,000 people are expected at the January 21-22 Kumeu Classic Car and Hot Rod Festival. Photo: David Watson.



area property stats

Suburb	CV	Land Area	Floor Area	Sale Price
Herald Island	810,000	852M2	228M2	950,000
	780,000	784M2	140M2	960,000
	630,000	812M2	170M2	840,000
Hobsonville	785,000	394M2	192M2	1,250,000
	610,000	183M2	140M2	900,000
	760,000	193M2	182M2	930,000
Massey	495,000	0M2	149M2	536,000
	405,000	364M2	80M2	635,000
	365,000	0M2	80M2	618,000
	385,000	0M2	70M2	531,500
	360,000	0M2	60M2	585,000
	570,000	697M2	90M2	851,000
	415,000	0M2	100M2	713,000
	550,000	407M2	110M2	703,888
	405,000	0M2	90M2	570,000
	480,000	650M2	100M2	830,000
	495,000	1062M2	40M2	905,000
	470,000	654M2	100M2	835,000
	390,000	943M2	90M2	680,000
	445,000	379M2	90M2	646,000
	455,000	699M2	120M2	690,000
	385,000	932M2	90M2	665,000
	590,000	831M2	270M2	839,000
	570,000	1262M2	240M2	860,088
	450,000	608M2	90M2	650,000
	610,000	819M2	180M2	965,000
560,000	1419M2	120M2	840,500	
400,000	597M2	80M2	670,000	
510,000	594M2	200M2	623,500	
750,000	685M2	200M2	930,000	
670,000	588M2	199M2	985,000	
350,000	466M2	90M2	502,000	
455,000	476M2	150M2	688,000	
Royal Heights	490,000	0M2	100M2	650,000
	365,000	0M2	80M2	645,000
	820,000	1968M2	230M2	1,279,000
West Harbour	470,000	730M2	130M2	875,000
	870,000	759M2	270M2	1,180,000
	860,000	863M2	200M2	1,088,000
	570,000	889M2	100M2	930,000
	490,000	264M2	133M2	770,000
	660,000	554M2	220M2	985,000
	900,000	741M2	295M2	1,150,500
	1,000,000	680M2	290M2	1,110,000
	680,000	902M2	170M2	910,000
Waitakere	510,000	809M2	140M2	745,000
	530,000	3278M2	104M2	756,000
	590,000	908M2	176M2	780,000
Whenuapai	525,000	959M2	70M2	850,000
	405,000	1138M2	162M2	880,000
	770,000	1695M2	245M2	1,635,000

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Graham McIntyre
Brand & Territory Owner

Mike Pero | REAL ESTATE

Mike Pero Real Estate Ltd Licensed REAA (2008)



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

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

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

Market report with Graham

Let's consider the facts in this market. Houses are selling, albeit slower than normal and at prices comparable with sales over the last 12 months but without the month on month increases expected previously. The global influences on mortgage funding is not yet overly evident and banks continue to operate in an envelope of cautiousness. The reserve bank is signaling a need to boost and stimulate the market with a reduction in the .25% base rate. Very attractive rates are available for fixed term mortgages through HSBC, Kiwibank and TSB Bank and shopping around is important in this market. Consider where you want to be in three years and make some decisions about where you are, and where you want to be. Having a plan and working towards that goal is very important. It starts with understanding.

Herald Island residential \$840,000 to \$960,000

Whenuapai residential \$850,000 to \$1,635,000

Hobsonville residential \$900,000 to \$1,250,000

West Harbour residential \$670,000 to \$1,180,000

Royal Heights residential \$645,000 to \$1,279,000

Massey residential \$536,000 to \$985,000

Waitakere Township residential \$745,000 to \$780,000

Before you start your journey I would like to meet with you to discuss your many options, the strength within this market, options that you may not have considered and in turn the time frames that you should consider. While I appreciate you have many agents and realtor partners to choose from, I believe that I offer a very honest and transparent approach that will deliver peace of mind and drive confidence.

See more at www.grahammcintyre.co.nz or phone 0800 900 700. Mike Pero Real Estate Hobsonville - It's not about the talk, it's walking the talk. Licensed REAA (2008).

Money matters

If you are thinking of buying an older style villa and in particular, anything built before 1940, you need to be aware that an insurer is likely to ask some specific questions around things like the piling of the home and the electrics. Specifically, in relation to electrics, older style wiring. You will most likely recognise it when you see it because it is generally wrapped in fabric insulation rather than modern day plastic. It can be deemed to be a fire hazard. The Insurer may ask for an Electrician's Certificate, or in a worse-case scenario, for the dwelling to be re wired.

My tip is to obtain a builders report before you buy and at the



David Lloyd
Director

David Lloyd Mortgages Ltd
Tel: 09 411 9251
Mob: 027 411 9255
Email: david@davidlloydmortgages.co.nz

www.davidlloydmortgages.co.nz



very least try and find out from the vendor who the current house insurance is with. An informed buyer is a wise buyer and a little information today can save potential heart ache at a later stage. 09 411 9251 / 027 411 9255 or david@davidlloydmortgages.co.nz.

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New Year's resolutions for home sellers

With every New Year comes a raft of noble New Year's resolutions – eat healthier, join a gym, quit smoking, save money, manage debt and the list goes on. However, if you're thinking about selling your home in 2017, then here are some resolutions that could help boost your chances of a swift and successful sale.

- Avoid over-spending on renovations



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Sometimes people will look to renovate their home prior to selling with the intention of adding extra value. However it pays to tread carefully, mammoth makeovers are very risky and it's best not to try and anticipate what buyers want in terms of décor and design. Remember that renovations don't necessarily translate to market value. Smaller and more affordable ways to add value to your home could be as simple as replacing door handles or updating kitchen cabinetry.

- Don't neglect minor repairs

It's a wise idea to set aside a few weekends to fix those pesky pieces that need to be repaired. Whether it be that dripping tap or small crack in the wall - ensure that they aren't a symptom of a larger problem that will crop up in a builder's report. Rope in a friend or family member to take a tour through your home. Ask them what imperfections meet the eye and make sure they are brutally honest. They will pick up on things that potential home owners will also notice.

- Always be one step ahead

It's important that you don't let your future plans get lost in the whirlwind of selling your home. It's best to be prepared for where you will be going once your home has sold - especially if it sells quickly! On the other hand, you also need to prepare yourself with a plan B if your home doesn't sell quite as quickly as you anticipated. Mike Pero Real Estate phone 0800 900 700. Licensed REAA (2008).

Deck and Fence Pro



After withstanding all sorts of weather for years, wooden decks, fences and outdoor furniture can look decidedly unattractive. Replacing them completely or trying to restore them yourself can involve lots of time, expense and frustration. But now there's another option that's not only affordable, but will also bring them back to their original beauty, just in time for summer.

Deck and Fence Pro specialise in the complete restoration of weathered decks, fences, garden furniture and more – and the results are so good they astound customers, say local franchise owners Zane and Jaimi Scott. Fully trained in the latest techniques they employ professional cleaning and restoration technology which is environmentally friendly. They use Deck and

Fence Pro's own range of special cleaning solutions before applying the companies specially formulated range of linseed oil-based stains - or paint if you prefer, to make the restored items look like new. Removing UV damage, lichen, dirt and stains is no problem and the service is quick and efficient. The company also cleans and restores brick, block and plaster fences, as well as water blasting to clean driveways, garden paths and other outdoor areas.

Deck and Fence Pro also supply and fit garage carpet, an option that appeals to an increasing number of people using their garage as extra living space. Carpet can be professionally fitted in just half a day and will transform the look of your garage. Call your local Deck and Fence Pro Specialists, Zane and Jaimi Scott for a free no obligation quote, on 022 096 3172 or email zane.s@deckandfencepro.co.nz.

Relationship property agreements

Relationship property is something which must be shared equally between the parties at the end of a relationship. However, there are 3 sorts of relationship property agreements. The first is often called a prenuptial agreement because it comes before the relationship is one which qualifies for the equal sharing provisions under the property relationships act 1976 ("PRA"). The 2nd is often made during our relationship and endeavours to contract out of the equal sharing provisions for various reasons. Reasons include protecting assets to ensure children from a prior relationship are protected. The 3rd sort is usually made at the end of a relationship and usually allows for any equal sharing of the relationship assets as at the end of the relationship. Frequently, it will involve a division of actual assets as between each party as an alternative to an outright sale of all of the assets. In each case, a PRA agreement is not binding unless it has a lawyer's certificate. It could therefore allow your ex-partner to ask for further assets from you at a later date. It is essential to involve your lawyer in making and carrying out such agreements. Luke Kemp, phone 09 412 6000 or email luke@kempsolicitors.co.nz.

Graham McIntyre
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P 09 412 9602
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3 1

By Negotiation

2 / 4 Hanson Place, West Harbour
By Negotiation

Hot off the Press: new listing! Superb location! Completely renovated throughout this 3 bedroom home in a quiet cul de sac is an easy decision for first home buyers, families or investors: Brand new kitchen and appliances. New carpet and flooring. New paint throughout. Superb indoor outdoor flow to generous sized north facing decks. Plenty of off street parking and lawns. Fully fenced for the kids or dog. Affordable entry to a suburb where the median price is in excess of 1 \$million. Nothing to do but move in and enjoy lazy summer evenings in your gorgeous new home! A few minutes drive to motorway onramps to the city and North Shore. Walk to Westgate and North West shopping mall and bus transport.

www.mikepero.com/RX989794



Susan Annett
021 345 788
09 416 9600

Les Whale
021 411 345
09 416 9600

susan.annett@mikepero.com

les.whale@mikepero.com



VENDOR SAYS SELL! - MOVE IN FOR SUMMER!

4 1 2

By Negotiation

16 Meteor Road, Hobsonville Point
By Negotiation

Sun filled alfresco living is at the heart of this beautifully presented spacious brick and cedar home. For those wanting versatile spaces to easily accommodate extended family, kids or teenager 's quarters or work from home office - this house can meet any configuration challenge you throw at it as well as offering every feature you would expect from modern day living with reserve outside your front door: 4 bedrooms, 2.5 bathrooms, study, 2 living areas. Media room, possible 5th bedroom or kids play room. Pick and choose the spaces to meet your unique lifestyle. Elegant designer kitchen offering seamless flow to outdoor entertaining areas. Auto garaging and designated off street parking. Private, sunny, low maintenance, double glazing and 2.7mt stud.

www.mikepero.com/RX938387



Susan Annett
021 345 788
09 412 9602

Les Whale
021 411 345
09 412 9602

susan.annett@mikepero.com

les.whale@mikepero.com



SWEEPING VIEWS, SOLID BUILD, SEPARATE STUDIO 5 2 3

By Negotiation

3 Farr Road, West Harbour
By Negotiation

Grand super-sized home in quiet cul de sac ideal for large or extended families. Spread over 3 levels, this substantial 330 sqm architect designed property offers flexible living configurations to suit the most exacting buyer. Featuring 5 bedrooms, 2.5 bathrooms, 3 living areas in the main house, rumpus/office and a bonus studio. Features too many to list but here is just a few: Superior quality build throughout with fine attention to detail. Panoramic views of the upper harbour to City and Sky Tower. Glass balustrades on main deck to maximise views. Parents retreat. Master bedroom with ensuite. Double internal access garage. Enough room for several vehicles or boat/caravan.



