

the **Westerly**

FREE monthly community magazine for Massey to Hobsonville Point

PROPERTY MARKET REPORT

WHAT DO WE APPRECIATE?

- Hunting & Fishing report
- Home & garden
- Community notices
- Food & beverage



SIGNATURE HOMES

Circulation is 16,000 print copies.

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

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

Dec 2018 / Jan 2019

Signature
HOMES

Intro

Change. Although it is inevitable, we often don't see it happening. It is only apparent when you have been away and notice something is different when you return. Sometimes we welcome change, the opportunity to look at a situation from a different angle, which might be good. Breakthroughs and developments in healthcare are welcome. We learn from people of varying cultures arriving and settling in our country, bringing clever or artistic ideas.

Sometimes, though, we don't welcome change. The way we used to do it was better. We feel outsiders are organising our lives. We lose old skills (how often do people use maps nowadays?). There is pollution, overcrowding, violence. Some of these changes we can do something about. We are getting used to the idea of reducing our use of plastics, which were welcomed as so convenient and indestructible when they first arrived. We can recycle, make compost....

Explore this month's Westerly. Take note of the Fire Brigade's advice as we enter the dry season. See how the Massey Birdwood Settlers Association has reached out to the community with information. You too could do the same for your organisation by contributing to the Westerly. Read about food ideas for this season - as habits change, see whether a move towards a vegan diet would give you new vitality. Use this energy to join in some of the activities available in this community, from gym kids to boot camp or dancing. Pamper yourself with a massage or some nail beauty. Browse the property section for ideas, and get it right on property law. Did you realise there is so much to do on Hobsonville Point? So many ideas, so little time!

As we reach the end of one year and look forward to the next, it can be exciting to look forward to new plans and pleasing to have left some things behind. It is a time to think of others as well and maybe to have a break and recharge. Pace yourself for a stress-free Christmas, and see how empathy can help if things get tough.

Many thanks to Graham, Stacey, Geoff and Gail for all their work through the year that makes this magazine happen.

Have a fine summer, drive safe and take care.

John,
Editor



the Westerly

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Community: Notices

Celebrity psychic in Hobsonville

We have a celebrity psychic medium working in our community.

Kerry-Marie Callander – psychic medium is a new star in the latest TV series Sensing Murder and has previously raised funds for Countdown Kids by putting on a show in Hobsonville. Kerry-Marie's passion is to help the living and the deceased by bringing messages of peace, love and hope through to those here on the earth plane. Through her gift she also offers offering spiritual guidance to her clients and does her best to assist you. You could be greatly touched by seeking her services in the future including personal or couple readings as well as healing. She doesn't promise miracles but knows you can be touched and healed if you come to her with an open mind and heart.

Book a reading or a healing with Kerry-Marie: spiritualdecisions.co.nz go to the bookings page.



helloworld

This year I was lucky enough to take a small group away on an 8 day Avalon River Cruise from Amsterdam to Basel. September was a perfect month to be doing this as the European school holidays were over and the weather was more stable. A constant 27 – 30 degrees was just perfect for us.

Some of my favourite highlights included the Cologne Cathedral which is well worth the visit. This is a twin steepled gothic cathedral right in the square so there are still lots to see around it as well. In Rudesheim some must sees are the Mechanical Museum, the Christmas Shop and a cable car ride over the beautiful countryside and wine region. These three are all within a 2 minute walk of each other and if you have the time, try and fit them all in. Another place of interest was an excursion to the Black Forest from Breisach, which was a paid optional trip.

Apart from the fantastic destinations, are the amazing locks you go through to get there as well as there being only approx-



imately 120 people onboard so there is no queueing to get on and off. This is a very relaxing way of seeing parts of Europe you won't see on a big ship cruise. The main River Cruise people start with is the Amsterdam to Budapest (14 night) or vice versa, however we had already done this the previous year so this 8 day option was just perfect this time.

Wine and beer is included with lunches and dinners (we managed to stretch these out for a little longer) and all day tea, coffee and water. Avalon also include one tour each day, usually in the morning, that involves a walking tour of the city and then you are free to explore yourselves in the afternoon or take up one of the optional excursions that you pay additional for. The rooms are the only cabins on the river that have the beds facing the water, which is great if you want a relaxing afternoon watching the world go by. The bathrooms are spacious with the lovely L'Occitane products available in the shower and bathroom. So if you want to know more about River Cruising I have also travelled on Scenic and Carolyn has been away with APT. We can help you with any of the many other River Cruising options available to you. There are quite a few different itineraries available and it is important that you speak to someone who can give you the information you need to make an informed decision on which option is right for you. We would be pleased to help you so call us on 09 416 1799.

New executive

The Massey Birdwood Settlers Association Inc recently held its 93rd annual general meeting.

The meeting confirmed the following officers. President Dr Ershad Ali, vice President Colin Tucker, Secretary John Riddell, Treasurer Brian Lay and executive members Allen Davies, Craig Andrew, Dr Keith Hammett, Warren Flaunty, June Lay and Olga Mills.

Starting with the February edition of the Westerly to more clearly provide residents with contact details of hall users and a description of the activities that take place in the hall, monthly advertising will complement the articles placed in the Westerly. Secretary of the Association, John Riddell is thrilled with the increased interest in the hall and its use, since running articles about the hall in the Westerly.

Unfortunately, many people believe that Association is responsible for the activities however they are not and people need to make contact with the user direct if they wish to participate in an activity.

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The activities that currently take place include the Redhills Community Kindergarten, Aikido, Kung Fu, Indoor Bowls, Housie, cake decorating, quilting, scrap booking, an English Language School, a Wine Circle and a number of Churches. Along with a regular Craft Market and Vintage Market, the hall remains after more than 63 years of use a focal point for Massey residents and ratepayers.

For information about the hall and its activities including the Association (the Massey Resident and Ratepayers) please email the secretary John Riddell on masseybirdwood@gmail.com or check out the website www.masseybirdwood.org or the Facebook page Massey Birdwood Settlers Association and Hall.

Guided tours to France by two French/Kiwi locals

Have you always dreamed of visiting France? Experiencing authentic French culture and food? Travelling comfortably in a small group with two French local guides?



For the fourth year in a row, Catherine and Patsy, two local French/Kiwi guides tour you around Provence or Normandy – Brittany.

PROVENCE: join the tour to the South of France - 13 days of culture, style, shopping, food, wine and experiences in beautiful Provence. Explore and enjoy the beautiful villages of Lourmarin, Menerbes, L'Isle-sur-la-Sorgue, Roussillon, Gordes and Uzès to name a few. JUNE - SEPTEMBER 2019

NORMANDY -BRITTANY: travel in small group to the picturesque coastline of Normandy and Brittany in the North-West of France. This encompasses Honfleur, St Malo, Mont St Michel, House and Garden of Monet and many more. With private transport, you visit regional craftsmen, food and antique markets to provide you with a true insight into French culture. JUNE – SEPTEMBER 2019

Boutique Tours France takes small groups of max 8 people to different parts of France, Catherine and Patsy are French and take you to those special places, the tours are fully organised, so you sit and relax, they know France and know what Kiwis like to experience. Your guides speak the language and look after you, so you can happily join the trip with no planning at all. Book now for the 2019 tours in June and September
Book now for the 2019 tours in June and September
You are in good hand with the ladies from Boutique Tours France www.boutiquetoursfrance.co.nz.

Fire update

We are heading into our traditional dry season. Historically fire restrictions come into place on 1 December, so please check the website www.checkitsalright.nz, further check on www.aucklandcouncil.govt.nz.



I felt it poignant to look at the suggested causes of the massive fire storm moving through Southern California at present, many dead, hundreds missing, thousands displaced and multiple bil-



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lions of dollars in cost to Owners and Insurance companies, not to mention the fire suppression cost. Investigators have determined that the biggest fire was caused from a spark which was the result of a farmer hammering in a steel fence post in a dry field. Another blaze was caused by a small camp fire that was lit on a dry, low humidity day with a fluctuating breeze. A downed power line which fell in gusty winds onto dry leaf litter is another suspected cause. In over 50% of wild-fires, human factors are the cause and the resulting cost to Owners, Insurance Companies, Councils and Fire Authorities is extremely high. So before you mow that browning off paddock or strike metal with metal or weld outside, take a moment and think about what you are doing, the sensibility of it and the risk if fire does result. Do you have the means and equipment to put it out immediately, will it spread and how fast, stop what you are doing, think, is there another option, a safer option. We all want to be safe and in control over Summer and your actions may impact on those that you love but also the wider community. Stay safe, be prepared and be aware.

Kaipatiki Projects

On Sunday 11th November, Henderson - West Auckland Lions Clubs New Zealand used their brains & muscle to start the build of Kaipatiki Projects new plastic house at the Engine Bay Nursery in Hobsonville Point. A big thank you to them as they funded this project and have helped build it too. Thanks so much!



Setting foundation screw supports proved a challenging task with compacted gravel & building debris proving time consuming to negotiate.

Waitakere Fire Brigade

Waitakere Volunteer Fire Brigade wish 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.



A simple guide for this summer: As of 1 December 2018 the Auckland mainland goes into a restricted fire season and the Hauraki Islands go into a prohibited fire season. You can have

an outdoor cooking fire such as a BBQ, hangi, umu or a heating fire such as an approved brazier. However only dry, untreated wood should be used, and smoke must not be causing a safety concern. If you wish to light a fire in the open air during a restricted fire season, you will need to apply for a fire permit. You can apply for a permit online at www.checkitsalright.nz/ Please use the more environmentally friendly ways of disposing of your rubbish and be aware that all fires should be extinguished by nightfall. If a prohibited fire season is imposed during the summer all fires will be banned. If in doubt, check before you light. Keep safe, Denis Cooper - Station Officer, Waitakere Volunteer Fire Brigade.

The Mobile Car Specialists – car cosmetic restoration

Another year just about over... we want to say a huge THANK YOU to all the readers of the Westerly, the hard working people behind the Kumeu Courier... and of course all the people who responded to our promo spot there, and took us up on our services throughout 2018. It's been an awesome year for us here, and we look forward to transforming more cars in 2019.

Enjoy the festive season, try to tolerate your extended family... and stay safe on the roads.

Our full service suite: Dent removal – large and small. High-end car detailing / cut and polish (using European quality equipment). Paint protection – ultimate shine protection with world leading Feynlab Ceramic Coating technology – never wax again!

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Gym Zone

Gym Zone is the latest offering from Gym Kids Ltd. This month we would like to let you know about our Christmas gifts options and Holiday programmes. Are you stuck for Christmas gift ideas for your active child? How about a voucher for a term of Gymnastics, A day at our holiday programme or some of our great merchandise including drink bottles, leotards and track suits. Please contact us for vouchers and see our online store for all our merchandise. Our popular Gym Kids holiday programme will be running at Gym Zone Hobsonville for the summer holidays. Children from 4.5 - 11yrs will have a fantastic time with us learning new gymnastics skills and having fun with great games, art and craft activities and making new friends. Gym Zone – Where movement begins. 4 Workspace Drive, Hobsonville. Read more at www.gymzone.co.nz.

Special thanks

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

Countdown Westgate	Countdown Royal Heights
The Warehouse Westgate	Luckens Road Dairy
Mitre 10 Mega Westgate	Massey Leisure Centre
Countdown Hobsonville	Whenuapai Dairy
Countdown North West	Hobsonville Point Dairy
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People:Places

Signature Homes - your home your way

Signature Homes is a New Zealand owned company, building homes for kiwis for over 35 years. They have 12 franchises dotted around the country from Whangarei to Queenstown. Their brand promise to customers is to build "Your Home Your Way", and pride themselves on working closely with clients through every step of the building process. From designing the home, assisting with finance, interior design, all consents, and every client is assigned a project manager to coordinate the build of their home.

As no two builds or community is the same each client is treated dependent upon their needs, wants and budgets. Signature aims to provide quality service, all their clients are presented with fixed completion times and pricing. Nothing should be a surprise building 'The Signature Way'. And this is especially true for Signature Homes West Auckland and Rodney. Owned and operated by Dean and Amanda Pritchard they have experience building in the region, and the various sites, conditions and challenges it presents.

The Signature Homes design and build process provides Dean with the opportunity to use extensive trade knowledge gained from years of building to create quality homes for any budget, whether that investment be large or modest. Providing innovative new home solutions for such a wide market is something Dean both enjoys and believes in strongly. He feels that regardless of the budget, new home buyers should receive the same attention to detail and quality service, from the time they make contact with Signature right through to the maintenance performed on the home after it has been handed over to the client. Dean's wife and business partner is Sales & Marketing Manager Amanda Pritchard.

Amanda has two Bachelor degrees, in the fields of Social Science and Health Science, and has held roles in occupational therapy at Auckland and the Starship Children's Hospital. Amanda is passionate about new homes, and in particular has a love for Interior Design – an interest she shares strongly with Dean. Dean & Amanda are also parents to six children, so they certainly understand how important the right home environment can be for families!



Dean and Amanda, and their team understand building a home whether it be a first, second or investment opportunity can be a stressful time. They work closely with their clients to create a transparent relationship supporting them through the build process, enabling a smooth journey. Issues and challenges can arise, the security is in knowing that the Signature Homes team will sort it.

Signature Homes West Auckland are located in the Kumeu township and they can assist with all your new build needs. Whether it be designing and building a new home from scratch, providing a house and land package in a building development or building from one of Signature's extensive plans. Also something that is becoming very popular in Auckland, particularly under the Auckland Unitary Plan, is knocking down an existing building and replacing it with one or more new homes on the same section.

All this service and choice is backed by the best building guarantees in the country, which protect Signature clients during the build, every home is guaranteed to be completed once the building contract is signed, right through to structural and weather tightness guarantees after the keys have been handed over.

So if you are looking to build out West make sure you talk to Dean and Amanda and the team at Signature West Auckland, they have all your building needs covered.



In Brief updates: Events

House of Travel Hobsonville

Here at House of Travel Hobsonville we've been reflecting on what an amazing year we've been having, all due to the huge support our stores received from you. So apart from being 100% Kiwi why are so many people booking their trips with us? At House of Travel we strive to create the best holiday for you at the best value – that's our service guarantee. We understand that everyone has different travel needs and that's why we love it when you bring in your ideas to us because together, with our experience and local knowledge, we can create the perfect holiday at the perfect time for you.

We use the same travel sites you do, like Expedia, and many more that you can't access. Plus, we have direct relationships with airlines and hotels around the world, which gives us extra buying power. We combine this with our expertise and negotiating skills to deliver some of the best deals and bonuses on offer that you might miss if you booked yourself. So, we promise to truly deliver the best of both worlds and that's our guarantee. We've helped create enriching travel experiences for 1.8 million New Zealanders over the last 30 years. We understand that it isn't just the place you go, it's where that place takes you.

