

the Westerly

FREE monthly community magazine for Massey to Hobsonville Point

PROPERTY MARKET REPORT

TOP ROOF MAINTENANCE TIPS

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

SET FOR THE SHOW

Circulation is 16,000 print copies.

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

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

February 2018

Intro

We are regularly reminded of the challenges posed to our existence by the issues of climate change, food production and toxic pollution. But if you have read Professor Tim Flannery's new book "Sunlight and Seaweed" (available through Auckland Libraries) you will know that technologies already exist, both to harness solar energy to store heat to provide clean renewable power, and to use the power to purify polluted land for agricultural production. Further, kelp could be grown at sea to convert carbon from the air, thereby reducing atmospheric carbon.

While as individuals we won't be able to save the planet in these ways, it is reassuring to know that the potential is already available, and, who knows, someone might get round to making it happen. In the meantime, the best we can do is to respect our environment, avoiding buying more than we need (see the article on zero-waste bulk foods), avoiding possibly harmful chemicals (see the Flower Barn piece) and increasing our recycling efforts.

As we look forward to the promises of the year ahead, we hope that everyone will find something of interest in the pages of the Westerly. Now we are past the peak of summer break, there is still plenty to do in the area. There are activities for all ages, from gymnastics and tennis to general fitness training, cricket and swimming. Read about the local opportunities such as the new-look farmers' market. Could you help out in your community? The women's refuge and the local fire brigade need volunteers. Don't forget the Kumeu Show next month - put it in your calendar. Looking ahead to a holiday later in the year? Help is at hand with local travel shops. Check out what is happening in the local property market with Graham's Report, read about all that is available to safeguard your house and to improve your garden. Celebrate the local Tradie of the Month. Have you thought about emergency planning for your water supply? It looks as though most of us haven't.

There is no shortage of ideas for eating out in the area, and plenty of skilled health advisers to put you right when you need support. Don't forget the care of your pets, and do remember how quickly a car in the sun heats up and could endanger your dog, or children!

Please support our advertisers and let them know where you read about their products.

Until next month, good reading!

John,
Editor



the Westerly

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Community notices

Hall for rent

The Massey Birdwood Settlers Association have owned the hall on the corner of Red Hills and Don Buck Road in Massey since 1956.

The hall is leased out to a number of community groups, with the hire fees being poured back into the upkeep of the hall. The Association is committed to informing and advocating for the community of key issues that affect resident and ratepayers and also assisting in the preservation of the history and culture of the Massey area. A number of photos are on display in the "Den" that provide an historical backdrop to the area. The Association's website has a number of stories relating to the history of Massey and the mural on the side of the hall depicts the early history of the area. It is an incorporated not for profit organisation and registered on the charities register.

The Association is always on the lookout for new long-term users and has suitable facilities to host yoga or Pilates groups, discussion groups, people teaching musical instruments such as the guitar. Current users include a kindergarten, an English Language School, Aikido and Kung Fu, Indoor Bowling, Housie, Wine tasting group, Quilting Club, Cake Decorating Club and four churches.

For Venue Hire please phone John Riddell on 09 833 6972.

Gym Zone

Has your child ever thought about doing Gymnastics, Tumbling or Parkour? 2018 is the year to give it a go. At Gym Zone at we teach all these disciplines and more. You can select from our structured term base classes



or have a go at our new Free Play casual weekend sessions. See our timetable online to check out all the options.

Our helpful staff will be more than happy to discuss term options that might suit your child. If space is available we can offer you a trial class to have a go. From beginners to competitive Gymnasts we have a class that can suit.

Free Play is 1hr casual sessions open in the weekends. Your session will include a safety briefing and time to discover our Gymnastics equipment and practise your skills while having fun with your friends.

Gym Zone – Where movement begins. 4 Workspace Drive, Hobsonville. Read more at www.gymzone.co.nz.

Chinese New Year at Massey Library

To celebrate the Lunar New Year, Massey library has organised several activities:

1. A beautiful display of Chinese arts & crafts inside the library. Free to view during 12 Feb—26 Feb 2018.
2. Free sessions on learning how to use the Chinese resources in Auckland libraries. Learn how to look for Chinese books in Auckland Libraries; to view over 3000 free online Chinese magazines, and over 200 online Chinese Newspapers etc. Booking is required. Free sessions are on Saturday 10.30am - 12:00 pm; 17th and 24th Feb 2018.
3. Free Tai Chi demonstration at Massey Library. Everyone is welcome to watch the elegant ancient Chinese martial arts, and learn to practise it with the group. 2.30pm- 3.00pm; Fri 16th Feb 2018 at Massey Library, 545 Don Buck Road, Massey.

Native trees in suburbia

A kereru visited the pocket park alongside Kittyhawk Way in Hobsonville Point recently, feeding in the puriri trees. Rosellas have also checked in at these trees. The park has been actively enjoyed over the summer by the local residents for bike & scooter riding, ball games, kite flying, family picnics, paddling pools, dog exercising and water fights! But it is good to see wildlife using the native trees



and demonstrates the importance of Hobsonville coastal forest as the central stepping stone of native bush blocks that link Tiritiri Matangi in the north to Ark in the Park in the west as part of a region-wide action called North West Wild link. The increased habitat and shelter created allows native birds to move across Auckland safely. With the increasing housing development going on in Hobsonville and Whenuapai this precious coastal forest is even more important for the long term wellbeing of Auckland's local native fauna. The coastal forest provides year-round food for native insects, lizards and birds

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and a safe diverse place for them to live in. The Kaipatiki Project Environment Centre has been closely involved in developing a plant nursery for the past 7 years at Hobsonville Point and a group of dedicated volunteers has grown around 10,000 native plants a year at the nursery off Bomb Point Drive. These plants have been used to restore and enhance some of the coastal walkways and bush fragments around Hobsonville Point. If you are interested, please email Derek at restoration@kaipatiki.org.nz or call 09 482 1172 or just come along and join our volunteer community. You don't have to live at Hobsonville Point.

Vivo

February is the month best known for celebrating love; and where better but at Vivo to get hair you'll love. Come in and experience what Vivo has to offer with their award-winning Hair Stylists. Voted the Best Hair Salon group in New Zealand, Vivo have made 2018 the year for fantastic transformations. Kicking it off with a brand-new term; Vivo-lution. What is the Vivo-lution? It is about transformation, it is about you achieving your best self with our award-winning Hairstylists. It is stunning style, fantastic hair and above all, a powerful salon experience. Get the look, discover what truly amazing hair is in 2018 with Vivo's New Client offer at Vivo salon in West Harbour & Vivo Westgate.

What parents say...

"I have found the tutors to be so incredibly dedicated to teaching and always have a positive approach to making learning such a fun-filled experience. My daughter thinks going to Kip

McGrath is such a treat." Mrs S.

"Before Kip McGrath I was struggling to help my daughter understand some of her school work resulting in both of us being frustrated." Mrs P

"We cannot thank you enough for helping our son. His latest report was the best he's ever had." Mr & Mrs G

"Her report did reflect the extra tuition and her teacher did see a great change in her confidence and achievement." W

"I am so grateful for the support that Kip McGrath has given my son. His progress has been well noticed by his school." Mrs H

Call us for a free assessment. Kip McGrath Education Centre Westgate Phone 09 831 0272.

