

the **Westerly**

FREE monthly community magazine for Massey to Hobsonville

December 2015/January 2016

PROPERTY MARKET REPORT

CHRISTMAS GIFTS FOR PETS

- Summer BBQ's
- Home and garden
- Local clubs
- Christmas fruit cake

SPOTLIGHT ON WEST HARBOUR

Circulation is 12,000 print copies.

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

Contact Sarah Brightwell on 021 250 7324 or sarahcartwright022@gmail.com

Intro

We made it! It's nearly Christmas and I for one am very excited about it. As we make plans for our summer getaways we need to remember what this time of year really means to us and our loved ones. Before heading away on holiday, don't forget to check on your neighbours and those in the community who have no family or friends. It can be a lonely time of year for many but all it takes is a few minutes of your time to make someone feel better. Presence over presents should be the motto this year and small gestures go a long way – perhaps a batch of homemade local strawberry jam or biscuits would brighten someone's day. Wherever you are this summer, please take extra care around water and make sure your homes are secure before heading off. Don't forget the Kumeu Rotary Christmas Parade is on Friday 4th December road closes at 6.45pm, the Parade starts at 7pm. Be there by 6.30 and find a spot for a picnic with your family and friends. Lastly, I would like to offer a huge thank you to the Westerly team – Graham and Stacey you do a wonderful job and I know many people in the community appreciate what you do. Thank you to all our faithful readers, Merry Christmas and Happy New Year to you all.

Sarah,
Editor.



the Westerly

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Questions and feedback:

Sarah Brightwell
P 021 250 7324
E sarahcartwright022@gmail.com
W thewesterly.co.nz

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Community notices

Amberwood celebrates new name and look

Amberwood (formerly West Harbour Lodge) is home to 70 seniors who require varying levels of care. Many of Amberwood's staff are long-term employees, some with more than 16 years of service, so residents become a bit like their extended family. The name West Harbour Lodge has created some confusion over the years, given the property isn't in West Harbour, so a name change was in order. The origin of the new name goes back to the early 1900s when the infamous Don Buck established a camp on the outskirts of Henderson to dig up the amber-coloured Kauri gum. Amberwood is tucked away down a long driveway on the West Auckland road that bears Don Buck's name and looks out over the tranquil Royal Reserve. On 6 November, Amberwood celebrated its name change and recent refurbishment with an afternoon tea, music and singers from St Paul's Primary. Enquiries welcome.



Confectionery Palace

Boaties are no strangers to freeze dried food. When you are out on the water for days with little space in your refrigerator then you need to pack nutritious food that keeps a long time without spoiling. The same principle applies with your stash of snack food for the car, gym bag, or pantry at home when there's little time to keep replenishing the fresh products that deteriorate quickly in the heat of summer. The Confectionery Palace is offering an introductory product special on Re Fruit – a 100% fruit all natural freeze dried product in a handy snack size pouch that contains the equivalent of 100 grams of fruit. Choose from Apple, Mango, Banana, and Pineapple - all including strawberry as a complimentary tangy sensation to each bite of fruit. Check out our www.snackit.co.nz site or visit us at 7 Shamrock Drive, Kumeu between 8.30am and 5pm Mon – Fri for a 3 for \$5 special deal on Re Fruit.

Ladies, shrink your dress size and grow your confidence

I know how frustrating it can be to juggle work, home, partner, family etc and still try find time to keep fit & healthy. It can be a real struggle! But guess what, you don't need a gym membership to get fit or spend hours working out every day! I can show you how fitness can be both simple, effective & easy to fit into your busy schedule. My passion is to help busy women to achieve a healthier, toned, energised new body WITHOUT taking away chunks of their valuable time. No judgement, just guidance & motivation to help you succeed AND get you those ultimate results you desire!



Book your FREE 1-On-1 session TODAY - Contact Melissa 021 798 435 or www.benefityou.co.nz.

Frog Pond reading tuition

We offer weekly one to one sessions with a qualified teacher who is trained to target your child's specific learning needs. Unlike other tuition providers, we offer sessions with one teacher to each student.

We follow the carefully written programme by NZ author Jill Mitchell who has continued to test and enhanced her programme for the last 20 years! The Frog Pond Tuition programme is made up of 6 different levels of ability and 73 beautifully illustrated and captivating books. Each weekly session is focused on developing your child's specific needs until mastery is achieved. Regardless of where your child's gaps in literacy knowledge are, we can help!

So far we have tuition pods in Henderson and Titirangi and now we have our eyes set on the NorthWest. Please contact us today to discuss your child's individual learning needs with us.

Email: Amanda@tallpoppies.org.nz or phone: 09 412 7753 or 027 473 6036.

It's party season

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one's birthday party?

We are pleased to announce that we are now taking 2015 and 2016 bookings for the



"Ultimate Pony Party" at our stunning rural property in Muriwai. We are situated just 5 minutes' drive from the popular West Coast beach. Our awesome facility is custom designed with a large 21m x 12m American style barn. There is the opportunity to meet our beautiful and charming Miniature Horse foals, plenty of pony contact with Pony Rides, Grooming the Ponies and use of the Hobby Horses. You will enjoy plenty of party games including sack races, horseshoe throw and pin the tail on the pony to name a few. The gardens are just beautiful with Natives, Palms, Bromeliads, Iris and an amazing display of Day Lilies. You are welcome to take a stroll down the secret path to the mini lake where you will see Tuis, Ducks and, of course, hear the fascinating sound of the resident Frogs! All party décor, platters, cutlery and furniture are provided. All you need to bring is the children's party finger food, drinks and don't forget the Birthday Cake! For more information please visit www.ponies4parties.co.nz or email us on info@ponies4parties.co.nz.

Dreams come true at Flame, the newest addition to Hobsonville culinary repertoire

Flame's gourmet pizzas and burgers have to be tasted to be believed – and taste is paramount for this restaurant-quality fare. Forget the mass produced offerings of many large chains.



"All our products are hand constructed on site from carefully selected ingredients," says Pat, who, with his wife Abby, has chosen Hobsonville for their first franchised outlet, bringing a new standard in different, delicious and healthy takeaway food to New Zealand – and maybe beyond.

"We use the freshest ingredients, as well as the Kapiti range of cheeses. Our pizza dough is all made from scratch, without using bulk starters. Our chicken is roasted on site, which we use on our pizzas, and our salads are all made to order."

Nothing is fried at Flame – in fact, they don't have a deep fryer on the premises. But they do have fries, or chips to some of us. They're oven baked, so they taste better.

"Deep fat frying can pass on flavours from other things fried in the same fat," Pat points out.

Flame offers great side orders as well, including wedges and

chicken wings. Their garlic pizza bread is a winner - nice and crispy, smothered in crushed garlic and mozzarella and topped with their own aioli.

As an immigrant to the land where humans are outnumbered by sheep to the tune of millions to one, Pat was puzzled by New Zealand's lack of lamb burgers. Flame's lamb and blue cheese burger, using Kapiti's Kikorangi cheese, is his imaginative and delicious solution.

"The Muslim community has a very limited selection when it comes to takeaways, so we decided to provide food they could purchase with confidence," he says. "All our meat is halal, purchased from accredited suppliers."

What to order? Never easy to choose from Flame's mouthwatering menu, but how about this for a combo that will make your wallet as happy as your taste buds: Flame's beef burger, crammed with 120g of Angus beef, plus lettuce, tomato, onion, and seasoned with aioli and tomato sauce; fries with aioli, plus a drink. At only \$10.00, you'll enjoy the taste and the price.

Flame is open soon.

Pure Balance Beauty Therapy

Pure Balance Beauty Therapy has a personal feel in a quiet area of Huapai. We have the ideal space and setting for this, along with the Priori and Essence of Fiji products which are fantastic for anti-ageing and very active. Pure Balance caters for everyday needs of Waxing, Tinting, Spray Tans and also Invigorating Facials. With Christmas fast approaching, a Gift Voucher is a Fantastic idea for a loved one or friend and Sandy can help advise what to recommend for different ages. Sandy is a fully qualified Beautician, with an ITEC International Qualification, who is mature, easy to communicate with and down to earth.

Don't delay, book now for your Christmas appointment - 09 412 7238.

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Safercommunities

Summer BBQ's

Waitakere Volunteer Fire Brigade wishes you all a safe and Merry Christmas! We thank you all for your support throughout the year. To our wives, husbands, partners, children, family, friends, work colleagues, team mates and anyone else we have had to up and leave at the sound of the siren - thanks for your support. In October, 7 Brigade members received National Qualifications in rural fire fighting. This is a great achievement and represents many hours of study and practical courses.

The festive season is fast approaching so a few tips to stay safe while cooking:

BBQ fires can be caused by too much fat collected in the fat tray - so replace with new fat absorbent (kitty litter does the trick). Ensure there is adequate clearing around the BBQ, supervise children at all times and ensure you regularly check and maintain BBQ fittings and connections.

25% of all house fires start in the kitchen so please be extra careful and turn stove top off when you leave the room.

Have a safe and happy holiday break with your family!

Dennis Cooper, Officer in Charge - Waitakere Volunteer Fire Brigade, phone: 09 810 9251.

Think safety on the water

Safer Boating Week started with a splash – with 27 splashes, in fact, as 27 representatives of agencies and organisations with an interest in maritime safety leaped into Wellington Harbour.

The attention-grabbing plunge had a very serious side, reflecting the 27 people who died in recreational boating accidents

last year. Another 16 people have so far died this year.

It is estimated that two-thirds of the deaths could have been averted if the victims had been wearing life-jackets.

Representing Police among the jumpers – who were all wearing life-jackets – were Wellington Central Area Commander Inspector Chris Bensemann and Sergeant Craig Pickering, of Wellington Police Maritime Unit. Chris says the need to promote safer boating was brought home to him by a recent search and rescue exercise in which marine rescues in the area were represented by a red dot on a map. "Wellington Harbour was a sea of red," he says. "It's very appropriate for Police to be involved in preventing deaths and reducing the need for so many rescues. Too much time is taken up by people who make foolish decisions." The jump was organised by the Safer Boating Forum, which was established to coordinate and implement recreational boating safety initiatives. It is made up of government agencies and local government, water safety and recreational boating organisations, and the marine industry.

Maritime New Zealand Director Keith Manch says most boating tragedies are entirely avoidable.

"Safer Boating Week is about boaties taking simple steps to prepare before going out on the water so they avoid problems, and if problems arise, they are more likely to survive," he says.

Safer boating messages - The three key Safer Boating Week messages are all about what to do before going on the water:

- Prep your boat – service the engine, check and change the fuel, check the battery and generally give the boat a good once-over.
- Check your gear – make sure life-jackets are fit for purpose and you have enough. Service inflatable lifejackets and ensure you have two reliable means of communication.
- Know the rules – ensure you know the "rules of the road" on the water and check your local bylaws so you understand the requirements in your area.

For more information about safer boating visit the Safer Boating NZ Facebook page and www.saferboating.org.nz.





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InBrief updates:events

Senior Net Norwest

Once again Senior Net Norwest Members were entertained and left in awe by our November Speaker Thom Epstein. Thom shared his knowledge about the new and fascinating technological gadgets that are coming onto the market nowadays. Fitbits is a new type of wrist band that is in-sync with your cell phone whether it is Android or Apple (iOS). You can receive notifications of emails, texts and calls on the screen of a Fitbit. Some models even have heart rate monitors – wow - and GPS tracking –it all depends which model you buy. It just shows what an amazing amount of technology is held in such a small wrist band!!! This gadget is like having a butler. It can tell you how many steps have you done this morning; how much energy you have used; tell you to do more/walk faster; alert you when it's time to take your medication/ time for bed/ time to get up/ when you have a message... it can be programmed to do almost anything. The more you pay for it, the more it does. Go to the latest Noel Leeming or JB Hi Fi mailers or to the stores and see them for yourself. Programming it could be the hardest part. I would like one.

Our December 14th St Chad's morning will be the final one for the year where Grant Sidaway of the SeniorNet Federation will be our guest. Grant is a great speaker and always has the latest information for us in a way we can all understand.

To make our last morning special, could we please all bring a small plate of finger food, something which represents the up and coming festive season, or party food to have while we mix and mingle for the last time.

Your Committee wishes all Members a very Happy Xmas and a great New Year.

The Confectionery Palace

With Christmas season coming up, some of us may already be wondering how we are going to get through it and still keep to our weight loss plans. The Confectionery Palace has a product that can help you. Slim Fruits have been specially developed to support a weight loss diet. They contain only 2 calories per sweet and are fat free and sugar free. Slim Fruits have fibre in the form of Acacia gum. This natural soluble fibre helps increase your dietary fibre content and reduces hunger pangs. The pastilles contain elderberry juice which has the added benefit of boosting immunity against viruses such as the flu. Slim Fruits come in two great flavours; Peach Melba, and Rhubarb and

Strawberry and contain no artificial colours or preservatives. They may just be the healthiest sweet on the market! Pop in to the Confectionery Palace at 7 Shamrock Drive, Kumeu 8.30am – 5pm Mon to Fri or purchase online at www.snackit.co.nz.

Bridgestone Westgate

Before you head off on a long car trip this summer, Bridgestone Westgate have some tyre tips for you:

Tyre Pressure - Correct tyre pressure ensures balanced braking and lengthens the life of your tyres. Call in to us at 1 Cellar Court, Westgate (behind McDonalds) any time and we will check your pressures for free.

Tread Depth - this is very important for the safety of your vehicle. We will check that your tyres are at least the legal minimum of 1.5mm and are wearing evenly.

We can help you with all your tyre needs. Call us: 09 833 8555 Email: firestonewestgate@xtra.co.nz or pop in and see Mike and the Team. Bridgestone Westgate, we live local, work local and support local. We take pride in keeping your family safe on the road.