From all of us at the House of Travel we wish you all a very Merry Christmas and happy New Year. If one of your New Year's resolutions is to travel and see more of the world, please keep us in mind your local New Zealand owned, and operated Travel Agency filled with knowledgeable consultants.

Hobsonville@hot.co.nz 09 416 0700.

Driving Miss Daisy – Hobsonville

Paul Sanson purchased the Driving Miss Daisy Hobsonville franchise in 2016. He has since grown the business to five vehicles including a wheelchair accessible vehicle and works with his team of nine drivers to support his clients' transport needs.



The Driving Miss Daisy Hobsonville territory covers the wider Hobsonville area from West Harbour to South Head.

Driving Miss Daisy Hobsonville was awarded Supreme Driving Miss Daisy Franchise of the Year 2018. This is a highly sought after award which recognises a business owner with excellence

in vision, service and business growth.

Driving Miss Daisy is a companion driving service catering for every age and stage of life. They can drive and accompany you to appointments, social and companionship outings, school drop off and pick-ups. Driving Miss Daisy are ACC registered vendors and are Total Mobility Scheme providers.

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Phone: 09 412 5332 / 021 166 1175

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Pure Allies

Christmas is upon us, whether we like it or not, we can't avoid it. So the best thing to do is enjoy it I guess!

If you need a few last minute personalised, local and meaningful gifts, feel free to give us a message or email, teacher gifts are very popular for the end of the year, and the kids just love to give their teachers a little something.

We have reasonable Secret Santa products, and lots of other nice gift ideas.

Here at Pure Allies we hope you have a great Christmas, and a really well deserved break.

Facebook Pure Allies or email pureallies@gmail.com.



Alternatives to Waitakere Walks

The message is still the same - it is preferable if locals don't use the Waitakere Ranges but look for alternatives. All the latest closures are on this site which is the "one source of truth". It is updated as tracks open or close.

www.aucklandcouncil.govt.nz/environment/plants-animals/pests-weeds/Pages/protect-our-kauri-trees.aspx

Protection against kauri dieback is a priority for Auckland Council; kauri ambassadors will be out in the park from December



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and the compliance officers will continue to be in attendance. The Controlled Area Notice is still in place as is the rahui; our initial focus has been on educating people about their obligations as a visitor/user but there will now be a shift in focus from 1 December to compliance - education & information will still be a part of the programme.

The scale of the closures is unprecedented and reflect how seriously Auckland Council takes the problem.

Tracks are continuing to be upgraded and reopened as work is completed, hygiene stations upgraded and installed, signage put in place, physical barriers installed. It's a huge job, a challenging job; it all takes time - the work programme has expanded hugely since the introduction of the \$100m natural environment targeted rate in July.

We'd like to acknowledge the current efforts of Aucklanders to comply with the regulations and do the right thing but we still need them to stay away if possible and stay off the closed tracks if they do visit. Photo Cleaning station - credit Auckland Council.

Auckland Folk Festival

The Auckland Folk Festival will be back this summer with an interesting, both ethnically and gender diverse line-up of local and international artists. New Zealand's biggest annual grassroots folk music gathering will take place again at the Kumeu Showgrounds, over Auckland Anniversary Weekend, January 25-28, 2018.

The family-friendly festival showcases folk musicians from



around New Zealand and the world to entertain guests of all ages. Festival goers can enjoy a full weekend of concerts, dances and educational workshops, all within the boundaries of the Kumeu Showgrounds, situated just a short drive northwest of Auckland city.

With a new breed of NZ folk artists enjoying international attention the festival has also been evolving in recent years, drawing in a younger generation of fans who appreciate those authentic modern songwriters, as well as more traditional folk and dance. The Auckland Folk Festival provides opportunities for the artists and attendees alike to share their own music and celebrations with like-minded people from all cultures.

COGY

Miro got his own COGY, pedal wheelchair, for his birthday, thanks to all the donations through Givealittle - including some from Westerly readers. He and another young gentleman enjoyed pedalling COGYs at Hobsonville Point Park recently. Hobsonville Point Park is located on the corner of De Havilland Rd and Buckley Ave. In this park, there are many artworks with which children can play. I thought we might enjoy looking at them. But the friends were too busy pedalling their COGY wheelchairs. Both of them have cerebral palsy and they are wheelchair users. For Miro, keeping his attention on ped-

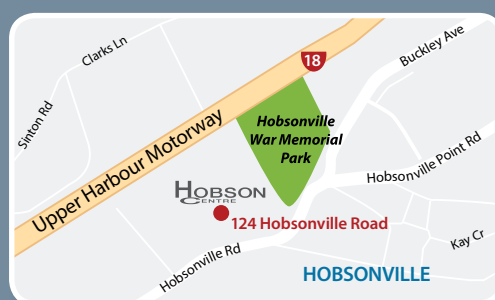


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alling is another challenge, as well as using his strength and coordination. Yet he did very well. He also impressed me with how capable he is on his hand control, bringing his hands onto the front steering stick all by himself. For more information on COGY, search "kokocogy" or kokocogy.wixsite.com/gocogy.

Local boot camps available in Whenuapai and Hobsonville Point!

Join our crew & get a head start on your self-health journey for 2019.

At Infinite Wellness NZ we focus on Self Health, we want you to feel AMAZING in the skin you are in, we help you to set your goals and ensure you are provided the tools and support to be able to smash those goals, through group training or one on one sessions – we have it all covered whatever your fitness level.

We offer membership options for those who enjoy the group training environment, here you will be surrounded by likeminded people who are on the self-health journey of their own.

At Infinite Wellness we are a FAMILY, we encourage and support each other through all things fitness & mental health. We believe that we are all capable of great things and will support & encourage you to be the best version of YOU!

"The inspiration to your motivation"

Mention this article and you can come along and try your first week for FREE. Call Nat now on 021 1582613 or email info@infinitewellness.co.nz to start your trial!



Music and Movies in Parks 2019

January to April 2019 - Parks and reserves throughout Auckland

Free entry, all ages.

Nothing beats a Kiwi summer and Auckland Council's helping you to make the most of it with the eagerly anticipated Music and Movies in Parks series bringing 24 free music events and 26 free outdoor movies to Auckland's local parks and reserves from January to April 2019.

The 2019 Music in Parks line-up has something for all musical taste buds; from pop, rock and RnB, to jazz and opera. Crowd



favourites, Rock the Park and Huawei Summer Jam return – plus new feature concert Kiwi Anthems, featuring iconic New Zealand artists and hits. Building on the popularity of last year's first kids' music event, little ones and their families will also be spoilt for choice this summer with three special Kids Music in Parks events.

Movies in Parks takes the fun of the cinema outdoors - from new releases to old favourites we're putting on a free movie night for the whole neighbourhood so pack a picnic, a torch and warm clothes, and watch your favourite movies under the stars. Jurassic World: Fallen Kingdom, The Greatest Showman, Grease and The Incredibles 2 are just a few of the great movies showing in the series, which will open with a new release film on 25 January (title announced early January). Movies kick off once the sun has gone down, but the fun starts early with plenty of pre-movie entertainment to enjoy while you relax in the park and soak up the magical atmosphere of our open-air movie theatres

Make the most of summer and the opportunity to explore Auckland's beautiful parks with your family and friends thanks to the 2019 series of Auckland Council's Music and Movies in Parks. See www.musicinparks.co.nz or www.moviesinparks.co.nz for full programme announcement on 30 November and to find out more.

Silo Park

Silo Park returns for summer 18/19 with an exciting line-up which remains whānau friendly and free! Nestled at the bottom of Wynyard Quarter, under silos with a perfect view of the Auckland Harbour, Silo Park returns for



a summer of good times between 21 December and 31 March. Event manager John Sutton says "We're hyped to bring back summer at Silo Park for its eighth season. We have community groups from east to west, and north to south, joining us for an array of workshops and performances." It kicks off on 21 December with three days of Christmas celebrations including the People's Choice film (A Wonderful Life, Gremlins, Home Alone or Love Actually), Christmas activities including classic kiwi games, workshops and, of course, Santa. Proceeds from popcorn sales at Silo Cinema are donated to The Auckland City Mission. For more information visit silopark.co.nz or [facebook.com/silopark](https://www.facebook.com/silopark) A special thank you to Panuku Development Auckland.

Auckland Libraries

The Auckland Libraries summer reading programme runs during the school holidays. It's an adventure. Get ready for awe-

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some challenges!

Start your summer voyage with Pukunui and his friends. Complete the fun-filled challenges to earn your stickers and a party invite.

- * Collect stamps and stickers as you go and track your reading.
- * Complete at least six challenges to get your invitation to the party.
- * Do activities at home, on holiday, at the library, on the internet and with friends.
- * You can visit other libraries around Auckland.

Not a member of Auckland Libraries? Don't worry - it's easy to join. Go online or talk to a friendly librarian to sign up.

Santa is coming to Westgate

Children can visit Santa and get a professional photo from 11am - 4pm daily from 1st - 24th December 2018.

Santa's Wonderland is located in the carpark opposite Toyworld and Harvey Furnishing.

Westgate Shopping Centre, Fred Taylor Drive.

Westgate Shopping Centre is giving you more time to shop this Christmas, with additional late nights:

Thursday 13th December	9.00am – 9.00pm
Monday 17th December	9.00am – 9.00pm
Tuesday 18th December	9.00am – 9.00pm
Wednesday 19th December	9.00am – 9.00pm
Thursday 20th December	9.00am – 9.00pm
Friday 21st December:	9.00am – 9.00pm

Find our more at www.westgate.kiwi.



Seniornet West Auckland

As we come to the end of the year we look back on a very busy one for our branch of SeniorNet. We had a big move in May when we shifted to new premises in the Henderson RSA, 60 Railside Avenue, Henderson, where we now hold our classes helping seniors to use computers, both Android and Apple, tablets and phones. We have had our Help days on the 2nd and 4th Tuesdays of the month which have proved very popular. This is an ideal way of finding answers to small problems where you don't really need to attend a full class. A small fee of \$5.00 is charged. You do need to be a member to attend these sessions, however you can join on the day. Also if you wish to find out more on what we do you can call in and have a chat with our team. We will be continuing these next year the first one being on Tuesday 22nd of January 2019 between 10 am and Noon. Annual subscriptions are now due for 2019 for singles it is \$30

Graham McIntyre
LICENSED SALESPERSON
BRAND & TERRITORY OWNER





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Mike Pero Real Estate Ltd. Licensed REAA (2008)
 327 Main Road, Kumeu, Auckland
 2 Clark Road, Hobsonville, Auckland

and for a couple \$50. Application forms can be picked up from our office on our Help days or ring our office the phone number is 09 837 7600 please leave a message and we can post a copy to you, or you can ring Pam our class coordinator on 09 827 2156 who will be happy to help with class enquires. Have a happy and safe festive season and we look forward to your company next year.

Plant-based diet

“Let food be thy medicine, and medicine be thy food”- this was Hippocrates’s maxim 2000 years ago and it is just as relevant today. Food has the power to prevent and cure disease, and reform the body. This was one of the reasons I began researching the benefits of a whole-food plant-based (WFPB) diet when I started writing a recipe blog two years ago. I wanted to be the kind of doctor who was informed and up to date with my patient’s lifestyle choices. Little did I know, that within the next two years my own diet would change dramatically due to the information I was reading.

Among many benefits, a WFPB diet is high in fibre, vitamins, antioxidants and phytonutrients. Contrary to popular belief, a WFPB diet is an adequate source of protein and iron if you eat a well-balanced range of plant-based foods. Personally, it also felt in line with my general goals of reducing my environmental impact and it helps me to achieve a low-waste lifestyle.

There is a vast amount of research to support the use of a WFPB diet in people with heart disease, diabetes, high cholesterol, high blood pressure, obesity, and even some autoimmune conditions. For your personal circumstances, I would recommend that you consult a GP or dietician who is well aware of what a WFPB diet entails.

It isn’t necessary to go fully plant-based overnight; try a gradual approach like I did and gradually introduce more WFPB meals into your week. For recipe ideas and more information feel free to visit my blog on www.letfoodbe.com. Dr Chloe Corbett- MB-ChB, BBiomedSci, DCH. Dr Corbett is an Auckland-trained doctor.



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Property:Advice

Property market report

It's interesting what can happen in a year:

- Interest rates are down
- Banks are tightening up
- More listings
- Less sales
- Lower prices
- Higher expectations
- Less confidence
- Greater costs

Whatever you're thinking, as long as you are buying and selling in this market you will be on a level playing field. And whatever you are choosing to do in the future just be prepared to be on market a little longer, spend a little more on marketing and maybe lower your expectation slightly on what you hoped to get for your home. Here's the sales in the area this month:

Massey	\$515,000 to \$1,683,000
Royal Heights	\$856,000 to \$1,106,000
Swanson	\$600,000 to \$1,352,000
Waitakere	\$1,300,000
West harbour	\$732,000 to \$1,378,000
Whenuapai	\$800,000 to \$1,580,000

In this market more than ever please take time to understand the market, your time frame, the value the market may be prepared to pay and then make a decision to act. We are happy to provide data on sales in the area, comparable recent sales information and a comprehensive market appraisal on your home and absolutely no charge. Further we can look at trends, market pressures and review the mortgage envelope that may exist with buyers considering purchasing your home. It starts with a call, text or email. Call 0800 900 700, Text 027 632 0421 or email graham.mcintyre@mikepero.com or for more information go to www.grahammcintyre.co.nz. - Mike Pero Real Estate Ltd Licensed REAA (2008).

Selling land to non New Zealand citizens

The new Overseas Investment regime requires consent to be obtained for residential land sales from 22 October 2018. It will be necessary to work out whether the land is residential land or say farming or horticulture land. There are also issues about who needs consent before they can buy land. Are purchasers New Zealand citizens, or do they have a Residence Visa? Are

they from Australia and Singapore? Residential land would usually be ascertained by a check with the Auckland Council's simple report on the property. In the north-west, however, land which is used for horticulture would probably not be residential. In short, lawyers and real estate agents will need to explore whether purchasers need consent or not. The best thing a purchaser could do if in doubt is to get preapproval for the purchase from the overseas investment office. If you are selling assets off your land but not the land itself, such as timber and mineral rights then special rules also apply. These are areas for expert legal advice. Dail Jones and Luke Kemp – 09 412 6000.

Something extra from your bank

Have you checked with your bank? When buying a new home or refinancing your mortgage, banks may offer a cost contribution for your legal and other fees. If you are refinancing they may also cover your break fees. On the banks' part this is a matter of marketing and competing for your business with practical and sometimes generous incentives.