Summerset Retirement Village

Residents and staff at Summerset Retirement Village, Hobsonville were working on their strength and fitness on the run up to Christmas. Local fitness provider Bodymax (Mark Maxwell - Head Trainer) has been guiding the team through a tailored and fun fitness programme.

Comment from Mark: The Summerset staff and residents are awesome, also the village itself is a fantastic location. It's a pleasure to support everyone at

Summerset, whatever their ability on their fitness journey. Regular exercise is hugely important to anyone at any age, but it is particularly crucial for adults who want to age well into their 60s, 70s and beyond.



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Mark from Bodymax can be contacted on 021 0813 9988, email: bodymaxnz@gmail.com.

Summer is here

Have you got your No Drippity IceBlock Buddy yet? The NZ designed and created No Drippity IceBlock Buddy, is rapidly changing the way children and those with gripping difficulties eat Ice-Blocks. They are making lives so much easier!

The large handle gives a better grip on thin, slippery (regular sized) iceblock sticks. Gone is the need to wrap tissues or flannels around the stick. It also acts as a counter balance to take some of the top heaviness out the iceblock - so no more dropping iceblocks. The soft bendable drip tray catches drips and puts a barrier between the hand & the iceblock. The flat bottom allows the iceblock to stand up instead of being laid on the carpet or couch.

Simply perfect for little hands, arthritic hands or hands with gripping difficulties.

Head to www.nodrippity.co.nz to get yours.



Waitakere Volunteer Fire Brigade

Happy New Year, What a fantastic summer so far, even with the odd storm.

The long hot summer days are great for the beach but this also means we all need to be very careful not just with sunburn but also with fires. The mainland is in a restricted fire season which means that outdoor fires require a permit. This can be applied for through the Auckland Council website. The Hauraki Islands are in a prohibited fire season.

Fire crews have been attending numerous vegetation fire calls out West. Luckily the crews have been quick to extinguish the fires, but we ask that you take care as it is the human activity that causes them to start.

As a fire fighter you train to acquire a wide range of skills that allow you to respond to the varying incidents with ability and confidence. If this interests you and you live in the Waitakere



Township area, like to work in a team environment and wish to assist the community please contact Denis Cooper on 027 562 6942. Keep safe, Denis Cooper - Station Officer, Waitakere Volunteer Fire Brigade.

Tennis at Greenhithe

Tennis Monsters is an energetic, dynamic group of coaches conducting tennis coaching at a number of Auckland tennis clubs including Greenhithe Tennis Club. Located in Roland Crescent, Greenhithe surrounded by fields and trees



it is a secluded and community based club offering a number of programmes to suit adults and children alike, including after school, weekend and summer evening activities and social events. Interested in joining the club? Contact Richard Howarth, club captain on 021902100, or view the website for further information: www.greenhithetennis.org.nz.

Dean Moore is head coach at Greenhithe Tennis Club, with strong experience of coaching overseas, and offers a variety of coaching options for both beginner juniors to high performance players, as well as adult classes. Contact Dean for further details on 021 105 6271 or review the Tennis Monsters website to see what's on offer: www.tennismonsters.com.

SeniorNet West Auckland

Welcome to another New Year. We are starting new classes this month, so if you have received new phones or computers and need some help to get the most out of them please do not hesitate to get in touch with our course coordinator Pam by ringing 09-8272156 please leave a message and she will get back to you, or ring the office on 09-8377600 again leave a message as the office is not always attended. If you have not yet paid your subscription please check our web page for forms and details for paying on line. www.seniornet-west-auckland.org.nz

As well as classes which are held at our Learning Centre, 67 Henderson Valley Road, Henderson, mornings from 10am till 12 noon and afternoons from 1pm till 3pm, we hold a meeting at the Kelston Community Centre, Cnr Awaroa Road, Kelston on the 3rd Tuesday of the month. These meetings are open to all members and friends, we have a guest speaker and morning tea. Our next meeting is on February 20th at 10 am. The guest speaker to be advised. We will also be having a very short AGM. We do ask for a \$2 entry fee which gives you a raffle ticket putting you in the draw to win one of three prizes. We look forward to seeing you all there.

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People:places

Set for the show



A return to the golden weather is the Kumeu Show's big hope on March 10 and 11 after last year's washout.

The heavens opened both days last time, causing extensive surface flooding and resulting in few visitors – especially on the Sunday.

"So we're definitely hoping for better weather this time," Kumeu Agricultural and Horticultural Society president Jane Sparnon says.

A huge line-up of show favourites is planned, expected to encourage more than 35,000 visitors over the two-day show.

Multiple world champion axeman Jason Wynyard is expected to again feature in the Auckland Axmen's Club team in the 2018 Stihl Kumeu International Timber Champs.

Woodchopping is a big attraction at the show and has been running for most of its 96-year history.

Likewise, sheep shearing competitions and demonstrations are popular, as too is Chelsea Marriner and her performing Dog Stars, pictured, a big hit last year and returning on the Saturday for shows at 11 am and 1.30pm.

Chelsea and her dogs have been on TVNZ's New Zealand's Got Talent in 2008 and 2012, and performed at events like the Mystery Creek Fieldays and other shows.

The Rotorua 25-year-old has a team of about 12 dogs, mostly border collies, and does some casual farm work.

She's been working with dogs since the age of two-and-a-half, taking over her dad's puppy after he brought it home. At the age of about four, Chelsea saw the Tux Wonder Dogs television programme which inspired her to teach her dog tricks. She began competing in dog agility events from the age of seven and still does, and occasionally does sheep dog trials too.

At 17 she was representing New Zealand in the World Agility Championships in England.

"I now have a great team who all have a large range of tricks," Chelsea says. Teaching dogs involves a lot of hard work, patience and time, she says.

"We plan to have most of our original team, complete with new tricks, as well as new dogs and tricks," Chelsea says.

Chelsea uses positive reinforcement techniques and loves to show off their skills.

She operates under Ultimate Canines and has internet and

Facebook sites.

It's not just dogs which attract attention.

A wealth of farm animals include alpacas, dairy goats (even Nigerian dwarf ones), poultry, and beef and dairy cattle. A Farm Zone and the Kumeu Small Landowners Association have areas where children can get up close to friendly animals.

Other attractions for the children include Cherry the Clown, buskers, Mahon's amusement rides, a talent quest, Highland dancing, and the giant pumpkin contest.

A show scavenger hunt for those 12 and under offers a prize for every entry and is based on questions about the show, often requiring a visit to a particular area using the map provided.

Horse lovers can check out the equestrian events too.

Show organisers hope to reintroduce a strongman competition this year, such events proving a big spectator drawcard in the late 1990s and early 2000s, especially when professional strongman Levi Vaoga was there.

If you like the smell and look of baking then the indoor section has it all. Displays and competitions also include arts and crafts, photography, and flowers.

The baking section includes a date cake recipe than be downloaded from the show's website.

The "tattooing" section has a challenge too, with entrants required to do a set piece of work.

A vintage tractor display will stir memories for some, and a tractor parade is planned for Sunday.

Trade stalls, food stands and market stallholders provide lots more.