We would like to wish all our customers Happy and Safe Holidays on the road this summer.

The Driving School

The Driving School is offering a great December deal. Buy three driving lessons for \$150. A perfect present this Christmas. We've been operating in Auckland since 2005. Visit our website www.thedriving-school.co.nz for more information and where we operate. We also run a monthly draw to win a free driving lesson. Details are on our website. Contact Melissa: thedriving-school-mel@gmail.com or 09 416 3953.

Waitakere Alpacas

Spring is here and Summer on the way, and it is our busy season. Crias are being born - these delightful babies are gorgeous and we are expecting to have 50 over the next few months. Shearing has started. We like all our alpacas to be shorn before the hot humid weather of February/March arrives. Already they are taking turns standing in the water troughs to




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cool off in the heat of the afternoon. Alpacas love standing in water, and fortunately because they have feet with pads and nails they are not prone to foot rot. We have just weaned the last of last season's crias, and at 6 months or over they are available to purchase. Depending on your circumstances, they may need to stay on our farm to grow a bit older, but be quick as we already have customers securing their favourites by paying a deposit. We have had very successful open days this year, with attendance being well up. Average would be 100 people over the 4 hours, some days a lot more. So keep it up, we love having you all come. Watch the website for the Open Days. This year they will be on Sunday 22nd November, Sunday 6th, 13th and 20th December. Our Open days are from 12 midday until 4pm, and entry is FREE. We do of course have a shop open over those hours where you can buy all your Christmas gifts. Our address is 107 Monk Rd Helensville, which is found by driving to Parakai and then another 22 km. We look forward to seeing you. Phone: 09 420 2185 Visit: www.waitakerealpacas.co.nz Email: info@waitakerealpacas.co.nz

No Drippity IceBlock

No Drippity IceBlock Buddy was created because I got tired of wrapping tissues or flannels around the tiny little iceblock stick, then having to deal with the sticky mess at the end of it.



The IceBlock Buddy is unique as it has a larger handle, therefore providing a better grip on a slippery, thin, sometimes very short stick. It holds the iceblock in place so it will not fall out. The soft drip tray serves two purposes: 1) to catch rogue drips (and allow them to drink it) & 2) to keep the cold iceblock away from hands. The flat bottom allows it to be stood up, instead of left lying on the carpet or table!

Perfect for little hands, arthritic hands or hands with gripping difficulty, the No Drippity IceBlock Buddy is your Summer Must Have! Get 1 for \$12.95 or 2 for \$19.95! www.nodrippity.co.nz or www.facebook.com/nodrippity.

Soljans Estate Winery and Cafe

Relax, enjoy and savour the summer & festive season at Soljans Estate Winery & Café. Bring in your family, friends & visitors for a meal from our new Summer Menu and soak up the amazing atmosphere in the sunshine or a stroll through the vines. Visit our cellar door and taste our new vintages and check out our amazing Fusion series special. If you are still stuck for Christmas Ideas, have a look at our fantastic gift shop, the stock is constantly changing.

If you'd like corporate gift ideas, packages & prices, please email support@soljans.co.nz for the flyer.

The team at Soljans wish you a Happy Christmas, a safe holiday season and we hope to see you again, a warm welcome awaits! We will be open all over the holiday period, closed only Christmas Day, Boxing Day and New Year's Day.

Soljans Estate Winery & Café, open 7 days

Phone: 09 412 5858, email: cellar@soljans.co.nz or visit: www.soljans.co.nz.

Sing and live longer

Yes, it's true! We know why choral singers live on such a healthy high. The many benefits of singing have been reliably researched and well documented. Singing is a total body workout that improves your posture and increases your lung capacity. It releases the same feel-good brain chemicals as chocolate! So it improves your mood and relieves stress. Research shows singing even boosts your immune system.

Give yourself a health boost and hone your skills with the established community choir, Kumeu Blend. We welcome new singers of all ages and abilities into the friendly and relaxed culture of the choir. It's a great place to make new friends, develop your vocal talent and be enriched by a varied repertoire of music. All vocal parts are welcome; but especially tenors and basses. So c'mon guys – it's a great way to unwind and enjoy life.

Rehearsals are Mondays 7.30pm at St Chad's in Huapai. No auditions needed, just try it out. Sight-reading is a bonus but not essential. Margaret Lindsay the conductor will be happy to answer any other questions – 09 849 8070 or email margaret@lindsays.co.nz.

Come along with the family to our Christmas concert on Sunday December 13th at 7:30pm at St. Chad's Church, Huapai. You can also hear us at the Norwest Shopping Centre on Monday December 21st. Come along, listen, enjoy – and join us!

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Stick around to win big prizes

West Aucklanders have the chance to win cool prizes while giving back to their school in a competition that sees a local school win big.

Anyone who buys Amos glue sticks or Blu-Tack products between January 1 and February 28 can go into the draw to win a Macbook Air plus \$10,000 cash for their chosen school.

The second and third prize winners will get a GoPro camera plus \$3000 for their school. Another five winners will get a Samsung Galaxy tablet plus \$500 for their school.

Earlier this year Hobsonville Primary won \$5000 from the previous competition.

Croxley, which distributes the Amos and BluTack brands in New Zealand, is supporting the competition.

"The competition is a great initiative to support schools," Croxley category manager, Leigh Fourie says.

"Our local schools are a source of great pride in our communities and Croxley works closely with schools to meet kids' learning needs." Entry forms can be found in-store or online at www.amossticks.co.nz.



St John supporters scheme

Did you know that you can join St John and receive the peace of mind of free ambulance cover for you and your family at an annual cost of \$45 for an individual or \$75 for your whole household? Hopefully you won't need an ambulance and excess funds for annual subscriptions are used to buy new equipment and vehicles for our ambulance service. With Christmas only weeks away, the best card to give your loved ones is a St John Supporters Card and they can relax knowing that their ambulance bills are taken care of. The St John Op Shop Helensville staff are pleased to announce that people can now enrol in the Supporters Scheme at the shop, open 10am-4pm Monday to Friday and Saturdays until 1pm. Or you can find more info about how you can support St John or enrol at www.stjohn.org.nz.

Zash Hair summer holiday tips

As our spring clothes make their way back into our wardrobes, it's time to soak up the sun and make merry for Christmas once again!

But summer also translates into dry, greasy and lifeless hair. Sometimes hair that appears healthy from the outside might be damaged from the inside, so here are some summer care tips

that will keep your hair looking stylish, soft and healthy as you step out into the sun.

1 Clean up: Hair during summer tends to get greasy due to excessive sweating and grime. Therefore it is so important to wash the hair with a shampoo that protects the strands.

2 Miracle worker: Suffering dry and dull hair? Add a dose of Wella Enrich Treatment which promises to restore hair's health overnight. It makes up for protein and moisture loss, giving you stronger and beautiful hair.

3 Healthy inside: Eating right is crucial to great hair. Keep hydrated by drinking plenty of water. Stock up on fresh fruit and vegetables to ensure your hair is getting all the vital nutrients it needs.

4 While you are out: Why not protect your hair from the harmful rays of the sun too? Cover up with hats, scarves or bandanas. Or cover up the hair with leave in spray conditioners or serums for that extra protection.

5 A spark of life: summer tends to make hair dry, frizzy and look lustreless. The excessive use of heat styling tools, such as curling tongs, hairdryers and straighteners, will only make matters worse. Try Wella's Enrich leave in straight cr me or Flowing Form to help achieve that smoother sleek hair without the added heat.

So take some time out this summer and try these tips.

I hope you all have a fantastic Christmas and summer holiday and enjoy spending quality time with your loved ones. Phone Carla at Zash Hair: 021 814 663.

Looking for some financial assistance?

Smashing promotions can assist you in helping you to secure local sponsorship within your community. We have a "stable" of local businesses keen to showcase their brand and support community groups and likewise several sporting groups looking for businesses to assist with the costs of their uniforms. We can match up likeminded people and offset production costs-its win-win. We have recently provided assistance to Kumeu Cricket, Parakai netball and the RNZAF Cricket team. Call Mark and the Smashing team, on 09 412 6235 or email sales@smashingpromotions.co.nz.

Christmas lilies, gifts and more

By the time you are reading this I am sure the Buzz of Xmas has already hit!! Boy this year has gone by with a big hiss and a roar!! I bet you are all eager to find out about our 'Pick your Own Xmas Lilies' too! At the time of writing this our Xmas Lilies have now formed their first buds – yeah! And some are really big with 5-6

Special thanks

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

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P: 09 810 8609.

PO Box 133, Kumeu 0841 Auckland

buds per stem! So they are about three weeks away and I have worked out our Pick Your Own picking days. These will be Sunday 6th, 13th and 20th December, rain or shine from 12 – 4pm. You must have a booking to pick. Call us on 09 412 7606. For Xmas we will be offering special Xmas Bouquets and Gifts so come down and see us @ 108 Station Road, Huapai. Remember we can also deliver. We will be closed on 25th – 27th Dec 2015 and 1st – 3rd Jan 2016.

Christmas cups bring festive cheer to the Coffee Club customers

The Coffee Club New Zealand and KidsCan have unveiled four new Christmas takeaway coffee cup and napkin designs designed by school children that won a nationwide Christmas Cup Art Competition.

The cups and napkins will be available through all The Coffee Club stores from this week until mid-January. The winning images were chosen from more than 300 entries received from KidsCan supported schools.

The aim of the competition has been to raise awareness of the work being done by KidsCan to support the education, health and wellbeing of children living in hardship. The winning schools and children also received prizes. The first placed school has received \$4,000 from The Coffee Club. Second place received \$3,000, third place \$1,500 and fourth place \$500. The four young artists also each received \$250 Westfield vouchers.

"We are so pleased to have been able to run this competition for a second year," says Brad Jacobs, co-director of The Coffee Club. "We've been mind-blown by the response from the schools and kids. We received three times more entries than last year and the standard was very high. It was extremely difficult to narrow them down to just four winners!"

The competition was open to children from KidsCan partner schools, and asked them to submit a unique and eye-catching design that reflected how they felt about Christmas.

First place, to feature on the large takeaway cup, went to 12-year-old Rebecca Fruean from St Edmund Hillary Collegiate School in Otara. Her design featured Rudolph and Santa Claus, along with the Maori word for Christmas: Kirihimete.

Second place was won by David Ly (age 9) of Edmonton Primary School in Te Atatu South, whose design is on the medium takeaway cup and third place went to Raine Tauatevalu, aged 8, from Wymondley Road School whose design is featured on the small takeaway cup. Fourth place was awarded to 12-year old JayLo Burton, from Oceanview Heights School in Timaru. Her colourful design has been printed onto The Coffee Club luncheon napkins.

KidsCan works to aid individuals, communities, businesses and the government to co-operate in providing food, clothing and

basic health care in schools to enable all disadvantaged children to reach their full potential. The Coffee Club New Zealand has been involved in a number of campaigns and initiatives with KidsCan including The Big Night In Telethon back in 2009, the Mystery Envelope Appeal, Christmas Crackers, Campbell Live Lunchbox Day Appeal and KidsCan Online Auctions.

"We are thankful for the continued support of The Coffee Club New Zealand," says Sophie Martignier, Brand and Sponsorship Manager at KidsCan. "We love the interactive competitions they run, which inspire the children to be creative, as well as draw attention to the cause."

For more information on KidsCan, including information on how you can get involved either as an individual or business, please visit the website www.kidscan.org.nz. For more information on The Coffee Club New Zealand please visit the website www.thecoffeeclub.co.nz.

Affordable Art Exhibition

All \$200 or under. 1st - 19th December 2015. Artworks and craft created by our local artists and crafts people. Your chance to buy unique and affordable gifts or something for yourself handmade right here in our community. All for \$200 or less Undercurrents: 11 Jan - 6th Feb 2016, an exhibition of work from Libby Patterson, Gretchen Blyth and Margie Phillips.

"Beneath our observations of life, we dip into undercurrents, sometimes capricious, sometimes serious". Work on display will include both ceramics and paintings.

School Holiday classes in January 2016, classes on offer include kids' clay, card making, painting and more.

Adults classes include: Clay, Painting, Abstract Art, Printmaking, Adults with Special Needs and Botanical Art. Groups include Life Drawing, Knitting/Crochet and Kumeu Photography Group. Please see our website: www.kumeuartscentre.co.nz for more information or phone 09 412 9480.

About the Westerly

The Westerly is a sister publication to the Kumeu Courier. Both publications offer cost effective advertising rates, while the profits from the publication are invested locally into area beautification and memorable charitable events. Advertising in this publication is not only easy on the pocket but it feels good too. No position loadings apply and space is allocated on a first in basis. Providing a platform for locals to communicate with locals, we have pitched the Westerly as a high quality casual read that can be picked up five or six times within a month for relevant and current views, opinion and advice. To advertise please email glms@xtra.co.nz or phone 0800 900 700 today.

Graham Gill AREINZ
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We have the time and energy and know that's something that so many of you struggle with so we offer you the ultimate convenience in feeding your dog a raw natural diet. Our new service will completely organise and package everything your dog needs and deliver it directly to your door. You provide basic information about your dog and we carefully design and make up a week's supply of daily portions taking into account their weight, breed, age and lifestyle. Their meals will contain a variety of frozen bone, organs, tripe and raw meat. You just defrost one portion a day – it couldn't be easier! If this sounds like something you need, we would love to help you out. www.facebook.com/rawpawtions/.

Just to let you know I have started up a practice in West Harbour, Auckland. Having practiced for the last 6 years at the Robert Street Clinic in Ellerslie. Link to Facebook page: www.facebook.com/Psychotherapywest/.