However, the banks vary as to the contribution they will make. Some banks don't offer this at all and for the banks that do there is a wide variation in the amount they will offer.

So always ask your bank, or remind your broker to ask. Unless you do, you may miss out on a cost contribution that your bank is willing to make to secure your business. Gareth, Linda and Jennifer - your local lawyers in Hobsonville. Contact: 09 416 6562 or jennifer@belvederelaw.co.nz.



Precision Roofing

We are a family owned and operated company based in Auckland. With over 15 years' experience in the industry, we have all your needs covered. Precision Roofing pursues providing high quality work at a reasonable price. We use the highest quality



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materials to meet your home or businesses requirements as we understand that Auckland is prone to variable weather conditions. Our team gives attention to detail, so all our work is Precision quality.

The Precision Roofing teams are specialists in all aspects of roofing, meaning you only need one company to cover all your roofing needs. Our services include; colour steel roofing, tile roof restoration, replacement of gutters and downpipes, and we also provide repairs on all of the above.

All of our replacements, restorations and repairs on homes and businesses in Auckland are backed with an exceptional 10 year workmanship guarantee, and manufacturer's warranties also apply on most materials of up to 30 years. Precision Roofing and Spouting - phone 0800 002 222, email info@precisionroofing.co.nz or visit www.precisionroofing.co.nz.

Need to negotiate with Santa to get onto the nice list?

Do you need some help negotiating with Santa? If you find yourself not on Santa's Nice List this year then you have a variety of options. You can decide to do nothing (which may include throwing your toys out the cot, having a moan to your mate/spouse, or just drink the beer the kids leave out for Santa on Christmas Eve), but if that doesn't sit well with you then you could write to Santa and ask him what his problem is. Maybe there is some way you could work it out,



or something you could do to right the wrong – maybe Santa doesn't have a clear record of the facts and you could clear up a few misunderstandings. If that letter gets lost in the post or Santa is too busy to respond, then perhaps you could file with the Disputes Tribunal. It's a handy resource as Santa will have to attend in person and isn't allowed to take his lawyer. Assuming your wish list this year is under the magic number of \$15,000 (or if Santa agrees then \$20,000) then the Disputes Tribunal will hear your complaint, however they won't make Santa send you presents if they agree you were right but it's a good start to resolving a dispute. Another idea is to ask Santa to meet you for a chat and see if you can work it out – or maybe your lawyer could talk to Santa's lawyer and negotiate a resolution. If your beef isn't with Santa then ClearStone Legal can also help resolve matrimonial disputes, neighbourly disputes, employment disputes, shareholder disputes – or we can help put an agreement in place before the dispute arises. If you need some help negotiating with Santa or someone else then contact ClearStone Legal (incorporating Kumeu-Huapai Law Centre). Phone 09 973 5102 to make an appointment.

West Auckland property and tax lawyers

Gina Jansen Lawyers are a West Harbour based law firm who practice many areas of law, but our specialty area of law is property and tax/Inland Revenue disputes and Court matters. We can help small to medium businesses (companies, sole traders, partnerships) when Inland Revenue serve legal proceedings (for example High Court bankruptcy/company liquidations, or District Court civil judgment or criminal proceedings). Our team are very experienced at appearing in the Courts and dealing with Inland Revenue under the Tax Administration Act provisions to find resolution. We can advise you on your best options, process any refinancing or lending instructions, appear in the Courts and negotiate the relief deal with Inland Revenue. You won't need to use different lawyers for different parts. We will also work closely with your accountant/mortgage broker, or we can refer you to professionals we know are experts in those fields. We do great rates for any general property transactions whether you are buying, selling or refinancing. Call Gina Jansen Lawyers on 09 869 5820 or email gina@ginajansen.co.nz or visit our website at www.ginajansen.co.nz.



Businesses must have marketing

It is one of the fundamental reasons that The Westerly was created, a 48 page, full colour, glossy magazine that showcases editorial, product and service statements from local companies, and then in turn broadcasts that editorial on Facebook feeds to provide both digital and print exposure. The magazine provides an open editorial donation policy allowing local companies the opportunity to submit free editorial, 150 words and a colour photo (no logos). Preference is given to advertisers but 95% of all editorial submitted is used. In addition if you are a regular advertiser within the Westerly you will be offered a feature spot on the front cover and an inside page showcasing your brand and customer service values, an offer that is simply not available from any other local media, almost an endorsement of you, your brand and customer experience. So no matter how big or small, if you are retail or business to business, take another look at your companies marketing plan and see if the Westerly can feature in your development. Call publisher Graham on 027 632 0421, email graham@thewesterly.co.nz or view www.thewesterly.co.nz.



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area property stats

Suburb	CV	Land Area	Floor Area	Sale Price	
Hobsonville	1,075,000	261M2	219M2	1,165,000	
	950,000	232M2	163M2	939,000	
	1,000,000	200M2	154M2	947,000	
	1,150,000	284M2	202M2	1,220,000	
	1,600,000	1000M2	342M2	1,580,000	
	900,000	192M2	154M2	1,005,000	
	695,000	100M2	96M2	730,000	
	1,150,000	320M2	207M2	1,135,000	
	1,050,000	202M2	182M2	955,000,	
	1,075,000	221M2	196M2	950,000	
	820,000	157M2	150M2	845,000	
	905,000	228M2	138M2	968,000	
	1,050,000	202M2	164M2	940,000	
	950,000	250M2	180M2	950,000	
	990,000	247M2	193M2	1,080,000	
	900,000	90M2	181M2	960,000	
	900,000	180M2	185M2	955,000	
	720,000	250M2	92M2	744,000	
	Massey	870,000	463M2	162M2	860,000
		750,000	1353M2	170M2	746,000
930,000		505M2	190M2	855,000	
570,000		732M2	90M2	608,000	
730,000		938M2	100M2	775,000	
730,000		519M2	160M2	712,000	
720,000		885M2	155M2	735,000	
950,000		604M2	170M2	839,900	
900,000		615M2	170M2	890,000	
640,000		367M2	88M2	610,000	
730,000		683M2	180M2	870,000	
710,000		389M2	116M2	730,000	
780,000		867M2	80M2	647,200	
760,000		450M2	161M2	765,000	
750,000		925M2	210M2	625,000	
990,000		621M2	160M2	850,000	
570,000		456M2	80M2	620,000	
730,000		809M2	170M2	810,000	
670,000		667M2	110M2	710,000	
600,000		632M2	90M2	690,000	
660,000	1001M2	80M2	700,000		
790,000	999M2	110M2	920,000		
690,000	536M2	160M2	668,000		
800,000	610M2	140M2	775,000		
890,000	477M2	170M2	890,000		
680,000	809 M2	130M2	658,000		
880,000	679M2	142M2	748,000		
Swanson	665,000	869M2	82M2	717,500	
	880,000	1.7HA	78M2	600,000	
	1,225,000	1.1HA	78M2	1,352,000	
	1,250,000	4.1HA	299M2	1,350,000	
West Harbour	990,000	448M2	250M2	988,000	
	840,000	568M2	130M2	850,000	
	1,025,000	640M2	269M2	918,000	
	940,000	456M2	158M2	981,800	
	1,025,000	698M2	171M2	850,000	
	870,000	674M2	150M2	838,100	
	1,250,000	819M2	273M2	1,378,000	
	950,000	643M2	100M2	790,000	
	990,000	732M2	170M2	807,000	
	840,000	817M2	90M2	732,000	
	1,130,000	706M2	250M2	1,150,000	
	1,200,000	639M2	23M2	1,200,000	
	1,090,000	602M2	180M2	1,050,000	
Whenuapai	1,300,000	430M2	262M2	1,145,000	
	1,100,000	305M2	245M2	1,025,000	
	1,125,000	309M2	240M2	1,042,500	

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

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.



EASY FAMILY LIVING, BRICK AND TILE, WESTGATE 3 2 2

Asking Price \$949,000

4 Rush Creek Drive, Westgate
Asking Price \$949,000

Welcome your family in to this easy care sunny and spacious brick and tile three bedroom home with wonderful street appeal. In a lovely elevated position and close to great schools, parks, Westgate Shopping Centre and NorthWest Shopping Centre, the Massey Leisure Centre, this fabulous home in a great location and is ideal for your family or a relaxed easy care retirement. Enjoy open plan living and dining with a modern kitchen overlooking the pretty front garden and urban views. Indoor outdoor living is enhanced by the large covered pergola leading to the back garden. Master bedroom with ensuite, double garage, heat pump, loads of storage and two garden sheds provide all the conveniences of modern living. For the keen gardener, beds are at the ready for your summer crop of veges.



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www.mikepero.com/RX1664987



INVESTORS, FIRST HOME BUYERS, BRICK & WEATHERBOARD 3 1 2

Enquiries Over \$635,000

12 Akeake Lane, Manurewa
Enquiries Over \$635,000

A wonderful opportunity for Investors and First Home Buyers here. This near new G.J Gardner, large two level, brick and weather board terraced home, provides all the conveniences and comfort of modern living. On the first level, you will enjoy a well-appointed kitchen with an open plan, spacious living and dining area, and the convenience of a guest toilet. Living areas lead out to the lovely patio area and garden, ideal for alfresco dining, summer entertaining and barbecues. Upstairs are three double bedrooms and two bathrooms including the master ensuite. With double glazing, aluminium joinery, internal access garaging and off street parking, living here is a breeze. Conveniently located near transport links and close to shopping mall and schools.



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HELENSVILLE LIFESTYLE PROPERTY ON 1.8 HECTARES 3 4 2

Set Date of Sale

707B Inland Road, Helensville

Set Date of Sale - 4pm, Wednesday 12th December 2018 (unless sold prior).

Private, sun-soaked property in a quiet glade South East of Helensville Township. Offering the perfect retreat for a family to create the good-life, with ample space for gardens to complement the already impressive orchard. An impressive open plan entertainer's home that provides space and harmony with alfresco access to patio and a view over the land. Three bedrooms, plus an office or second lounge with bathroom and ensuite. An impressive styled home allowing lifestyle living at its best, uncluttered and unfettered the home is sheltered from the prevailing SW wind and enjoys all day sunshine. A double garage and barn storage completes the offer. Four paddocks, fenced, water to troughs, a character barn and an all season propagation house deliver a lifestyle option.



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TICKS ALL THE BOXES!! 5 5 3

By Negotiation

12 Amber Place, Waimauku
By Negotiation

If a home with options and space is what you crave you've struck the jack pot. This spacious property located in a quiet peaceful cul-de-sac has plenty of options with a 3 bedroom property and an attached 2 bedroom apartment on separate power. With 4 living areas, 3 bathrooms, 2 outdoor living spaces and triple garaging, room for 5 off street parks in total there is room for all the family. An ideal opportunity for extended or blended families. This home boasts a beautiful green outlook, lots of birdlife (tuis and wood pigeons), in a strong, safe family community and conveniently located to an abundance of vineyards, wineries and great restaurants. Ideal extended or blended families. Apartment ideal as great rental or B&B.



Jacqui Kalka
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www.mikepero.com/RX1675880



HIGHLY MOTIVATED - AFFORDABLE IN WAIMAUKU 4 3 2

Set Date of Sale

16 Denehurst Drive, Waimauku

Set Date of Sale - 4pm, Wednesday 12th December 2018 (unless sold prior).

Big home, brick, block, tile, roofing eaves, on a large 1236 sqm site. Four bedrooms (master with ensuite and walk in wardrobe), two bathrooms feature in this expansive two level home delivering space to work, live and play, all under one roof. A generous 240sqm home that enjoys open-space entertaining kitchen-lounge-dining integrating into north facing alfresco living to a large, safe, back yard off covered decking. Triple car garaging with workshop and extra room for teenage retreat/ office or games area. Extensively refurbished, easy living on a big section. Teenager retreat/ games room/ workshop. Sunny north facing decking. Room for additional garaging. Close to Waimauku Primary School, convenience shopping, cafés and a short drive to Muriwai Beach.



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SPLASH INTO SUMMER! FABULOUS FAMILY HOME ON 1200 SQM 4 2 2

Enquiries Over \$1,039,000

17 Matua Road, Huapai
Enquiries Over \$1,039,000

Hidden in the heart of Huapai you will find this fabulous four bedroom single level home, perfectly positioned on a prime flat 1200sqm site. Lounge, dining and kitchen flow out to a magnificent paved and landscaped back garden oasis with in ground swimming pool, spa area and alfresco covered dining, perfect for all year round entertaining. Beyond the fully fenced pool area is an abundance of lawn to play or bounce on the trampoline. Four bedrooms include a very spacious master with ensuite, space to relax, own separate entrance and overlooking the lush front garden. Big main bathroom, separate laundry and a wood burner provide all the comfort and convenience of modern living. With a double garage and plenty of parking, there is room for everyone!



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www.mikepero.com/RX1705127



4 BEDROOM - NEW MADDREN HOME AT \$915,000



Asking Price \$915,000

31 Nellie Drive, Kumeu
Asking Price \$915,000

Seize this opportunity to purchase your four bedroom two bathroom brand new home in a quiet street in Huapai. Crafted under the watchful eye of Maddren Homes, one of the original craft builders in the Kumeu area and backed by a residential Master Build 10-year guarantee. Concept to Construction. Brand new Maddren Home. Stunning high spec property with quality fittings and workmanship. Additional stud for that feeling of space and quality in the living area. Impressive kitchen with massive bench space, gas cooktop and island bench. Open plan kitchen, dining, living area flowing to outdoor living. Master bedroom with stunning ensuite, walk in wardrobe. All Watercare services. Double glazing, heat pump, LED lighting, dishwasher, rangehood, waste disposal, heated towel rails, alarm.

www.mikepero.com/RX1567258



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RIVERHEAD MAGIC, WALK TO RIVER, ON 1214M2



Enquiries Over \$925,000

43 Maude Street, Riverhead
Enquiries Over \$925,000

This elevated family home sits atop a magical North facing site with park-like grounds featuring mature trees, loads of lush green lawn, chicken coop and abundant bird life. Living here is easy and just a short stroll takes you to the river, shops, school, bar and eateries including the historic Riverhead Tavern. Expansive covered decking provides indoor / outdoor living all year round, overlooking the big sunny back garden and enjoying glorious forest views and a peek of the river. There is plenty of room here to grow the children the old fashioned way, playing, exploring and tree climbing, amidst the free range chickens. Three bedrooms, selected double glazing, upgraded modern kitchen, bathroom and laundry, open plan lounge and dining, plenty of parking provide all the comfort and convenience of modern living.

www.mikepero.com/RX1673369



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POTENTIAL, PERSONALITY, POSSIBILITY AND FUTURE URBAN - KUMEU



By Negotiation

46 Oraha Road, Huapai
By Negotiation

Often sought, seldom found, this character filled stucco bungalow offering an honest and genuine two bedroom, one bathroom home with separate kitchen, dining room and lounge leading to westerly decking. Rustic storage outbuilding and ROW access top and bottom, the door is open to explore development options given the large section size. This is a treasure trove of opportunity, within a stone throw of convenience shopping and a short drive to school and transport links. The CV on this property is \$760,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



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www.mikepero.com/RX1470382



VACANT, AFFORDABLE, FAMILY HOME - WEST HARBOUR



By Negotiation

56 Fitzherbert Avenue, West Harbour
By Negotiation

Ready for you to move in, this character, weatherboard home delivers more than first meets the eye. An extensive, easy care, flat and fully fenced rear yard, perfect for the summer BBQ's, children's play area and pet safety. A covered decking area links seamlessly to an open plan kitchen, dining, lounge, attracting generous all day sunshine. The bedrooms are split over two levels, two upstairs one downstairs with a central bathroom and laundry. In addition the property has an attached single garage with ladder to a carpeted, powered loft suitable for storage/ office or retreat. Character styled, the home can be opened up to enjoy the breeze on those hot summer days and closed up tight on those winter nights with a closed woodburner and insulation.