"We're aiming for a great two-day show, with lots of new community members' input, which will help achieve our goals, especially towards the 100th anniversary show," Jane says.

She says many newcomers to the area will learn more about the society through visiting the show, open from 8.30am to 5pm both days.

Entry is \$15 adults, \$10 seniors, \$5 for children 5-13 and parking is free.

Show schedules will be available on the show's website, www.kumeushow.co.nz, along with other information.



InBrief updates:events

Women's Refuge seeks guardian angel

Are you someone who has been affected by family violence and would like to help others transition to a brighter future? Or maybe you have worked with vulnerable people in your career and you'd like to find a new way to share that expertise.

The Kia Timata Ano Trust, an independent women's refuge serving northwest Auckland, is on the lookout for a dedicated volunteer who is willing to spend a few hours with its Safe House clients once a week during the weekend.

It's hoped the volunteer will become something of a mentor to clients, building up their confidence and resilience.

The main responsibility is organising activities for clients and their children. These could involve beach or bush walks, or baking or art projects. There will be a budget allocated for the activities and of course transport expenses will be reimbursed.

If you're looking for a way to give back to the community and this role appeals, please contact the Executive Director via email: ana.kiatimata@gmail.com.

helloworld

Egypt, the land of pyramids, pharaohs and mummies. If this destination is on your bucket list, don't hesitate any longer, trust me, you won't be disappointed. My recent trip in October saw us visiting all the famous sites,



such as The Pyramids of Giza, the bent and red pyramids, the Sphinx, the Egyptian Museum, Tombs of the Nobles, Abu Simbel temples, Luxor & Karnak temple, Valley of the Kings, Tutankhamun's Tomb and numerous bazaars and you can't go to Egypt without having a camel ride. My favourite place, was Aswan, visiting tombs that dot the surrounding shore line, watching feluccas sailing up and down the Nile with date palms swaying in the wind. If you are concerned about safety, you shouldn't be, I didn't feel unsafe at any time and the locals were very welcoming to tourists. Egypt is like no other and it can be done on any budget. I know you will come away with an experience of a life time. For more information or to organise your own trip, come and see our team at helloworld Hobsonville. Phone 09 416 1799 or email hobsonville@helloworld.co.nz.

Psychic medium

There can be times in your life where you feel like you need some extra insight or guidance on your life and Kerry-Marie can assist you with this her spiritual gifts as a psychic medium.

She has been a psychic medium for over 20 years and is internationally accredited. Along with this she is a NZ Registered marriage celebrant, Reiki Master and author of her debut book "Breaking Free".

Her passion is to assist and empower people, offer comfort and healing to the bereaved. If you have lost someone through her gifts she is often able to communicate with those who have passed over bringing message of love, peace and comfort. Her message is "I wish to console and bring peace to others".

You can book an appointment with her through: spiritualdecisions.co.nz.



The Flower Barn - Cafe coming soon

Need a quote? Are you looking for DIY Flowers, everyday flowers, Valentine's or wedding flowers? Maybe flowers for special events, birthdays, church functions, community sponsorship? Send us your request today to flowerbarn@plantzero.co.nz

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ant is this to you? We think it is important to be as bee-friendly as possible so we contribute to the health of our bees instead of hurting them. Being bee-friendly not only helps bees, it also helps us. Bees pollinate most of our food crops and without them people could not survive. Using zero nasty chemicals is also better for our own health, the health of our homes, our workplaces and even public spaces. Everywhere around us you can see flowers and plants, and if they are being sprayed with nasty chemicals then we are also breathing that in.

At the Flower Barn we grow a range of seasonal freshly cut flowers. Our main crop is Floribunda roses with new garden varieties coming soon. Also on the menu is a new boutique cafe on the farm in Kumeu so when you pop in to pick up your flowers or bouquets you can also pick up a cup of delicious coffee or tea with some home baked goodies. We still need a few more suppliers so please call us to inquire.

Hop online to see our ladies or send us an inquiry if you would like more information @ www.flowerbarn.co.nz or give us a call on 09 412 7606.

House of Travel

Happy New Year from everyone at the new House of Travel on the corner of Hobsonville Point and De Havilland Road. You may be planning a new adventure for 2018 so we thought a few tips from the Travel experts might help in your planning.



When's the best time of year to book a holiday?

A legitimate question which always comes with a wealth of dubious answers. From the days of last minute travel websites deemed too good to be true (they were) and inconsistent Google suggestions, it's a web of confusion, rumour and hearsay, so let's straighten things out.

What our consultants suggest: Pacific Islands – We have year-round deals but book Rarotonga early so you can score accommodation, it often sells out at peak times.

School holidays - If you are booking school holidays, do so a year out. Some airlines don't fly every day, meaning you might have to pay for two additional nights on the days you depart. It's easier to let a consultant sort this.

Hawai'i - Flights are super cheap at the moment, but Hawai'i is always very busy during the US School holidays, and accommodation prices are also at their peak during these times. Try to avoid if you can! It's always worth booking in advance to make sure you get your first pick of hotel.

Thailand – Different areas have different seasons. If you are looking at Phuket, the cheapest time to travel is between May and October, with great savings on hotels. However, it's also the

monsoon period (locally known as 'Green Season') so you may experience rain.

USA & Canada - Book in advance so you have time to look around for the best deal. Again, keep an eye on the school holidays as accommodation prices will peak at these times.

Europe – Keep in mind that June to August are peak times for Europeans to holiday themselves. As well as busy roads, stations and airports, this could also affect your experience. In France for example, the residents mostly holiday in July and August and as a result, business really slows down. Almost 40% close for the month of August, so if you don't find many places open, this is why.

In our experience if you are planning to travel during school holidays or a peak time like Xmas it's unlikely any specials will encompass these dates. So our advice would be to try and book as soon as possible. My wife and 7yr old daughter for example went home to the UK for Xmas and I booked her flights in February.

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

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

UNESCO recognition for two heritage collections at Auckland Libraries

An important Auckland Libraries' West Auckland history collection has been added to the UNESCO Memory of the World New Zealand documentary heritage register. This prestigious honour recognises the work Auckland



Libraries do to protect and preserve our local history. The J. T. Diamond Collection was among seven new inscriptions selected from across New Zealand.

The J.T Diamond Collection comprises John (Jack) Thomas Diamond's meticulous research and documentation of West Auckland's history that he compiled over 60 years from the 1930s. The collection documents many local industries and locations that have since disappeared or altered significantly and includes detailed and unique archival records of the first two generations of colonial settlement in New Zealand.. The collection is made up of manuscript material, extensive photographs, plans and site records including Diamond's notebooks which describe the ex-

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act location and details of his photographic record of the West. These photographs continue to be used in publications and are widely referenced by local and regional government authorities, historians and national heritage organisations.

Head along to Waitākere Central Library in Henderson to view items from the J.T. Diamond Collections or access digitised items at aucklandlibraries.govt.nz.

The photographs show J.T. Diamond's View over clay pit from Margan Avenue, New Lynn, 1958; and Jack Diamond's son and daughter at the recent event at the Central City Library when the new inscriptions were announced.