Are you an experienced Wheel Alignment Mechanic/Tyre Fitter - would you like to work closer to home? We have a vacancy arising at Bridgestone Tyre Centre Westgate. Join our locally owned and operated tyre store team - contact Jered or Mike on 09 833 3855 or email your CV to firestonewestgate@xtra.co.nz. We would love to hear from you.

Hello Mums and Dads. I do Home Based Child Care and currently have space available for one child. My home is a safe and loving "Home away from Home" especially for babies and children under 2. I live just off Moire Road in Massey. If you are looking for child care in a loving, warm family orientated home please feel free to contact me via email on mercia.hartzenberg@yahoo.com for more info. Thank you.

Hi lovely neighbours, I just wanted to introduce myself as your local Tupperware Consultant *Hi* and let you know I have a Facebook group - Zoe's Tupperholics - which you can join to be kept up to date with my specials, events, recipes, hints & tips. Should you wish to purchase any Tupperware or host a party feel free to PM me www.facebook.com/groups/1482963395343881/.

So who LOVES having a medical centre so local? I know I do! I don't want it to close down due to not enough registered! We need you all to jump on board and register at our local community doctor's practice. Dr Seham Ayad is amazing! I love her holistic approach to medicine, she has extensive knowledge and expertise and I know I want this in our community! So we can get the government grants, we need to reach 2500 patients registered. You don't need to be sick to register - just go online or pop in and meet her she is wonderful! Also if you are a midwife, doctor or nutritionist looking to establish



a base and run your clinic she needs to hear from you now!!! There are lovely rooms for rent at wonderful prices! So pop in or contact her today! 09 222 0383 or email: admin@hvpm.co.nz or visit the website: www.hvpm.co.nz/.

Summer is finally here, and that means PARTY season!! Over the winter, Paul has been working on some awesome contracts with suppliers to offer you an "all round" package for any kind of party! We offer anything from event/birthdays/wedding planning, entertainment/bands/singers/gear hire, even caterers, cake makers and photographers. What else do you need in a one stop shop? Let us know and we will try our best to find a solution at a reasonable cost. So give Paul a call to discuss what you are after for your next event, special day, birthday, etc. 021 415 283 or SpinzEntertainment@gmail.com.

We are having our fourth annual Christmas in the Park and residents of Hobsonville Point are invited to come along and have a BBQ with their neighbours prior to the Christmas break. There will be activities for the children. This year AV Jennings have kindly offered to man and sponsor the BBQ, so please bring drinks and nibbles for yourselves along with any salads you would like. This in the past has been a great opportunity for everyone to get to know a few more people. Please see your neighbours prior and ask if they are going in case they do not use Facebook. Saturday, December 19th at 4:30pm - Pocket Park Corner of Station and Toheroa Street.

Are you having trouble doing your Admin work? I can help! I'm looking for some extra work to do from home. Ideally, I'd collect the work from you (or an alternative arrangement) and complete it then bring it back to you within a deadline set by you. I'm wanting to be able to work at home so I can still manage my life and other commitments. \$20 cash per hour plus travel from my house to yours if you're not local to me which is West Harbour, Massey, Hobsonville etc. Admin tasks I can help with - but not limited to:

Scanning, shredding, typing, database work (entering and creating) MYOB, Social Media marketing, quoting, CRM management, filing, mail outs etc, etc - happy to do anything!

Am happy for long term, short term and one off jobs. Currently working full time as an Operations Manager in Glenfield and am just wanting a little extra pocket money so I can begin saving for a house. Please email me at riky.hart16@gmail.com me if you have anything or know anyone needing someone.

Hi everyone! I am very excited to announce I'll be moving my brow bar to Westgate at the start of February!

I'm on the lookout for two lovely people to join my team:

1) Nail Technician- Someone who specialises in gel nails & nail art, who is highly professional, fun & creative. One that has built up a cliental and wants to move up in their business to a great space where they will be noticed. They would run their own

business as usual with access to all my clients & would just pay a weekly rent.

2) A lovely lady to join my brow specialist team. Must be a fully qualified beautician, make-up artist or has a natural artistic talent and is passionate about beauty.

Please private message me or tag someone if you or someone else maybe interested in the nail opportunity, and email me your CV for the beauty position: thebrowandtintbar@outlook.com. Check out my website & facebook page www.thebrowandtintbar.com/ or: m.facebook.com/profile.php?id=191498151005263.

Local businesses and organisations - here is a solution to your corporate gift and Secret Santa woes. Check out the Hospice West Auckland Santa Cause - sorts your gifts and supports your local Hospice at the same time. Too easy! hwa.org.nz/news/celebrate-the-gift-of-giving.

Stuck for ideas for Christmas? Scentsy has a beautiful range of wickless warmers and scented wax. Head over to my website and have a look at the range of amazing products. See something you like? Why not host a party and have the opportunity to earn some free Scentsy products. Message me or click the party link on webpage for more information. scentedobsessionsbydanielle.scentsy.co.nz/

Happy hour nibbles, every weekend from 4pm-6pm at Catalina Cafe. Choose any of the following nibbles for \$5 each: Salt & Pepper Squid Rings with Lime Aioli, Satay Chicken Skewers with Avocado Dip, Mini Sausage & Feta Arancini Balls with Aioli Edamame, Chunky Fries with Tomato Sauce. Saturdays & Sundays, dine in only.



We have a casual gymnastics instructor position opening up at the YMCA Massey Leisure Centre. We are looking for someone who is energetic, charismatic and has some experience in coaching of some form (preferably gymnastics or movement related). Please email your CV and cover letter to Conin.Bowker@ymcauckland.org.nz.

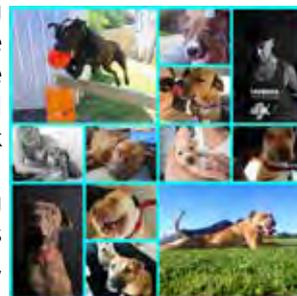
Be aware that not all the parking in Northwest is the same. A man just got fined \$50 for exceeding the 90 min parking term. Looking out the window I can see a 180 min sign and another area has a 3 HR sign (weird). The end closest to old Westgate is the 90 min bit.

I'm thinking to rent one room of my house at \$180 + wifi, water and 1/3 of power. The room has a bed, a bed side table, tallboy and closet. Prefer mature woman. No smoking, no pets and no parties. If this sounds like you, call us. We are a small family with a small one of two years. 021 187 3864.

Coming soon to Hobsonville Point Farmers Market - Sat 5th & Sun 6th of December: Let's Get Composting workshop.

If you are looking for some Xmas goodies, this is an awesome

way to do your Christmas shopping and also be supporting an awesome cause. There are some awesome kids' toys, bikes etc up for grabs all at \$1 no reserve in their Facebook Auctions.



We work hard at Chained Dog Awareness, and a lot of our time is spent finding ways to raise money, so we can continue helping dogs, providing education, and giving the dogs in our care the best opportunities to get ready for rehoming.

And the more money we have, the more dogs we can help! So we have a few different ways of doing this. Check them out!

If you'd like to help support us, and also bag yourself a bargain in the process, go and check out our online auction page. www.facebook.com/groups/ChainedDOgAwarenessAuctions/?-fref=ts. We also have an online shop with lots of branded merchandise, and our AWESOME calendars www.cdanz.org/shop-with-us/. Our Trade Me has some fantastic donated items up for sale too. www.trademe.co.nz/Members/Listings.aspx... We are also doing some fundraising by selling Revive vegetarian cookbooks - www.revive.co.nz/cookbooks - These can be purchased by emailing cdanzfundraising@gmail.com. Thank you to ALL of you who help by supporting our fundraising. We couldn't do it without you!

Get Fit & Fabulous Ready For The Holiday Season. Ladies Only Box-Fit - Class on Wednesday 6pm at Herald Island Hall. All levels of fitness are welcome, no experience required. As a qualified trainer & boxing instructor, I can show you all the techniques required. Class is only \$13 per lady & includes all equipment for you. Don't spend your holidays hidden behind the camera. It's time you show off a more radiant, confident, toned you!! Book your spot NOW by contacting Melissa 021 798 435 or info@benefityou.co.nz.



My yoga classes are moving to Sunderland Lounge, Hobsonville Point next week! Classes will be drop in (no need to book) - if you have been wanting to come along, pop in for a class! Tuesday and Thursday nights 7pm-8pm. If you would like more info let me know or head over to my Facebook page: www.facebook.com/elementalyogaandwellness.



Do you need reliable childcare for your children over the summer break? We have been working out of Marina View School now for 15 years. We only take up to 45 children a day. If you would like to know more check out www.kidsknection.com/.

Market report with Graham

Welcome to your December market report, which highlights the trends in our individual markets, the buyer groups operating and some of the guide prices being achieved in Massey through to Hobsonville Point, including Herald Island and Whenuapai.

So let's recap the last month.

Hobsonville and Hobsonville Point have seen land sales at \$400,000 to \$700,000 based on section sizes 400sqm to 500sqm. We are forecasting more land coming onto market over the next quarter and this will allow buyers to have a little more negotiability through a period of high demand and low land supply. Houses in the area have been selling between \$700,000 and \$1,150,000 and reflects a higher interest from families buying into the area due to schooling, transport options and ease of living.

Massey property transactions continue to be some of the highest volumes in the area with a reduced number of investors and first home buyers still searching for good value in traditional three bedroom, one bathroom homes, renting around \$450 per week and selling between \$450,000 and \$900,000. The investor market is hungry for value but not responsive to extended Auction activity.

Whenuapai market continues to stimulate speculation with land banking lifting some sales to \$3,500,000 while the traditional sales in the area rest around the \$850,000 average.

Herald Island tends to fall into two camps, waterfront views and without. The former running up to \$2,000,000 while the more traditional beach-bach sits a little more affordable around \$900,000.

West Harbour sales have delivered a real mixed bag, sales from \$580,000 through to \$2,200,000, which highlights the diversity in real estate choices and buyers moving into the area. The highest streets being Ferntree Terrace and Courtneys in the \$2m plus category.

We have some very good selling months coming up and we would encourage you to do our pre-sale checklist over the next month if you are considering selling shortly. This is without cost and will highlight some areas that will deliver good returns. The biggest thank you to all our clients, customers and supporters for helping us painting the town red. If you'd like to join the revolution call us today on 0800 900 700 or view www.graham-mcintyre.co.nz Licensed REAA (2008).

Money matters

There are many ways to manage your home loan. Make sure you know the options that best suit your circumstances. And there lies the key – your circumstances. Circumstances of work, family, household income and children can change significantly and will have an impact on your financial situation.

If you are lucky enough to get a pay rise in the new year, consider increasing your loan repayments. You will be surprised at the impact of even small increases. For example, let's take a \$300,000 loan over 25 years at \$934 per fortnight repayments. If you added \$100 to each payment you could pay off your loan 5 years earlier and save over \$70,000 in interest costs.

You may also be able to re-fix your loan on the new lower interest rates, which may have a big impact. We can help you look at your options of re-fixing, restructuring and reviewing your loan to your best advantage.

09 411 9251 or 027 411 9255 or david@davidlloydmortgages.co.nz.

Tips on Christmas decorating while your home is on the market

With Christmas fast approaching, most of us are itching to pull out the Christmas decorations eager to start the seasonal celebrations. Having your home on the market shouldn't stop you from doing this, however, there are a few key staging rules that you can follow to help with the sale of your home at this time of year.

A well-staged home is clutter free so a dedicated place in one or two rooms is enough. Think about size, it's better to have one large piece rather than lots of small ones. Use your decorations to emphasise your homes best features, e.g. if you have a high ceiling a large Christmas tree will help to show this off. A fireplace can be made to look quite spectacular with a simple wreath hanging over the mantel mirror with a selection of white candles. A beautiful display of glass baubles in a bowl on an entry table



David Lloyd
Director

David Lloyd Mortgages Ltd
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Email: david@davidlloydmortgages.co.nz

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will help to give a warm welcome first impression. Keep it on trend, using only your newer decorations and think about the accent colours you are using throughout your home. Try to stick to only one or two colour combinations in your Christmas decorations.

Wishing you a very Happy Christmas and success in the sale of your home.

For Home Staging enquiries, please contact Anna or Tracey on 021 136 3750 or 029 200 9011. Email athomestaging@xtra.co.nz

Do you have chaos and clutter in your home?

Are you thinking of shifting home? Do you need to downsize? Do you need to declutter?

Are you disorganised without meaning to be? Do you need to be more disciplined, more motivated and in control of your life but, don't know how or where to start? If you answer YES to any of these questions, these are a few reasons why you need a Professional Organiser.

A Professional Organiser will diagnose the trouble areas that you have and will identify what will work and what will not to help you achieve a more organised, relaxed and fulfilled life.

Out of your chaos is a challenge for me to create a result or remedy, finding the best way for you to move forward. I organise each individual client that I have, giving ideas, plans and tools to help create solutions for each situation. I can design a time management schedule to maximize your time, your life, your space, with my systems I will communicate and demonstrate to you what needs to happen.

A Professional Organiser will be able to help you to facilitate change by creating order, functionality, beauty, and efficiency for you. This will enable you to live a better life that is less chaotic, less messy and less disorganised.

A Professional Organiser will listen and understand exactly what your needs and wants are and will be able to help you to overcome these obstacles by working with you so that you can implement new strategies to make your life more organised.

So call me and mention you read this ad to receive a 20% discount on your first consultation: Jo, the Professional Organiser at Joanne O'Brien Consultancy for help text or phone 027 683 3366, email: joanneobrien@xtra.co.nz or visit www.joanneobrien.co.nz.