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SUN, SURF AND STYLING - AFFORDABLE IN MURIWAI

3 3 2

Offers Over \$785,000

78 Motutara Road, Muriwai Offers Over \$785,000

Vacant for Christmas - Make this your best summer ever. A home, within nature's playground in keeping with the rustic natural ambience of the area and a simple uncluttered lifestyle. Often sort but seldom found, this two bedroom home with two bathrooms and a cluster of garaging, parking, gardening and entertaining options set upon 932sqm. This home that enjoys plenty of sunshine, plenty of parking, and has an easy in-door-outdoor flow. A smorgasbord of options for a buyer wanting to enjoy life to its full. Minutes from the Top Shop and a short drive to Muriwai Surf Club and Maori Bay. The CV on this property is \$770,000. 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/RX1715709



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LIFESTYLE, BIG BARN - WAIMAUKU, HELENSVILLE FRINGE

3 2 2

Offers Over \$1,195,000

125 Alf Access Road, Helensville Offers Over \$1,195,000

Brick and tile, elevated home with extensive views to the North. Refurbished and ready for you to move in. The home offers a very comfortable, entertainers open plan environment, large kitchen dining area, leading to second living area, with wrap around decking joining to large living area. Extensive decking leads out to the view. Three double bedrooms, including large master room with ensuite and walk in wardrobe, opening on to deck. Main bathroom includes shower and bath separate to toilet. Office / study or fourth single bedroom. This lifestyle property is 1.8 hectares with easy access for boat or motorhome, double garaging and additional access way to the barn and vegetable garden. Easy access, off a no-exit road, close to Waimauku and Helensville.

www.mikepero.com/RX1662304



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HOBSONVILLE - AFFORDABLE FAMILY HOME

3 1 2

Offers Over \$869,000

136 Hobsonville Road, Hobsonville
Offers Over \$869,000

With a six Homestar rating, this home has been beautifully finished by Jennian Homes, built in 2016 with a 10 year master builders guarantee. The open plan kitchen, dining and lounge area link seamlessly out to the north facing alfresco patio. Perfectly positioned with excellent indoor outdoor flow through a double stacker slider allowing you a private, sheltered spot to relax with friends and family. A clever floor plan downstairs allows for additional extra features including a small study, guest toilet, laundry and under stairs storage which are conveniently accessed off the main living area. Upstairs are three generous sized bedrooms including a gorgeous master with walk-in wardrobe and spacious ensuite. A single garage with storage and workshop space is accessed via a private laneway.

www.mikepero.com/RX1610906



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

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



TAUPAKI LIFESTYLE HOME NEAR KUMEU

5 6 3

Set Date of Sale

296 Taupaki Road, Taupaki
Set Date of Sale - 4pm, Wednesday 12th December 2018 (unless sold prior).

Elevated living with a generous serving of land, stables and sheds. The home offers a total of five rooms, two lounges, three bathrooms, laundry area and open plan entertainer's kitchen, dining and lounge. The living areas and bedrooms open out to an exquisite garden, pool and lawn area that delivers options for glamping, marquees, or lazing away long summer evenings. The House offers options to close off areas so that it can be used for guests or family delivering great flexibility. Three double garages, two box stables and a tack room certainly delivers storage and amenities for a family wanting to have a horse or a pony, and with 1.5 hectares of land it provides just enough space for a ride or a graze. Mains gas, good water storage, heat pumps galore and options for extended family or storage income.

www.mikepero.com/RX1730148



Graham McIntyre
027 632 0421
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433 Wairere Road, Waitakere
Offers Over \$1,385,000

Nestled between Muriwai and Bethells and a short distance from Goldies Bush is this near new, finely presented, single level home. Not only is it an entertainers paradise it is set in a glade that offers a tranquility and peace that is seldom found. Open plan alfresco through the East and West delivers an aspect that takes you into the environment which you might think that you are in a resort or an exclusive spa. Offering four bedrooms, two bathrooms, laundry and double garage. The kitchen, dining and lounge is integrated with expansive sliders to open up the indoors to the outdoors. An easy care section, planted for pockets of colour and richness of grass and bush tones. The construction is big-brick and Decramastic tile, enhanced by shist features, planters and fish pond.

www.mikepero.com/RX1713683



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



NORTH FACING PREMIUM SECTION - TAUPAKI

Set Date of Sale

Lot 2 Taupaki Road, Taupaki

Set Date of Sale - 4pm, Wednesday 12th December 2018 (unless sold prior).

Well presented, elevated lifestyle section with boundary to a riparian strip. The land has an established access way off Taupaki Road. Gentle sloping with House site options that can make the most of the valley views and the sunshine. A short distance from Kumeu (city side) and North West Mall/ Westgate, the property is a short drive from the North Western Motorway. Set Date of Sale - 4pm, Wednesday 12th December 2018 (unless sold prior).

www.mikepero.com/RX1732517



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027 632 0421

graham.mcintyre@mikepero.com

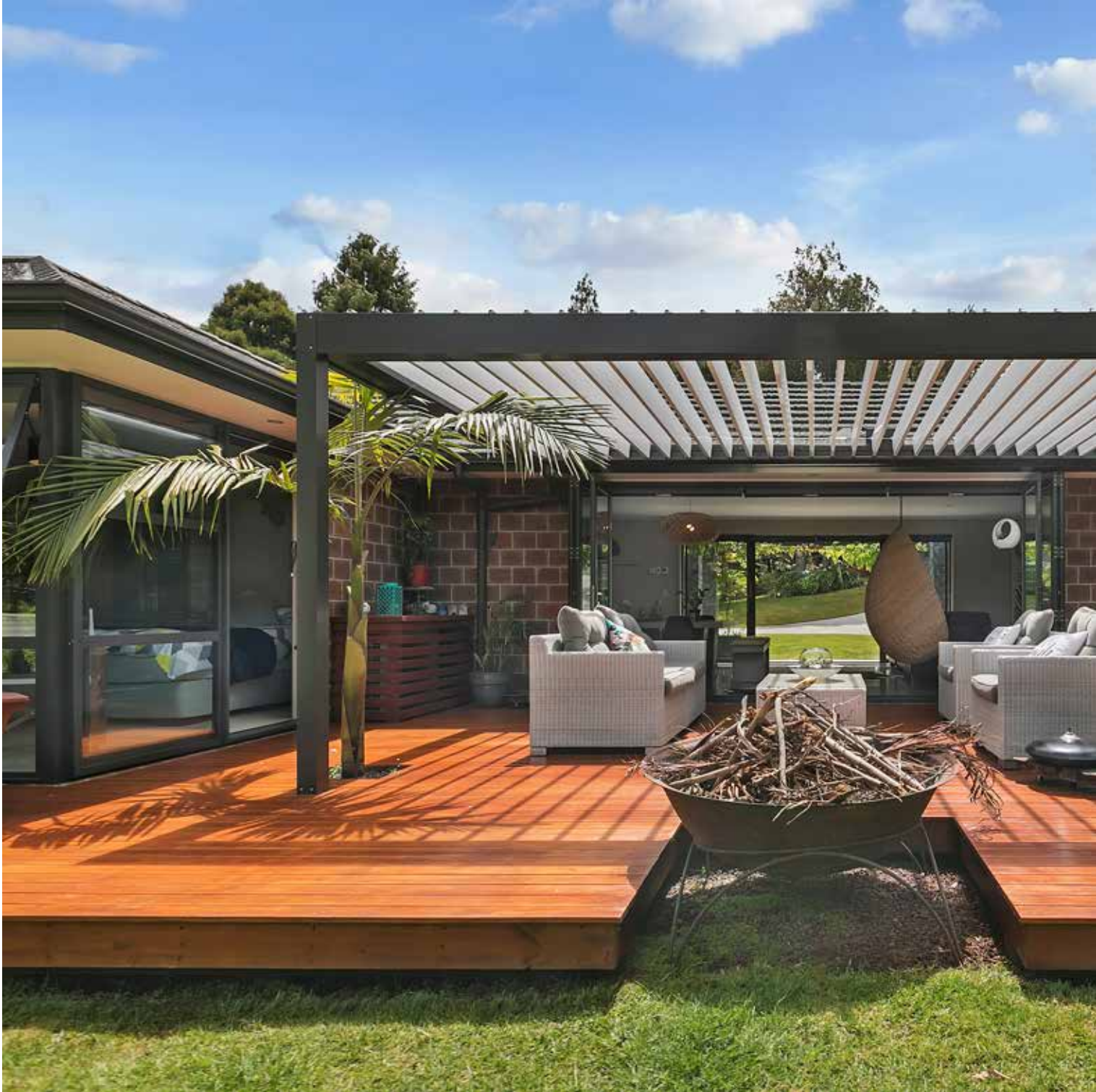


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Hot:Property



Waitakere's tranquil glade and sun-trap

Nestled between Muriwai and Bethells and a short distance from Goldies Bush is this near new, finely presented, single level home. Not only is it an entertainers paradise it is set in a glade that offers a tranquility and peace that is seldom found. Open plan alfresco through the East and West delivers an aspect that takes you into the environment which you might think that you are in a resort or an exclusive spa.

From the first steps down the driveway you get a sense of

something very special. An environment that is sunny but still, tranquil but bustling with bird song and it is that blending that makes this property well worth a look.

Make your way through wide double sliders into a space that integrates entertainers kitchen and dining with alfresco living to the East and the West with a retractable roof over expansive decking, it is built to enjoy the elements, celebrate the seasons and harness the moods of the day. The home has two separate wings, to the left a large master with walk through and ensuite while the other wing has three bedrooms and the main bathroom. All rooms enjoy sunshine and rural views enhanced by pockets of colour.



An easy care section showcasing a richness of grass and complimentary bush tones. The construction is big-brick and De-cramastic tile, enhanced by shist features, planters and fish pond. Elegant and contemporary living, a stone throw from established walks, beaches and convenience services. Swanson train station is a short drive away, as is convenience shopping, beaches and golf course. We encourage you to view this idyllic property to gain the best perspective of what peace and tranquility could look like for your future. Contact Graham McIntyre on 027 632 0421 or 0800 900 700 to view or see more information at www.rahammcintyre.co.nz - Mike Pero Real Estate Ltd Licensed REAA (2008).

Home:Garden

New local electricians – West Auckland wide

Dr Sparky Electrical are new to West Auckland. We can sort out all your electrical needs. No job is too big or too small. What do we specialise in? We do commercial installs and repairs, commercial food equipment installs and repairs, preventative maintenance, industrial installs, repairs and fault finding. For residential electrical work, if it's new power points, lighting or repairs, hot water cylinders, oven repairs, testing and tagging electrical equipment, or power tool repairs, we can do it all. We provide a prompt, efficient and friendly service with great rates. We are also available for emergencies 24/7. We go the extra mile with a smile, get the job sorted fast and are cost effective all at the same time. Call Todd today on 021 508 571 for queries, quotes and bookings or check us out at www.drsparky.co.nz.



Engagement

You often hear the word, engagement, mentioned when it comes to health and safety.

A PCBU (person conducting a business or undertaking) is required to engage with their workers, and by implication, the contractor and visitor on their work site for that matter, on

health and safety issues that may affect them.

In practice what does that mean and how do you go about that. Engagement includes the sharing of health and safety information, allowing workers to have a say about health and safety matters that may affect them, finding out how health and safety issues may affect workers, listening to and allowing workers to have a say on what may affect them, and allowing them to have a say in the decision making process around health and safety matters and finally keeping workers informed about the results of the engagement process and what happens next.

Essentially engagement is about communication. One means of engagement is through written documentation.

There are a number of different types of health and safety documents such as tables, flowcharts, policies, procedures, information sheets, graphs, forms and signs. They all have a different way of relaying information depending on the complexity of the information that needs to be communicated.

A business signing up with Securo for health and safety advice and consultancy is provided with all the forms in word format, that can be easily modified to suit their own circumstances, because it is in word.

For further information contact your Securo health and safety consultant by emailing securo4@securo.co.nz or check out the Securo website on www.securo.co.nz.

Laser Whenuapai

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

Committed to serving their local community, families and businesses with great service at reasonable rates, the team at Laser has over 25

years of experience in providing quality roofing/plumbing services to West Auckland and beyond.

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

The key to Laser's success over the years has been their excellent staff, and the current team is no exception. All staff are trained to the highest standard, with Laser Whenuapai director



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Solomon Barnes saying that every member is either qualified or studying towards a certificate in their chosen field.

So, why choose Laser Whenuapai?

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

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

Whether needed for large commercial projects or smaller residential fix-ups, they can provide a complete solution to any water system, roofing or drainage issues.

For all your service needs from plumbing through to roofing, drainage, gas and pumps and drain unblocking, contact Laser Whenuapai at 09 417 0110 or whenuapai@laserplumbing.co.nz Open five days a week from 7am-4:30pm, Laser Plumbing & Roofing is located at Unit 4, 3 Northside Drive, Whenuapai. Visit their website whenuapai.laserplumbing.co.nz for more information.

Caring for your Japanese maple

Awa Nursery has some stunning specimen size Acer Palmatum (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 maple will thrive if they are planted in a location where they get sunlight during the day, a small 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. Awa Nursery phone 09 411 8712 or visit www.awanursery.co.nz.

Kumeu Garden Hub

Its swan plant time! We are well stocked with several size of plants. We can even find a caterpillar if required! Our plants are spray free.



We also stock bug net to keep the wasps out.