Hilton Brown swimming

Hilton Brown Swimming is very excited to announce that construction is well underway at our new purpose-built facility in Rawiri Place, Hobsonville. Completion of the build is scheduled for March / April 2018. The pool will be a state of the art



learn-to-swim facility using the latest technology for filtration and air handling. The water will be heated to a balmy 32°C, and the air will also be heated for the comfort of the swimmers.

We have been teaching New Zealand children to swim for over 45 years. At Hilton Brown Swimming our aim is simple – to provide a fun, safe and caring environment for children to learn to swim. We want your children to become safer and more confident in the water – giving them lessons for life.

Bookings are now open – so jump onto our website at www.hiltonbrownswimming.co.nz and book your swimming lessons today.

All bookings will go in the draw to win one month's swimming lessons FREE - with 3 in total to give away.

The Mobile Car Specialists

Summer is well and truly here, so this is without doubt, the ideal time to have your car professionally polished and looking great on the roads. We remove fine scratches from the clear coat



(that can be seen in the sunlight), remove sunscreen marks & oxidation, and restore depth of colour which truly transforms tired looking paint on cars. This service also adds great value to a vehicle when selling.

Prices range from \$259 +GST for sedans and \$299 +GST for SUV's.

Our other services include: Removal of small to large dents in your car panels. Yellow / foggy headlight restoration. Deep clear coat scratch removal. Ceramic coating paint protection. Sign-writing removal.

We are a fully mobile operation, meaning we come to you to make your life easier. Contact us on 0800 20 30 20 for a quote, or visit www.TMCS.co.nz to see our work and reviews.

Hallertau Brewery proudly presents the 2018 Riverhead Rampage

This exciting off road trail running and walking event starts at Riverhead Primary school and goes through the beautiful Riverhead forest in North-west Auckland. All money raised goes to Riverhead Primary School to promote healthy and active lifestyles. Come and join us on Sat 10th March 2018 for either a 5km, 10km walk or run or 21km run either by yourself or as a team with your favourite walking/running buddies. Visit www.riverheadrampage.co.nz for entry info.



Historic Mill House to nurture future generations

Hobsonville Point's Mill House has new owners and will be given a new lease of life as a childcare centre serving the growing number of families in the area.

Bear Park Hobsonville Point is planning to open in February 2018. The centre will initially provide spaces for up to 50 children aged 2 to 5 years of age with another 25 spaces available once a planned infant and toddler building is completed. It will operate as a full early childhood learning centre, with hours from 7.30am - 6pm.

Established in 1986, Bear Park is a highly-regarded New Zealand owned and operated business with 10 centres in Auckland and Dunedin. Learning programmes are inspired by the internationally acclaimed Italian 'Reggio Philosophy', from Reggio Emilia, which fits within the New Zealand Early Childhood Curriculum 'Te Whaariki'. Many of the Bear Park centres are designed within existing homes, like Mill House, as the group believes this helps to create a nurturing, family-like environment.

Mill House was designed by prominent Auckland architect

"We'll see you right"

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George Tole in the early 1930s for aviation pioneer Doug Mill. Mill set up a flying business at Hobsonville in 1927, establishing 'Mill's Aerial Survey and Transport Co.', and operated his business from a hangar at Hobsonville until 1937. During World War II, Mill House housed Royal New Zealand Air Force trainees, the Women's Auxiliary Air Force and the nursing sisters. Bear Park Hobsonville Point will be hosting open days nearer to their opening date. In the meantime, if you wish to find out more about this site and Bear Park please feel free to contact Bear Park's Founder, Sue Stevely-Cole at sue@bearpark.co.nz or visit their website www.bearpark.co.nz.

Catalina Bay Farmers Market plants its roots

The newly named Catalina Bay Farmer's Market moved to its permanent home by the Catalina workshops next to the Hobsonville Point Ferry terminal on 14 October, 2017. Daryn Rickwood, the Farmers Market manager, is excited about the new chapter and hopes to see it grow from strength to strength. "It's a great space, with sufficient indoor and outdoor areas - and to think it's the first stage of what's to come. We've thought about how customers could move through the stalls more easily and as such have opened up a space for 'ready to eat' food one side, and the Market stalls on the other," says Daryn. Loyal stall holders, some of whom live locally, all moved to the new premises and have set up in the specially constructed rustic stalls lining the warehouse building. Those picking up their week's fresh organic produce or visitors from further afield hoping to sample the food stalls and pur-

chase unique handmade gifts can expect generous undercover space, live music and glimpses of the water's edge as they make their way past the colourful stalls.

Ask someone who has been before, and their eyes will light up as they talk about the seafood chowder that's normally sold out just after 12pm, the fresh juice bar, top quality (and reasonably priced) Manuka honey, goat milk and Spaceman's coffee stall (soon to have an onsite roastery) to name just a few.

The Catalina Bay Farmer's Market is open every Saturday and Sunday and has extended its operating hours from 8.30 to 2pm. There is plenty to do in Hobsonville Point once you have finished your visit to the market. Grab a rent-a-bike from Catalina Bay or take a walk along the Coastal Walkway.

Fun, free toddler class at Westgate Shopping Centre

Help develop your child's balance, hand-eye coordination and self-esteem.

These classes are run by highly trained and experienced instructors from Jumping Beans.

They focus on fundamental movement patterns, including ball skills for hand-eye coordination, movement to music to develop balance and self-esteem, plus interactive play to encourage social and emotional skills.

Monday 19th February 2018. Register your interest at www.westgate.kiw.nz. Bookings are essential. Maximum of 20 toddlers per session.

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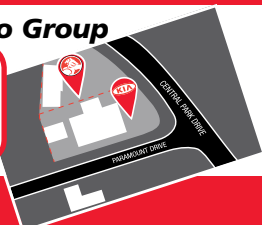


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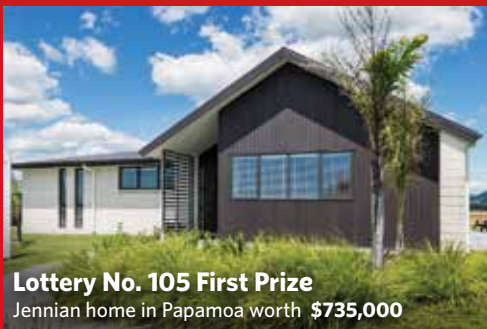
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area property stats

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

Suburb	CV	Land Area	Floor Area	Sale Price
Hobsonville	850,000	154M2	160M2	970,000
	1,250,000	448M2	223M2	1,350,000
	1,025,000	234M2	164M2	1,070,000
Massey	950,000	509M2	200M2	445,000
	660,000	928M2	80M2	665,000
	670,000	659M2	80M2	650,000
	970,000	450M2	163M2	881,000
	1,225,000	1254M2	240M2	1,228,000
	630,000	704M2	100M2	635,000
	660,000	984M2	170M2	780,000
	760,000	675M2	162M2	470,000
	1,390,000	1603M2	220M2	1,275,000
	650,000	0M2	110M2	700,000
	810,000	1373M2	140M2	687,500
	610,000	675M2	102M2	707,500
	660,000	934M2	100M2	635,000
	910,000	450M2	156M2	852,000
	980,000	475M2	158M2	880,000
690,000	616M2	80M2	690,000	
Royal Heights	570,000	0M2	90M2	530,000
West Harbour	1,130,000	988M2	210M2	1,136,000
	1,250,000	700M2	270M2	1,320,000
	960,000	611M2	200M2	1,045,000
	950,000	451M2	180M2	991,000
	1,330,000	557M2	289M2	1,100,000
	810,000	704M2	110M2	755,000
	1,030,000	669M2	200M2	1,160,000
	810,000	475M2	136M2	792,000
	1,820,000	750M2	336M2	1,770,000
	830,000	829M2	80M2	760,000
	700,000	621M2	80M2	720,000
	900,000	826M2	130M2	810,000
	970,000	886M2	200M2	1,058,000
	740,000	580M2	110M2	750,000
	Whenuapai	2,300,000	9700M2	361M2