Les Whale
021 411 345
09 416 9600

Susan Annett
021 345 788
09 416 9600

les.whale@mikepero.com

susan.annett@mikepero.com

www.mikepero.com/RX956260



AFFORDABLE 1ST HOME IN DESIRABLE WEST HARBOUR 3 1 1

By Negotiation

22A Elizabeth Drive, West Harbour
By Negotiation

3 bedrooms and great location on offer for the astute buyer. Adjacent to a reserve and situated on an elevated site, this character home ticks all the boxes when location, price and opportunity to improve and increase value feature on your wish list. An honest, straight forward and very liveable property without lifting a finger! Or renovate or extend the house to capitalise on potential gains. 3 bedrooms, 1 bathroom, separate toilet, single car garage with auto remote. A few minutes drive to Westgate motorway onramps to city and North Shore and Westgate and North West shopping mall. The CV on this property is \$440,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email susan.annett@mikepero.com.



Susan Annett
021 345 788
09 416 9600

Les Whale
021 411 345
09 416 9600

susan.annett@mikepero.com

les.whale@mikepero.com

www.mikepero.com/RX984509



TE ATATU SOUTH - ELEVATED ALFRESCO LIVING

3 1

By Negotiation

17 Mickle Street, Te Atatu South By Negotiation

Located off a quiet cul-de-sac, set on 635 sqm section, north facing with views through to The Trusts Stadium. A delightful single level, brick and vinyl weatherboard home with good insulation and cosy woodburner. The home is open plan dining and lounge with easy access to impressive north facing decking attracting generous sun and providing a platform for excellent views. Three bedrooms and bathroom, WC off a central corridor. A separate, stand-alone office/ storage or workshop around 40sqm provides good options. The home overlooks a flat lawn, established fruit trees and easy care garden which is private and fenced. An excellent quiet and private home that is sure to impress.

www.mikepero.com/RX894954



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



ELEVATED, FULLY FENCED, MOVE IN - WEST HARBOUR

4 1 1

By Negotiation

28 Hueglow Rise, West Harbour By Negotiation

Generous on the inside and the outside, this expansive property in a cul-de-sac location offers significant value to the family or investor. At 767 sqm the fully fenced section delivers security and privacy while the layout allows useful lawn for the kids, dogs or Guinea pigs. The XXL decking wraps north and east with wide double bi-folds opening extensive city views to the open plan lounge dining and kitchen area, perfect for entertaining and out of the prevailing SW wind. Four good sized bedrooms with built in wardrobes off a central hall with individual laundry and bathroom. A separate independent single garage offers options for storage, or workshop. 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/RX967134



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



NEW WITH VALLEY VIEWS NEAR RIVERHEAD AND KUMEU 4 2 3

By Negotiation

26C McEntee Road, Waitakere
By Negotiation

Set on over an acre of land. A brand new executive home offering well thought out entertaining areas and spacious living with clever modern elements including Butlers Pantry and extensive alfresco to covered courtyard and entertaining areas. Meticulous attention to detail from formal entrance way to storage areas including dry-store attic storage, central heating throughout all rooms. The home enjoys modern planning with all bedrooms off a central corridor and constructed to make the most of semi-rural valley views. 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/RX883782



AFFORDABLE ENTRY TO TOP WEST HARBOUR ADDRESS 3 1 1

By Negotiation

59 Luckens Road, West Harbour
By Negotiation

Charming 3 bedroom home on a full 572sqm site in desirable Luckens Road. Located on an elevated north facing ridge this property basks in all day sun while enjoying peaks of Westpark Marina and expansive views to the North Shore. On offer is a highly liveable 3 double bedroom home perfect as is or extend, renovate or add your own improvements to capitalise on value in a street where million dollar homes are the norm not the exception. Modern kitchen and bathroom. Single car garage. Heaps of room for the kids to play. Plenty of scope to enlarge this house as time and your budget allows. Opportunity knocks for the astute first home buyer, young family or investor. A few minutes' drive to motorway onramps at either Royal Road or Westgate and the new North West shopping mall.



Susan Annett
021 345 788
09 416 9600

susan.annett@mikepero.com



Les Whale
021 411 345
09 416 9600

les.whale@mikepero.com

www.mikepero.com/RX983835



UNDER CONSTRUCTION - WAITAKERE

2 2 1

By Negotiation

423B Wairere Road, Waitakere By Negotiation

Elevated, bush clad wilderness property set in a private glade with a few neighbours that blend rather than boast. The home is a large 150 sqm but its contemporary nature delivers open plan space, two rooms upstairs and options for a life less ordinary with character at every door, attention to detail and the craft of a boat-builders touch. Set on 4 hectares of bush that links naturally to parks and conservation lands aligned to the Waitakere Foothills, this is away from cell towers, high voltage power lines but delivers ease of living, quaint and quiet. It is as magical as it is endearing, and it could be all yours. The CV on this property is \$640,000. 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

Ian Sneddon
027 209 0789

ian.sneddon@mikepero.com

www.mikepero.com/RX939232



GLEN EDEN GOLD MINE - VIEWS AND SUNSHINE

3 1

By Negotiation

233 Glengarry Road, Glen Eden By Negotiation

A fantastic home on around 400sqm, elevated and sun-filled, with open plan living and dining and three good sized bedrooms off a central corridor. The home has loads of storage, in attic, in home and underneath with a single garage, and workshop. The property has extensive off-street parking and a drive through hard stand drive suitable for contractors vehicles, boat, trailers etc. This is an easy home to live in and enjoy. Close to schools, parks, convenience shopping, transport links, this is fantastic opportunity. 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/RX981784



INVESTMENT OPTION - HOUSING NZ LEASE

4 2 2

By Negotiation

211 Metcalfe Road, Ranui By Negotiation

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

www.mikepero.com/RX896243



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



WAIMAUKU - ELEVATED RURAL Paddock VIEWS

3 3 2

By Negotiation

2 Mabbett Lane, Waimauku By Negotiation

Situated in a beautiful rural aspect in Waimauku this home is situated on a gently sloping landscaped ¼ acre grounds with well established raised bed vegetable gardens. The home is contemporary, open plan entertainers living, featuring a great sense of space with cathedral ceilings in the lounge dining and family room areas. The view from the kitchen and dining looks over rural paddocks and is truly peaceful. Modern designer kitchen with black porcelain bench tops featuring kitchen island and breakfast bar. Perfect for easy living with the family or entertaining. With three bedrooms, master includes walk in wardrobe with ensuite and spa bath. Separate study, independent laundry and extensive outside decking with one double internal access garage one single garage.

www.mikepero.com/RX990687



Ian Sneddon
027 209 0789

ian.sneddon@mikepero.com



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



MODERN - MASONRY OVER BRICK IN WAIMAUKU

3 2 2

By Negotiation

25 Buttercup Place, Waimauku By Negotiation

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

www.mikepero.com/RX952890



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



SERENITY

4 3 2

By Negotiation

241 Ararimu Valley Road, Waimauku By Negotiation

Nestled on just under 11 acres amongst a beautiful garden and surrounded by mature trees this very private lifestyle home has everything you need to sit back and enjoy country life. The well appointed four bedroom plus study, two bathroom home opens out onto a large flat lawn surrounded by mature English Oaks, anybody for Croquet! Four well fenced paddocks with laneways provide excellent grazing. The water troughs are fed from a deep freshwater bore. This same water is bottled and sold under a number of brands from further down the road. Access to the Ararimu stream is through a lovely stand of native bush with this section of the stream wide enough and deep enough to launch a canoe. There is a very large three door garage linked to the house.

www.mikepero.com/RX961787



Lyndsay Kerr
027 554 4240

lyndsay.kerr@mikepero.com



ELEVATED BRICK AND TILE, PRIVATE CUL-DE-SAC - WAIMAUKU 4 2 2

By Negotiation

41 Freshfields Road, Waimauku
By Negotiation

The property is 1520sqm, with full boundary fencing, established planting and loads of room for the toys and the tots. Small vegetable garden and flower bed ready for personalisation. With four generous rooms, two lounges, bathroom, ensuite and separate laundry the home offers excellent flow through to patio and decking while an integrated internal access double garage and workshop delivers great storage and tinkering space. A refurbished kitchen with servery window and entertainment island will certainly lift your attachment to this outstanding executive home. The CV on this property is \$870,000. 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/RX985258



NEAR NEW - BRICK AND TILE IN OLD RIVERHEAD 4 2 2

By Negotiation

1008 Coatesville-Riverhead Highway, Riverhead
By Negotiation

Well positioned, well considered, and very established, this four bedroom two bathroom home delivers ease of living, open plan lounge-dining through to alfresco. An all-together balanced home, offering generous entertainers kitchen and easy flow to north west entertaining and relaxing patio area. Clever main bathroom and master bedroom with walk in and ensuite also having access to the private patio. Set well off the road down an attractive, established drive and entrance with internal access double garage and workshop. The property has provision for two separate dog friendly areas, fenced off and providing peace of mind for buyers. We are happy to supply a list of the last 12 months of transactions in this area please email graham.mcintyre@mikepero.com.



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

www.mikepero.com/RX952442

Home:garden

What is sustainable landscaping?

Creating a beautiful long lasting landscape which requires a minimum of maintenance.

At Sustainable Landscapes, we will offer you free landscape design as we carry out your landscaping project.



Our services include earth-works, stone and timber work, gardens and features, drive and walkways. Creating a low maintenance, long lasting landscape that you will be very satisfied with is our aim.

As a husband and wife team we have a policy of working on one project at a time. This way we can deliver a good service to our clients which includes Auckland Council where we often get asked to carry out more complex projects. Our purpose built 4 x 4 crane truck enables us to take the heavy burden out of our work. By having greater access to difficult sites and by having easy lifting capacity for carrying and placement work, we are able to work quickly, efficiently and effectively.

View our work at www.sustainablelandscapes.co.nz or talk to us, 0275 430 288. Sustainable Landscapes supports Variety, the Children's Charity.