Kumeu Garden Hub giftstore - Come and see are great se-

lection of Christmas gifts and decorations. Lots of ideas for family, friends, teachers and workmates.

We also have a good range of Christmas Lily, orchid, poinsettia. From live potted Christmas tree through to fake ivy garlands, house plants, cacti and succulents all great for decorating the Christmas table.

We would like to take this opportunity to thank all our lovely customers for supporting us through the year may you all have a safe and Happy Christmas. From all the team at the Garden Hub.

Are you planning to put new plants into your garden?

Weedy plants are one of the greatest threats to New Zealand's parks, reserves, coasts, bush remnants, wetlands and alpine areas. Many of these weeds are ornamental plants that have 'jumped the fence' from gardens and gone wild. They compete with native species and suppress native seedlings. Their seeds are frequently spread by birds. They are often difficult to remove once established (have you ever tried digging out agapanthus?) It costs councils, government departments and private landowners millions of dollars, and volunteers and community groups thousands of unpaid hours, to control these weeds every year - but they can't do it on their own.

Visit weedbusters.org.nz for details of how you can play your part. You can download an excellent booklet "Plant me instead", which lists the environmental weeds of greatest concern in your region. Although the weed plants are often chosen because they are pretty, please try to avoid them. The booklet suggest alternative plants for you to consider. Please help to reduce the continued threat to our environment from these weed plants.

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Central's Tips

December 2018



The holidays are here and so is the summery festive feel! It's time to pretty up the outdoors and cover berries and grapes. Plant leeks and harvest early spuds - and have a fantastic, safe and relaxing holiday break!



Christmas Spuds

Perfect for that Christmas dinner. If their foliage is starting to yellow they're ready to be harvested!

In the Veggie Patch

- **Christmas spuds:** early potatoes will be ready when their foliage starts to yellow - perfect for Christmas dinner!
- **Plant out swan plants** ready for when monarch caterpillars are hatching and hungry! You may need to cover the plants once the eggs are in place to keep predatory wasps from eating newly hatched caterpillars.
- **Bird Netting** over the strawberries, raspberries and blueberries and grapes is the best way to preserve developing fruit.
- **Plant leeks** - the seedlings are best dropped into a hole the width of a pencil, or a long trench. Nature tends to fill in the soil as it drops around the leek after watering. At planting cut the green tip down by half.



Plant out Swan plants for the Monarchs

Attract Monarch butterflies to your garden by planting their favourite food - Swan plants! Great for the kiddies to watch the transition from caterpillar to butterflies over the break.

The rest of the Garden

- **Pretty up your pots for summer outdoors** - geraniums, impatiens and petunias make excellent displays and have fun teaming them up with some basil, parsley or thyme - nice aromas around outdoor eating areas.
- **Install a birdbath** and keep it topped up with water to help feathered visitors get through the summer heat
- **Going away?** Deep water, then mulch the top of your pots thickly moving them into shaded areas .

Lawns

Best rule for summer mowing is to cut grass by one third of its length.



Help your feathered friends

Install a bird bath to help the birds get through the heat of summer - another fun project to do with the kids - old pottery and bowls can make great DIY bird baths!



we dig Christmas

We wish you a safe and happy holiday break. Come and see us for all your holiday landscape projects.



Visit your local yard: **Central Landscape Supplies Swanson**

Open Hours: Monday - Friday: 7am - 5pm, Saturday: 8am - 4pm, Sunday: 9am - 4pm

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Build:New

The Pukeko's Foot



There's a very special reason for the unique nickname this house has been christened with. When you gaze upwards in the living room corner of this stylish, split-level weatherboard home, you'll see exposed rafters at an unusual cross-section of angles that can't help but remind you of a pukeko's foot.

And we believe it was this complex, never-been-done-before structural roof connection that helped earn it a gold award at the 2018 Master Builder awards in the Nulook New Home \$700,000 - \$1,000,000 category. The elevated views and split level floor plan created an interesting challenge that required a unique roof engineering solution and a lot of planning with engineers, architect Alistair Watt and ourselves to pull it off.

In fact, the distinctive way in which this roof came together is so unusual, the technique has never been done before in the history of the building industry. And while it was certainly a challenge, we rose to the occasion as our ethos is crafting quality homes that are specifically designed to suit our clients land as well as their family's lifestyle.

That's why you won't ever see a carbon copy of a Maddren home as your neighbour. It's immensely satisfying to overcome a challenge such as this and the proof really is in the pudding with the gold award and happy owners who were wrapped with getting the home of their dreams.

G.J. Gardner Homes

The team at G.J. Gardner Homes are proud to announce a Christmas celebration and information evening to be held in their brand new premises at 1 Tapu Road Huapai. If you've thought of building but not sure where to start, come along to an exciting evening of design and inspiration.

We believe that everyone should enjoy building their home. Armed with the right information and questions to ask you can build a home and enjoy it. Meet our fantastic team of industry experts from new home sales, architecture, mortgage advice to project managers all on hand to demystify the exciting process of building a brand new home.

View our amazing designs showcasing affordable living to large Country and Estate Lifestyle series. Many of our designs can be incorporated to suit your personal wish list, maximise indoor / outdoor living and provide a real sense of home living.

Don't have a piece of land? We have plenty of options from residential sections to lifestyle country blocks from across the area. We have a stunning range of Ready Living homes available for

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you to move in now giving you the best of both options. We have also set up a Christmas collection in our offices in support of Helensville Woman and Family Centre and invite our guests to bring along a small gift to donate. Share in some Christmas goodies with the team and enjoy the evening with familiar or new faces. The team at G.J Gardner Homes Rodney West – your first for ideas and inspiration. We would love to see you there.

Signature Homes - your home your way



Signature Homes is a New Zealand owned company, building homes for kiwis for over 35 years. They have 12 franchises dotted around the country from Whangarei to Queenstown. Their brand promise to customers is to build "Your Home Your Way", and pride themselves on working closely with clients through every step of the building process. From designing the home, assisting with finance, interior design, all consents, and every client is assigned a project manager to coordinate the build of their home.

As no two builds or community is the same each client is treated dependent upon their needs, wants and budgets. Signature

aims to provide quality service, all their clients are presented with fixed completion times and pricing. Nothing should be a surprise building 'The Signature Way'. And this is especially true for Signature Homes West Auckland and Rodney. Owned and operated by Dean and Amanda Pritchard they have experience building in the region, and the various sites, conditions and challenges it presents.

Dean and Amanda, and their team understand building a home whether it be a first, second or investment opportunity can be a stressful time. They work closely with their clients to create a transparent relationship supporting them through the build process, enabling a smooth journey. Issues and challenges can arise, the security is in knowing that the Signature Homes team will sort it.

Signature Homes West Auckland are located in the Kumeu township and they can assist with all your new build needs. Whether it be designing and building a new home from scratch, providing a house and land package in a building development or building from one of Signature's extensive plans. Also something that is becoming very popular in Auckland, particularly under the Auckland Unitary Plan, is knocking down an existing building and replacing it with one or more new homes on the same section.

All this service and choice is backed by the best building guarantees in the country, which protect Signature clients during the build, every home is guaranteed to be completed once the building contract is signed, right through to structural and weather tightness guarantees after the keys have been handed over.

So if you are looking to build out West make sure you talk to Dean and Amanda and the team at Signature West Auckland, they have all your building needs covered.

We build homes as unique as you



Signature Homes can help you design and build a home that is perfectly suited to your family and lifestyle. You can bring your own plans to us, or engage our experienced architects and interior designers to take your dream home off the back of an envelope or Pinterest page, and make it a reality.

If you are thinking about building, whatever stage you are at in your journey, we can help.

Contact us on 0800 020 600 or visit our website signature.co.nz for more information

HOBSONVILLE SHOWHOME: 30 Myland Dr (off Scott road), Hobsonville | Open Wed-Sun 12-4pm

HUAPAI SHOWHOME: 3 Podgora Ave (off Station Rd), Huapai | Open Wed-Sun 12-4pm

SHOWROOM/OFFICE: 80 Main Rd, Kumeu, Auckland | Open Mon-Fri 8:30am-5pm | Sat-Sun 10am-2pm

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Food:Beverages

Artisan producer triumphs at 2018 NZ Food Awards

NoShortcuts is celebrating more than Christmas, having recently taken out a 2018 NZ Food Award, in the face of some very stiff competition. These annual awards, which have been running since 1987, showcase the best New Zealand has to offer in the food and beverage industry and celebrate creative innovations from artisan producers through to large-scale manufacturers.

More than 220 products were entered this year, with 67 products from 54 companies being named finalists in 11 award categories.

One of these, The Countdown Supermarkets Grocery Food Award, was presented to NoShortcuts Ltd., for their innovative new product Feijoa Kasundi; an Indian style chutney that is spicy, tangy and healthy.

Like all NoShortcuts gourmet chutney, the Kasundi contains no added artificial flavours, colours or preservatives and is hand-made – just like mum made.

During December, purchase one or more product online at www.noshortcuts.co.nz and pay just \$3.00 for delivery Auckland wide.



ing three years at legendary fifth generation London Butcher, Lidgates, that contributed to the win. "We go the extra mile to make sure the right cuts of meat are used and the seasonings are just right. There is a lot of love mixed into them."

"It is an awesome feeling to be recognised for all the hard work. This is the first time I have entered the National Sausage Competition and it has inspired me to develop and enter future competitions," Matthews said.

Meat Merchant stands out as currently being one of the only all-women butcheries in New Zealand. "It kind of happened by default. I was too busy to do everything myself, so I took on a few girls to help me look after the customers, making all the fiddly products that help inspire our customers on those days they have 'no idea what to cook for dinner'. The girls have much better attention to detail and multitasking skills.... well, we like to think so anyway."

Matthews believes butchery can be a rewarding career for women. "Butchery is a nice balance of customer interaction, creativity, hard work and a few good laughs along the way. The type of job you slip on some gumboots, tie your hair up, but still wear a bit of make up if you want."

With this win under her belt, Matthews is looking to the future. "I would love to see Meat Merchant become a well-known little butcher shop making a massive impact at the dinner table. To develop a reputation for excellent meat, delicious artisan products and award-winning sausages."

For more information contact Nicole Matthews on 09 416 8764.

All-girl butchery snags best New Zealand sausage award

Whenuapai's Meat Merchant butchery has proven the humble sausage is anything but at the 2018 Devro Great New Zealand Sausage Competition.

Their Free Range Pork, Sweet Gala Apple and Sage sausage beat out entries from around New Zealand to take home a gold medal in the Gourmet Pork category.

Meat Merchant owner and Master Butcher Nicole Matthews believes it is not just her twenty-year career in butchery, includ-



Favourite Boiled Fruit Cake

- 1kg Fruit Mix
- 250g Butter
- 1 cup brown sugar
- ½ cup brandy
- ½ cup water
- 5 eggs, lightly beaten
- 1 tbsp Treacle
- 1 tsp mixed spice
- 1 ¾ cup plain flour
- 1/3 cup self-raising flour
- ½ tsp baking soda



Combine fruit, butter, sugar, brandy and water in a saucepan and heat until sugar dissolved. Simmer for approx. 10 mins. Transfer to a large bowl and cool to room temperature.

Spray with baking spray and line with two layers of baking paper a 23 cm round or 19cm square tin – bring the paper above

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the edge of the tin.

Add beaten eggs and treacle to fruit mixture and stir. Stir in sifted dry ingredients and then spread into prepared cake tin. Bake in slow oven (approx. 160 degrees) for approx. 2 hours. Each oven temperature is different so check if baked with skewer after 1 hr 45 mins. Keeps for 3 months and also freezes well. 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@paulajanecakes.co.nz or visit www.paulajanecakes.co.nz.

The Hunting Lodge

Grape vs. Grain

The Hunting Lodge opens Lawn Bar in collaboration with Liberty Brewing.

It all started from a friendly West-Auckland rivalry between The Hunting Lodge chief winemaker Pete Turner and Liberty Brew Co. founder Joe Wood. This rivalry turned into adoration, and together they've joined forces to showcase the best craft beer and wine to be found. "The secret to a great Hunting Lodge wine is a Liberty pilsner after a hard day's work in the winery" quips Pete.

From November 12th, this unspoilt gem boasts a new casual dining experience with 10 Liberty craft beers on tap and a relaxed menu by the phenomenal Des Harris.

The lawn area is an expansive oasis complete with children's play area. Come evening it's alit with festoon lighting, where Vitrine tables creak under wooden tasting boards piled high from Grape vs Grain tastings. A perfect meeting place for all. www.thehuntinglodge.com. 09 964 0565.

The Cellar Door & Lawn Bar is open from: Mon - Thurs: 11am - 6pm and Fri - Sun: 11am - 9pm.



More vegan options unveiled at The Coffee Club to keep up with demand

An increased demand for vegan dishes has led one of New Zealand's largest and fastest growing café brands to expand its menu – only months after introducing its first vegan dishes.

The Coffee Club New Zealand is introducing five new



items as it releases its first vegan menu. The new menu is available now and includes:

Vegan Rosti Stack: Homemade potato rosti, baby spinach, smashed avocado & peas, balsamic mushrooms.

Loaded Veggie Ciabatta: Toasted ciabatta with balsamic mushrooms, caramelised onion, roasted red capsicum, baby spinach, aioli & cheese. Served with chips.

Mediterranean Pizza: Tortilla base, Napoli sauce, roasted red capsicum, bruschetta mix, mushrooms, cheese, baby spinach.

"We had a lot of positive feedback when we introduced vegan options to the menu earlier this year," says Andy Lucas, Co-Director & Marketing Manager. "A number of people are looking to improve their diet and eat more plant based foods, and as a result we have introduced this new vegan menu."

"There was a lot of input from our vegan customers on the dishes, we now have more items on our menu that appeal to a wider range of tastes," adds Andy. "Vegan and vegetarian options are continually growing in popularity, people are more conscious of what they eat – regardless of whether they identify as a vegan or vegetarian."

The new dishes will accompany the existing Chia Seed Pot with coconut & almond, Hummus & Smashed Pea Open Sourdough and Crispy Tofu salad.

The Coffee Club stores can be found throughout both the North and South Islands. For more information visit thecoffeeclub.co.nz.

IsoCream for breakfast?

Ice cream may not be what you would normally think of eating for breakfast, but IsoCream is no ordinary ice cream. With under 85 calories and an impressive 8g of protein per 120ml serving, this 99% sugar free, reduced fat ice cream has set-me-up-



for-the-day written all over it. And with 7 gluten-free flavours to

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choose from, including salted caramel, peanut butter cookies and cream, and chocolate, there's one to suit everyone. Proudly made in New Zealand from 100% quality whey protein, you'll find IsoCream at over 150 stockists around the country - if you're travelling over summer and need to know where to find it, type in your location in the store locator at www.isocream.co.nz and the information will be at your fingertips. And if ice cream for breakfast isn't your thing, you might just like IsoCream for dessert, for a nutritious snack, at the beach, before or after exercising...