BBQ burger stuffers

Kumeu Plumbing Ltd is stocked up and ready for the summer we have all been waiting for. A comprehensive range of gas, charcoal and wood fired outdoor cooking products are avail-

able. We're all about creating the ultimate outdoor lifestyle. Whether catering for a team of hungry rugby players, a family get together or just a quiet meal, we have options to make mouths water, not to mention make friends and family envious. The Platinum II 6 Burner BBQ made from Premium 304 Grade Stainless Steel, double skinned 304 Grade Stainless Steel roasting hood with large glass viewing window allows food to be inspected without heat escaping. Burger Stuffers are the perfect Christmas gift for the BBQ lover in your family, retailing at only \$10.99incl GST. Make a perfectly stuffed burger with your favourite ingredients everytime. Loads of BBQ accessories in store, including meat thermometers for chicken, pork and beef, rotisseries, double beer can chicken roasters and more. KPL has a wide range of quality pool toys for all ages to keep the kids busy in the pool, including the Shock Rocker 4 seater kid rocker! Free Pool and Spa Water tests available to give you a computerised water analysis to keep your pool water safe for your family. 156 Main Road Kumeu, 09 412 9108.

Sparkn update

This month has seen us scheduling jobs up to Christmas. Now is the time to do a quick check of the house, gardens, RV and boat to make sure everything is in working order prior to the Christmas break. It is great to see the sun shining finally and we have been working on a number of pool installations in the area. This includes the pump house, heating and pool lighting. Underwater LEDs look great and can change colour adding to the atmosphere of that evening swim or the pool party.

For further details please contact the office on 411 8526 or email us: info@sparkn.co.nz. Our website: www.sparkn.co.nz.

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\$75 = 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 \$75 plus GST you can be exposed to over 18,000 locals for a whole month. That is only \$2.50 a day. For more information, email our editor at sarahcartwright022@gmail.com.

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Auckland

AREA PROPERTY STATS

Suburb	CV	Land Area	Floor Area	Sale Price
Hobsonville				
	2,220,000	3345M2	299M2	385,000
	13,400,000	522M2	8,040M2	695,000
	15,750,000	470M2	720M2	700,000
	4,800,000	470M2	382M2	695,000
	780,000	810M2	140M2	929,000
	775,000	450M2	219M2	1,142,000
	730,000	291M2	177M2	950,000
	750,000	491M2	170M2	970,000
	6,800,000	14054M2	400M2	5,400,000
Massey				
	495,000	688M2	120M2	650,000
	530,000	678M2	240M2	730,000
	230,000	450M2	157M2	750,000
	410,000	0M2	100M2	617,000
	490,000	701M2	100M2	707,000
	590,000	454M2	157M2	788,000
	700,000	933M2	220M2	800,000
	450,000	0M2	120M2	610,000
	385,000	0M2	110M2	590,000
	420,000	1353M2	90M2	558,000
	385,000	351M2	60M2	465,000
	485,000	809M2	70M2	780,008
	475,000	437M2	86M2	664,000
	385,000	436M2	100M2	587,500
	365,000	0M2	80M2	528,000
	450,000	656M2	104M2	700,000
	495,000	675M2	93M2	610,000
	455,000	678M2	130M2	715,000
	820,000	536M2	268M2	895,000
	400,000	810M2	101M2	598,000
	445,000	607M2	100M2	693,000
	445,000	382M2	90M2	569,000
	485,000	776M2	130M2	630,000
	990,000	3.7HA	168M2	1,180,000
Whenuapai				
	1,075,000	0M2	128M2	985,000
	3,275,000	9608M2	219M2	3,600,000
	795,000	923M2	215M2	1,221,000
	1,860,000	1652M2	340M2	2,800,000
	815,000	2701M2	154M2	1,057,000
	2,100,000	4.0HA	231M2	5,350,000
	3,200,000	12697M2	183M2	4,600,000
West Harbour				
	670,000	857M2	210M2	1,300,000
	680,000	811M2	210M2	899,000
	470,000	427M2	128M2	610,000
	490,000	687M2	80M2	785,000
	460,000	638M2	400M2	1,910,000
	455,000	622M2	90M2	665,000
	710,000	850M2	200M2	952,500
	980,000	719M2	330M2	1,295,000
	840,000	522M2	300M2	1,050,000
	720,000	801M2	190M2	1,031,000
	710,000	648M2	220M2	965,000
	445,000	140M2	112M2	625,000
	1,550,000	849M2	330M2	2,175,000
	530,000	647M2	160M2	740,000
	830,000	885M2	249M2	1,125,000
	770,000	676M2	210M2	1,100,000
	510,000	632M2	120M2	715,000
	485,000	413M2	110M2	585,000

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2.95% to
390,000
then 1.95%
thereafter”

* plus \$490 base fee and gst

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Phone

0800 900 700

Graham McIntyre
Brand & Territory Owner

Mike Pero | REAL ESTATE

Mike Pero, Real Estate Ltd Licensed REAA (2008)



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

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



ROYALLE VISTA ESTATE FOR OVER 50S

2 1 1

Asking Price \$519,000

34 / 197 Royal Road, Massey
Asking Price \$519,000

Too young for a rest home but looking to downsize? This stylish townhouse in an "over 50s" residential complex could be the answer. Royale Vista Estate is a tastefully designed residential village of 43 semi-detached units. With an on-site manager and a body corp fee that covers rates, insurance and external maintenance you can feel safe and secure in a neighbourhood of like-minded people. The complex is only metres away from a shopping precinct with a medical centre, pharmacy, Post Office, café and supermarket. The home itself features low-maintenance materials, 2 bedrooms, internal entry garage, a walk-in shower suitable for wheelchair access and is compact but roomy. For outside living there is a covered deck with views to the Waitakere Ranges.



Graham Gill
 021 588 661

graham.gill@mikepero.com

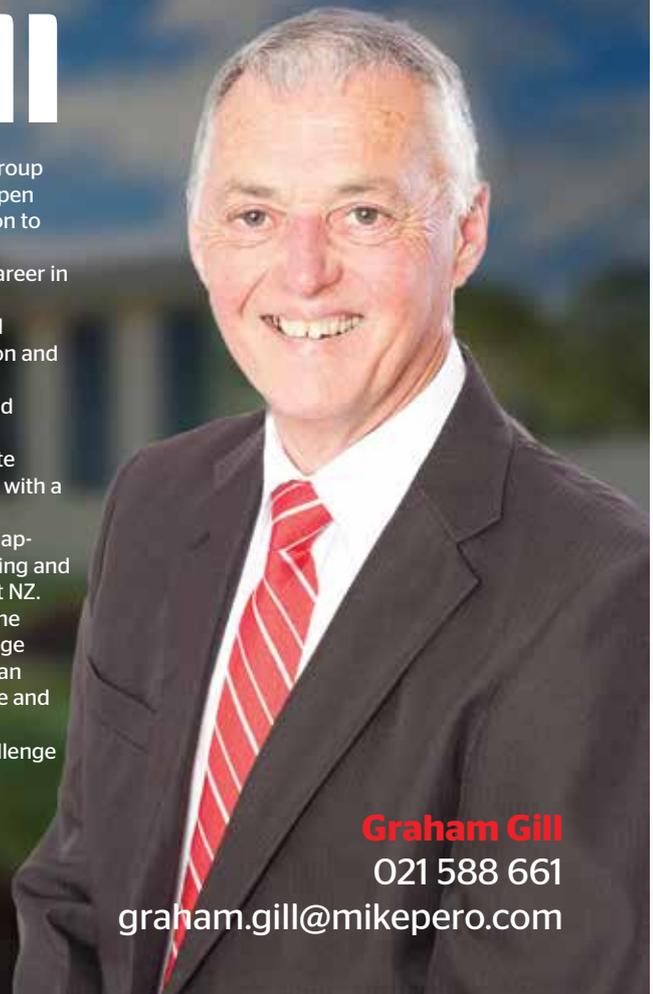
www.mikepero.com/RX628145

Mike Pero Real Estate Ltd. Licensed REAA (2008)

www.mikepero.com

Graham Gill

Many baby-boomers will remember Graham Gill as a member of Auckland pop group The Dallas Four with appearances on television shows such as "C'mon" and "Happen Inn" and residencies at night-spots "Monaco", "Top 20" and "Platterack" in addition to performing at shows throughout NZ. Outside of his involvement in the entertainment industry Graham has forged a career in real estate spanning more than 25 years. Beginning as a salesperson in 1988 he quickly established himself as a successful practitioner specialising in the sale of high-end lifestyle properties by both auction and private treaty methods. Continuing his studies over the following years he qualified to Licensee status and became an Associate of the REINZ. From the early 90s Graham held management positions in a number of real estate offices throughout Auckland and established a reputation as a "straight-shooter" with a bent for "best practice", honesty and integrity. His ability in the areas of compliance, dispute-resolution and arbitration saw him appointed as a member of the Auckland District Committee of the REINZ investigating and resolving complaints from the public and disputes between agencies throughout NZ. After 20 years of managing, mentoring and training salespeople Graham made the decision to return to his passion of selling property. The experience and knowledge built from his years in the industry make him the obvious choice when selecting an agent who demonstrates professionalism, integrity, negotiation skills, persistence and the drive to achieve results. With his relaxed, friendly and confident style Graham consistently meets the challenge of achieving the best possible price in the shortest possible time.



Graham Gill

021 588 661

graham.gill@mikepero.com



FAMILY FRIENDLY, SUNNY LARGE SECTION - RIVERHEAD

3 1 1

AUCTION

23 Queen Street, Riverhead

Auction - 6:30pm Thursday 3rd December 2015 (unless sold prior)

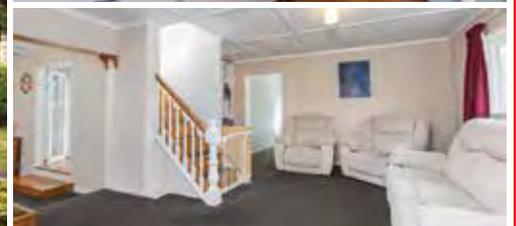
Set on 809 square meters of flat fully fenced yard enjoying plentiful sunshine. This north facing bungalow delivers three bedrooms and an office/study or nursery room. The home has significant old world character, lovingly restored with ornate paneling and polished flooring leading onto large decking and lawn with well established fruit trees. Situated in "old school Riverhead", the home is in close proximity to The Riverhead, Boat Ramp, Riverhead School, Riverhead Domain and convenience shopping. It does not get better than this. The CV on this property is \$700,000. 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/RX495373



Graham McIntyre
027 632 0421
0800 900 700

graham.mcintyre@mikepero.com



CHARACTER COTTAGE IN WHENUAPAI - 1135M2 OF LAND

3 1 1

By Negotiation

58 Waimarie Road, Whenuapai

By Negotiation

Cute as a button, this two level board and baton cottage has plenty of character and room to spare, resting upon 1135 square meters of flat land. The home enjoys three bedrooms (one up, two down), open plan lounge and entertaining leading out onto patio and gardens. If you next home is about character and personality, this is a must see. An independent single garage with carport delivers additional value. A short distance from convenience shopping, restaurant, schooling, parks and inner harbour. The CV on this property is \$675,000. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX625777



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



QUALITY TWO LEVEL HOME NEAR HOBSONVILLE



AUCTION

45A Hogarth Rise, West Harbour

Auction - 6:30pm Wednesday 2nd December 2015 (unless sold prior)

Elevated quality built home in West Harbour offering three bedrooms plus an office or fourth bedroom, three toilets and a generous open plan entertainers kitchen leading to lounge and dining areas with views. The home offers easy flow to bedrooms downstairs and office/extra room upstairs. Very quiet location and private with established trees, screens and fencing for pets and child safety. Good alfresco living, bar-b-que area ready for summer and minimal maintenance garden and lawn area. A very well constructed warm home that offers easy living, peace of mind and tranquility. A short distance to convenience shopping, marina, primary and secondary schools and transport links. Auction: 6:30pm, Wednesday 2nd December 2015 at 2 Clark Road, Hobsonville (unless sold prior).

www.mikepero.com/RX452411



Graham McIntyre
027 632 0421
0800 900 700

graham.mcintyre@mikepero.com

Introducing Joanne O'Brien

Jo comes from a background in business management, administration and accounting. She has run her own successful Health & Wellness Consultancy business for the last 9 years.

Jo has just completed the last 12 months in Property Management as a Letting Specialist and is now ready to sell you your next home.

Jo is a motivated and positive person with high energy, she is warm, friendly and approachable, a person with heart, she connects well with people from all walks of life.

Helping people is paramount to Jo, so give her a call so she can deliver great service to you.