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

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Propertynews:advice

Market report

February is historically the month that people start implementing their Real Estate plans which normally intersect a range of influencers. One of the influencers is the Banks who have had the loan value ratio relaxed by the Reserve Bank allowing more funding to flow through to home buyers. Investors and Overseas buyers are still being heavily restricted however there is some speculation that further relaxing may come into effect to try to encourage more rental property numbers to come back onto market. One of the side effects of the Reserve Banks tightening of restrictions on banks to the Auckland Investor market (requiring 40% deposit) has delivered a dramatic lack of rental properties in the Auckland market, a hole that Auckland Council and Central Government are now forced to solve, through emergency accommodation and state housing. One thing is for sure, New Zealander's demand for property ownership is strong and Auckland Real Estate will always outperform every other property market in New Zealand. Let's take a look at local sales numbers:

Hobsonville residential \$970,000 to \$1,350,000

Massey residential \$445,000 to \$1,275,000

Royal heights residential \$530,000

West Harbour residential \$720,000 to \$1,770,000

Waitakere residential \$780,000 to \$800,000

Whenuapai lifestyle \$2,600,000

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

Why it pays to get good advice

Getting on the property market or need information on your borrowing options? It's really important you seek good advice before making any major decisions.

It can be difficult to discern the good from the bad when it comes to working out finance options that suit you.

This is where a Mortgage Broker can help, so you don't have to

navigate through the maze of information all on your own. Here are a few situations where the services of a mortgage broker may be particularly useful.

So you're.....

Wondering where to go if you have imperfect credit - Don't assume just because you don't have a squeaky clean credit history that there's no options for borrowing. The key is knowing who to speak too.

Brokers work with applicants to find solutions working with the challenging credit history, to borrow. Some lenders are open-minded when it comes to assessing your financial past, however this is when your broker understands what the lenders are requiring.

Looking to break into the property market - Saving a 15-20% deposit to enter the property market can be a daunting prospect. Some lenders are flexible when it comes to the source of funds they will accept as a deposit - that's why finding the right lender is important.

So whatever your situation: Have a deposit, funds from an inheritance or gift, impaired credit or less than six months PAYE employment history, ask a Broker about the options available to you.

Ready to invest but unsure what deposit you require? With the recent restrictions to loan-to-value ratios imposed on the big banks you might be wondering how much of a deposit you may require. There are smaller lenders out there offering loans with lower deposit requirements than the banks.

So, what's the next step? Seek advice from an experienced Mortgage Broker. For further details or feedback feel free to contact Ivan on 09 427 5870 or 0275 775 995 or email ivan.urlich@mikepero.co.nz.

Ivan Urlich is a registered financial adviser specialising in mortgages, his disclosure statement is available free of charge on request.

Who would make decisions about your property and health if you became unable to?

A power of attorney ("POA") is a document appointing someone to make decisions on your behalf or sign documents for you. There is a common misconception that a POA is not necessary until later in life. However, like wills and advance directives, a POA is something that everyone over 18, and particularly those with children, should consider. In the event of a sudden illness

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or accident a POA allows someone you trust to make important decisions about your finance and property and/or your personal welfare and health. Without a POA family members may need to apply to the Family Court to enable them to make these decisions, which can be time consuming and costly. A POA provides certainty and allows you to choose who you trust to make the decision on your behalf, and to set boundaries around how they make those decisions and who they consult with.

It is important to put a POA in place while you still have capacity. In some cases you may be required to obtain a medical certificate certifying your mental capacity before signing. This is usually more relevant to those in the older generations.

Whatever your circumstances, a lawyer will tailor a POA to your specific requirements to ensure that the best decisions are made for you if you are unable to make them.

Kemp Solicitors phone 09 412 6000.

Top roof maintenance tips

Autumn is an important time for roof maintenance because it protects your home from heavy winter. If your roof is damaged and in need of repair, now is the time to get it taken care of. In order to ensure that your roof has the longest lifespan possible.

Trim Back Your Trees: As the leaves begin to fall around your home, you will see branches on your trees that are getting a little too close to your home. Trim those back now so they do not danger your roofing later. If you can do this early on in the autumn, you can also minimise the leaves that clog your guttering system.

Clean Your Gutters: Clean gutters are needed to keep water flowing properly off your roofline. Clogged gutters will splash water back onto the roof, which can lead to cracking, mould, and other damage later on. Clean out your gutters before the autumn leaves start to rain down, and keep an eye on them throughout the season.

Get A Pre-Winter Roof Inspection: It's always a good idea to have someone look at your roof before winter comes so you can fix problems you may be having right away. It is much easier to repair a roof in the autumn when there is no snow or ice to worry about. If you wait too long, you will have a much bigger problem on your hands.

Invest In Roof Repairs As Needed: If your roof inspector indicates that you need repair work on a certain part of your roof, make sure you take care of that now before it's too late. Small problems in the autumn can turn into huge problems in the winter, so it's always best to enter the cold season with a strong,



sturdy roof. If you maintain your roof properly throughout the year, you won't have to worry about excessive repair costs.

All of our replacements, restorations and repairs on homes and businesses in Auckland are backed with an exceptional 10 year workmanship guarantee, and manufacturer's warranties also apply on most materials of up to 30 years. Call us today on 0800 00 22 22 email roofingprecision@gmail.com for a free no obligation quote - we would love to hear from you.

Stage It Yourself

Happy New Year Everyone! My name is Frances and I am the sole owner of Stage It Yourself. Some of you many recognise me from past issues of this great publication, but as I have not been in the last few I thought I would update you and remind you of my services I can offer. My business is somewhat unique in the home staging market. I offer a styling service and loan of accessories to help people present their home to the highest standard, whilst utilising their own furniture when selling their home. Full staging is not always needed and this simple, yet cost effective service has proved very successful for my recent customers, see my website www.stageityourself.co.nz and Facebook page for testimonials and before and after pictures. Initial 1 hour consultation is \$50.00 + GST to give you tips and ideas on how to present your home to all those potential buyers. Remember, well presented homes are more likely to sell faster.



Is your garage a bit of a mess?

Have you walked around the new housing areas in Kumeu, Huapai and Riverhead lately and marveled at all those big, beautiful double garages with gear strewn across the floor and those expensive cars sitting



out on the driveway? If this is you, consider installing a set of garage ceiling racks. Ceiling racks get all that clutter up off the floor to where it is warm, dry and out of the way so you get your car back in the garage where it belongs! We're NZ's number 1 ceiling storage rack company based right here in Kumeu with local installers to make things nice and easy. Take a look at the options with our garage sale on through February at stealing-spaces.co.nz/.