Strawberry spinach salad

A simple, super tasty strawberry spinach salad made with iron rich spinach, juicy strawberries, creamy avocado & crunchy nuts, then finished off with a fresh, oil-free, strawberry vinaigrette. 4 servings. First make the vinaigrette: 1 heaped cup / 140g strawberries, 60 ml balsamic vinegar, 1 clove garlic, 60 ml unsweetened apple sauce, 120 ml water, 1 tablespoon of maple syrup or sugar, 1/4 teaspoon salt, 1/8 teaspoon black pepper. Wash and hull the strawberries then add to a blender with all of the other ingredients. Blend until smooth. Add more water if you prefer a thinner dressing and adjust the seasoning to taste. Pour into a sealed container and keep refrigerated. Will keep for up to 7 days in the fridge. For the salad you need 60g / 1/2 cup walnut or pecan pieces (or pumpkin seeds for nut-free), 230 g baby spinach leaves, 450 g fresh strawberries and 1 ripe avocado. Toast the nuts in a small pan for about 3 minutes and allow to cool. Add spinach leaves to a large bowl. Wash and hull the strawberries and halve or quarter them, and add to the spinach. Remove the skin and pit of the avocado and cut into chunky pieces, then add to the bowl. Scatter over the nuts, drizzle with the vinaigrette and serve immediately. Melanie McDonald. Follow my blog at avirtualvegan.com.



Kiwis vote lettuce & avocado as the nation's favourite sandwich fillings

Farmland Foods, one of New Zealand's top producers of high quality meats, has revealed that lettuce and avocado are the two top sandwich fillings in New Zealand,



preferably on fresh slices of buttered multigrain bread – with the crusts left on.

A nationwide survey carried out by the family owned brand found that salad is the most popular sandwich ingredient with 66 percent of Kiwis favouring it. Second in the survey of almost 900 people was avocado (58%), followed by tomato (51%), with chicken taking fourth spot (44%).

Others to make the top ten included ham and bacon (29%), and chutneys and relishes (40%). Cheese was extremely popular with 104 people choosing it as their favourite. Cream cheese scored 19.5 percent of the public vote.

People also had a chance to vote for their least favourite ingredients. The standouts in the results were anything that makes sandwiches soggy, such as beetroot, cucumber and tuna.

The contentious issue of whether or not to cut off the crusts was tackled with an overwhelming 93.29% saying they should be left on a sandwich. Butter (37.89%) beat margarine (27.21%) as the preferred spread with hummus and avocado also getting honourable mentions.

The survey found that almost half of us (48.39%) eat a sandwich 2-4 times per week.

Garth Davis, Farmland Foods Sales & Marketing Director said: "With so much choice these days, it's interesting to see that classic ingredients like salad, avocado, chicken, ham and bacon are still popular. It's also fascinating to see Kiwis so united on issues such as eating the crusts. The survey results definitely show that we're a nation of sandwich lovers with very clear opinions on what should and shouldn't be in the perfect sandwich."

Along with looking at fillings, the survey delved into whether New Zealanders have a favourite type of bread for making sandwiches. Multigrain was a very clear winner with 40 percent of the New Zealand public voting for it. White bread came in at just 9.75 percent. A number of other options were mentioned, including Rye and Sourdough breads, along with Gluten Free, demonstrating the increasing diversity of bread types and customer tastes.

A family owned company, Farmland Foods has been producing the highest quality meats on their farm since 1964. This includes their premium range of Deli Cut meats and their newly launched Thin Sliced European bacon. They carried out the survey to celebrate National Sandwich Day, which took place on Saturday 3 November. For more information on Farmland Foods, visit farmlandfoods.nz.

\$85 = Exposure for a month

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

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The great outdoors



As November has progressed, the usual strong Spring winds have settled and we are now seeing longer periods of calm weather and warmer sea temperatures.

This has meant that west coast boat fishermen have been able to travel further offshore and target the snapper out there. Most of the good snapper action has been around the 50 metre mark, with most boats reporting catching their daily limits well before they are ready to come home. Pleasingly, the shark by-catch appears to have been minimal.

The harbour fishers have been getting their share too, with the channels filling up with good sized snapper. In the Kaipara, there have been good sized snapper in the main channel just down from Shelly Beach and the Manukau has snapper turning up off the Huia Bank.

There has been an increase in angler effort with regards to surf-casting and kontiki fishing in the last couple of weeks. Reports of anglers landing good numbers of snapper, especially from Muriwai, have been filtering through to the shop. Expect the quality of this fishing to keep improving as the snapper move closer to shore.

Inner harbour land-based and kayak anglers should start dusting off their gear as the school fish continue to push further up the harbour. The boss snuck out for an early morning fish late last week and reported good numbers of 35-40 cm snapper between the Harbour Bridge and Devonport. The wharves, particularly at Birkenhead and Hobsonville Point, are starting to turn up a few fish too. We hope we have a repeat of last year's fishing, when the upper harbour fished very well until late in the Summer. This is great for short post-work fishing missions during daylight saving.

Further afield on the east coast, the Omaha Bay, Takatu Point and Kawau North Channel areas have produced outstanding fishing, with the best action when the birds concentrate over bait schools. The north end of the Tiri Channel gave up some larger specimens over the weekend too, with Ocean Angler Sliders and the new Hayabusa Kick Bottom slow jigs working well.

Expect the worm beds area, west of a line from Tiri to The Nois-

ies, to experience more concentrated activity in the coming weeks. All the standard techniques, such as soft baiting, sliders, stray lining and so forth will produce fish here.

Whilst encouraging all anglers to get 'out there doing it', and to take advantage of the fantastic fishing we have on our doorstep in Auckland, we'd also encourage everyone to consider taking only enough for a feed and leave fish for the future.

As always, feel free to give us a call at the shop for up-to-the-minute advice on what techniques are working and where the fish are biting.

Westgate Hunting & Fishing. For more information contact either Westgate on 09 833 3019 or North Shore on 09 869 3331 or go to www.huntingandfishing.co.nz.

West Harbour Tide Chart

Date	High	Low	High	Low	High
Sat 1 Dec	02:32	08:31	15:02	21:12	-
Sun 2 Dec	03:34	09:36	16:02	22:13	-
Mon 3 Dec	04:37	10:39	17:00	23:12	-
Tue 4 Dec	05:39	11:39	17:57	-	-
Wed 5 Dec	-	00:08	06:36	12:33	18:51
Thu 6 Dec	-	01:00	07:29	13:23	19:42
Fri 7 Dec	-	01:49	08:17	14:10	20:30
Sat 8 Dec	-	02:34	09:02	14:55	21:16
Sun 9 Dec	-	03:17	09:45	15:38	22:00
Mon 10 Dec	-	03:57	10:26	16:20	22:41
Tue 11 Dec	-	04:36	11:07	17:02	23:22
Wed 12 Dec	-	05:15	11:47	17:45	-
Thu 13 Dec	00:01	05:54	12:28	18:28	-
Fri 14 Dec	00:42	06:36	13:11	19:13	-
Sat 15 Dec	01:24	07:21	13:56	20:00	-
Sun 16 Dec	02:10	08:11	14:44	20:50	-
Mon 17 Dec	03:01	09:07	15:34	21:41	-
Tue 18 Dec	03:57	10:05	16:26	22:34	-
Wed 19 Dec	04:56	11:01	17:19	23:28	-
Thu 20 Dec	05:53	11:56	18:12	-	-
Fri 21 Dec	-	00:21	06:48	12:48	19:06
Sat 22 Dec	-	01:13	07:41	13:39	20:00
Sun 23 Dec	-	02:04	08:31	14:30	20:53
Mon 24 Dec	-	02:54	09:22	15:21	21:46
Tue 25 Dec	-	03:44	10:12	16:14	22:38
Wed 26 Dec	-	04:34	11:03	17:07	23:31
Thu 27 Dec	-	05:25	11:55	18:01	-
Fri 28 Dec	00:23	06:18	12:49	18:56	-
Sat 29 Dec	01:17	07:13	13:44	19:52	-
Sun 30 Dec	02:14	08:12	14:40	20:50	-
Mon 31 Dec	03:13	09:13	15:37	21:48	-

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



Pettips:advice

Kanika Park Cat Retreat

Kanika Park Cat Retreat is proud to announce that stage 2 is well underway and it will be opened by mid-December

We have added 7 new suites.

Two of our suites will be extra-large, to accommodate those families that have more than two cats.

We would like to thank our contractors for their awesome-ness. We have a fabulous team working with us to make this happen. Thank you guys, for doing such a great job and keeping within our timeline. We are staying boutique, so we can continue to give our guests the attention and care that they deserve.

Phone 09 411 5326 or 027 550 1406, email info@kanikapark.nz. Visit us at www.kanikapark.nz, Facebook www.facebook.com/kanikapark or Instagram: @kanika_park.



Time to update your family photos

The holiday season is upon us, and with it comes the perfect time of year to update your family photos. I honestly couldn't think of a more perfect gift than the special memories which are created and treasured through time with the art of portrait photography.

I specialise in the challenge of photographing animals, on their own, and with their families. Have you ever considered including your pet in family photos, but you're worried that they won't behave? Don't worry! That is my job. Equipped with plenty of treats, squeakers, toys and patience, I am willing to take on the challenge of any dog, cat, horse, rabbit – you name it! If your pets aren't included, it's not a real family phot. Working with animals is a whole new ball game compared to traditional portrait photography. My experience in the dog care industry has aided me in refining the skills needed to not only position a pet within a portrait, but also work with them to keep them happy, at-ease, and actually looking at the camera (an art form in itself!). Hence why I advertise the fact that I am a specialist pet photographer. We are so lucky out West in that we have some of the most gor-



geous locations right on our doorstep. Whether you want to take photos at Muriwai Beach or Riverhead Forest, it is entirely up to you. If you have a regular spot that you love to take your dog, or somewhere meaningful to you and your family - that's even better.

I have based my whole business around being easy, fun and affordable. Each session option I offer includes digital images, as well as prints. Unlike many others, with me there is absolutely no obligation to fork out thousands on unwanted products after the session. My mission is solely to create a memorable experience which results in treasured photographs. Keep in mind that I also offer gift vouchers for portrait sessions on my website - the most perfect gift for someone special this Christmas. So if you are wanting to get some beautiful new family photos up on your wall, or gift a session to someone else, don't hesitate to get in touch and have a chat! I'd love to hear from you. Kirsty. www.dogandco.nz kirsty@dogandco.nz.

Puppies and kittens

We are often asked about the special dietary requirements of puppies and kittens. Ideally a puppy or kitten should be weaned onto a diet of raw meaty bones. We suggest that as soon as your pup or kitten arrives it is introduced



to a species appropriate raw meaty bones diet. Get those little critters gnawing and chewing as soon as possible – their growing bodies will love you for it!

Nature has perfected the diet of pups and kittens. Raw meaty bones supply calcium and phosphorous in perfect combination, no need for guess work and formulations, and certainly no need for supplementation. Raw Meaty bones provide a natural, highly digestible source of calcium and it can be up to four times more digestible than any supplement. Meat on the bone, or minces, ground with the bone-in are really important for puppies and kittens. A meat only diet is not good for any pet, puppy, kitten or adult; it is too high in phosphorous and will not support bone health. Make sure your raw fed pet is eating meat, bones and organ to achieve nature's balance.

Raw meaty bones will also supply small amounts of cartilage, bone marrow and minerals, essential for healthy development. The dental benefits are integral to the development of healthy



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teeth and gums. Chewing on the meat and bones massages the teeth and gums, clearing away food residue and preventing tartar formation. This chewing action is important during the teething process it helps dislodge the baby teeth and allow normal progression of the adult teeth.

Pop into one of our 9 Auckland stores and get your baby carnivores eating a diet they were designed to thrive on! You can also find out more at www.rawessentials.co.nz.

Fleas! A biting topic

Now that we are coming up for some warmer weather some pet owners may notice an increase in the numbers of these hungry little critters on their pets and in the environment.

Our warm, wet and humid climate in Auckland is the perfect breeding condition for fleas. It is especially common to experience an explosion in numbers during the warmer months of spring and summer.

Apart from the "ick factor" for us humans, this can cause health issues in some animals including a condition called Flea Allergy Dermatitis (FAD). FAD can develop when an animal has an allergic response to the saliva left in their skin by the flea when it bites. This reaction causes the animal to experience intense itching in the area they were bitten. As a result they will scratch, chew and lick the area in an effort to deal with the itching. The most common area for this to occur is around the tail base on



the back of the animal. Constant irritation of the area can allow bacteria to enter the skin, and this is where costly visits to the vet can begin.

So how do we prevent this? By far the best way is to prevent flea bites and control the numbers of fleas in the environment. There are a multitude of products available at your local vet, and staff will be trained to advise you of the best ones to use in your situation. Best practise is to use them all year round, paying particular attention to the spring and summer months.

Did you know? Fleas have a 4 stage lifecycle. The fleas you see on your pet are adults and only represent 5% of the flea population.

Fleas are no fun for you or your pets, plus getting on top of an existing flea problem can be costly and time consuming. Avoid the hassle by keeping your pets treated all year round.

For more information on pet health go to www.petfat.co.nz.

Cat lovers urgently needed

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



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Health:Beauty

How to stop our bodies breaking down as we age

In NZ (and most countries) we tend to invest in our 'health' at the wrong end of our lives. We spend a third of our health spending in the last 3 months of our lives and on average spend 13 years with some sort of disability as we get old. So what is the answer for this?



I think it comes down to doing four main things: Being fit, eating better, sleeping better and thinking better.

Making small changes now can make massive differences as you age. I would start with upping your activity and trying to move more things more often.

To get some more tips on how to protect your body as you age check out our latest blog post on this topic. Your body will thank you for it.

www.elevatechiropractic.co.nz Shop 1, 10 Greenhithe Road. Phone 09 413 5312.

Westgate Medical Centre

Christmas and summer holidays are coming and we are preparing ourselves for the usual burns, bugs and breaks. Sunburn is a biggie here in NZ, and sunscreen, shirts, hats and sunglasses go a long way towards preventing the preventable, as well as staying in the shade during the hottest parts of the day. Re-

maining hydrated is also important – water is the best for day to day activities. Dehydration can strike very quickly and can be associated heat stroke which is serious and needs medical attention. Mossie repellent will protect from bites, and with the warmer weather there is also an increase in flea bites so treat your pets to protect your whole family. For those who are lucky enough to be receiving a new bike, board or boat for Christmas please remember the safety gear that goes with them. Don't forget that we are open 8am – 8pm 7 days. We will be closed only on Christmas Day and White Cross on Lincoln Road will be covering for us.