Independent pre-purchase house inspections

If you are investing in residential property, an Independent Pre-Purchase House Inspection takes some of the stress out of property transactions by providing a comprehensive building report of all aspects of the property; you can then precede in your property transactions with full transparency.

We place special emphasis on leak detection, movement or subsidence, unusual signs of deterioration, insect infestation, and any other concerns that may affect the value of a property. See below for the list of what is included in the inspection.

Our promise to you:

- Your inspection will be carried out in a thorough and professional manner by a very experienced and competent builder
- We will provide a verbal report by phone, and via e-mail a detailed written report clearly outlining all findings.
- A certification is given with each report that the inspection has been carried out according to NZ Standards 4036:2005.

• We are totally independent and work only in the interest of the perspective purchaser.

• We cover the entire Auckland area, from Orewa to Pukekohe and beyond.

• Reports are promised within 24 hours but are usually sent on the same day as the inspection.

• Competitive prices – from \$350 (single level, verbal only).

About Us - Our inspectors Kevin and Keith have over 100 years building experience between them.

There is a lifetime of experience behind our eyes. Call us today, we're here to help. Kevin: 021 288 0101 or kevinmontgomerie@gmail.com.

Sparkn Electrical

Well, it is that time of year again, although the weather has not been too warm as I write. We are now very much involved in checking out camper vans and boats, making sure they are as summer ready as they can be. Now is a great time to check the batteries and run up all the systems and making sure you have enough battery capacity for some time away over the (hopefully) beautiful summer months.

We can install LEDS in boats, houses, gardens, pools and campers, not only to save power and reduce the load on generators but to enhance entertainment areas. For further information on how SPARKN Electrical can make your life easier, please contact Tony on 021 772 756.

Caring for your Japanese Maple

Awa Nursery has some stunning specimen size Acer Palmatums (Japanese Maples) in stock. Beautiful stunning reds and greens are such an eye catcher in the garden and these are no exception.



The Japanese Maples are very versatile and adaptable trees. They thrive in most soils and climatic conditions. Care and attention at planting time is key to a healthy maple. Japanese Maples have a shallow fibrous root system. Be sure to apply a mulch around the tree to help retain moisture. Your planting site must be reasonably well-drained to avoid waterlogging. Your maples will thrive if they are planted in a location where they get sunlight during the day, a small



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WESTERN 

amount of shade in the afternoon, and are sheltered from the wind. Sunlight enables the deep rich colours in the foliage. Major pruning should be done in the dormant season after all the leaves have fallen off. Corrective pruning can be done at any time of the year except between late winter and early spring when the tree is devoting all of its energy into the development of new foliage.

Many Japanese maples are well suited to growing in containers. It is important the tree is planted in a mix that drains well to prevent waterlogging of the roots. Looking after a maple is surprisingly easy. Some care and attention at planting time will result in a low maintenance tree for years to come – Japanese maples can live for up to 150 years. Come and visit us at Awa Nursery and see for yourself these beautiful specimen Japanese Maples or contact us on phone 09 411 8712 or visit www.awanursery.co.nz.

Building supplies & trade specialists

Western ITM in Kumeu have all your Building Supply requirements. Whether you have a weekend project underway, building and maintaining farm fencing/sheds or constructing your dream home, no job is too big or too small. Specialists in serving the Trade. Visit westernitm.co.nz today for a free online quotation. Try us, you'll be impressed. Western ITM - 154 Main Road, Kumeu. Phone 09 412 8148 - open 7 days.



Here we are in spring with abundant pasture

This pasture is ideal for stock, rich in nutrients, low in fibre and highly digestible. Now is the time to plan how best to use this feed. You want to keep your pasture at the leafy green stage. Graze your paddocks hard and most importantly, evenly, rotate your paddocks or strip graze more frequently than at other times of the year.

If you still have excess feed, think about turning it into silage, talk to a contractor about this, they will advise when it's best to cut before it turns to hay. Once cut, apply some nitrogen fertiliser to get them going again, this should help you keep green feed into summer. When pasture dries out in February you will have that silage to feed out. Topping your paddocks after grazing will get rid of the long stalks that stock avoid. Don't top too low if its dry, this will keep the sun off the roots and stop the soil from baking.

NIWA believe we should have a fairly normal summer with the chance of slightly higher rainfall and temperatures. Let's hope so, I am over these blustery conditions. If you need help finding rural services talk to your local produce stores or give me a call, I know a wide range of contractors to help you make the most of your lifestyle block.

Lyndsay Kerr, Lifestyle specialist - Mike Pero Real Estate Kumeu phone 09 412 9602 or 027 554 4240.

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Dan's Tips

December 2016

It's a full-on growing time, so with a few simple garden tasks completed, you can put your feet up and enjoy Christmas in your own piece of paradise!

In the Vegetable garden

- **Leek Planting Tips** – Digger prefers the newspaper wrapped seedlings from Awapuni Nurseries: www.awapuni.co.nz/online-shopping. It is best to drop leek seedlings into deep holes around 20cm deep and let the soil gradually fill in the hole by itself. By planting so deeply you are blanching the leeks (creating the white part). Old gardeners tip: cut off half the green foliage straight after planting
- **Watering** is best done daily, or minimum three times a week at the roots of your vegetable plants. Adding straw or other organic mulches around edibles reduces the amount of water required – good practice if you have limited water over summer
- **Herby heaven** – imagine a table at Christmas groaning with the weight of smart salads packed with lots of herbs – that's perfect because basil, coriander, mint and dill are fast-growers and need constant harvesting!
- **Potatoes** – Continue to hill up the ones that are mid-season ripening, but look out for the yellowing tips of the early season spuds – you might get a feed in time for Christmas Dinner!
- **Get your bug-life in balance** – there's a lot of leaf-sucking and munching going on, so control whitefly, aphids, scale and mites with the all-organic Aquaticus Bugtrol



Fill up those potatoes

The Ornamental Garden

- **Water as a feature** – the hotter it gets, the more we appreciate water outdoors. Birdbaths, bowls of water lilies or other aquatic plants are an easy way to enjoy water in the garden. A good design effect can be achieved with a 'dry riverbed' – usually this is a serpentine path of stones with curving base giving the effect of sides of a riverbank
- Red is traditionally the Christmas flower colour (a la Pōhutukawa in flower), but any garden looks great with hot shades of pinks, reds and corals – colours of **geraniums, petunias and impatiens** – annuals that are easy to grow and flower quickly
- **Deadheading roses**, giving spent **lavender flowers a trim** and **cutting back spring flowering shrubs** – all give the summer garden an instant makeover!



The Christmas Lawn

A wet spring generally favours lawns and leaves them looking lush. But if your lawn tends to go from boggy to hard-baked clay in summer, now is the time to apply Prolawn's Aquaturf G. It's a safe, natural wetting agent that, when applied to lawns, will help cure problems of dry patches that develop through a hot summer



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Season's Greetings from us at Central

At Central Landscape and Garden Supplies Swanson we wish you all the best these holidays.

Spruce up those outdoor areas with our wide variety of barks and mulches to really make those outdoor areas pop!

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able price. I am a certified plumber with 11 years' experience. I do not charge a call out fee, have a very competitive hourly rate and also offer free quotes. I am based in West Auckland and will work in the greater Auckland area. I cover most aspects of plumbing and treat every job as if I was working on my own home. I strive for customer satisfaction and believe in getting it right first time. My services include - full bathroom renovations (I can organize the whole job including all other trades from start to finish), kitchens, toilets, roofing and spouting, solar systems, water mains, hot water cylinders, burst pipes, dishwasher and washing machine installation. Scott Sutherland - Certified Plumber contact 027 430 0251 or 09 832 7267. www.nocow-boys.co.nz/businesses/sp-s-plumbing-services.

Move out winter, hello summer

Here at Kumeu Plumbing we are gearing up for summer. We are bringing the heat with some hot clearance specials. All Firenzio and Kent Wood Fires Free Standing and Inbuilt available in Clean Air and Rural options are priced to go! Save hundreds! Out with the cold and in with the blue, we are Swimming Pool ready. Here at 156 Main Road Kumeu (BIG BLUE BUILDING) we can analyse your pool water and supply what you need to balance your pool for safe and healthy swimming for the whole family, this includes spas. We cater for salt pools and chlorine pools. Christmas is just around the corner, a range of stocking fillers available from pool toys for the kids to cooking utensils for him and her. Forget the barbeque, give hubby the ultimate Kiwi Cooking experience - barbeque, roast, steam and bake all rolled into one with our Barrel Barbeque! Perfect Christmas surprise. Call in and chat to the team. 156 Main Road, Kumeu. 09 412 9108.

North West Business Awards

The inaugural North West Business Awards is set to launch. The Awards, initiated by the North West District Business Association (NWDBA) and sponsored by many local businesses,

aims to find the 'Best in Business' amongst a range of categories, celebrate their success and communicate both the quality and quantity of businesses in the North West District. There are eight different categories to enter and two special awards: Retail, Hospitality (non-licensed), Hospitality (licensed), Recreation, Health & Beauty, Business & Professional Services, Rural Services, Manufacturing and Trade, The People's Choice Award and The Supreme Award. Nominations will open in December and run through until the end of January and participants may nominate their own business or any other business within the NZDBA boundaries. Following the nominations, finalists will be selected, a mystery shopping firm will assess all of the entrants on customer service attributes and formal entries will be submitted. The event culminates in a black tie Awards dinner in early April 2017. Nomination forms will be in retail shops across the district in December and further information can be found on the NWDBA website (www.northwestcountry.co.nz).

Changing the way you BBQ

We know Kiwis love entertaining outdoors, so Grasslands are proud to release the award winning series of BBQs from Zeigler & Brown. Distributed in New Zealand by Masport, these very smart BBQs take the high domed hood system to a new level. The firebox and egg shaped domed hood are die-cast from thick, heavy duty aluminium. Zeigler & Brown offer models from the compact portable grill to the powerful triple grill. With the optional cooking formats, these are the most versatile BBQs we know of. Roast racks, pizza stones, smoker box & skewers are some of the popular accessories. They are backed by a comprehensive 5 year warranty. A key feature is the high output burners with flame thrower easy start ignition which allows for cooking with hood open or closed. See the Ziggy in store now at Grasslands, 20 Shamrock Dr, Kumeu - 09 412 7880.



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Why get stronger?