Contact us for a **FREE** Rental Appraisal on your property.

Contact: Virendra Gupta (Franchise Owner)
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 327 Main Rd, Huapai
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SUN FILLED UTOPIA AL-FRESCO BRICK AND TILE

4 2 2

By Negotiation

7 Hendrika Court, Hobsonville By Negotiation

Hobsonville - Single level, modern, four bedroom, fully refurbished home. This is a home that delivers all the best of modern living with easy flow from open plan living to louvered alfresco patio, integrating a private spa area with easy care garden and lawn. Located minutes from Hobsonville Primary School and in a beautifully presented cul-de-sac location. Elegant entrance, four generous bedrooms, master ensuite, entertainers open plan kitchen and lounge linking to formal dining and lounge including 2 heat pumps. Double garage with internal access and the section fully fenced. Extensive refurbishment and additions includes selected double glazing, central vac, heat pump, moisture control system, upgraded light-fittings and hardware. A near new home, refurbished to a very high standard.

www.mikepero.com/RX1328547



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WAIMAUKU, BRICK AND TILE, POOL, LARGE SECTION

4 2 2

Asking Price \$1,090,000

10 Rosella Grove, Waimauku Asking Price \$1,090,000

Entertainers living, uncompromised alfresco to in-ground pool. Located in a quiet cul de sac with excellent water company and great neighbours. Expansive lawn is enhanced by easy-care established gardens bathed in sunshine from sunrise to sunset. Perfect for hot summer days, while sheltered and cosy in winter months. Built in early 2000 and refurbished this home offers 4 bedrooms, dressing room, two lounges, two bathrooms (including en-suite) guest toilet and double garage. All on one level floor plan. The CV on this property is \$1,050,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX1291971



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



BRICK WITH TILE - NEEDS LOVING FAMILY

3 2 2

By Negotiation

2/17 Deanna Drive, West Harbour By Negotiation

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

www.mikepero.com/RX1289500



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027 632 0421

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BRING THE FAMILY! EASY SPACIOUS LIVING IN WAIMAUKU

4 3 2

By Negotiation

20 Solan Drive, Waimauku By Negotiation

A must view is this modern and spacious family or executive living home on a large 1160m2 section. Fantastic four bedroom entertainer. You will enjoy the indoor /outdoor flow with master bedroom, formal lounge, family living areas and a well-appointed kitchen all opening to alfresco dining and relaxed outdoor living. A bubbling hot spa, landscaped gardens and fruit trees complete this delightful and very private family haven, fully fenced and set adjacent to a bush reserve. With three car garaging, a spacious modern kitchen, spa bath and a short walk to great local schools, Waimauku village and amenities. The CV on this property is \$1,175,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email cherry@mikepero.com.

www.mikepero.com/RX1339882



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BIG EXECUTIVE LIVING WITH STUDIO LOFT

5 2 3

By Negotiation

45 Buckley Avenue, Hobsonville Point By Negotiation

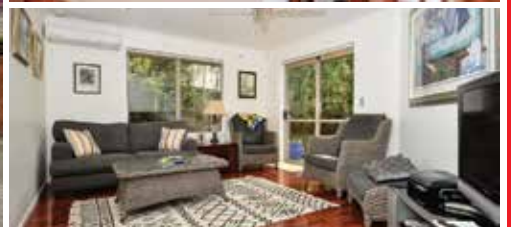
This inspired five bedroom home commands a corner site with plenty of space, light and urban views. Ground floor entry offers open plan living into a sunny lounge, separate kitchen and dining area, with indoor-outdoor flow. Four spacious bedrooms are found on the two upper levels. Landscaped courtyards at the front and rear of the home add extra space to create a calm, relaxing environment. With 2 car garaging, carport and a studio loft, this property certainly delivers! Look no further for an ultra-modern, future-proofed home, only three years young with a 10 year Master builders guarantee. Life here includes top schools, cafes, restaurants, shops, medical centre, a lively Farmers market, coastal walks and great transport links, including ferry.

www.mikepero.com/RX1303431



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BRICK AND TILE - ONE LEVEL ALFRESCO LIVING

4 1 2

By Negotiation

51 Cloverfields Drive, Waimauku By Negotiation

Set on a private and tranquil half acre, at the end of an exclusive use driveway is this stunning property, a home and a haven, quiet and restful. This quality 200sqm brick and tile home is stunning and style and class are evident throughout. The designer cottage kitchen is the hub of the home. The open plan dining and living leads out to a large sun filled deck ideal for entertaining with pull down blinds and delightful outlook. Two living areas, three double bedrooms and a spacious modern family bathroom complete the main part of the house while a separate wing, gives this home options galore. Here is a large third living area, fourth double bedroom, bathroom and office nook, with internal access to the garage.

www.mikepero.com/RX1330244



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SELLING, SELLING..... WAITAKERE TOWNSHIP

2 2 1

By Negotiation

57 Waitakere Road, Waitakere By Negotiation

Elevated, split level and cost effective. Set on 876sqm this private home enjoys generous sunshine and privacy, while the elevated position allows for extensive views to the west over farm land and native bush backdrop. A light and open layout combining cathedral ceiling with open plan living linking to a central hallway with two bedrooms, bathroom, toilet and laundry upstairs and an office downstairs. A small section, off street parking and independent double garage adds great value to this affordable and practical family home. Close to Waitakere Township and Swanson transport links, shopping, café, parks and schools. The CV on this property is \$730,000. 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/RX1154898



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



THE PERFECT LIFESTYLE PROPERTY

4 2 2

Asking Price \$1,298,000

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

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

www.mikepero.com/RX1323109



Lyndsay Kerr
027 554 4240

lyndsay.kerr@mikepero.com



NATURE'S PLAYGROUND, BEACHES, WALKS - ANAWHATA

3 2

\$829,000

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

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



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www.mikepero.com/RX1362040

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THE KIWI DREAM

3 2 1

By Negotiation

289 Motutara Road, Muriwai
By Negotiation

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



Lyndsay Kerr
027 554 4240

lyndsay.kerr@mikepero.com

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HOME AND MINOR DWELLING RIVERHEAD - 1.6 HECTARES

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Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



ELEVATED LAND IN RIVERHEAD - COATESVILLE

By Negotiation

731A Ridge Road, Riverhead By Negotiation

2.3943 ha (approx 5.6 acres) of land in an established country lane, a short distance to Riverhead shops and school. The land is semi fenced post and rail and has a house cut in place. From this cutting the views are plentiful through the valley and afar. Additional information is available to purchasers keen to put the dream home on a great land holding. Services at the lane side close to the proposed house site. Motivated Vendor looking to finance a new project. Call 027 632 0421 today to view or for more information. The CV on this property is \$810,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX1055369



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1056 Peak Road, Waimauku By Negotiation

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Lyndsay Kerr
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EXTENSIVE VIEWS, ART DECO REFURBISHMENT, SWANSON

4 4

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1084 Scenic Drive, Swanson By Negotiation

A beautifully refurbished home with extensive bush valley views with four rooms, two lounges, four bathrooms and study/office. An elegant and Art Decor look that seamlessly links the best of period piece living and the beautiful outlook of Waitakere's Foothills. Options here for a family or a working from home buyer that is seeking a funky and fun environment with excellent offstreet parking. Easy access to one of the rooms directly with walk in wardrobe and ensuite without accessing directly into the home. Extensive alfresco to wrap around decking to integrate with plentiful uncluttered views. The CV on this property is \$785,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



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PICTURE THIS, NEW HOME ON 48 HECTARES - WAIMAUKU FRINGE

By Negotiation

1295 Old North Road, Waimauku By Negotiation

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

www.mikepero.com/RX1326808



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027 632 0421

graham.mcintyre@mikepero.com



1.8 HECTARES - WAIMAUKU FLAT AND ROLLING

By Negotiation

Lot 2 Old North Road, Waimauku By Negotiation

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Your asbestos requirements April 2018

“Make sure you and your tenants are covered”

New health and safety legislation that came into effect in 2015 has a requirement that needs to be implemented by April 2018; that PCBU's* understand and document all asbestos within their buildings.