Joanne O'Brien

027 683 3366

joanne.obrien@mikepero.com



WELL CARED FOR - HENDERSON TWO BEDROOM HOME 2 1 1

Enquiries Over \$539,000

1/131 Swanson Road, Henderson
Enquiries Over \$539,000

Clean and tidy and looking for a new Owner/ Investor. This two bedroom character bungalow offers a one level easy living environment overlooking the sports fields of Waitakere College. Quaint and original the home offers a relaxed living environment, alfresco living to north facing patio, including single garage and garden shed on approximately 400 square meters of flat land. Fully fenced the property provides safety for pets and children, while the school field outlook changes, sometimes busy, but most times quiet and tranquil. In close proximity to convenience shopping, easy transport links (bus and train), schools and parks. We are happy to supply a list of the last 12 months of transactions in this area email graham.mcintyre@mikepero.com.

www.mikepero.com/RX627783



Graham McIntyre
 027 632 0421
 0800 900 700

graham.mcintyre@mikepero.com



CORNWALLIS HILL TOP LOOKOUT AND PRIME OPPORTUNITY 2 2

By Negotiation

115 Cornwallis Road, Cornwallis
By Negotiation

The house may be a little dated and a little tired, the grass a little long and the trees a little bushy, but wait till you see the extensive views that are commanded from this hilltop retreat. The views cover an expansive and seldom seen Manukau Harbour through Daniel Bay, Huia Lookout through to Waterfall Bay and Paratutae Island in the distance. The land has significant history and has always been regarded as one of the very finest lookout, advantage points in the area. A modest two bedroom home with a historic hut at the lookout advantage point adds value but the real deal is the view. Simply spectacular. Owners have secured an opportunity and invite expressions of interest.

www.mikepero.com/RX572920



Graham McIntyre
 027 632 0421

graham.mcintyre@mikepero.com



ELEVATED FAMILY HOME CLOSE TO WESTGATE

3 2 1

By Negotiation

7 Holmes Drive South, Massey By Negotiation

Generous home with single garage and independent double garage on over 860 square meters of land. Elevated sunny home offering open plan living, private outlook, with internal access single garage downstairs. A good lawn area and children's playground delivers great family play, while the fully fenced property keeps pets and children safe. Three generous rooms with separate bathroom, toilet and laundry has an ease of operation. The property is close to Royal Heights shopping, easy motorway access and close to Westgate and the new North West Mall. Transport, schools, parks and convenience shopping is moments away. We are happy to supply a list of the last 12 months of transactions in this area email graham.mcintyre@mikepero.com.

www.mikepero.com/RX576632



Graham McIntyre
027 632 0421
0800 900 700

graham.mcintyre@mikepero.com



EXCLUSIVE MURIWAI BEACH HOME WITH A OUTSTANDING VIEWS

4 1 2

Enquiries Over \$1,495,000

151 Motutara Road, Muriwai Enquiries Over \$1,495,000

An executive home and retreat that competes at the very top of the Muriwai property tree. From the designer kitchen to the elaborate alfresco options. The care and workmanship of the home is only comparable with the immense view that wraps around the north west of the home. A picture postcard balancing the breaking surf line with the shading of the native bush and the deep green of the forest canopy. Four bedrooms and an office, set over two levels offering options for guests or family. Three well featured Italian porcelain bathrooms, with underfloor heating and the mandatory outside shower. Four separate outdoor settings offering entertaining and sun/shelter options. Off street parking and garaging, storage and laundry room add to this elaborate picture.

www.mikepero.com/RX628126



Graham McIntyre
027 632 0421
0800 900 700

graham.mcintyre@mikepero.com

Health:beauty

Does damage shown on scan or Xray pain?

Scans can be very useful diagnostics tools and can point us in the right direction, but they can also contribute with unhelpful beliefs that we should be in pain. Scan results often do not correlate well with how someone feels and moves. Many people have dysfunctions revealed on x-rays or scans yet have no pain or symptoms at all. Below are some examples of why care is require when interpreting scan results.



Intermittent Pain - In most cases, people will describe their pain as having varying intensity, and at times not there at all. This means there are times when your brain and nervous system is happier than the times you are feeling the pain – These “happy” periods can be extended through good management. In terms of a scan, an MRI or X-Ray will be unchanged from the times when you are in pain or not.

Degeneration - Degeneration is a term used to describe “wear and tear” that our body and its joints naturally experience through ageing. Degeneration can begin to appear in our late 20’s and progress through all joints until death, yet many elderly do not experience pain in every joint that displays changes. If you have one sore knee and one pain free, studies have shown the “good” knee may show just as much degeneration.

Discs - It has been shown that up to 87% of people in their 30’s have disc herniations, highlighting that this sort of movement or change to the disc is considered quite normal. Many people live with these changes yet never experience pain. Disc bulges seen on an MRI is not necessarily a recipe for long term back pain.

Pinched Nerves - Nerves are very strong, resilient structures, but can be very sensitive when aggravated. They are designed to tolerate stresses. A “pinched nerve” seen on MRI/CT may not be the main source of pain. We sit on our sciatic nerve all day, and stretch nerves often without issue. Whatever our spine looks like on an MRI, chances are it looked like that the day before you had pain as well, as these changes take years to develop, as long as there was not a major trauma or incident.

What all of this tells us is that what we see on a scan may not be the actual cause of your pain.

At Hobsonville Physiotherapy we look at your whole body to

locate the source of your problem. We find a thorough assessment and understanding of how your brain projects pain is the most effective way of finding and fixing the underlying cause of your pain. We use an advanced problem solving system based on latest neuro science, known as the Ridgway Method, along with a wide range of manual therapy techniques.

For more information, see www.ridgwaymethod.com/About-Pain, phone: 09 416 4455 or visit: www.hobsonvillephysio.co.nz.

Does your child see well?

Children learn mostly with their eyes. Clear comfortable vision is necessary for a child to learn successfully. Reading, writing, board work, computers - are all hard work if you cannot see clearly.

The board may look clear even when a child is having problems with close work. A child who doesn’t see the board clearly might not complain because it has always looked that way! Sometimes it is the effort needed to see clearly that causes the problems. Many children with learning difficulties, especially reading, have focusing problems. They may also have poor eye coordination. These can cause stress and fatigue when doing close work. Children with vision-related learning difficulties often see well in the distance. Near vision problems may not be detected, even by screening programs in schools.

We recommend specified Childrens’ Eye Exams- allow an hour with Frank Snell, Hobsonville Optometrists. Phone: 09 416 3937.

New herbal stress buster treatment

Always passionate about finding the next level of stress-busting and relaxation, Spa Di Vine have now introduced Herbal Compress Therapy Massage. This very eastern way of treating the body is a “must try” experience!



The treatment offers the healing effects of herbal therapy, aromatherapy, heat and massage therapy. Some of the herbs used are ginger, turmeric, tamarind and patchouli, and healing Thai white clay balances skin, replenishes moisture levels and helps retain skin’s natural healthy glow. It’s a muscle-melting & senso-

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www.westgateoptometrists.co.nz



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ry journey you simply have to experience!

Phone Paula at Spa Di Vine – 09 411 5290 for bookings and vouchers.

Gorgeous glasses and gifts in Hobsonville

An Optometrist that sells beautiful quality gifts? Our clients and friends mentioned the lack of somewhere to buy elegant gifts in Hobsonville. So now we have diversified into Glasses & Gifts in the old petrol station at 413 Hobsonville Road- and we are looking gorgeous!! Handpicked gifts for men and women, lovely homeware, quirky Christmas decorations, candelabras, candles, hand creams, fine scarves, jewelry, gifts for green thumbs and many more temptations. We are still busy examining eyes and guiding people in their choice of frames and lenses. We have increased our range of designer frames - and have the best sunglasses - Maui Jim, from the U.S. And every frame can have a prescription put into it. Whether you are having an eye exam or not, you are welcome to come and browse. Hobsonville Optometrists - Glasses & Gifts, Open Monday to Friday 8.30am - 5.30pm and Saturdays.

Benefit as long as you wish

Have you heard the common urban legend that "once you go to a Chiropractor you have to go for the rest of your life"? It's not true.

There are five ways people choose to use Chiropractic care in our office.

1. Relief Care – This is where most people start. Our focus is to address the underlying cause of whatever it is that has prompted you to consult our clinic.
2. Corrective Care – With your major symptoms improved, continued visits are designed to strengthen and retrain muscles and soft tissues to make more lasting spinal changes.
3. Maintenance Care – Like regular teeth brushing and flossing, periodic visits, even without the presence of obvious symptoms, are intended to help avoid a relapse.
4. Preventative Care – These visits are less often and comparable to an annual medical examination. Early detection may help catch small issues before they become serious.
5. Wellness Care – With the visit frequency dictated by the unique stresses and health goals of each individual, wellness care is designed to help you be all that you can be.

We see our responsibility as offering the best recommendations based on our education, training and clinical experience. Your responsibility is to decide how far you want to take your care and let us know how we can best serve you.

The bottom line? How long you choose to benefit from Chiropractic care is always up to you.

Give us a call and get started today – Kumeu Chiropractic – 09 412 5536.

Living with Arthritis

Did you know that one in six New Zealanders have arthritis and that there are over 140 different forms of arthritis? Whether you have arthritis or not, chances are, you know someone who does and can see the effect it has on them. Many people believe that the symptoms of arthritis such as pain and stiffness are inevitable and that they must live with it. However, the following advice can help you to manage your symptoms:

1) Exercise: Stretching and strengthening helps to reduce pain, improve circulation and balance (your qualified massage therapist/osteopath can give you an exercise regime). 5-10 minutes of gentle walking or Thai Chi can make a huge difference.

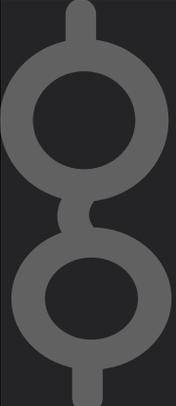
2) Manual therapies such as Massage and Osteopathy can help to improve blood flow and reduce muscle tension which can reduce pain, improve swelling and stiffness and improve overall mobility.

3) Glucosamine and Chondroitin supplements can be effective in reducing joint pains (talk to your doctor or local pharmacy)

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

Are you going on holiday?

We wait all year to have a holiday and if you are lucky you may get two, but how many times do you go away on holiday and don't sleep well? Or even better, go away and have the 'best sleep' of the year. It's because you're on holiday...right? What if it isn't? What if that old bed at the bach or the caravan, tent or in the luxury hotel where you are staying, is just in a 'clear' GEOPATHIC STRESS free zone. "What is Geopathic Stress?" you may ask. It is made up of the magnetic earth fields that are everywhere, you just don't want them under your bed. If it's under your bed at home, it will irritate and cause uncomfortable sleep, irritable legs, nightmares, bedwetting, allergies, and many more chronic illnesses. Notice when you are holiday, how you sleep? Compared to home? Which one needs checking? A simple Building biology test of home could save sleepless nights in the future and 'home' could be the holiday! Call Nicky at Clear Energy Homes to arrange this: www.clearenergyhomes.com or 021 545 299 or 09 213 7301.



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Do your customers know your Christmas hours?

Keep your customers informed about your opening hours this Christmas by sending them an email that not only wishes them a Merry Christmas, but lets them know your opening hours over the holiday period. You should also put this onto your website so anyone needing to get in touch with you will know when you are around. If



your website has a Content Management System you should be able to edit the pages yourself. Utopia can update your website if required, regardless of how it is designed or who hosts it. The team at Utopia would like to take this opportunity to thank everyone in the community who we have created websites for in 2015. Have a safe and well-earned break over Christmas and we look forward to seeing you in the New Year. Our office will be closing on the 23rd December and re-open on the 18th January. If you wish to discuss any website work in the meantime please contact us here at Utopia on 09 412 2473 or michael@utopia.co.nz. We are based in Kumeu and provide website design, consultancy and app development to a range of businesses all over New Zealand.

Girl Guiding update

We now have a complete range of units to suit all ages, from 5 to 17 years. Our Pippins unit has just started, with a new program and lots of fun activities coming up.

Pippins (5-6 years), meet Tuesdays, 4pm at St Chads, Huapai (NEW group!)

Brownies (7-9.5 years) meet Tuesdays, 5pm at St Chads, Huapai
Girl Guides (9.5-12 years) meet Thursdays, Waimauku Memorial Hall

Rangers (12-17 years) meet Tuesdays, 6pm at St Chads, Huapai
Call 0800 22 22 92 to arrange a visit.

We are busy fundraising for Jamboree, which will be held in January, in Christchurch. If you're visiting Art in the Garden this weekend, you'll find us selling the most delicious baking to raise funds for our Guides to attend this awesome event. Look for the Girl Guide tent!

The certainty of your future could be holding you back

You will most likely have a tomorrow. It is not guaranteed but a safe assumption based on the past. It is also likely that you will have a next weekend... it's pretty much a matter of sitting back, doing what you did last week and waiting for it to happen. And in the background we are waiting for a pretty certain next year and next Christmas.

But what if the certainty of it all is actually doing us an injustice? Perhaps there are projects, travels, business ideas, love or studies we could be experiencing but that our life hides from us. The fact that there will always be a tomorrow and no end in sight creates laziness and limits possibility.

Those suddenly diagnosed with a fatal disease or who perhaps lose a loved one are shown a unique perspective of life that we only sometimes get a glimpse of. A new perspective on life would bring about different actions. Knowing that there might not be a next year could bring about a level of happiness and satisfaction not experienced before, as we set about living life in a different way.

We think about our wish list and dreams. We have them in our minds but, certain of a future we mindlessly let our fears win. Fear of falling short. Fear of not being enough. Fear of failing keeps us from even starting. These worries won't kill you, in reality don't happen often and will ultimately create inner strength. These fears are never talked about (that's not the kiwi way) but decisions in life are based around them. We are running out of time people! Recently, Jake Bailey, the head boy at a Christchurch high school, said in his inspiring speech, 'I know one thing for sure, none of us get out of this life alive'. And we won't. But the habitual, certain way of living our certain lives can be detrimental to our happiness as we put off really living until it's too late.

One day never comes. Today is here. Perhaps don't put off buying that caravan. Are we waiting for 'when the time is right' or for when it feels 'safer' to put a new deck on or to have another baby or for the much needed kitchen reno? Ask the hot girl out. Try that haircut you've always wondered about. Send that email you're putting off. Go for that big client. Sign up for that team. Hold your head high up, and speak your mind with love and humility.

They say that material things won't bring happiness but when we start living in more truthful ways, from our hearts, then life certainly starts to show up differently for us. It's about who we

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are being when we decide not to waste each precious day. Watch this space. What would bring happiness? What makes you smile? When did you last belly laugh? If you were truly following your heart what would you do differently?