Light walking is not enough to preserve muscle tone, bone health, balance, and posture. If you're not engaging in strength training, chances are you'll become increasingly less functional with age. Strength training becomes more important with age. It has many benefits, and is an essential element if you want to prevent weakening of your bones (osteoporosis), age-related muscle loss (sarcopenia), limited range of motion, aches and pains. Strength training also increases your body's production

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of growth factors, some of which also promote the survival of neurons, which helps explain why working your muscles also benefits your brain and helps prevent dementia. It should be an integral part of a well-rounded exercise program, and is recommended for both sexes of all ages—especially adults. It's important to realize that by the time you're in your 70s, your muscle strength and tone will have declined by roughly 25 percent from what you had in your mid-30s. You'll lose up to 50 percent once you approach your 90s. Something worthwhile noting is that in seniors who take up strength training, the genes' clocks can be turned back by as much as a decade! Turn Up the Intensity by Slowing It Down... Current research is showing that super-slow weight training may have superior benefits, and may also be a more suitable form of high intensity exercise for older individuals. It is much safer and more effective than conventional strength training as it actively prevents you from accidentally harming your joints or suffering repetitive use injury. Research shows that, no matter your age, you stand to gain significant improvements in strength, range of motion, balance, bone density, and mental clarity through strength training. It's never too late. But clearly, the sooner you start, the better. When it comes to bone and muscle strength, it's clearly a lot harder to regain what you've lost than maintain what you already have. Annie Minton phone 021 815 113 or visit www.bodybrainexercise.com.

Kumeu Blend Choir

The Choir took part in the Kumeu Brass Band concert on Saturday, 29 October in the Kumeu Community Centre. The choir presented Verdi's 'Chorus of the Hebrew Slaves' accompanied by Kumeu Brass. This was followed by 'Where Else in Town'

from 'Tales of Hoffmann' by Offenbach. Kumeu Brass presented the main part of the program with contributions from the choir. There were solo performances by Caitlin Houghton and Arthur Close, two promising young singers studying music at Auckland University. The choir, led by musical Director Margaret Lindsay, rounded-off their contribution to the afternoon with 'Stairway to Paradise' (Gershwin), 'Razzle Dazzle' (Ebb & Kander) and Gershwin's 'Fascinating Rhythm'. Judy King provided piano accompaniment. Our Christmas concert will be held in St Chads Church at 7:30 pm on Sunday 11 December 2016. We welcome new members so if you would like to join us please contact Christine Smith on 09 412 8939 email g.c.smith@xtra.co.nz or Margaret Lindsay on 09 849 8070 email Margaret@lindsays.co.nz.

Rotalite West

Rotalite is a group of neighbours, friends and community leaders who come together to create positive, lasting change in our communities and around the world. This year we've planted school gardens, and raised money for local community groups through various events. Our impact starts with our members – 25 to 45 year olds who are passionate about facing West Auckland's toughest challenges and greatest opportunities. With the help of Rotary International, we are promoting peace, fighting disease, providing clean water, assisting local organisations and working towards the end of polio disease within our lifetime. To find out more about Rotalite West, come along to one of our fortnightly meetings at a West Auckland pub or café near you. For details of our next gathering, contact us at secretary@rotalitemwest.nz or visit us on Facebook @RotaliteWest.

Build: New

Signature Homes winners at the Westpac NZ Franchise Awards 2016

It was amazing to hear of the success our franchise group experienced at the recent Westpac NZ franchise awards. These awards are promoted by the franchise association of NZ, and use a comprehensive four stage process to evaluate the associated businesses. The NZ business excellence foundation evaluated the entrants using the internationally recognised Malcolm Baldrige criteria. This is a system used to measure standards of quality in over 25 countries.

We are very proud to announce that our franchise group won the coveted Supreme Franchise System of the Year award. Our New Zealand brand boasting over 30 years of experience, was singled out for its world class systems.

One of the highlights mentioned in the judging was the independently-bonded building guarantee programme that offers security by ensuring the completion of the clients' home to the standard in the build agreement. Additionally the guarantee covers weather tightness, structural and non-structural defects. Further confidence in our company can be gained from the fact that the Ministry of Education has been using Signature Homes as their preferred builder for New Zealand's early childhood centres, since 1983, having completed 100 to date.

We welcome all enquiries. Allow us the opportunity to demon-

strate our robust systems and processes, designed to aid you on the journey to your new home or business venture.

Call us 0800 020 600 or 09 412 9010.

The freedom to lock up and go

Or enjoy the best views, in the quietest area of Hobsonville Point!

Introducing Rifle Range Point - Free up your time, or lock up and go - enjoy the freedom of owning a very low maintenance, four bedroom home in Rifle Range Point.



Rifle Range Point is located in the quietest area of Hobsonville Point and has the BEST views! Your backyard is a beautiful 11-hectare park, and the city ferry and The Landing's vibrant restaurants and cafes will be just a short stroll away. This small enclave of architecturally designed well-appointed 4-bedroom homes are available from \$1,335,000. These homes have their very own private internal elevator, large open plan living spilling out to a sunny north facing deck, plus, all important car parking for three cars.

Hobsonville Point is ideally located to offer you a great lifestyle close to the water with harbour access, beautiful parks and coastal walks, Hobsonville Point has a range of amenities including cafes, a farmers market, schools, a Medical centre, Pharmacy and Countdown supermarket. Only minutes away you will find shopping at Westgate and Albany, with West Coast beaches, vineyards and forests in close proximity.

Build with Auckland's most awarded builder, with the best guarantees and have a home designed for living, built for life. 66 Master Builder House of the Year Awards.

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G.J. Gardner Homes

As proud supporters of the New Zealand Breast Cancer Foundation, G.J. Gardner Homes Rodney West and East offices went pink for a day this October. We managed to raise a record \$10,405.20 with the sale of pink frosted cupcakes and raffle donations from generous local businesses. Thanks so much to all

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Scott Gordon

Director/Sales Manager

scott.gordon@compasshomes.co.nz
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3 Larmer Drive, Matua Estate, Huapai,
Auckland 0891. PO Box 668, Kumeu, 0841



of the amazing people in our community that helped make our pink day such a huge success! We couldn't do it without you. And now with Christmas just around the corner we'd like to let you know our office will be closed from the 22nd December 2016 and will reopen on the 12th of January 2017. Showhomes will reopen at our normal advertised opening days and times from 7th January. All of the G.J. Gardner Homes Rodney West team would like to wish you a very Merry Christmas and we look forward to building with you in the New Year.

Compass Homes - not just any new home builder

The Compass Homes team has more than 45 years of building industry experience and exclusive concrete construction and methodology expertise. Their passion, dedication and skill go into every project.



For Compass Homes, ensuring their customers have a positive experience throughout the entire build process is paramount. "Our goal is to make the journey as easy as possible." Our innovative project management and customer care software enables customers to easily monitor progress of their build. This cutting-edge technology means timetable information and notifications are automatically emailed to our customers. The project can be accessed online any time, allowing customers to check updates at their convenience. This results in a faster, more efficient, and an entirely transparent building process - with no surprises along the way!

For further details visit Compass Homes Rodney 3 Larmer Drive, Huapai or contact Scott Gordon on 027 406 368 or email scott.gordon@compasshomes.co.nz.

Maddren Homes

Maddren Homes would like to congratulate Teo Markov from Casa Ceramica for being our November Tradie of the month. Teo and the Casa Ceramica team continually provide a professional high quality job that fits in perfectly with the Maddren Homes ethos. However it's Teo's can do attitude that has won him this month's award, continually going above and beyond the call of duty. In a heated building environment, service and delivery are paramount factors in keeping our clients happy.



So on behalf of all the team at Maddren we would just like to say a big thank you to Teo and the team for all the hard work and effort, it certainly is appreciated.

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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 \$75 plus GST you can be exposed to over 18,000 locals for a whole month. That is only \$2.50 a day. For more information email our editor at jbw51red@googlemail.com.

Old Hands at Building Award Winning Homes

www.maddrenhomes.co.nz/awards



Food: Beverages

The Flagship Bar & Restaurant

Kids are always welcome at The Flagship! We have a kids menu and a separate play area to keep them entertained while you enjoy a bite to eat. Ask our team about signing your kids up to the Little Pirates Club, they'll receive meal discounts, a free club t-shirt and invitations to special events just for members. We're located in the West Harbour Marina, and we hope to see you and your Little Pirates here this summer.



Healthy, fast, casual brand Habitual Fix opens in Northwest Mall

Habitual Fix, a brand that focuses on providing healthy options and prides itself on delivering on its promise of serving good food fast has now opened inside Northwest Mall.




The brand is known for creating salads, sandwiches, wraps and smoothies all made from fresh ingredients, right in front of the customer, which seems to have hit a chord with the local public who have been looking at healthier options in the fast food category.

The store is a kiosk concept located outside the entrance to the

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Countdown supermarket inside the mall which makes it an easy option for those visiting to shop or those local who just want to pop in for a quick fix. They have a range of food which caters to all tastes as well as gluten free, vegetarian and vegan, meaning anyone can get a healthy bite or drink. Their fresh juices are also a hit with both young and old.

Franchisee Evie Rua identified the brand as filling a gap in a growing category "healthier options" so after completing a business degree was ready to jump in with both feet when the opportunity arrived. She has made it a family affair with her mother and sometimes teenage children handling the make and cashier duties and looking after hungry customers. Habitual Fix is part of Mad Group, which in 2015 was crowned NZ's fastest growing retail business in the Deloitte Fast50 and has further sites planned this year and early next year.

Get ready for summer with Soljans

Soljans Estate Winery has been making quality wines since 1927. We are proud to present New Zealand's most awarded sparkling wine - Fusion Sparkling Muscat. Low in alcohol and with well-balanced juicy fruit flavours, it is a must-have bottle on Christmas day! 6-pack cases are now on promotion (18 Nov 2016 to 08 Jan 2017).

We are open over the Christmas Break, only closed on 25th, 26th Dec & 1st Jan. Please come along with your family and friends for brunches/ lunches and wine tasting. Our excellent services have won us repeatedly the Beef and Lamb Award and Trip Advisor's 'Certificate of Excellence'. We will provide you with the warmest welcome. For bookings, please call our café on 09 412 2680.

Festive Nut Tartlets

Pastry:

1 cup flour

½ cup icing sugar

Pinch salt

125 g cold cubed butter

3-4 tsp cold water

Place dry ingredients in food

processor and pulse to combine.

Add cubed butter and

process till crumbly. Add 3 tsp of cold water and process till

forms a ball. Only add extra water if necessary.



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Computer Maintenance • Computer Repair
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Line 24 greased mini muffin tray with pastry and place in fridge for 30 mins.

Heat oven to 180 degrees Celsius

Lightly toast 1 cup of chopped mixed nuts: macadamias, Brazil nuts, pecans, etc.

Divide nuts between cases.

Filling:

1 Tbsp melted butter

½ cup brown sugar

2 Tbsp golden syrup

1 egg

In a bowl beat all filling ingredients together until smooth. Pour a little of this into each nut filled case and bake for 20 – 25 min.