A PCBU under this legislation is the person or entity that owns a commercial building, or a landlord of a commercial or residential building. Potentially, a home buyer looking to turn a property into a rental can ask to see this report from the current owner, or any contractor who might do building works on your family home can also ask to see a report. By April 2018, every PCBU must have completed for each of their buildings:

- assessed their property(ies) for the presence or absence of asbestos,
- if asbestos is found to be present, determined whether the asbestos is friable
- recommended actions for the ongoing management of any asbestos found.

While this sounds daunting and expensive, it doesn't need to be and a simple Asbestos Register can be all you need to meet compliance.

The report must be made available to any tenants, and must be made known to any contractor that comes onto site, particularly if they are going to undertake any works that will cut into any building materials.

The report recommendations will specify the risk of the asbestos in and outside the building, and if there is a significant risk of people being exposed to friable asbestos, will recommend actions to get it safely removed.

The best advice is to engage a very experienced and independent asbestos assessor such as Thomas Consultants. Thomas Consultants can offer a discrete site visit to undertake a building survey, prepare a comprehensive Asbestos Register, and communicate with a removalist company to make sure any works are undertaken efficiently and safely.

By Thomas Consultants not being part of an asbestos removalist company they put your interests first, avoiding any unnecessary removal of safe materials to landfill. This can save you thousands of dollars.

*PCBU means Person Conducting Business or Undertaking and can be the company, or person who owns the building if it is not owned by a company.

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No job is too big or too small for Laser Plumbing & Roofing Whenuapai! We're happy to do any job from basic tap washers right into full re-piping, re-roofing, drainage or gas systems. We can provide a full solution to any plumbing, roofing or drainage issues.

To contact Laser Whenuapai, phone 09 417 0110. We are open five days a week from 7am-5pm and are located at 45 Brigham Creek Road, Whenuapai. Whenuapai.laserplumbing.co.nz.

Are pre-nuptials under threat?

A recent Australian case may have set alarm bells ringing for couples with pre-nuptial or contracting out agreements. The Court threw out a pre-nuptial agreement that followed all the technical rules for such agreements,



because the Court said the power imbalance between the par-



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ties at the time of signing meant it was unfair to hold the weaker party to it. But can a pre-nup or contracting out agreement be overturned in New Zealand simply for being unfair?

The answer is: yes it can. But this is nothing new. In New Zealand, pre-nuptial agreements have always been able to be overturned for "serious injustice".

The Aussie case is *Thorne v Kennedy*. In that case, a prenuptial agreement signed by a wealthy Australian man and his Russian "mail order bride" was found to be unenforceable for being an 'unconscionable bargain'. The Court wasn't willing to allow the wealthy partner to hold his bride to her promise to receive a small lump sum rather than a division under Aussie law. It said that when she signed the pre-nuptial agreement, it wasn't a 'fair fight', as her precarious immigration position made the power imbalance too great.

The case has highlighted that just because it is signed and sealed in front of a lawyer doesn't mean it will stand up to challenge. The main threat to certainty of contract is unfair agreements. The take home message for kiwis is: if you want to put your own arrangements in place in case of a separation, you need to make sure the agreement is firstly, fair and reasonable and secondly, that it stays that way i.e. it is responsive to your changing relationship.

The New Zealand Courts have shown in recent years that they will step in to look after the non-asset owning spouse where pre-nuptial agreements or trusts depart too radically from the philosophy of our Property (Relationships) Act. The philosophy of our Act is to recognise the equal contributions of each partner, and to provide for a just division of property upon separation taking into account the interests of children.

To be enforceable it is now clear that agreements need to be fair out the outset, but they also need to respond to changes in a relationship such as children.

Even though *Thorne v Kennedy* isn't likely to change the way we look at pre-nuptial agreements here in NZ, it is a timely reminder that if you want your pre-nuptial or contracting out agreement to stand the test of time, make sure it is fair and reasonable and is designed to remain fair, in the changing circumstances of your relationship.

Taina Henderson and Shelley Funnell are your friendly local, mobile lawyers. Check us out on Facebook or call us on 281 3723.

Health and Safety principles to remember

The importance of accident and incident reporting and near miss reporting is crucial. Some important principles should be remembered if your company is going to be able to display best practice when it comes to health and safety.

- o Workplaces need to have open and honest reporting cultures
- o Near misses that occur today can be addressed and actioned

to avoid accidents tomorrow

2. The last thing that any company wants is witnesses to a workplace accident, reporting during a Worksafe investigation that, "it's always been like that" or "that happened to me last week as well"

o Too little, too late. So let's avoid that. We need to know about it sooner rather than later

3. Safety is easy to maintain, implementation is the hardest

o Have workers conduct site inspections

o Have work groups review hazard registers

o Have managers and safety reps conduct incident investigations

o Get your team involved

o The more you delegate, the more involved and engaged your workers will be in the health and safety in your business. Share the load of implementation with them. For example

o Remember, safety is everyone's responsibility

4. Hazard and risk management is the cornerstone of H&S in NZ

o The more robust your hazard and risk management systems are, the less likely there is for injury or harm to your workers

If you want help in ensuring your workplace is meeting its health and safety obligation please ring John Riddell, Securo Health and Safety Consultant on 027 477 9750, email securo4@securo.co.nz or check out the website www.securo.co.nz.

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7 secrets of a home-stager

Home-staging isn't just for people selling their home. Using tips and tricks from the experts, you can revive your interior to create an appealing, refreshed and organised look that will have you feeling like you own a new house – all without having to move.



Scan like a professional - The first thing a home-stager does when they walk into a room is examine it for a few different key points. Kate Caughey, a designer from The Look, says it is about working out what features should be 'shown-off' and what things need to have attention drawn away from them.

Stand in the doorway to each room and decide what is looking good and maybe not-so-good, then you can begin to get an idea of what kind of changes could be made. Is there something that needs to be covered, or is there a beautiful view that isn't getting the credit it deserves?

You do have to be honest about the space and maybe asking a friend or family member to help will enable you to see it with fresh eyes.

Simple styling - You don't have to renovate your whole house to make it 'feel new again' – easy-to-change décor is the perfect way to recreate a new look. Caughey says that cushions alone can do wonders when it comes to making a room look different, and they are a good place to start for other additional styling.