For a session ring or email Anna Wheeler 021 555 658. anna@thinkyourbest.co.nz.

DT Denture Clinic

The team at DT Denture Clinic have put together some of the frequently asked questions:

My dentures have broken and I tried to glue them back together but it doesn't seem to hold. Can this be repaired?

In most situations, yes, this can be repaired, depending on the severity of the damage. We can repair the same day, meaning you don't need to go overnight without your dentures!

My dentures have broken in the past and are constantly getting repaired. Is there no real solution?

Dentures that are constantly cracking or breaking need to be reinforced with something stronger than the high-impact acrylic the dentures are constructed of. We can do this by reinforcing the denture with a cobalt-chrome alloy: none of which is visible when you smile!

Do I really need a new denture? What is a relines?

Over time the bone beneath the gum shrinks and this makes the denture loose. A relines is where we renew the fitting surface, updating it to what you have presently, minimizing the looseness. Don't suffer with an ill-fitting denture! We offer same-day relines!

Go gummy for 3 to 6 months? What is an immediate denture?

No need to go gummy when immediate denture treatment allows you to have your new smile fitted in the same appoint-

ment that your teeth are extracted. Prior to having your teeth extracted, we take impressions of your mouth and make a denture, working with you to design that brand new smile.

If you have any questions, don't hesitate to contact our friendly team at DT Denture Clinic, 67 Brigham Creek Road, Whenuapai, 09 416 5072 or www.dtdentureclinic.co.nz.

Luxury river cruising, the finer art of exploration

As a niche of cruising, luxury river cruising is becoming ever more popular, especially for travellers who enjoy the finer comforts of cruising, but want to see more of a region's heartland.

Cruising on rivers may well be one of our last leisurely modes of transportation. On the river, speedy travel is never the objective – here it's about slowing down to be able to get a clearer view of gorgeous meandering landscapes as lazy afternoons pass languidly by at around 10kpm. This centuries-old form of transport guarantees a taste of the local culture, and an up-close view of inviting scenery, studded with castles, vineyards, quaint towns and picturesque villages.

Carolyn Hedley of the Luxury Holiday Company experienced this first hand earlier this year. So if you would like to read more of this article or find out more about river cruising, see her website at www.luxuryholidaycompany.co.nz or contact her on 09 416 1799. Carolyn is based in Whenuapai and is available for appointments.

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Localclubs

The Massey Birdwood Settlers Association Inc.

The Massey Birdwood Settlers Association was incorporated in 1925, one of the first resident and ratepayers associations in Auckland.

Well known resident families, the Luckens family and Spargo have their names on the founding documents of the Association. Meetings were held in the first classroom on the Massey Birdwood Primary School grounds. The association with the school (now Massey Primary) continues 90 years later with the school using the Massey Birdwood Settlers hall for its house nights on Friday nights.

The objects of the Massey Birdwood Settlers Association (incorporated 90 years ago) include the general advancement and improvement of the districts of Massey and Birdwood in the provincial district of Auckland and of the environments thereof, commercially and as a place of residence and otherwise howsoever. To cooperate with the statutory bodies in looking after the affairs of the districts of Massey and Birdwood and to ensure the maximum fair expenditure of the general rates levied by such bodies in the districts for the benefit of the ratepayers, residents and visitors.

Another of the objects the Association like Luckens and Spargo is to pursue and undertake any activity with the object of establishing, improving or preserving social cultural or sporting activities or amenities or the unique environment of the Districts. In plain English therefore, the Association represents your views to the local Council and Government, ensuring adequate resources are spent in the community that will benefit the whole community.

This Association is your Association – a voice to represent the community in matters relating to the way the City relates to all of us. Over the years many executive members of the Association have held elected positions within the City Council and Local Boards.

We have always made submissions to the Council on proposed rate increases as part of its role in ensuring local ratepayers are heard and the Council are aware that rate increase has a direct impact on many residents and local businesses' budgets.

If you're a resident or ratepayer in our area (From Ranui to Westgate and all areas in between) the Massey and Birdwood Settlers Association Incorporated is well worth joining for a membership of just \$1 (one dollar).

To learn more about the Association go to [www.masseybird-](http://www.masseybirdwood.org)

[wood.org](http://www.masseybirdwood.org) or email masseybirdwood@gmail.com. John G Ridell – Secretary - phone 027 477 9750.

Hobsonville Yacht Club

Location: 405 Hobsonville Road, Hobsonville, Auckland. Contact: Samantha, Email: admin@hycnz.org.nz.

Competitive sailing began at Hobsonville in the early 1930's which led to the formation of the Hobsonville Boating Club (HBC) in 1934. With the Defence amalgamation of Hobsonville and Whenuapai in 1966 to become RNZAF Base Auckland, the HBC was retitled RNZAF Base Auckland Yacht Club (RNZAF BAYC). However, since the airforce base has moved from Hobsonville we are now known as The Hobsonville Yacht Club. Our aim is to keep the tradition of recreational boating alive at Hobsonville.

Membership types:

Senior – voting and storage rights and appropriate security codes: \$150.00 (member, spouse and children under 18yrs)

Associate – no voting or storage rights and no security codes: \$50.00 (individual membership only)

Junior – no voting rights, no security codes. Limited storage, at the discretion of the Property Officer. Normal storage fees apply. 16 years and under: \$25.00.

Herald Island Boating Club

Location: 41 ferry Parade Herald Island, Auckland. Contact: Phone: 09 834 8836 Or 09 416 8220 Email: frnt@slingshot.co.nz.

The Club dates back to the early days of the 1920s when Herald Island was known as Pine Island, a popular harbour cruise and picnic destination, this was before the causeway was built. At that time it was a very active sailing and boating club, but it went into decline and was dormant for several years. A number of like-minded boaties, from the now Herald Island, sailing an assortment of keel yachts, together with a number of motor boat skippers, regenerated the Club with socialising, family fun, and competition being the main aims. As interest grew, the members, with blood sweat and tears, built a small boat jetty complex next to the original Herald Island wharf with a proposed club room to be built on the wharf proper. Unfortunately the original adjoining wharf was burnt down, the destruction being total. The club set aside the building of a club room to underwrite the reconstruction of the destroyed wharf using club members as labour. On completion, the new wharf was handed

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over to the Herald Island residents and a community trust was formed. At the present time the club has a fleet of keel yachts ranging from 20ft to 38ft, of different styles and years, challenging the waters of the Upper Harbour, and averaging around six to eight boats, or more, a race, making an interesting exercise for our handicapper.

The motor boat member numbers have declined over the years, but the ones we have are alive and very active. Included are a couple of photos, one of the old wharf that burnt down, some of the club boats in action, and our members at a family Xmas dinner and prize giving.

The encouragement, promotion, protection and advancement of seamanship, safety at sea, and all related interests of all Club boat owners and members. To foster yachting events for all classes of sailing vessels and provide sailing information, and stimulate a greater interest in sailing, and motor boating. To promote awareness of marine water safety regulations, and courteous operation of all craft. To develop and maintain all Club facilities, and raise funds by any legal means, and to use the same to promote the interests of the club.

Clearwater Cove Yacht Club

Location: 17 Clearwater Cove West Harbour, Auckland 0618 New Zealand. Contact: 021 621593.

Clearwater Cove Yacht Club operates from Hobsonville Marina near Hobsonville on the western shores of the Waitemata Harbour in Auckland. We utilise 'The Marina' Bar and Restaurant as our clubhouse and Hobsonville Chandlery as our Race Office. Hence our full attention is on yacht racing and not owning and managing assets. Focussing on keelboats, we have a full programme including a Wednesday Twilight Series in Summer and

a Sunday Series in Winter. Cruising Racing within the club in Summer as well as a number of inter-club challenges against fellow Upper Harbour yacht clubs. We use Mark Foy starts for our Local (Between the Bridges) races, but have moved our start/finish line north to be clear of the Henderson Creek/Hobsonville Channel entrance. It is now off Fitzgerald Bay, opposite the channel mouth. (To clarify, the lower part of Henderson Creek below the marina, the marked channel, is locally referred to as the Hobsonville Channel - or Westpark Channel by those who haven't caught up yet). Prize-giving back in the ample comfort of 'The Marina' Bar & Restaurant after every race as well as series prize-givings, dinners, talks and social functions.

Sailing is a sport for life and Yachting New Zealand values the sport for the pure enjoyment that sailing and boating bring to the public. That's why most of us love being on the water. We encourage kiwis to get into sailing, take part in social sailing and in non-competitive events. When planning cruising voyages we offer safety and technical advice and perform yacht inspections which are a customs requirement for vessels leaving the country. YNZ lobbies to ensure continued freedom of navigation in the coastal marine area and unimpeded access to sheltered bays for both enjoyment and safety.



30 days till Summer...

Can you imagine the sheer delight Allison had fitting in to her new bikini, beach ready and confident for summer fun? Among the hundreds of bikini pics and testimonials that arrive at Club Physical Support Office each year, Allison remains a favourite. She has shown all of us what consistency and determination can do.

"I lost about 15 kilos even before starting the 'Challenge'. But because I lacked motivation and feared the see-saw weight-loss / gain cycle I'd been through before, the 'Challenge' was the means to break that pattern. And it worked!"

I am a far cry from the girl who used to make every excuse under the sun NOT to exercise. If I'd known the type of results I could have achieved on the 12 week Challenge I would have done this six months ago. Special thanks to all at Club Physical Three Kings and especially my trainer!"

Allison Crene (24)

Reduced her waist 16cms, achieved a 12kg weight loss and a 9pt blood pressure drop. Her body fat reduced by 8%, and breakfast went from NOTHING to Weetbix and Kiwi-fruit.



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Petstips:advice

Why not give your dog a holiday while you are having yours?

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Raw-feeding and mixed feeding

A well-planned, species-appropriate raw diet promotes strong gastric acidity in carnivores.

This enables them to fully digest raw meat, bones, organs and tripe. Strong acidity promotes absorption of the nutrients from this diet. It also protects the carnivores from disease-causing bacteria that can be present on all food.

Processed diets (including grain-free products), with their higher carbohydrate content, impair the production of strong gastric acidity. If a cat or dog is fed a mixed diet - raw and processed - they are at risk of not being able to fully and safely digest their raw food.

This is why we advise pet owners to make a choice - feed either a processed diet, or a well-planned raw diet, but never both! So if you are ready to go raw, Visit Raw Essentials Kumeu, where store manager and Veterinary nurse Amanda, and her team, will help you achieve the very best real raw food diet for your cats and dogs! 250D Main Road, Kumeu. Phone 09 281 055, email info@rawessentials.co.nz or visit www.rawessentials.co.nz.



Christmas gifts for pets

Summer is here, Christmas is around the corner, and holidays along with longer daylight hours mean more time to spend with loved ones - including our furry, scaled and feathered family members! At Animal Avenue we involve our pets with every aspect of the holiday season possible and this includes giving

them their own special gift under the tree to open on Christmas morning along with the rest of us. We've been busy sniffing out the best 100% Natural treats and products around, guaranteed to entertain and excite your beloved pet. We have a range of gift options for any pet and now offer Gift Boxes, packed with treats, toys and products for you both to enjoy together. Gift Boxes are perfect for if you are on the run or as a present for friends and family's pets too. Come in and see us at Animal Avenue for great activities for you and your pet to enjoy together



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this Holiday Season. Christmas cakes for pets, personalised pet Christmas cards and homemade toy ideas. pets@animalavenue.co.nz or phone 09 412 2581.

Bark NZ

Hurray for the sunshine. It made for a fabulous visit this morning to Farm Friends Early Childhood Centre!

As always, the best learning and most fun happens on the playground and today BARK Buddy Flicka got to practice her new dance routine.

BARK Buddy Ollie saw his first commercial digger and joined the children as they all peered through the fence panels while it dug up the driveway.

Thanks for having us visit, Farm Friends. We look forward to seeing you again someday soon. www.bark.org.nz.



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If you are busy and do not have enough time for your dog, TheK9Way's professional dog walking & minding services will fulfill your dog's mental and physical needs.

Book a free phone consultation or free Meet & Greet online at www.thek9way.co.nz or call us now on 021 239 0635.

We speak dog, let us teach you to do the same!



The great dog de-bite

Should we touch a strange dog? Where should we touch a strange dog? What are the rules of engagement? We all know

that we should ask permission prior to touching a dog. But when permission is given where do we then touch it? When I was growing up we always thought if a dog was wagging its tail it was happy, that you greet them by patting them on the head and if they roll on their back they want their belly rubbed. Every part of this is now known to be incorrect.



Now the recommendation is to touch them under the chin, don't look them in the eye and don't put your face close to them. When you are a child, how can you achieve that without putting yourself in front of the dog?

Logically - does this make sense?

Let's look at your body positioning when you pat a dog under the chin.

- You are standing in front of the dog
 - You crouch down or lean over
 - Children step forward
 - The dog's mouth is often at the same level as the child's face
- Children automatically make eye contact with a face and this begins when they are only a few months old - it is called "mutual gaze". Look at any baby, toddler or a young child, they will look you in the eye to try and get an understanding of what you want them to do.

Consequently children may think the dog is smiling at them when it is showing its teeth.

Now what if the dog decides that it does not want to be touched?

Of course the child has followed the 1st rule of always asking permission prior to touching a dog. The owner has said yes. But what if the dog decides that it does not want to be touched....

The child is either standing or crouching in front of the dog. The dog could lunge forward, where is the child going to be bitten? Logic says - why position a child or yourself at the business end of the dog?

Studies completed in Germany in 2014 support the belief that touching a dog on the head is the second most stressful place for a dog to be touched.