Cool in tins then, if desired, dust with icing sugar or drizzle with melted chocolate.

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 paulajaneakes.co.nz.

Peko Peko Japanese Takeaway

Season's greetings! We will close from 24th December to 9th January 2017. We will be back to our usual trading hours from Tuesday 10th January, at Passion Produce car park, 92 Hobsonville Rd. Please check our Facebook page for any updates. We appreciate your continuing support and we were pleased to see and know lots of lovely people through the year. We will continue to keep up our hard work in 2017 and look forward to seeing you all soon. Have an awesome Christmas and New Year with your loved ones :) Aki, Kazu and the team.



The Riverhead

I read an interesting article the other day written by Verity Johnson (from Paul Henry's bunker) about her generation, Instagram and Social Media. She explained the compulsion of taking selfies, continual posting and the seemingly intimate relationship this generation have with their personal devices. She says, they just like pretty things and want to share all their experiences with others. Is there anything wrong with that (within reason)? Maybe 'we older' people simply need to accept & embrace? Just to put it into perspective I found this quote, which is food for thought: "I see no hope for the future of our people if they are dependent on frivolous youth of today, for certainly all youth



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are reckless beyond words... (Hesiod, 8th century BC)! We all need to keep up & get with it...!

Spaceman Coffee

Spaceman Coffee is a New Zealand-based, fair trade, organic coffee roasting company located in West Auckland. We specialise in small batch-roasted coffee bean blends and single origin roasts. Once the beans are roasted they are left to rest for up to 5 days to allow the flavours to develop and excess gas to escape before being packed in waxed lined brown paper bags with a built-in wire tie to lock in the freshness.



Come down and meet the Founder, Daniel King at his Spaceman Coffee Stall at the Hobsonville Point Farmers Market every Saturday and Sunday 9am - 1pm. Ask us about our coffee subscription where you can have your coffee delivered to you on a scheduled delivery. Like us on Facebook and follow us on Instagram and Twitter! www.spaceman.co.nz.

Two ways with Christmas ham

This is a good opportunity to use these products both for the Xmas table (roasted ham/turkey/chicken/pork etc) as well as for leftovers.

Ham with Brie and Tamarillo Chutney - 1. Choose your bun. 2. Layer with rocket, piles of sliced Christmas Ham and Brie. 3. Smother in Tamarillo Chutney.

Ham Toastie - 1. Fill sourdough bread with layers of cheese and





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Christmas Ham and toast in your sandwich press. 2. Lift the lid and add your Mustard Pickle. Enjoy!

www.noshortcutschutneys.bigcartel.com/ and [noshortcutsnz](https://www.facebook.com/noshortcutsnz) on Facebook.

Get your booch on

Some call it mushroom tea or the "elixir of life," but no matter what you call it, kombucha is one of the hottest trends in health beverages. The fermented tea has been around for more than 2500 years but more recently has become popular because of its purported health benefits.



Regular kombucha drinkers claim it aids digestion, sleep, weight loss and detoxification; stimulates the immune system, stops hair loss and improves liver function. The fermented beverages are high in acid and contain sugar, vinegar, B vitamins, antioxidants (from the tea), and trace amounts of alcohol (a natural consequence of fermentation).

Kosmic Kombucha NZ is a locally, hand-crafted small batch brewed business which offers four refreshing flavours: Lemon Ginger, Original, Apple Cinnamon and Coffee. You can find them at The Hobsonville Point Farmers Market every weekend from 9am to 1pm, or you can place an order at www.facebook.com/kosmickombuchanz.

New Zealand winery named New World Winery of the Year

Wine Enthusiast magazine has named Kim Crawford winery 'New World Winery of the Year' in their annual Wine Star Awards, which honour outstanding achievements in the international wine and beverage industry.



"I'm so proud that we've brought this one home for New Zealand wine against the new world competition," said Kim Crawford Winemaker, Anthony Walkenhorst.

"My team and I work hard to make wines that people love to drink and we're really pleased to get a pat on the back for it from our peers and industry leaders."

In the U.S, New Zealand's largest wine export market, Kim Crawford is now New Zealand's most purchased wine brand, and

produces the #1 selling Sauvignon Blanc (Source: IRI Total U.S. Multi Outlet).

"The key to Kim Crawford's success has been its consistency," says Managing Editor of Wine Enthusiast, Joe Czerwinski. "From its beginnings, the emphasis has been on fruit-forward, crowd-pleasing wines that consistently impress. For that accessible quality matched with a rapid rise in demand, Wine Enthusiast is proud to recognize Kim Crawford as its 2016 New World Winery of the Year."

Kim Crawford's New World Winery of the Year award will be featured in Wine Enthusiast's 2016 Wine Star Award issue coming out on December 31, and award winners will be honoured at the annual Wine Enthusiast black-tie Wine Star Awards ceremony in Miami on January 30, 2017.

"This prestigious award is testament to our incredibly loyal consumers and our commitment to consistently produce top-quality, distinctive wines," said Simon Towns, Managing Director of Constellation Brands NZ (Kim Crawford's parent company).

"The Kim Crawford team put in 100% from the vineyard to the glass, and I'm really pleased that they have been recognised for their dedication. We have strong partnerships with our growers and they can also be very proud of this award, we can't do it without them."

For further information, please visit: www.KimCrawfordWines.com.

The Herbalist Craft Beer - New Lager

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

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

Rebecca and her husband have just bottled a limited edition Nettle & Bilberry Lager containing six very special herbs, making this Herbal Lager perfectly suited to be enjoyed on those long, sunny, summer days we have all been waiting for.

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

www.theherbalist.co.nz; [facebook.com/theherbalistcraftbeer](https://www.facebook.com/theherbalistcraftbeer).



Special thanks

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

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Your local travel agents Carolyn Hedley, Lesley Johns and Hayley Miles **invite you** to our fabulous new store in Hobsonville for **Christmas Drinks**.

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Ask us about our upcoming Scenic River Cruise Evening!
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Pettips:advice

Is your doggie looking a bit ruff?

Pop into 'The Pet Stylist' dog grooming salon in Massey for all your doggy's grooming needs. Being passionate dog lovers ourselves, we understand how precious your dog is to you which is why we offer full individual treatment while your dog is in our care. We offer a selection of services to keep your best mate looking great and feeling gorgeous! We do not discriminate – all dogs deserve the best, which means ALL our packages include premium and best quality shampoos, conditioners and other products. For more information and other services offered, please visit our website www.thepetstylist.co.nz. We are open 7 days by appointment only. For bookings call Sonia on 09 833 3112 or 021 766 421 or send us a message via our Facebook page www.facebook.com/thepetstylistnz. We'd love to meet you and your dog! A Merry Christmas and Happy New Year to all our clients, and their dogs.



Finding an injured animal

Imagine you're on the way back from the shops and you spot a cat lying on the side of the road. You pull over to check on it, but can't see it moving. You need to check if it's alive, but how do you do that on an animal?

If you're shocked that you're not sure what to do, don't worry, you're not alone! Even though lots of us have pets, many wouldn't know what to do! This article will teach you the basics of helping an animal whether it is your own or someone else's.

First thing you need to do is look out for any signs of movement as you're approaching the animal. If the animal moves at all it is alive and you need to get it to the vet. If there is no obvious movement then focus on whether or not you can see the chest rising and falling, this will show if the animal is breathing. If you can't see the chest moving then try putting your hand in front of their face to see if you can feel their breath. If they are breathing



then they are alive so get them to the vet!

If they are not breathing it is time to check for a pulse to see if the heart is still beating. Just like us you can feel for an animal's pulse on their neck but they have a lot of extra skin and fur there so it could take a while. The easiest thing to do is to feel for the femoral pulse on the inside of the animal's back leg.

If the animal has a pulse then their heart is still beating but you need to get them breathing again so start rescue breathing. If there is no pulse, the heart has stopped and you need to start compressions.

Unfortunately rescue breathing and compression can't be explained in this article but attend a PET First Aid course and you will learn these essential skills as well as many others! Laura Purkis - www.petfat.co.nz.

Summer dog care

With the weather heating up we can all look ahead to summer again. I want to share with you some useful tips to make summer easier on your furry family member. In the colder months it's great to pop your dog in the



car with you as you drive around to do jobs, but as the weather heats up your car becomes an oven for your pet. It's best to leave them at home where they have access to shade and water. When you are popping out and leaving your pup at home to relax, leave out at least two water bowls in case he gets really thirsty or knocks one over. If they are inside leave a few windows open for airflow, or leaving the air conditioning on low is also a great option to keep your dog comfortable.

When walking your dog try and get out early in the morning or later at night when the pavements are cooler. Not sure if the pavement is too hot for your dog? Place the back of your hand down on the concrete and hold it there for a count of 5 - if you can't then it's too hot and you will burn your dog's paws.

But what do you do if you need to walk them when it's hot? Take your dog to a dog park where it can walk on grass or to one of Auckland's all year round dog-friendly beaches so they can get in the water (Kennedy Park or St Leonard's beach) and remember to take a bottle of drinking water with you for them too.

Most important of all is to have fun with your dog this summer. Get out in the great weather and explore around Auckland as there are some great places that you and your dog can go.



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Sniff - Play - Run - Repeat

These are pretty much the standard MO for the dogs that come and hang out at Waimauku Dog Daycare. We are now exclusively a dog daycare, sharing our 16 acre rural playground with dogs every day. Something for everyone - huge paddocks to zoom around in, a watering hole to swim in, a swamp to stomp in, a forest to snuffle in and a cozy, fully insulated, double glazed den to laze about after all that fun! Your pal will go home happy and tired...It's all about your dog here, small numbers means no overcrowding or overwhelming and all dogs are fully supervised at all times. We back this up being certified in canine behaviour and care, canine body language and pet first aid for extra piece of mind. Super value for money with at least 7 hours of good old fashioned fun. Get in touch for a free evaluation today - all the details are on our website www.runplaystay.co.nz - check out the Facebook page and Instagram as well, or give us a call 021 266 6370.

5 Top Tips - healthy skin & coat for cats and dogs

We're well into spring and that's usually associated with allergies for both humans and pets. Scratching and biting can quickly impact on the condition of your pet's skin and coat, but it's important to take into account the bigger picture, beyond just the allergy season.

The condition of your pet's skin and coat is a good indicator of their overall health. As the skin provides protection, sensory data, regulates body temperature, prevents dehydration and produces vital nutrients, looking after it year round is essential for your pet's well-being. Your pet's skin should be soft, smooth and free of lumps, flakes or raw red spots. The coat should be shiny and smooth, without bald patches or excessive loss of hair.