Westgate Medical Centre, phone 09 833 3134 or visit www.wgmc.co.nz.

Hobsonville Optometrists glasses and gifts

Thank you so very much for embracing our gorgeous gift shop inside Hobsonville Optometrists. Thank you for supporting your local NZ-owned family optometrist.

We wish you all a safe and extremely merry Christmas. We will continue to offer unique and amazing gifts in 2019! We look forward to providing you with continued excellent care throughout 2019.

We will re-open on Monday 7 January.

Hobsonville Optometrists, Unit A, 413 Hobsonville Road, phone 09 416 3937.

Melissa, Frank and Renate.



Texting and chiropractic

The need for chiropractic care at Hobsonville Chiropractic has significantly increased with advances in technology, and the reality that the public is constantly "connected". Over the years



we have noticed more young people coming to our office complaints of neck pain, headaches, shoulder pain, or numbness and tingling in the arms. This being due to constant looking down during school and while texting. Most reported texting

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was the primary mode of communication. Young people from ages 8-18 years of age can spend in excess of 7 hours a day using some form of mobile media. As a result, the curvature of the neck begins to reverse, creating degenerative changes to occur much too early. This can cause improper posture while flattening or reversal of the normal neck curve, resulting in disc compression, damage and early degeneration. So what can you do? Spend less time on your mobile devices and when possible don't look down to use them, hold them at eye level. Make sure you are stretching the neck and the chest to offset the tightness that is occurring from poor posture. Exercise at least 30 minutes a day, this will increase flexibility and strength. Getting regular Chiropractic adjustments also helps by reducing the strain on the spine.

Contact us today at Hobsonville Chiropractic if you would like to get you neck & spine sorted.

www.hobbycc.co.nz, email: info@hobbycc.co.n. Phone 09 416 7589.

\$10 off your first massage with Top Notch

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



Ingrown toenails

Ingrown toenails are one of the most common complaints we see at Hobsonville Podiatry. There are many reasons why an ingrown toenail may develop - wide nail plate, narrow shoes, involuted (curving nail), trauma, weak nails, very sweaty skin, and very dry skin. We are experienced in managing all sorts of ingrown toenails and a lot of the time we can manage the issues conservatively, meaning no need for surgery. Conservative measures involve correct cutting of the nail, removal of dead dry skin around the nail (non painful), teaching you how to pre-

vent the nails from ingrowing and addressing any underlying issues that may be causing the nail to ingrow.

Surgery is required if conservative measures are no longer working, or if there is a lot of swollen tissue around the nail. Over the years we have done many ingrown toenail surgeries and a lot of the time the feedback we get is "oh gosh, that wasn't nearly as bad as I thought it was going to be".

If you have been putting off having your ingrown nails seen to for fear of the surgery, perhaps it is worthwhile coming to see us and see what your options are!

Hobsonville Podiatry, Level 1 124 Hobsonville Road, Hobsonville 09 390 4184.

Taylor Beauty Room

Hi, I am Emma - go-getter, tea drinker and your new Nail Artist. Nails make me VERY happy! Nails are just one of those things that although small, can have a big impact.

I notice the little things - hence my love of all things nails! Come in to visit me at Taylor Beauty Room - a new Nail Boutique in Hobsonville Village. I love building relationships in the community, dishing out some brag-worthy manicures and spreading my love of glitter (if that's your thing of course!). I'm proud to be trained by Monaco Nail Academy as a Natural Nail Specialist, focusing on quality and achieving your nail goals. Lush, lovely smelling and welcoming, I can't wait to have you in - find us on Facebook or Instagram under Taylor Beauty Room to see what the fuss is about, make a booking via the 'Book Now' link and get in quick for our "Bring Your Bestie" free special. If you have any questions at all, send me a message via Facebook or on 021 032 4104.



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trainers and a friendly community within the gym all on offer. Turn our motivating, safe place into your new little get away. With the benefit of 24 hour access included, there's no stopping you. Take back some time for yourself and find that energy and happiness you have been looking for. Mention this article and we will have a surprise waiting for you. 19 Fernhill Drive, Westgate. 027 576 2710. westgate@snapfitness.com www.snapfitness247.co.nz.

NorthWest Physio+

At NorthWest Physio+ we are excited to be getting ready a new round of NEXT STEPS classes commencing beginning of February 2019. This is a group exercise programme for men and women who have finished their main cancer treatment and want to take the next steps on their road to recovery.



The programme combines the best Pilates, yoga and cardiovascular exercises for a workout that is specifically designed to help rebuild strength, flexibility and stamina.

The classes run for one hour per week for ten weeks and is fully funded. It is suitable at any stage after any type of cancer surgery or treatment and accommodates all ages, fitness levels and mobility.

The programme is delivered by Laura, our certified PINC & STEEL Cancer Rehab Physiotherapist at 4B Shamrock Drive, Kumeu. Weekly take-home resources and exercise handouts are included.

For more information and to register for the NEXT STEPS programme follow www.pincandsteel.com/programs/next-steps/ or to talk with Laura our physiotherapist email: laura@nwphysioplus.co.nz.

Christmas special at For Eyes Optometrists

Have an eye examination in December or January, mention Kumeu Courier, and we'll give you a gift voucher for the equivalent eye examination for a loved one!* We have specialised brand new, modern equipment to thoroughly examine your eyes from cornea to choroid, and we know



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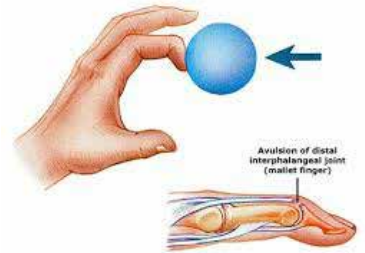
everything your eyes need to keep them comfy and healthy. Plan ahead and book your appointments for December or the New Year - just call us on 412 8172. And why not think about prescription sunglasses this summer? Stylish protection from UV is always in vogue. We have Nike, Adidas, and the ever-popular Maui Jim.

We wish you a Merry Christmas and Happy New Year
Our Holiday Hours: We'll be closed for Christmas holidays from 22 December to 6th January inclusive.

*There is no expiry on your gift voucher. The recipient can book to suit him/her-self.

Help, I can't straighten my fingertip!

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



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

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

Hand Institute Kumeu 09 412 8558.

Shoe Talk's tips on how to fit shoes

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



- Buy the shoes that fit your larger foot. You can always make a shoe fit better with heel grips and insoles.
- I love high heels but ladies if you are going to be walking a long distance, wear a pair of flats or sneakers and change over at your destination.

Shoe Talk™ we talk shoes



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

Shoe Talk Ltd: 401A Great North Road, Henderson, Ph: 09 835 9936
1/32 Clyde Road, Browns Bay Ph: 09 479 7807.
www.shoetalk.co.nz

- There needs to be room for your toes, they should not feel cramped and in sports shoes you should be able to wiggle them up and down and side to side.
 - Try to select footwear that is shaped like your foot, if you have bunions, select footwear that has a nice supple or soft leather upper, so that it will stretch over this area.
 - Your heel should fit comfortably in the shoe with a minimum amount of slipping - the shoes should not ride up and down excessively on your heel when you walk.
 - Buy shoes with padded insoles and good out soles. These take the impact away from your joints.
 - Your foot bed should not be wider than the shoe, there should be no spill out, spill over, or ballet flats that do not cover the tops of your feet at all.
- If you are selecting footwear and the ones you "love" don't fit correctly and the ones you "like" do, buy the ones you "like" your feet will "love" you forever!

West Auckland Massage Clinic "nurture your health"

We are a group of dedicated and passionate massage therapists. We have a wide range of treatment options and therapists dedicated to providing specialist care.

We provide a broad range of massage treatments from relaxation, remedial, sports, beauty and pampering right through to massaging the elderly. We are community orientated and ensure all members of the community will feel welcomed.

Why choose massage?

Massage treatments have far wider reaching benefits than simply being relaxing. Muscle pain and headaches caused by posture or stress can be reduced, anxiety or depression can be soothed. Best of all, feeling connected back to yourself. Life's never as bad when we feel connected to our natural self.

Located at 21 Lincoln Rd (crn Sel Peacock) near the Police Station Henderson.

Contact Rebecca at westaucklandmassage@outlook.com text/call 022 300 2503 or call/msg 09 835 1161. Open 7 Days 10am to 8pm.



Take back control of your diabetes

Diabetes often cheats people of their quality of life. The complications of diabetes can be devastating (even fatal for unlucky people). The good news is that there are many nutritional rem-

edies that can help you turn the table on diabetes. Just how good is nutrition medicine for Diabetes ... well cast your eyes on these cool benefits:

- If you are a pre-diabetic, it is possible to prevent it progressing to Type 2 diabetes.
- If you have Type 2 diabetes, it is possible to reverse it, improve your quality and quantity of life, and reduce the risk of damage to your eyes, your kidneys and your arteries.
- If you have Type 1 diabetes, it seems possible to improve blood sugar control, reduce episodes of hypoglycaemia and reduce the risk of damage to your eyes, kidneys, and your arteries.

So what is nutrition medicine?

Nutrition medicine is the science of how nutrients effect your own metabolic pathways. So if your nutrition is wrong, your metabolism is compromised which may result in diseases like diabetes. On the flip side, if you optimise your nutrient intake, you can nourish those metabolic pathways returning you to optimal health. BOOM! This is exactly what I have done with my own health challenge (arthritis - see www.MartinHarris.co.nz for my story).

Get a Health Coach - I am convinced that nutrition medicine works like magic. So why doesn't everyone use nutrition medicine? Maybe because they are not aware of just how incredibly powerful it can be. Or maybe they have tried, but it was too hard. There is no doubt that using nutrition medicine takes effort. It is not a magic pill. But what keeps people coming back for more is that not only does your "disease" improve, but your energy and vitality improve. You even think more clearly. In other words, everything starts to work better. Amazing side effects eh?

Diabetes strategies: My FAB eating system is the number one strategy. We offer a 6-week, one-on-one, fully coached programme guaranteed to improve your diabetes. You can even lose weight if you need to.

Plus I recommend a number of nutrient supplements. Sometimes, the pressure of diabetes means your body needs more of a nutrient than a good diet can supply, but it can't absorb as much. Take vitamin C as an example. Diabetics need extra vitamin C to protect their fragile arteries and prevent circulation

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problems and heart disease. However, if you have diabetes, you will absorb less vitamin C from your food than healthy people. Come chat to our nutrition medicine pharmacists at Massey Pharmacy, 396 Don Buck Road, about how you can support your metabolism and return to optimal health. Martin Harris.

A very merry Christmas from Westgate Optometrists

For the team at Westgate Optometrists Christmas means a kiwi summer - spending time with loved ones, jandals, tan lines, baches in the boondocks and eating ourselves silly. There are three key things you can do to protect your eyes and that of your family's this summer: 1)



 Westgate Optometrists

2) Wear a hat - a broad-brimmed hat can reduce the amount of UV radiation reaching the eyes by around 50%. 3) Wear UV protective sunglasses - The level of protection against UV radiation will depend on the type of lens. Be sure to ask for polarised lenses. 3) Apply sunscreen regularly when outdoors to protect the sensitive skin surrounding your eyes. Every year we embrace Christmas by thanking our loyal clientele, for the entire month of December all those who purchase a complete pair of glasses will receive a 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, website: www.westopt.nz or Facebook: www.facebook.com/westgateoptometrists.

Want to perform better over Christmas?

We have talked about how you are in charge of your chiropractic care, and how long you choose to benefit from care is about how much you want to get out of it. For some people, moving outside the pain-zone is all they want. For others, it is about getting the absolute most out of life.

We experience our lives through our nervous system. Your spine protects this delicate and power-



ful system. This is why it is so important to make sure your spine is functioning at its best. It allows the brain and nervous system to properly communicate with your body, which enhances your overall health and wellbeing.

So, if you are curious as to how well you could be functioning, or if you already know that you have got more to give, phone us now for an appointment.

It is also time for our annual Food Drive. We are collecting any non-perishable goods for families in need over the Christmas period. This will be distributed by a local organisation to the families of the Nor-West that need it most. As always, Kumeu Chiropractic will match all donations in the hope that it will make a difference in our community over the holidays.

Please feel free to drop any donations to our office during our working hours. Thank you in advance ... and Merry Christmas. See you next year.

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

Free information evening at Kumeu Dental

We are very passionate about what we do and love supporting our local community with information on the latest techniques and procedures available in modern dentistry today.

Dental discolouration has been an aesthetic concern stretching far back in time. The ancient Romans had a "secret recipe" for dental whitening involving rubbing their teeth with "natural compounds made up of urea" and brushing their teeth using "baking soda".

Nowadays, professional whitening has come a long way to achieve an instant white, bright smile. There is no surprise it has become the most popular cosmetic dental procedure.

There are two ways to whiten your teeth: Take-Home Whitening and In-Practice Whitening

Why not come and see us for our next FREE Information Evening which is on Monday 10th of December@ 6pm where you will find out everything you need to know about teeth whitening.

Questions like: Is the procedure safe? Is it painless? How long do the results last? Do we guarantee the results? How much does it normally cost? What is our December "White Christmas" special? And all your other questions will be answered on the day.

To register - please ring us on 09 4129507 or visit our website www.kumeudental.co.nz.





Are you worried about your own, or someone else's drinking or drug use? Contact me to make an appointment if you would like a friendly and confidential discussion about your concerns and options.

Rochelle Brett - registered alcohol and drug practitioner,
027 420 4556

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Hobsonville:Point

2-0-1-8 what do we appreciate?

Welcome to the Hobsonville Point page for December. Our writer Sue Heggie has been reflecting on all the wonderful new things that have started up in 2018 and given a snapshot of more to come in 2019, in this vibrant and engaged community. A big thank you to Sue for all our interesting stories this year (heggies@xtra.co.nz) and to Leanne Silver, our amazing resident photographer (leanne@argent.me). Thanks to the community for your support. It has certainly been a privilege to sponsor this page and to assist you with your real estate needs. If you are thinking of selling or want to know what your home is worth, please call me for a free no obligation appraisal of your home, Cherry 021 888 824 or cherry@mikepero.com. Have a safe and happy Christmas.