PET First Aid & Training (NZ) Ltd have 3 Golden Rules for anyone who is looking to pat an unfamiliar dog.

1. Always ask permission from the owner and never approach a dog that is alone.
2. Once permission is given, stand to the side of the dog and touch only its shoulder or side.
3. Stand like a tree if a strange dog approaches you.

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Insider: West Harbour

West Harbour Christian Kindergarten

West Harbour Christian Kindergarten is a relatively new early childhood centre situated in the heart of Massey/West Harbour. Our kindergarten is a vision turned into reality, by people who wanted to invest in the local community. We believe in the value of children, the importance of their whanau, and the sharing of Christian values. This will provide a community partnership in the raising of our children.

West Harbour Christian Kindergarten caters for children from 3-5 years, however children from 2 ½ are welcome. We provide 20 hours free early childhood education for all children over the age of 3. Children under 3 will be required to pay full fees until their 3rd birthday.

Our centre hours are 8.30am – 3.30pm and we are open during the school term holidays. We would love to meet you and show you around our centre. Everyone welcome. 145 Moire Road, West Harbour - Phone 09 416 8091, email: info@whck.org.nz or visit: www.whck.org.nz.



Style Ahead - Michelle

Styles Ahead was created over 24 years ago, based in Luckens Road as Simply Hair the salon was relocated to West Harbour Marina in 2008 and became styles Ahead. "We took over in May 2014 after being loyal customers for over 20 years and still have some of the original staff. My husband and I are local residents and wanted to invest in a local business, although not a hair stylist we have had businesses before and it has the same make up of service and staff" says owner Michelle Evans.

"We have lived in West Harbour for 30 plus years and we just love it, the growth in the area is huge and this has represented growth in the business, new customers are growing and the environment is amazing with such a unique and relaxed atmosphere. Clients say that they love the personalised service, regular faces and feel the extended family touch that the salon



offers. They enjoy the additional bonus of wifi facilities, complimentary beverages, endless chit chats, and not to mention our continuous promotions and weekly specials"

All staff attend regular training and this reflects within their professional and creative techniques. Styles Ahead is exclusive stockiest of Wella Professional Haircare products and have only the top line products on offer which is well received by staff and customers. Ongoing product knowledge and information sharing continues to deliver excellent results.

Recent changes have included a complete shop make-over making it brighter and more personalized with designated individual areas and this has achieved a rewarding and positive response from our clients. The name, branding and web site have all been upgraded to reflect the new look together with a fresh new face book page so check us out. The girls love that when things need to happen, they happen and Michelle pops in most days to ensure that things are running smoothly and to help out with anything from shampooing, floor sweeping to making bookings. It is important to be 100 percent supportive of your team and ensuring that they feel supported leads to an enjoyable working environment.

"The future is bright and we will be busier, we thrive on the new growth in the area, new staff and clientele and this will see the business further cement its place in the community and region". People travel from all over the Auckland region to catch up with their personal stylist. "We have a pricing structure that reflects each stylist's expertise which provides our customers with an added choice in value. We are always encouraging and training our team and get great satisfaction seeing budding new stylists progress through their career, increasing not only their professional skills but also their client base. This is most certainly a people business and it is important to acknowledge on behalf of the salon the huge amount of customer loyalty and support that we continue to receive from within the community."

"A best kept secret here at Hobsonville Marina we are always thriving to provide an even greater service to not only our existing clients but to all new customers that visit and are keen for everyone to experience our professional and personalized services so spread the word, visit our website or face book page to see our full range of services on offer. Part of our attraction is the relaxing Marina environment our customers get to enjoy during their visit but compliment this with a highly service driven approach and you won't be disappointed. You have to expe-

rience the complete service to respect how unique the feeling is". To book or discuss your styling needs please phone 09 416 9221, visit us online at www.stylesahead.co.nz or call in to the salon for a free consultation.

Belaire Ferries Ltd

Belaire Ferries has been operating the West Harbour Ferry for the past ten years. They have carried more than 600,000 passengers on the 30 minute scenic trip from Hobsonville Marina to the Downtown Ferry terminal.

With a fleet of ferries ranging from 49-149 seats there are 14 return trips every Monday to Friday. Tickets are available for purchase on board with Cash, Eftpos, Visa and Mastercard accepted. Cash fare prices are Adult \$10 and Child \$6 but a 20% discount is available when passengers use an AT HOP Card. Supergold card holders travel free from 9.00am onwards.

A park and ride facility is available for early travelers and further street parking is available on Clearwater Cove. There is plenty of signage at the marina directing passengers to the ferry terminal at Pier C where the ferry staff are waiting to greet you.

Full timetable available online at www.belaire.co.nz.

West Park Marina Ltd

Location: 18 Clearwater Cove, Hobsonville, West Harbour, Auckland. Contact: Marina Office, Phone: 09 416-7447 Email: info@hobsonvillemarina.co.nz. Opening Hours: Weekday: 8.30am to 5pm, Saturday, Sunday: closed.

Built in the late 80's, Hobsonville Marina is New Zealand's third largest marina. Hobsonville Marina is an extensive privately operated recreational boat harbour in Auckland's upper Waitemata Harbour, a short distance beyond the harbour bridge or via highway 16 from Auckland's CBD. Hobsonville Marina is surrounded by a comprehensive marine service centre. The travelift haulout and hardstand facility can cater for a pre-race



water-blast or a full refit – short or long term boat storage. The Marina also provides a local hub of retail and services at the shopping centre, conveniently located within walking distance of all piers. Hobsonville can provide for short or long term berthage for vessels up to 30 metres. As part of our marinas group, we also offer berths for vessels up to 40 metres at Bayswater Marina.

Hobsonville Marina offers a comprehensive range of services onsite for your convenience. The marina's friendly customer services team and Marina staff are happy to assist with your berthage and maintenance queries. Hobsonville marina has an onsite security team which continuously monitors the marina 24/7. The marina pier gates are also accessed via card/pin and camera surveillance is enabled via our CCTV network of cameras. Download the map of the marina.

Hobsonville Marina has a total of 592 berths (slips) ranging in length from 10.4m to 34m. Each berth has a half-length finger alongside and shared access to utilities. Access to berths is electronically controlled with gates at each pier head. Marina operations staff are available to assist with berthing at any time.

The Hobsonville Marine Services Hardstand boatyard is where you have complete choice as to how, when and by whom your boat's maintenance is carried out. Hobsonville Marine Services hardstand is one of the largest in Auckland and has covered facilities available. Whether it is merely re-applying anti-foul or a complete refit, we have the space and the facilities to assist you. Hobsonville Marine Services On-site Partners offer a wide range of services who are capable of handling any work required, or if preferable, owners are able to carry out their own work provided they conform to the normal occupational safety and environmental protection rules of Hobsonville Marine Services Ltd.. Hobsonville Marine Services has two Travelifts capable of lifting up to 75 tonne for vessels with a Maximum Beam of 6.3 meters. We have a team of experienced, dedicated staff who will ensure the safe lifting of your vessel.

The Marina Restaurant and Bar

Location: 15 Clearwater Cove, Westpark Marina. (Entrance from Marina Carpark). Phone: 09 416 6173. Opening hours: Wednesday - Saturday 11:30am – Late, Sunday 10am - Late.

Overlooking the magnificent upper reaches of the Waitemata Harbour, The Marina Restaurant and Bar is a hospitality haven for those seeking a great sea-side dining and drinking experience right on their doorstep.

A cafe, a bar, a restaurant and a function venue, The Marina boasts an unrivalled flexibility in its unique style and unparalleled location. With stunning views overlooking glistening waters and the gently lapping sea, The Marina is West Harbour's only true local restaurant and bar.

Whether it's for a few quiet drinks after work, somewhere to sit back and enjoy a casually relaxed meal during the week, or your 'cafe of choice' for a weekend brunch with the family, The Marina Restaurant and Bar caters for all dining and drinking occasions. The Marina Restaurant and Bar is also fully licensed to supply yachties and boaties with a full providore service for on board hospitality – featuring an outstanding selection of beers and wines, along with a sumptuous selection of platters for a day or weekend's sailing on the harbour.

The Marina is a naturally designed sun trap – with expansive open decks meaning customers can catch the early morning sun as it rises over the harbour and enjoy a silky smooth coffee over brunch. Then later as the sun sets in the west, the final rays of the day glow over The Marina's wrap-around balcony.

Offering something to everyone throughout the week, The Marina Restaurant and Bar brings a vibrancy and sense of pride to West Harbour. The Marina Restaurant and Bar – your 'local' in the heart of West Harbour marina. Don't forget that Thursday is quiz night and there are restaurant vouchers to be won!

As a function venue, The Marina's modern bar and restaurant facilities are ideal for your next special event - Birthdays, Anniversaries, Corporate functions, Christmas parties.

The Marina is able to accommodate groups of up to 50pax. We can offer a range of menus to suit a variety of budgets. We can offer guests the outside dining areas (as shown above right) for a fee of \$300, with a tailored food/beverage package of their choice. To book for functions we need: numbers booked and confirmed a week in advance, the room hireage fee and a 10% minimum deposit.

Join our Loyalty Club and let us keep you up to date about the exciting and ever-changing menu of promotions happening at The Marina.

West Harbour Veterinary Clinic

Location: 77 Hobsonville Road, West Harbour. Phone: 09 416 6388, email: info@westharbourvets.co.nz. Opening Hours: Weekdays: 8am to 7pm, Saturday: 9am to 12pm.

We understand that your animals are not just your pets, but much loved companions and members of your family and, as such, we strive to give them the best quality care possible. Independently owned & owner operated for over 30 years.

A friendly, caring and compassionate team offering quality and up to date veterinary care for your pets.

West Harbour Vet Clinic has been part of the landscape of West Harbour for the last 30 years and was originally started as a small branch clinic in 1985 by Bruce Waldock. Since then it has grown into a modern and busy two vet clinic for small companion animals. Bruce and Ee bring over 50 years of combined veterinary experience when it comes to looking after your pets. They also strive to keep up to date with the latest treatment options and techniques by routinely attending conferences and seminars. Our fantastic team is actively encouraged to participate in regular continuing education. Both of our vets are graduates from Massey University Vet School in Palmerston North and all of our nursing staff have NZQA qualifications. We pride ourselves in being a friendly, caring and compassionate team offering quality and up to date veterinary care for your pets. Our modern clinic is well equipped to serve your pets' needs. We have a range of diagnostic equipment as well as intravenous fluid pumps, blood pressure monitoring, ECG machine and pulse oximetry to enable us to diagnose and treat your pets' medical conditions. We have a comprehensive pharmacy and have access to a wide



range of treatment options for your animals if required. We are also fortunate to have a team of dedicated, caring, compassionate and trained nurses who are driven to provide the best care for your pets if they are required to stay in hospital.

West Harbour Community

The Westerly is a fantastic community magazine that allows locals to talk about common likes, values, opportunities and any issues in need of resolution. One issue that I would like to clear up is the media hype and speculation around plaster finished homes. Let me say that it is not a finishing compound, nor the insulation properties within a home that make it leak. Further let me suggest that all houses are subject to leaks at some stage in their life-cycle. It is more about how the home owner deals with this maintenance in a way that safe guards the home. Certainly I appreciate that care and research must be taken when purchasing any home but I would never discount viewing a home based on cladding and insulation system. I suggest that there is some very good buying available in plaster finished homes that provide good value, and in general good insulation properties. If you are selling a plaster clad home give me a call on 0800 900 700 for a no obligation chat about gaining the best value for your home.

The Little Castle

Location: 5 Luckens Rd, West Harbour, Auckland 0618, New Zealand. Phone: 09 416 5580 or email: tlc.4kids@xtra.co.nz.

Welcome to The Little Castle Early Childhood Centre, where we provide care and education for children under 6. We are licensed for 45 children at one time. We have two separate areas: upstairs for 3 months to around 2 years and downstairs for 2 years to school age. At The Little Castle, we know that Tender Loving Care is a primary component of early childhood education. For young children, the concepts of 'care and education' cannot be separated. We provide a learning programme based on both child-initiated and teacher-directed activities with the aim of supporting each individual child's learning and development. We believe that children learn best when they are given time to chose their interest areas and activities, to socialise with their peers, and when they are supported by qualified, caring and professional Early Childhood Teachers. At The Little Castle we provide an environment conducive to this.

"Our aim is to provide a service to parents and caregivers in our community who need quality care and education for their preschool children, in a warm, safe, nurturing, learning environment".

Our centre is owned and run by Beryl and Mike Langford. We have two adult daughters of our own. Emily is part of the TLC team of teachers and our assistant manager. Our trained teachers have a sound background and knowledge in the care and education of children from 0 – 8 years and are encouraged to take part in professional learning throughout the year to keep up to date with current research and theory. We believe, in providing an environment, where children are respected and valued as individuals, where their emotional, spiritual and physical needs are met in a loving, caring manner. We believe that children need a strong sense of self-worth. That they learn best if they are given opportunities to explore their environment, to create and act upon their own ideas, to develop knowledge and skills in areas that interest them.

Christmas Fruit Cake

- 800g fruit mix
- 250g butter
- 1 cup brown sugar
- ½ cup brandy or sherry
- ½ cup water
- 1 ¾ cups plain flour
- 1/3 cup self-raising flour
- ½ tsp baking soda
- 5 eggs, lightly beaten
- 1 Tbsp treacle



Combine fruit, butter, sugar, brandy and water in a large saucepan. Stir until sugar is dissolved and simmer for 10 min. Transfer to a large bowl and cool to room temp.

Mix in beaten eggs and treacle. Add dry ingredients and mix well.

Pour into a fully lined tin – approx. 8 inch square.