The Vet Care Group has teamed up with Animates to bring you the Top Five Tips for skin and coat care:

- 1) Allergies: Allergies can be difficult to diagnose, with symptoms varying greatly. If you have any concerns or notice your pet excessively scratching or licking, thinning hair, bald patches or red skin, see your vet for advice.
- 2) Brushing: All pets benefit from regular grooming sessions



which should be carried out at least once a week. It's important that you use the correct tools for your pet's coat type. We recommend using a brush with widely spaced teeth for the outer layer, and a finer soft-bristle brush or comb to maintain their inner layer of fur and the fur around your pet's face. Using a slicker brush is a great way to finish grooming as it smooths down the top layer of the coat.

3) Bathing: How often your pet needs to be bathed depends on their lifestyle, age and coat type. The average dog only needs to be bathed every 4-6 weeks when they get dirty. Cats only require bathing when their coat is particularly greasy or dirty with grime or a sticky substance they can't remove themselves. It is important that you are not bathing your pet too regularly and are using a shampoo designed specifically for your pet.

4) Nutrition: A balanced diet with adequate quantities of protein will help strengthen your pet's fur as it's mainly made up of protein. Dull, fragile hair which sheds excessively can be an indication of ill health or that your pet isn't getting everything they need from their diet. The first ingredient on the food label should be a source of easily digestible protein. Omega-3 fatty acids in flaxseed and fish oil may reduce itching and inflammation in skin and add shine to a pet's coat. Zinc and vitamin A can help pets that have dry scaly skin, however it's important to always get your vet's recommendation on supplements suitable for your pet as excessive amounts may cause harm if given for long periods of time.

5) Flea and parasite control: Keeping your pet's flea and parasite treatments up-to-date is vital to their health. The presence of parasites can lead to allergic reactions, infections and itchiness and discomfort for your pet, all of which are avoidable with regular treatment.

For more information, or to purchase product online - see www.animates.co.nz. For more information, or the location of Vet Care Group clinics see www.thevetcaregroup.co.nz/.

Kanika Park

Whether you are looking for a short stay or long stay for your feline baby, then look no further than Kanika Park. Our boutique country retreat for cats will offer indoor living, luxurious spacious individual suites with a stimulating play area. Designed and decorated as you would expect from a 5-star retreat. Kanika Park is a purpose built "new build" indoor facility, nestled in the heart of our 10 acre Waimauku property. Planned to open mid-December, unfortunately we have encountered delays, which have been out of our control and set us back. You can follow the build progress on our Facebook page Kanika Park - Country Retreat for Cats, or phone us on 09 948 6595.

Cat lovers urgently needed

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



Health:beauty

Pilates – what is it?

Pilates is a complete exercise method, developed by German-born Joseph Pilates who believed mental and physical health were closely connected and is suitable for people of all ages and levels of ability and fitness. Pilates is based on eight principles: relaxation, alignment, control, precision, routine, breathing, centering, and flowing movement, helping you develop an awareness of how your body works. It focuses on building your body's core strength (back, abdominal and pelvic muscles) through a series of low repetition, low impact stretching and conditioning exercises. Pilates can help improve posture, muscle tone, balance and joint mobility, as well as relieve stress and tension. Exercises can be done on a mat without special equipment. Shamrock Physio holds Pilates classes on Tuesday and Friday mornings and Monday and Tuesday evenings with qualified instructors. For further details and enquiries check our website www.shamrockphysio.kumeu.co.nz or call us on 09 412 2945.



Summer is coming

As the warmer weather starts, there are a few factors to keep in mind regarding our feet. Here are a few tips to keep your feet happy over the warmer months:

- Regularly moisturise your feet. When our feet come out of shoes into sandals/jandals/bare feet they dry out. Dry feet build up callus (hard skin) faster. If the skin is particularly dry the callus can split, leading to discomfort and pain.
- Avoid long periods of time with nail polish on. Nail polish can compromise the integrity of the nail and make it more susceptible to fungal infections. If you have a fungal infection the nail polish seals the infection in and can act as an incubator. If this is a foreign concept to you, try and go one week polish free between applications.
- Use an antifungal powder if your feet are trapped in hot sweaty shoes all day. Fungal spores love this type of environment and flourish in the warmer weather. This is good preventative care to ensure you don't get stuck with a fungal infection.
- Warm up and cool down when partaking in sports. The

warmer weather generally brings more activity and for those that have been more sedentary over winter this can be a shock to the musculoskeletal system. It is a good idea to ease into your activities slowly increasing how frequently you are partaking or the duration of the activity. This will help avoid injury. Another great way to avoid injury is to do a gentle warm up prior to exercise and a cool down and stretch at the end of your activity, again this helps to lessen the risk of injury.

- Stretch your feet. When barefoot and in sandals there are different loads on the muscles of the foot and ankle compared with closed shoes. This can mean the muscles in your feet are working much harder! It is a good idea to stretch your feet every evening to loosen these muscles. Rolling your foot over a tennis ball or cricket ball works well to loosen the tightened muscles of the foot.

If you would like some foot stretches sent to you please email: info@hobsonvillepodiatry.co.nz Lauren Peet is the Podiatrist at Hobsonville Podiatry, level 1, 124 Hobsonville Road.

Nooooooo! Christmas Again

Gifts! Gifts! Gifts! Gifts! Gifts! Gifts! Hobsonville Optometrists - Glasses and Gifts is ready to help you with gorgeous, unusual decorations and excitingly different gifts catering for every gender, age, budget and taste! 413A Hobsonville Road, Hobsonville. Open Monday - Friday 9am - 5.30pm and Saturdays.



The pain of a pulled elbow

Sadly, it is not often in medicine that a doctor is able to instantly 'heal' a patient. Most of my job as a GP and an Urgent Care physician involves monitoring chronic conditions and organising tests in order to make a diagnosis. And once the diagnosis is made, I oversee that the patient gets better; or is adequately managed. This often takes time.

One exception to this is a common condition called a pulled elbow. This is an injury that affects young children, usually under the age of five. Another name for this is a 'radial head subluxation'. A subluxation basically means a minor dislocation, and

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the radial head is the beginning of the radius (one of the forearm bones) which makes up part of the elbow joint.

A pulled elbow mostly occurs in one of a few circumstances. It can happen when a child is pulled forcibly by the hand by an adult. This can be when a child is swung by the hands or when a child runs from an adult and the adult pulls them back. This force can be strong enough to pop the radial head out of its correct position within the joint. The result of this is usually a child who refuses to use the arm and, when questioned, points to pain in the elbow or the forearm.

If this happens, the child needs to be taken to the doctor where they can have the elbow relocated. Often this can be done without needing to do an x-ray. This manoeuvre is quick and simple for a trained doctor, but the child must be examined by a doctor because sometimes an x-ray is required to rule out a fracture. Usually the elbow clicks into place during the manoeuvre. Afterwards the child is placed into the play area in the waiting room. After a little apprehension the child usually starts to use the elbow as before. The child still needs monitoring; particularly for the next three weeks as the elbow can easily pop out of place again. If this happens, then they need to be brought back to see the doctor.

The main thing to remember is never to pick a child up by the hands. I have seen dozens of these injuries and although most children fully recover, suffering from a pulled elbow and having it manoeuvred back into place is never a pleasant experience for children and parents alike! Dr Isabelle Duck is a GP and Urgent Care doctor at Westgate Medical Centre.

Did you know laser dentistry can help you fight cold sores?

Unlike other cold sore treatments, such as creams or ointments, lasers get to the root of the problem. They destroy the herpes simplex virus that actually causes cold sores.



Laser treatment isn't a cutting procedure. There is virtually zero discomfort during or following laser treatment of cold sores. There is no injection of anesthesia. It's simply not needed. The only sensation you might feel during the treatment is a warm feeling as the laser works. Cold sores can be uncomfortable and inconvenient. They tend to break out at the most inconvenient time. They generally break out in response to trauma, overexposure to sun or whenever physical or psychological stress levels rises and is generally common before a significant event in your life. If you catch the cold sore on time with laser treatment you can prevent it from breaking out. Once you experience the tingling

sensation, it's only a matter of time before a full-blown sore appears. Make an appointment as soon as you have this tingling feeling. If you already have a full blown sore the treatment will take away the discomfort and help it to heal much faster.

Why is laser treatment better than other cold sore treatments?

- Treatment takes just a few minutes and without anesthesia
- It is high tech, yet affordable
- Patients receive immediate and drastic relief right after the treatment is over.
- Over time, lasers can get rid of cold sore breakouts in a specific area forever.
- Lasers get to the root of the problem by killing the virus.
- Laser treatment can prevent breakouts before they occur and stops them once they begin.
- Healing time is much shorter after a laser treatment with no more symptoms.
- Cold sore breakouts will occur less frequently and intensely in the area treated.

Do you feel cold sores developing? Contact Westgate Dental Centre today to arrange an appointment.

Phone 09 832 2998 or contact via www.asmile.co.nz.

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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.

Westgate Medical

Westgate Medical Centre is delighted to let the community know that we are open right through the holidays for our normal hours of 8am – 8pm, 7 days. Christmas Day is the only exception, we will be closed. White Cross on Lincoln Road are kindly looking after the West Auckland population on Christmas Day. We will be back to normal on Boxing Day.

Did you know that we are accepting patient registrations? Pop into the centre to complete the paperwork (don't forget your passport if you were born outside of New Zealand). Registered patients benefit from an ongoing relationship with the team and lower fees once they become funded by the Ministry of Health.

Urgent Care patients are always welcome and we are ACC and Cornerstone accredited to provide excellence in healthcare.

We can offer appointments between 8am and 6pm, Monday to Friday, and a walk in service between 8am and 8pm, 7 days.

Pampering Gifts at Spa Di Vine

The kind of gift that is always appreciated, is time to relax and to be pampered!

Over the past 15 years Spa Di Vine has offered spa packages and spa treatments in a private and tranquil environment, with the packages for two becoming more popular each year. A voucher for a Couples Massage, Mum and daughter or Friends Escape is the perfect gift.

Many happy voucher recipients go on to buy vouchers for their friends and family.

All treatments are performed by very friendly and highly experienced therapists and are always customized to individual needs, so your special someone will feel truly relaxed and refreshed.

Spa Di Vine has sunny outdoor areas and a beautiful massage gazebo, where outdoor (couple) massages are possible, alongside a waterfall feature embedded in the picturesque garden scenery surrounding you....dream away!

Other than vouchers for spa treatments and services, there are also boxed skincare gift packs available for purchase.

To order a voucher or skincare pack phone Paula on 411-5290, you can also send an email to relax@spadivine.co.nz or order



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We gift you a Merry Christmas!

For our team at Westgate Optometrists, Christmas means a kiwi summer, spending time with loved ones, jandal tan lines, baches in the boon-docks and eating ourselves silly.