In 2018 Hobsonville Point we could:

Make a harakeke flower and learn te reo at the HQ on Buckley Ave
 Eat at one of three new restaurants - Fabric, Siamese Doll, Hobsonville Larder (or alternate with your old favourites)
 Raise a glass at a whiskey tasting
 Raise the roof in the Hobsonville Point Choir
 You could play petanque or post a parcel at the pharmacy

Choose your weekend fare from the market on a Friday
 Hone your fitness, join a walking group, swing on a flying fox, do waterplay at the park
 Run, skip, cycle, walk around the completed walkway, Te Ara Manawa
 Inspect the photos at the exhibition of local talent in HQ
 Spot a spoonbill, a godwit or a banded rail, share a sunrise
 Take up yoga and go to the loo on the way at the new toilets in the park
 Make a travel booking with Buzz and his team at Hobsonville Point House of Travel
 Apply your green fingers to the Catalina Community Garden
 See 12 films from the International Film Festival at the Events cinemas at Westgate



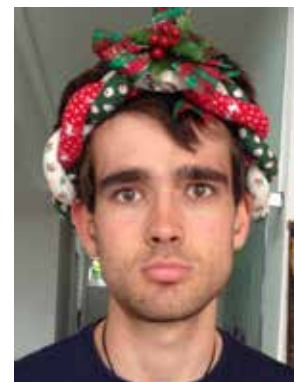
New Year resolution suggestions

- Grow the endangered epilobium plant
- Join a sub-committee of the HPRS, check out their Facebook page
- Become an eco-warrior and join the Eco Point Facebook Page
- Help to make HP pest free, volunteer for the Kaipataki Project, kaipataki.org.nz
- Welcome a new neighbour
- Try the beer at Little Creatures
- Play a game of basketball at the half court behind HQ (opening 2019)
- Take the ferry to town in the weekend
- Fill up at your local petrol pump (building underway)
- Hire Chichester cottage for a small gathering (opening early 2019)
- Hire Sunderland lounge for a big event (opening March 2019)
- Work out on the outside gym on Harrier Point and slide down the slide inside the shag (coming 2019).



But for now, we wish you all festive frivolities and Yuletide yahoos, see you in the new year!

Live in the moment, they grow up so fast!



Area:Columnists

Improve your business' profitability

With the cost of raw materials, petrol and minimum wage rates constantly rising and eroding profit, it is more important than ever before for business owners to monitor and review expenses. We suggest reviewing your expenses every 6-12 months. Go line-by-line and ask yourself: is it necessary? Does it enhance profits? Common areas where savings can be made include telecommunications plans, subscriptions, software licenses, insurance policies and supplier contracts. Reduce your use of paper as much as possible by emailing invoices and statements, using digital signatures and storing soft copies of necessary documents instead of hard copies. Not only will this save you on stationery and postage costs, it is also great for the environment. Also, talk to your staff and brainstorm ways to identify wastage and reduce costs in your business.

To find out more about how to improve the profitability of your business, contact your local specialist Mark Foster and the friendly UHY Haines Norton team at 329A Main Road, Kumeu, on 09 412 9853 or email kumeu@uhyhn.co.nz.

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. Use the fantastic playgrounds.
- 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. Be careful if you are buying online, if something seems too good to be true, it should send warning bells.
- 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.

Season's 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.

Empathy - it's a game changer

Here's an approach that will support you in your work communication, relationships, parenting and your personal well-being. Feeling inner calm amidst arguments with colleagues to kids, will bring you peace and happiness, and improve your quality of life. Seriously. But it's not that easy is it? This process requires us to have a high level of self-awareness. Start with the small things that you are not triggered by, so you can practise.



Connection, expression and to be heard are our basic relational needs. Societal and cultural messages may have us trying to suppress another's emotional expression, rather than listening to them and accepting their experience. It's not a power struggle but we are often surviving in deficit and feeling defensive. When emotionally triggered our alarm system may send us into




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fight, fright or freeze mode. Try these steps - it takes practice:

1. Pay attention. Stop what you are doing (even the story going on in your head). Establish connection when someone comes to you, or expresses need through words, actions or behaviour. This one is a challenge when you are busy. Let's be honest - when are you NOT busy. Connection is the remedy for healing so many problems in life. Let's start now.

2. Empathise with the other's experience, feelings and perspective. Repeat back their feeling words, or offer some words appropriate to their development. Use a soft, caring tone.

3. Listen. Say less. Words are much less important than caring connection. Information and teaching cannot be processed while emotions are elevated. It's not about the facts as we see it - it's an emotional process, not a cognitive one.

4. Validate their experience. Avoid judgement of behaviour or perspective. It is usually 'The last straw that broke the camel's back'. We don't need to talk about the straw! We need an opportunity to release a backlog of frustrations. Be present and patient without solving the problem or rescuing them from their dilemma. E.g. "Oh, it's frustrating for you when that happens, mmm?" Authentically showing care helps us to pay attention, rather than offering to fix it, judgement or critical feedback.

5. Boundaries are important and can be delivered calmly, using an empathic tone of voice, e.g. "You seem really mad about that. I have to do this job right now and then I'll have 10 minutes free to give my full attention. I can come and see you then." We often deliver boundaries with aggression. It takes practice to change this and state boundaries with care. This models assertive communication - such a great skill for life.

6. And before you do anything new, pay attention to your capacity. Take your self-care seriously. Schedule your well-being activities and monitor their effectiveness. By the way, this process supports children and adults too. Imagine your partner doing steps 1-6!

Andrea Graham has three decades of professional experience in health, education and the disability sectors and is in the final stage of psychotherapy training. She has a private practice in Albany. If you need support to change things in your family dynamic, to find happiness and calm for yourself or your children, contact Andrea for an appointment today 027 5412 518 andrea@andreagraham.co.nz or visit www.andreagraham.co.nz

Once upon a time....

People were afraid.

In the dark, bleak months of winter they huddled together, hoping the fuel for their fires would last, likewise their food provisions. This was long ago, before electric heating and home insulation, when winter temperatures would



plummet to life-threatening lows. As the blizzards raged and the days grew short, their fear also grew, that they would not see another spring.

At last, the snows began to melt, buds appeared on previously barren branches, and streams gushed anew. People ventured forth from their hovels to greet a fresh, new sun that smiled on the land. And that most patriarchal of pagan gods, the Green Man, spewed forth vegetation that replenished the landscape. Animals also returned, and life beat again.

Then joy and relief filled every bosom, at having survived another winter. Musicians struck up their tunes, and the people danced; leaping and capering with exuberance. They danced to encourage the crops to grow and to celebrate the arrival of spring; they danced for entertainment, and for the sheer joy of it.

Fast forward to the present day...

The dances have evolved over millennia and are now performed around the world; even here in New Zealand; even here in West Auckland. They are still performed, predominantly out of doors, in the elements; in parks, streets, pubs, in farmers' markets, at fairs, in gardens, anywhere there is an occasion. And no partner is required.

So, what is this dancing that has survived the centuries that continues to invigorate those who practise it? What type of dance could bring so much enjoyment? It is called Morris Dancing. But DON'T GOOGLE IT!

If you see it on the net, you may think that you could not possibly dress like that, be festooned like that, dance in such a public arena. But you would only end up denying yourself the enjoyment that has kept these dances alive for so long. It is a lot easier when you are in a group of people, sharing such a vivifying experience. The dances are a natural cardio workout, and are performed with a friendly, social group of people.

You can find out more by phoning Errol on: 021 184 1653.

Cool science from My Science Playroom

One way to support children's imagination, creativity and innovation is to encourage them to create their own water play features with your containers like ice cream containers, lids, clear shampoo/soda bottles with/without lids and a few old tomato



or ketchup bottles that still have the spout on that can squirt water. This encourages children to reduce, re-use and recycle materials in and around the home for play. Encourage your chil-

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dren then to fill these containers with a slow running hosepipe. They can squirt water on concrete and watch the thin line disappear in the warm sunshine. This encourages children to be patient and observant to changes that happens in a short time. The water line where they started squirting will begin to disappear while they are still squirting somewhere else.

Another activity with these containers is to let your child explore to their hearts' content mixing water with all kinds of natural ingredients around the garden such as short sticks, green or dried leaves, and petals from camellias, roses or other wilted flowers, herbs like mint, lavender, or rosemary. For fun add pebbles, rocks or small plastic creatures like bugs, sea creatures or animals. Then put it in the freezer overnight. Remember not to seal it in a bottle. Ask the children what their hypothesis is. "What do they think will happen to the mixture?"

Another fun activity to do is to visit My Science Playroom and come and explore a range of experiments and other amazing interactive activities with us. We are close to you in Henderson, 406 Great North Road and are open from 9:30 to 4 during school holidays. Closed between Christmas and New Year. Check our website www.scienceplayroom for some of the interesting activities on offer!

TS Bellona

In early November you might have been forgiven for thinking the Navy had invaded Hobsonville Point. Visitors to the market were greeted by 50 navy cadets and officers competing in the annual Navy League Regatta. Cadets came from the five units across Auckland and Hamilton, and Hobsonville put on the sunshine for the event.



The local Hobsonville cadet unit, TS Bellona, hosted the event which saw cadets competing in sailing, rope pulling and rope throwing. Gusts of wind saw plenty of excitement on the water, with most of the small Feva boats capsizing and cadets getting a dunk. But that didn't put the cadets off and the Regatta title was taken this year by TS Achilles based in Orakei, Central Auckland.

For Armistice Day eight cadets and two officers from TS Bellona joined TS Rangiriri from Hamilton at Armistice in Cambridge. Never bored, and always on the go, they helped at rifle range and rowing activities before parading at the Armistice Day commemorations.

Navy cadets is an incredible opportunity for teens and adults to experience your not ordinary, everyday activities. Supported by the Defence Force, cadets and civilian officers get the chance

to get involved in many activities including sailing, rowing, rifle shooting, kayaking, camping, competitions, first aid, rope work, drill, naval ship visits, overseas exchanges and team-building exercises. Always on the look out to help you out of your boredom, see what we've been up to on FaceBook @TS Bellona-Navy Cadets or email trainingshipbellona@gmail.com or visit us on Thursday nights during term time 6.45pm at Hobsonville Yacht Club.

You deserve a break

Festive Respite Care at Summerset at Monterey Park, Hobsonville.

Summerset at Monterey Park is opening its Care Centre up for respite care over the coming months and into 2019. We can care for your loved ones so you, too, can have a rest over the Christmas period.



Caring for a loved one at home can be rewarding, but at times it can also be challenging. At Summerset, Hobsonville, we understand the difficulties that can arise when caring for a loved one at home. We also understand there are times you cannot be available for your loved one due to vacations, business trips or just the need for a personal break.

Respite care provides family caregivers and their loved ones with a break from the daily care routine. Caregivers are afforded some down-time and can rest easy, while loved ones benefit from the care and support provided in a safe, nurturing environment. At Summerset, Hobsonville, we give you the time you need to 'recharge your batteries', so you can continue to provide the best care to your loved one in the future.

Loved ones placed in our care are also encouraged to take advantage of the lifestyle offered at Summerset, and are invited to take part in daily activities and special events.

Multiple Benefits of Respite Care

Personal support and maintaining your own health are essential to managing your responsibilities as a caregiver. Utilising respite care before you become exhausted, isolated or overwhelmed, can be invaluable to everyone concerned. Experts say that simply anticipating regularly scheduled relief can be an emotional lifesaver.

In addition to needed "downtime" for relaxation, respite care gives you a chance for personal revitalisation by spending time with friends and family, shopping, exercising, and doing the things that provide you with personal pleasure and fulfilment in your life. Respite care also offers comfort and peace of mind; knowing that your loved one is spending time with other caring individuals in a safe, comfortable place.

Unless you are Wonder Woman or Superman, it is important to



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remember that you can't do it all. Be realistic — for your sake and your loved ones. Seeking help is the responsible thing to do. Respite care can provide you with a feeling of revitalisation and refreshment that can keep you whole – physically and mentally –and enable you to better spouse, parent, caregiver and person

If you want to talk about the options we offer at Summerset at Monterey Park, Hobsonville, please call Terry Jacobs (Care Manager) on 09 951 8923 / 021 192 9508 or Carol Andrews (Village Manager) on 09 951 8921 / 027 205 0193.

Scams

Scams are common these days, with frequent news stories telling of young people, as well as the elderly, being targeted as they often use on-line purchase facilities and are much more confident of being a "cash-free generation." In 2017, Kiwis reported to Netsafe losing \$10.1 million dollars to online scams and fraud. The largest single loss reported was \$480,000 to an investment scam. Auckland residents reported the highest loss by region at \$2.7 million, but this could be due to Auckland having the largest population. In reality, reported losses likely represent only a small percentage of actual money lost.

Online scams and fraud are lucrative endeavours, and many are tightly run schemes operated by criminal groups. Scam tactics are becoming more sophisticated as scammers take advantage of technology and digital marketing techniques to create scams that appear more authentic than they have in the past.

The use of personal email addresses and mobile numbers create another area that appears authentic, with scammers quick to take advantage of this approach.

If no-one paid up, the scams would go away, but unfortunately individuals continue to be cheated and tricked into parting with their money. People in New Zealand can get advice or report a scam to Netsafe by calling 0508 NETSAFE or by visiting www.netsafe.org.nz/report.

Summerset at Monterey Park

The staff and residents of Monterey Park would like to say to huge thank-you to our local community. It's been a super busy year, with a lot of new residents making the village and Hobsonville their home.

This year we hosted our very first Travel Festival with Buzz and his amazing team from House of Travel. The day went brilliantly. We hope the lucky person who won the South Pacific Island holiday had a fantastic time!

Local businesses have been amazingly generous. Thank you to all who donated prizes to the Blue Ribbon Casino Night, (too many to fit in this space!) The local eateries who have supplied us with delicious treats. Indian Summer for events, Yolande &

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you will receive a month's worth of local exposure

Wolfe, (Donut Thursday), and Edo Sushi (Sushi Monday)!

We have been lucky enough to have the opportunity to work with the staff and students of Whenuapai Primary and Hobsonville Point Secondary Schools. It was wonderful to see how much enjoyment, both the villagers and the students had in their time together.

Lastly, thank you to the team at the Westerly for giving us the space each month to let the community know what's going on in our own wee slice of paradise. We hope that everyone has a wonderful summer break. Be safe. Take care.

Spice it up.... Swap sides of the bed!

How crazy does this sound? The funny thing is every week I ask my clients if they always sleep on the same side of the bed and most of the time the answer is YES! We are such creatures of habits, yet if we were not, and occasionally swapped sides of the bed, it would give our bodies a break from the potential likelihood that you may have Geopathic Stress (GS) where you sleep. If you do swap sides and feel it does feel better (or worse) than where you were sleeping then this will be a good sign that maybe you do have GS in your home. Get it tested to know exactly where, as it is in EVERY house, home, office, building somewhere. Don't make your health pot-luck or you could SPICE IT UP! Call Nicky on 021 545 299 or check out the www.clearenergylives.com or get my book 'What if it was that EASY?'

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