Bake at 160 until skewer comes out clean – approx. 2 hours

If cake starts to darken too much on top then cover with a sheet of baking paper.

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@paulajane cakes.co.nz or visit paulajane cakes.co.nz.



Lights, camera, action - Mike Pero Hobsonville

The beverages and food were in full flow on Wednesday 18 th November as the office was officially opened by Mike Pero Real Estate, Chief Executive Mike Pero and General Manager Josephine Kinsella. Over 70 people enjoyed a mild evening



with flags, marquee and Greg Murphy look-alike racing car. At the ribbon cutting ceremony Mike Pero announced it was the 56th Mike Pero Real Estate Office to be opened and that he was opening on average a new office every 29 days. The office is a brick and mortar commitment to Hobsonville and surrounding areas from which the sales team will deliver a more sensible real estate commission and a \$6,500 marketing kick start to all ex-

clusive listings. We suggest you contact Graham McIntyre and the team on 0800 900 700 for a chat today and find out what makes Mike Pero Real Estate your number one choice.



West Habroure tide chart

Date	High	Low	High	Low	High
Tue 01 Dec	-	05:47	12:18	18:22	-
Wed 02 Dec	00:44	06:35	13:06	19:13	-
Thu 03 Dec	01:32	07:24	13:55	20:04	-
Fri 04 Dec	02:23	08:17	14:46	20:56	-
Sat 05 Dec	03:16	09:13	15:37	21:49	-
Sun 06 Dec	04:11	10:11	16:29	22:41	-
Mon 07 Dec	05:07	11:06	17:20	23:32	-
Tue 08 Dec	06:01	11:56	18:09	-	-
Wed 09 Dec	-	00:20	06:50	12:42	18:56
Thu 10 Dec	-	01:05	07:35	13:26	19:42
Fri 11 Dec	-	01:48	08:18	14:09	20:26
Sat 12 Dec	-	02:30	08:59	14:51	21:10
Sun 13 Dec	-	03:11	09:40	15:34	21:54
Mon 14 Dec	-	03:53	10:22	16:18	22:38
Tue 15 Dec	-	04:35	11:06	17:04	23:23
Wed 16 Dec	-	05:19	11:51	17:52	-
Thu 17 Dec	00:10	06:06	12:40	18:42	-
Fri 18 Dec	01:00	06:57	13:31	19:35	-
Sat 19 Dec	01:53	07:53	14:26	20:30	-
Sun 20 Dec	02:50	08:54	15:23	21:29	-
Mon 21 Dec	03:53	09:58	16:23	22:30	-
Tue 22 Dec	04:57	11:02	17:23	23:30	-
Wed 23 Dec	06:00	12:02	18:23	-	-
Thu 24 Dec	-	00:29	06:59	12:59	19:21
Fri 25 Dec	-	01:24	07:54	13:53	20:16
Sat 26 Dec	-	02:16	08:45	14:45	21:09
Sun 27 Dec	-	03:06	09:34	15:35	21:58
Mon 28 Dec	-	03:52	10:21	16:23	22:46
Tue 29 Dec	-	04:37	11:06	17:09	23:31
Wed 30 Dec	-	05:21	11:51	-	-

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



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Home:garden

Preparing your house for sale

When considering preparation of a property for sale the first rule is to put yourself in the shoes of a prospective buyer.

First impressions are all-important and how the buyer sees your home from the road or from the gate can seriously impact on whether or not a closer inspection takes place.

The initial items on your "to-do list" should include tidying up and enhancing all that meets the eye of the prospective buyer as they approach.

This may entail such basic operations as keeping paths cleared, mowing lawns, trimming bushes and maintaining fencing.

Gardens and areas around the house should be kept free from rubbish bins and left-over building materials. Toys and sports equipment should be stored in a garage or shed to create a clutter-free environment.

Attention to the house itself should include touching-up faded paint on trim, washing windows and keeping gutters free of debris. The front door and porch should be spic and span to create a welcoming feeling and, if selling the home during winter, you may want to consider including practical items such as a rubber mat and a container for umbrellas.

Finally, to create some colour, give consideration to planting some flowers near the entrance. There is a common belief that yellow flowers evoke a buying emotion and Marigolds are inexpensive. This may be the finishing touch that ensures your home's inclusion on a prospective buyer's shopping list.

Contact Graham Gill on 021 588 661 or email graham.gill@mikepero.com

In the search for New Zealand's ultimate SuperRed tomato grower!

Legendary food brand Wattie's – who have been supplying Kiwis canned tomatoes since 1936 – and gardening great Palmers have come together to lend their muscle to the inaugural Wattie's & Palmers SuperRed Tomato Growing Competition 2015.

What makes this competition extra special is that for the first time, the Wattie's tomato seed used to grow their iconic canned tomatoes is available for purchase by the public. Wattie's field tomatoes, aka Wattie's 'SuperRed' seedlings, are unique to traditional 'beefsteak' tomatoes. They grow as a bush and not a vine, with firm, flavor-packed fruit that are more elongated than round. The fruit is relatively high in natural sugars and lycopene,

and the fruit on the bush ripen around the same time making them perfect for Wattie's Canned Tomatoes. Now they can be grown at home to enjoy fresh and for a season of homemade chutneys and relishes.

The SuperRed competition is looking for the home grower who can grow the heaviest total weight of tomatoes from a single plant. It is rumoured that at the Wattie's nursery one plant can yield up to 40kg of fruit! The big prize up for grabs is a family holiday to the adventure capital of New Zealand, Queenstown that includes flights, five nights' accommodation, car hire, some fast-paced adventure activities and a cruise on the SS Earnslaw, with a total value of over \$4,000.

A weigh in day on February 20th 2016 will determine the winner, by which time the tomato plants will be laden with fruit. Each plant will be weighed according to strict rules provided by Wattie's growers with first, second and third prizes awarded in every store, and the big winner declared with the heaviest total weight nationwide.

Palmers marketing manager, Janalle McMeekin says that excitement is high around the competition, which commences on October 30 when SuperRed seedlings go on sale. "We are excited to be working with Wattie's on this unique competition. Kiwi gardeners love growing tomatoes, so this competition is perfect for friends, family, neighbours and community groups to have a go and claim their bragging rights," says McMeekin. "Now is the perfect time to be planting tomatoes so we can't wait to see the results on weigh-in day on February 20, 2016!"

From October 30 kiwis can purchase a Wattie's SuperRed Tomato competition seedling in Palmers and Palmers Planet stores for \$19.99. Included with the seedling is everything they need to get growing, including a felt bag to plant the seedling in, potting mix, plus a sachet of Liquid Gold fertiliser – (the secret to making the plant thrive) and a leaflet with details of how to get the best results for when you go forth and grow!

For more information: www.palmers.co.nz/super-red.

Nail the lodge look

Before we get started, I'd like to propose a challenge. Next time you see an image of an interior you like, and before you say to yourself "I could never get my room to look like that," I challenge you to take another look and write down what you like about it - why you think it works. It's a great habit to get into as it helps you become conscious of your own personal reaction to a space. Pick it to pieces, it's easy, I promise! Once you've done this a few times, similarities will start to emerge and you will then have

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the confidence to start pulling your interior together successfully.

Huka Lodge, Kauri Cliffs, Matakauri Lodge - we've all seen images and wished we were there. The key to nailing the lodge look is getting the right balance between rustic and luxe. Let's look at the most important elements to achieving this look. Keep your colour palette reined in -



Combine warm earthy paint colours with the natural tones of wood, stone, leather, fur and iron. One of my favourite colours is Eggshell Acrylic paint in Cardamon from Porter's paints - to die for! Or if dark is your flavour, Karen Walker Resene Fuscous Grey is a lovely warm grey. The secret, of course, is to keep your colour palette restrained; this also applies to your soft furnishings. Go crazy with texture - Ok, so you've kept your overall colour palette restrained, now you have the licence to go crazy and add interest with loads of layers of texture. Think a smooth low sheen wooden floor (an oiled finish will draw out the natural grain) layered with a soft rug that anchors your leather furniture. Add a sprinkling of woven wicker, luxe fur, deep velvet and slubby linen accessories and, finally, top it all off with a roaring fire framed in raw stone - ahhhh, now that's what I call rustic luxe!

Go big or go home - Go big. Add instant grandeur with one oversized pendant or chandelier and don't be afraid to drop it low when it's placed over a table. I'm constantly noticing gorgeous chandeliers that have been tucked up high into the ceiling - drop it like it's hot!

Even your accessories need to be big! Oversized cushions (600 x 600mm), chunky candles, large table lamps (at least 700mm in height) urns, pots, and antlers and so on.

A lodge style living room has to have a bold focal point. Bulk your fireplace up with something substantial above the mantel; an oversized mirror, a large deer's head or textured oil painting. But make sure this is grounded by a substantial mantel piece, something with weight. No point in having a bold statement above the fireplace when you have it anchored by a pathetic wafer thin mantel. True, no?

Greenery? Finally, the lodge style, of course, is inherently inspired by nature so you can't go wrong dotting an abundance of plants around. Again, try to go large - large pots, large arrangements, large vases and large plants.

So that's it for me today, stay tuned and never miss a post by signing up to the Lou Brown Design blog at www.loubrown.co.nz. I'm also constantly updating my Facebook so you can keep up to date with my journey through the exciting world of interiors.

Deck and Fence Pro

After withstanding all sorts of weather for years, wooden decks, fences and outdoor furniture can look decidedly unattractive. Replacing them completely or trying to restore them yourself can involve lots of time, expense and frustration. But now there's another option that's not only affordable, but will also bring them back to their original beauty, just in time for summer. Deck and Fence Pro specialise in the complete restoration of weathered decks, fences, garden furniture and more - and the results are so good they astound customers, say local franchise owners Zane and Jaimi Scott. Fully trained in the latest techniques they employ professional cleaning and restoration technology which is environmentally friendly. They use Deck

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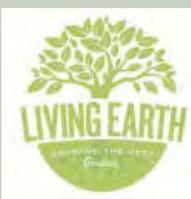


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and Fence Pro's own range of special cleaning solutions before applying the companies specially formulated range of linseed oil-based stains, or paint if you prefer, to make the restored items look like new. Removing UV damage, lichen, dirt and stains is no problem and the service is quick and efficient. The company also cleans and restores brick, block and plaster fences, as well as water blasting to clean driveways, garden paths and other outdoor areas. Deck and Fence Pro also supply and fit garage carpet, an option that appeals to an increasing number of people using their garage as extra living space. Carpet can be professionally fitted in just half a day and will transform the look of your garage.

Call your local Deck and Fence Pro Specialists, Zane and Jaimi Scott, for a free no obligation quote, on 022 096 3172 or email zane.s@deckandfencepro.co.nz.

Restructuring and terminating a trust

Trustees from time to time may need to restructure a trust. This can include putting some trust assets into separate trusts for individual beneficiaries of the parent trust if the circumstances call for this. Lawyers call this resettlement. However, terminating a trust after disposing of its assets is something which should not be undertaken lightly. This is because it can make the Trustees liable to the beneficiaries who have lost their right to enjoy the assets of the trust either presently or in the future. This can be especially difficult if the potential beneficiaries are not of age where they can consent to the Trustee's proposal. Beneficiaries have a right to ask the Trustees to account for their role in looking after and disposing of the assets of a trust. It is imperative for a Trustee to get legal advice, including independent legal advice, if at any point they are asked to be a party to the trust restructuring which could involve a termination of the trust. Luke Kemp - Kemp Barristers & Solicitors phone 09 412 9600 or email luke@kempsolicitors.co.nz.

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Technology is fast becoming a staple in our daily lives, making it easier than ever to obtain interior design advice and services direct to your inbox! At The Little Interiors Co we bring that accessibility. Tailored to the creatively minded person who's looking for a little guidance and technical expertise to realize their interior vision at an affordable price. Our e-design services are flexible and personalized allowing you to have your own 'virtual interior designer' who will work one-on-one with you to capture your dreams and ideas to help transform your space into excit-

ing, current and functional spaces. I love to recreate dreams, particularly in children's bedrooms and play spaces for your precious little ones, and I would dearly love the opportunity to make their dreams come true too! Our e-design services are available to anyone across New Zealand and abroad. I am also more than happy to tailor a more comprehensive and in-home Interior Design Package on request. More comprehensive interior design service information and products are available to you over on our website www.thelittleinteriorsco.com. We would love to hear from you with any queries so please drop us a line at hello@thelittleinteriorsco.com or our visit our Facebook page for upcoming offers, room reveals and more www.facebook.com/LittleInteriorsCo.



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Carolyn is available for appointments and is based in Whenuapai. Carolyn Hedley – Travel Broker, Itinerary Planning and Cruise Specialist. Phone 09 416 1799 or email: carolyn@luxuryholidaycompany.co.nz or visit www.luxuryholidaycompany.co.nz.

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Heart Saver Winners

We did it, we were super proud and humbled to be named finalist in a few categories of the Westpac Auckland Business Awards 2015 and The David Awards 2015. We are now over the moon to announce we won!



• Excellence in Strategy and Planning – Westpac Auckland Business Awards 2015; and

• Most Outstanding Established Business – David Awards 2015
We had a wonderful night at the Westpac Business Awards, celebrating with our team and the other finalists and winners. It was a great opportunity to meet the other amazing businesses we have out West and celebrate with them.

We would like to take this opportunity to thank those who have supported us through our journey so far. Our amazing family, staff and the wonderful mentors we have working with us keep us focussed and on track to keep meeting our goals. We would also like to send a big thank you to our customers!

Next time you are in Kumeu come in and say hi (Level 1, 80 Main Road, Kumeu) or visit our website www.heartsaver.co.nz.

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