This year we're embracing the Christmas spirit by thanking our loyal clientele. For the entire month of December all those who purchase a

complete pair of glasses may select a complimentary gift from beneath our Christmas Tree! We wish you all a very merry Christmas and may your coming year be filled with high spirits and haleness. Phone: 09 831 0202 or visit www.westopt.nz or Facebook: www.facebook.com/westgateoptometrists.

 Westgate Optometrists



Why sitting can be so bad for our bodies

Anecdotally, 80% of our clients who experience spinal pain, predominantly have sit down jobs. Our musculo-skeletal systems like movement. Of course excessive loads such as a heavy lift have the potential for injury, but the insidious loading of our muscles, tendons and nerves through poor posture can accumulate strain and load over days, weeks or even years. This accumulation explains why seemingly trivial mechanisms cause significant injury or appear for no obvious reason. This sneaky buildup of strain can be minimized by attention to ergonomics, regular movement and staying fit through good exercise. Once you start experiencing symptoms, it is important to identify the primary contributing structures which are not always where the pain is coming from and address the underlying causes. If you're unlucky enough to be in this category, early management is best. Call Hobsonville Physiotherapy on 09 416 4455.

Why am I sore after massage?

So you've been for a therapeutic/deep tissue or sports massage and the next day you woke up feeling like a truck ran over you! The massaged part of your body is tender to the touch and perhaps a little puffy. It is common to have some mild pain and even slight swelling after receiving deep corrective massage - this is called therapeutic inflammation. It's the result of new



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white blood cells arriving at the area to clean out all the old, dead waste products in your tissues. Unfortunately, that can cause a little discomfort. Sometimes when muscles are tight for a long period of time, your brain can shut off sensation to that area. Massage re-awakens your brain's awareness of those tissues, causing tons of new working blood cells to come in and clean everything out that has built up over time.

The takeaway is that massage can be uncomfortable at times but should never be intolerably painful. Stay hydrated, communicate your comfort levels with your therapist and be aware of the original reasons for coming in for a massage. Debbie, Body-Balance Massage & Neuromuscular Therapy – 021 120 2175.

Take care of yourself over summer

With Christmas and the holidays fast approaching, we are going to be spending more time playing outside with the kids, going to the beach and mucking around in the garden, etc. Unfortunately, this is often a time for increased injuries. Reduce the risk of injury by warming up properly, staying within your limits, continuing your stretching program and avoiding too much time slouched on the couch. If you are unfortunate enough to get an injury, make sure you look after it properly. We will be open during the Christmas and New Year period. If you need help, call the clinic on 09 413 5312 to make an appointment. Also visit our website for more information. Your body will thank you for it. Elevate Chiropractic // Shop 1, 10 Greenhithe Road // Greenhithe // 09 413 5312.



Probiotics

Probiotics are good bacteria that help support good health and vitality. Probiotics are great at helping improving your digestion, reducing symptoms of irritable bowel, increasing the resistance to infections and boosting your immune system. This is possible because around 70% of your immune system resides in the gut.

The imbalance of good and bad bacteria can be caused by diet, lifestyle, excess alcohol, stress, certain medications and exposure to toxic substances. Yoghurt does provide some probiotics, but to a much lesser extent. For example, one capsule of an Inner Health Plus probiotic is equivalent to 22 tubs of yoghurt! Probiotics have been commonly used in conjunction with antibiotics, as antibiotics kill both good and bad bacteria. It is important to ensure there is at least a two hour window between

the antibiotic and probiotic, to ensure no beneficial bacteria is also killed off. For best results, it is recommended to carry on with the probiotic for at least four weeks afterwards. However to aid in general wellbeing, digestion and immune system, regular use is recommended.

There are many probiotics available on the market, some shelf stable and some fridge stable. Available in capsules or powder for children. They also contain different strains which help in many different ways. There are specific probiotics which research has shown works better for irritable bowel syndrome, eczema and allergies. It is very important to get the right strain and the right doses, so it is important to talk to your pharmacist to see what product is best for you.

If you need further advice, come in to see us at our new pharmacy Hobsonville Point Pharmacy (3B/160 Hobsonville Point Road, 09 222 0319 or find us on Facebook).

Geopathic stress

Geopathic stress is NOT new; it has been around since day dot. However, in the last 20 years we have changed the earth more than any other time in history, and certainly in the last 10 years with the massive increase in cell phones, WiFi and Wireless everything. By the end of 2016, we will reach 2.1 billion mobile phones in the world...wow.

The Earth's magnetic fields have always been there, as has underground water. With 70% of Earth's water underground, that is not hard to work out. However we are living closer and closer together, and on top of each other in high-rise apartments, therefore it's becoming more problematic.

Unlike NZ, many countries have had apartments living for years, but with all these new 'man-made' stresses, and every person having a mobile phone, as well as cell towers everywhere, the stress on people is increasing by the day. You must know where the invisible ones are, like Geopathic Stress. Let me help.

Call Nicky from Clear Energy Homes phone 021 545 299 or visit www.clearenergyhomes.com.

Area columnists

Celebration of cultures

At Country Bears we are recognising our fast changing community, not only in population growth, but also in the increase of different cultures.

Our New Zealand Curriculum Te Whāriki recognises a bi-cultural education. As individual teachers, we must first understand and accept ourselves and our own unique identities. Then, if we are able to view New Zealand as a bi-cultural country, we are able to accept and understand that New Zealand has diverse multi-cultural communities.

Children from a very early age are able to learn and understand languages and the difference between them. Even though they may themselves not be able to communicate verbally, their understanding of the languages are there. We often see with bilingual children the understanding comes really early on, and then the verbal communication in both languages follows shortly afterwards. The old saying "children are like sponges" is very appropriate in this instance.

Recently, we celebrated Diwali, the Festival of Lights, and the children were able to experience some traditional Indian snacks (provided to our centre by a parent), traditional hand painting and designs (similar to the henna designs), and the making of candles and mandalas using natural and creative mediums. We at Country Bears feel very strongly that if we can teach our children to have respect, they will grow up to be respectful and respected members of our community.

If you would like to visit our wonderful Centre, designed to pro-



vide the children space and time to develop at their own individual time, give us a call on 09 412 8055 to arrange a suitable time. In the meantime, check out our Facebook page: www.facebook.com/cbearsecc. Country Bears Early Childhood Centre, 79 Oraha Road, Kumeu - phone 09 4128055.

Do your customers know your Christmas hours?

Keep your customers informed about your opening hours this Christmas by sending them an email that not only wishes them a Merry Christmas, but lets them know your opening hours over the holiday period. You should also put this information on your website so anyone needing to get in touch with you will know when you are around. If your website has a Content Management System you should be able to edit the pages yourself. If you are having trouble, contact us here at Utopia and we can make the updates for you.



The team at Utopia would like to take this opportunity to thank everyone in the community who we have created websites for in 2016. Have a safe and well-earned break over Christmas and we look forward to seeing you in the New Year. Our office will be closing on the 21st December and re-open on the 16th January. If you wish to discuss any website work in the meantime please contact us on 09 412 2473 or michael@utopia.co.nz. We are based in Kumeu and provide website design, consultancy and app development to a range of businesses all over New Zealand.

A day in the life of a Maori village

The kaumatua gather on the highest peak of the oldest maunga (mountain) where the sun has begun to shine upon the land filtering onto the ancient village where the whanau are awakening. Pakeke (adults) stand behind the sacred carvings that shield their village, while the chief presses his chapped lips to the putatara (conch shell). The visitors come with ketes full of kumara from the earth and shellfish from the sea. Wahine (women) in



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front and tangata (men) in the back. The elders move down the gravel path leading to the entrance. The visitors pass through the gates into the depths of the village to begin their powhiri. The pakeke pray their blessing on the land, their whanau and themselves. They pray to Ranginui (the sky father) and Papatuanuku (the earth mother) for the growth of their precious crops and weather suitable for the days they are yet to greet. They tend to the hearth of the fire burning into the sky, they teach their tamariki (children) how to prepare the hangi that lies beneath the fiery pit of flames. They sing around the fire binding them all together with the waiatas they sing of the past, the present and the future to come.

The tamariki learn to sing their wise elders' words, they learn the wisdom of the past, present and the future. They learn to weave, carve, anything important for the future. They learn to cultivate land and use the produce grown wisely. They play te raku, as the sun's last light burns in their eyes.

The Marama (moon) illuminates the river that flows through the centre of the village. The maunga stands tall guarding the people who sleep under the protection of their prayers. The bold totem poles with carvings of stories passed onto generations are seen from a great distance reminding other tribes of their presence in the small world that they know. The front of the village stands unguarded and peaceful.

If it doesn't feel right – then do it

There is a part of our brain, a way we operate has humans that wants to keep us safe. Some people call it our ego, some call it our unconscious brain. But it's keeping us stationary. This part of us wants us to stay in our comfort zone and doesn't want us to feel uncomfortable - ever. Believe me, if we just ignored this little wee voice the forward momentum in our lives would be extraordinary.

Most of us will live within our comfort zone our whole lives without ever realising it. Often the way we are 'being' hides from us.

My personal experience and what I have seen in clients is that life feels somehow dissatisfying, there is anger and sadness - we ask 'is this it?' Not realising that the gift of life has been right in front of us and we choose to stay where it feels 'right'. But it's not that it feels right, it's that it feels familiar. We are allowed to say no to someone, we are allowed to start that business, we are allowed to wear the funky dress in the wardrobe that we never wear. But we choose to stay where it feels comfortable. Almost everything in our lives right now is a bunch of lovely comfortable habits. Our perspective (or lack of) keeps us right where we are.

Most of the time new ideas or changing something in our lives is NOT going to lead to our demise or death. Usually once actioned, we would be either in the same position we are in now, or BETTR. Rising to a challenge usually brings deep satisfaction. We have all had fantastic ideas, and inspiring in the moment thoughts and it's us being creative and brave and authentic. Then the damn ego gets wind of it and we reason our way to 'it doesn't feel right, 'I don't have time' 'it's just not me' 'it's too expensive' 'I don't believe in it' 'I'll start tomorrow' 'I will look silly' or will even give us anxiety. We think about this future event and emotionally embrace it in negative self-debilitating ways. What we are resisting right now is our biggest teacher!

But how do we know the difference between intuition or gut feeling and negative self-talk? Gut instinct is different from thinking. Perhaps intuition or inner knowing happens in the present moment. It's what propels us to do something or not to do something, or it gives us that inspired idea. The negative after voice is thinking. It's us thinking about a future outcome. Mulling over how something might be in the future is not intuition.

That place where we make decisions from and reason from is not logical – it's emotional. Over 70% of the time our thoughts are negative, and keeping us stationary. Our thoughts come from our past. They only mean what we make them mean. Once we get our head around this we can start to take control. And

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this is just a habit too! Changing the thought and feeling is just practice. Great success stories, humans who have done amazing things in the world all had to push past a voice that said 'you can't do this'. Your voice isn't that special! Everyone bloody has one - stop listening to it.

Our resistance is teaching us something. Next time don't run - look at it for what it is. I give people visualisations to practice being in the space of 'yes of course I can'. You would be amazed at how rarely we are in the vibration of POSITIVE. Where we put our attention expands - what we focus on grows. Perhaps you're ready to set some new year's goals - come for a session and ensure your mind stays in the zone! For a session call Anna 021 555 658, anna@thinkyourbest.co.nz or visit www.thinkyourbest.co.nz.

Add a personal touch to your wedding with Precious Imprints

Getting married soon or know someone who is? Want to mark the occasion with something special, something unique to you and your partner? Precious Imprints can help.

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Succession planning: safeguarding the future of your business

Studies show that over half of New Zealand SMEs don't have any succession plan in place. A succession or exit plan is a formal plan that prepares you and your business for the future. Many business owners believe they don't need a succession plan because they are not planning on exiting the business for a long time. Ironically, though, succession plans are invaluable for preparing a business for the unexpected.

Succession/exit plans force business owners to consider their end goal and how they will get there - everyone's ideal future looks different. Some owners may want a strategic, overseeing role, while others will want to exit the company completely.

Succession takes thorough planning, and therefore we recommend beginning early - long before you actually intend to exit. Starting early prepares the business for sale or transition, provides more control over the timing and more chance of a successful outcome.

We have personally witnessed very different outcomes in businesses with a succession plan in place versus those without when the unexpected occurs, such as an illness or death. The devastation caused by these sudden events is difficult enough without the added pressure of trying to transition a business with no succession strategies in place.

Your local succession planning experts UHY Haines Norton are located at 329A Main Road, Kumeu. If you have any accounting, tax or business finance enquiries please phone them on 09 412 9853 or email kumeu@uhyhn.co.nz.

Kumeu Montessori Preschool

At Kumeu Montessori Preschool, our goal is to make learning irresistible, by providing an environment where each child's unique talents, beliefs and experiences are valued, where their interests are nurtured and where a child's natural love for life and learning are encouraged.

We believe that children learn through play and through structured teaching, and we offer richly varied opportunities for learning in both areas.

While our programme includes preparing children for the academic aspects of school, of greater importance is that they also



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develop the social and emotional skills they will need, not just at school, but in life. These skills include being able to focus on a task, follow directions, persevere, be able to take turns, impulse control, problem solving, negotiation and conflict resolution, being able to communicate well with other children and adults, and be able to articulate needs and feelings in a socially appropriate manner.

These skills are developed in both the playground and the classroom, creating happy, confident and lifelong learners.

Kumeu Montessori Preschool - 8 Grivelle Street, Kumeu phone 09 412 9885.

Have a real celebration

I think it's a pity that here in New Zealand our summer holiday and Christmas are linked in tandem and we can't look forward to one until the other one is done. Christmas in the northern hemisphere is a very welcome short break from work that is focused on family, food, church and a bit of cheerful festivity. Their summer holiday in July is a stand alone rest time.

Whether it is a religious or secular celebration, it's great if you are in the mood for them, but they can be torturous when you are not. In December many average Mums and Dads are already exhausted from their normal life difficulties. You may have experienced work stress, marital stress, family disputes, illnesses or a life transition. You may be lonely and isolated. Not everyone has a family to celebrate with. Or the thought of being with your family for the day might stress you out as there are unresolved issues from the past that disturb your peace.

Why would you place yourself under additional stress to forcefully create a Happy Christmas? Does your inner perfectionist hold yourself up to extremely high standards? Do you collapse

in the summer holiday to recover from the busy-ness generated by the relentless demands of this time of year? Psychotherapy with me can help you understand why you have approached the holidays the way you have, and could help you create a different experience this year.

Allow yourself to think "Bah Humbug" if that is genuine. Nothing bad will happen if you don't participate in the fake 'cheer'. Be real. Don't be a martyr. Give if you feel like giving. Go to parties if you feel like going. Make other people happy if that is what makes you happy, but feel free to create your own authentic way of doing that day. Ask other friends what they do to make sure the work of creating a happy Christmas doesn't fall on one person's shoulders. Think of creative ways to escape or participate in meaningful ways. It may sound obvious to say but we are free to choose.

For help with any or all of the above call Sarah Hamilton on 021 477 523.

Weight loss from the inside out – a free introductory evening

Have you tried many diets, losing the desired weight only to have it pile back on again? Have you begun a diet only to find life's challenges getting in the way to stop you? Dieting, especially if there is a time frame to your weight loss goal, can be extremely stressful.

So what if there is another way to lose weight, a way where you start to understand your body from the inside out; why the weight went on in the first place; what are the triggers that lead you to the fridge, and what foods are more nurturing for your body.

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To begin to understand what 'Weight Loss from the Inside Out' is all about, join Ingrid on:

7pm - 8.30 pm Tuesday 13th December at 202 Waitakere Road, Taupaki.

Bookings essential: Phone Ingrid Ward 09 810 8218 / 021 952 690 or email ingridward15@gmail.com.

One year, your life - make it happen

Here's Your Free 2017 Personal Success Plan

Coming up with excuses, getting distracted and not getting stuff done - often because of fears, doubts and worries. We all face resistance, but it doesn't mean we have to let it stop us from achieve our goals.

So today I have a special 2017 success worksheet to help make sure you don't let resistance get in your way. Check back every 3 months to see if you are on target!

Today's Date.

- Changes I want to make include:
- The reasons why I want to make these changes include:
- My plan for making these changes is to:
- I will know my plan is working when this happens:
- Some things that could interfere with my plan for change include:
- If those things interfere, I plan to:

Use the scale below to answer the following questions:

Not important at all - 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 - Very important

How important is it to make this change?

How motivated am I to make this change?

How confident am I that I can make this change?

Can I enlist an accountability buddy?

Contact me if you would like Laser Coaching to help you achieve outstanding results! Email: oneyearyourlife@yahoo.com.

Kumeu Library

How can you encourage your children to keep reading over the long summer break? Bring them to Kumeu Library! Dare to Explore, our free summer reading programme for children aged 9 to 13, begins on Monday 12 December. This exciting programme aims to increase children's reading confidence and ability, and provide fun learning opportunities to children and whanau that build language and literacy. Children receive a booklet full of challenges, activities and ideas, and check in with library staff to earn stickers for completed challenges - those who complete a minimum of four challenges are invited to the Dare to Explore party in January! Check-ins can be made at any of Auckland Libraries' 55 branches, so you can join in even if you are on holiday. Online registration opens on Monday 28 November, or call in and see us at Kumeu Library to register.

Kumeu Library has drop-in and do activities for children available any time over the holidays, so come and spend some time in the air-conditioned comfort of the Library!

And adults and teens don't miss out either - our Great Summer Read runs from Thursday 1 December to Monday 30 January, and provides challenges and rewards for participating adults. All challenges can be completed with print books, eBooks, or audiobooks. Or try something new with one of our pre-packaged Book Bundles. Even if you only have time to read one book this summer, you could be a winner with The Great Summer Read.

Kumeu Library will be closed between Christmas and New Year.



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Our last day open will be Saturday 24 December, and we re-open on Wednesday 4 January – so make sure you get in to find some holiday reading! Extended loan periods apply over the Christmas break, so your items won't need to be returned to the library until after Wednesday 4 January. The closest library open over the holiday period is Massey Library. Follow us on Facebook (www.facebook.com/kumeulibrary) to keep up with events and news at Kumeu Library.

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We offer 30% discount on our displayed photos for your Christmas presents. Café menu but we also have the option of Japanese meals for lunch and dinner to give you the ultimate culture



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

Wedding gown style

Choosing the right wedding gown for your big day can be a difficult decision. Let Andrea apply her experience to help you find the perfect dress. Her specialist knowledge and one-to-one personalised service will make finding your perfect dress easy and enjoyable so that you can look great, feel fabulous, and be completely confident when you step through the door of the wedding venue.

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

She also has one of Auckland's biggest collections of pre-loved wedding gowns for sale. At Fancy Frocks you'll find your dream gown for your special day – be it formal, casual or something in between. Contact Andrea today on 021 129 8537 or andrea@fancyfrocks.co.nz to book your free appointment. Visit www.fancyfrocks.co.nz or www.facebook.com/FancyFrocksNZ.

West Harbour Tide Chart

Date	High	Low	High	Low	High
Thu 1 Dec	03:10	09:39	15:30	21:49	
Fri 2 Dec	-	03:47	10:16	16:09	22:28
Sat 3 Dec	-	04:25	10:54	16:50	23:08
Sun 4 Dec	-	05:03	11:34	17:32	23:48
Mon 5 Dec	-	05:44	12:16	18:16	-
Tue 6 Dec	00:31	06:27	13:01	19:03	-
Wed 7 Dec	01:17	07:15	13:49	19:54	-
Thu 8 Dec	02:08	08:09	14:42	20:49	-
Fri 9 Dec	03:05	09:10	15:39	21:47	-
Sat 10 Dec	04:07	10:14	16:38	22:47	-
Sun 11 Dec	05:12	11:17	17:38	23:46	-
Mon 12 Dec	06:14	12:17	18:38	-	-
Tue 13 Dec	-	00:44	07:13	13:14	19:36
Wed 14 Dec	-	01:40	08:09	14:09	20:32
Thu 15 Dec	-	02:34	09:03	15:02	21:27
Fri 16 Dec	-	03:26	09:54	15:56	22:21
Sat 17 Dec	-	04:16	10:45	16:48	23:12
Sun 18 Dec	-	05:06	11:36	17:41	-
Mon 19 Dec	00:03	05:56	12:26	18:33	-
Tue 20 Dec	00:54	06:46	13:17	19:25	-
Wed 21 Dec	01:45	07:39	14:08	20:17	-
Thu 22 Dec	02:37	08:34	15:00	21:10	-
Fri 23 Dec	03:32	09:32	15:52	22:04	-
Sat 24 Dec	04:29	10:29	16:44	22:57	-
Sun 25 Dec	05:25	11:23	17:36	23:49	-
Mon 26 Dec	06:18	12:12	18:26	-	-
Tue 27 Dec	-	00:37	07:06	12:59	19:14
Wed 28 Dec	-	01:22	07:51	13:42	19:59
Thu 29 Dec	-	02:04	08:33	14:24	20:42
Fri 30 Dec	-	02:44	09:13	-	-

Source: LINZ

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

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

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