"Use them to inspire a new colour scheme throughout the space and echo it with fresh flowers and other ornaments you might have in the same (or a complimenting) colour."

Anthea Baker, from Homebase Stage Style and Interiors, also notes that art can transform the look of a room, and it doesn't have to be expensive. Replace lots of smaller pictures with just one or two statement pieces, and from here you can decide if you want to add a couple of personal photos back in to the space.

Small ornaments and books are great tools to update your décor and add accent colours says Rae Long, an interior designer and owner of Mint Homes. But she notes that at the same time don't overdo it on the accessories, remember 'less is more'.

"Rugs are great for decorating, it doesn't only add colour and warmth to a room, it also helps defining a space. But go large with your rug as a too-small rug will actually make your room appear smaller."

It's all in the detail - A couple of small broken things here and there might not really be too much of a bother. But when they start to add up, it can easily result in the whole house feeling like it is unloved.

So walk around and note down things that could do with some attention; a miss-matched cupboard handle, paint chipped off the wall, a dripping tap. If you were going to view a home for sale, these are things you would most likely notice!

These are simple, easy jobs that don't really take up a lot of time to fix but will surely rekindle the spark you once had with your home.

Never underestimate a good tidy up - When stagers are getting a house ready for an open home one of the first things they do is remove clutter. And even if your house isn't for sale, sorting through all your bits and pieces will have a really positive impact on your surroundings. Long explains a system that works really well in her own home.

"I have four large plastic bins in my storage space and they are labelled as sell, donate, offer to friends/family, and dump. Whenever I see an area that has built up with lots of items that have not been touched or used for a while, I choose a bin for it. When the bin is full – it gets emptied according to its label!"

Caughey also suggests storing some things away and rotating your accessories, which has the added bonus of giving your home a fresh look from time to time.

Make those windows sparkle - This is a must to revive the look of your home - no questions asked. It seems so simple but it can make a world of difference, and now is the perfect time of year to give them a good scrub.

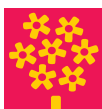
Think about how you use the room - If a particular space is sup-

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posed to be a dining room, lounge or home office, then it is best to make sure it is clearly used for that purpose. Of course this is imperative for people selling their house, but it is also a fool-proof way to feel better about the home you have now.

With a variety of unrelated items in the room - like toys or folded washing - there can be a feeling of clutter and disorganisation that comes with the room when trying to use it. So define the space and having dinner at the table won't feel like such a chore. Maybe over time the room has evolved into being about something different but it is stuck in a 'transition stage'. This is okay, but the next step is re-arranging so it fits its new purpose.

A reinvigorated bedroom - The master bedroom can be easily updated with just a little bit of layering. Long says that as the bed is the focal point of bedroom, simply folding up one or two extra layers of blankets on top of your duvet, and having a few extra colourful cushions, can give your bedroom a luxurious feel all without a hefty price tag.

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tion carried out prior to purchasing any home. Older homes may present problems such as subsidence, insect infestation or leaky building issues etc. but almost all the faults I find on new houses are workmanship related, many of which are easily remedied but some not so. Our inspectors Kevin and Keith have over 100 years building experience between them.

There is a lifetime of experience behind our eyes. To speak to Kevin call him on: 021 288 0101.

Changing the way you BBQ

We know Kiwis love entertaining outdoors, so Grasslands are proud to release the award winning series of BBQ's from Zeigler & Brown. Distributed in New Zealand by Masport, these very smart BBQ's take the high domed



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

Remember the birds!

We are not the only ones suffering from the heat! The birds and the bees love the birdbaths for a cool dip or quick drink!! Check our beautiful selection at Kumeu Garden Hub, the Oceanic range fits any style of garden and creates a great focal point, under plant with a low ground cover such as star jasmine or black mondo grass. Oh and Swan plants are back in store to feed those hungry Monarch caterpillar.

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CENTRAL'S TIPS

FEB 2018



It's getting hot so make sure your garden and fruit trees are getting enough water. Now is also the time to start preparing your autumn garden, plant beets, carrots and parsnips and manage those pesky caterpillars!



Start preparing for Autumn vegetables

Sow beetroots, carrots and parsnips.

IN THE VEGGIE PATCH

- Look for holes in the foliage of tomato plants – green looper caterpillars breed very quickly in the heat. Use an organic spray or Derris Dust to prevent them ruining your tomatoes
- Get ready for autumn vegetables – directly sow beetroot, carrots and parsnip now
- Keep the water on your fruit trees – from citrus to apples, pears and plums, they need plenty of moisture. Same for the fruit developing on feijoas, passionfruit and tamarillos
- Turn the compost heap and keep it moist - dry compost doesn't break down well.

THE REST OF THE GARDEN

- Cutting back the tired foliage of flowering shrubs such as hebes, lavenders and daisies encourages fresh new growth. A liquid feed and they're away again
- But solid evergreen growth on hedges and topiaries should be left - hot sun can burn the exposed foliage

LAWNS

- Spend a few relaxing hours on your lawn with a fork, trowel or daisy grubber, digging out entrenched weeds – an organic means of lawn weed control.



Water fruiting trees and plants

Citrus, apples, pears and plums all need plenty of water at this time of year.

Feijoas, passionfruit and tamarillos also need some extra moisture so make sure to water them as their fruit develop.



Cut back tired foliage on shrubs but leave those hedges!

Cut back shrubs such as hebes and daisies to encourage new growth but don't cut the hedges as the hot February sun can burn them - wait until it cools down a little.



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Simply bring us your wish list and see how flexible we can be. Call in to our show home today at 7 Grove Way Riverhead to have a chat to one of our Sales Consultants, Leanne, Fiona or Kylie, or contact us at the office on 09 412 5371.



Is less really more?



Less is more is a saying bandied around in the design world all the time. And for me I do agree considered placement within and in design of our homes is important. There is no point to an extra space, nook or cranny unless it serves a purpose. And in our personal lives this principle is overflowing with sensibility. We could all benefit from taking stock of prioritising our time and breathing in the summer air..... Give yourself permission to sometimes take the easy option.

At Signature Homes we pride ourselves on being a 'one stop shop'. Enabling you to get your cup filled in one place. Be it a holiday home, realising subdivision potential, investment projects, first homes or dream homes. We offer not only an amazing number of fabulous predesigned homes awaiting personal touches but we also provide a fantastic architectural design and build service. Meaning you can discover your dreams from scratch with our help turning them into reality. It is unnecessary to engage the council, an architect, quantity surveyor, builders, project manager, multiple trades and interior designers at different posts when we offer the entire service complete with robust guarantees and peace of mind.

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Compass Homes – technology makes life easier

Jetting off for a well- deserved break is exciting. Deciding what to pack is often another story.

Not to mention which books to take without taking up precious luggage space. The invention of the Kindle addressed this very issue for many travellers. Hosting an entire library on one small device, sparking the end to lugging (and financing) heavy books around.

Building a new home is much like planning a trip abroad. There are decisions and steps that must be taken so, as to celebrate exciting events along the way. But, there is potential to include too many heavy hardback books, in the form of outdated processes and inefficient tools. The way to combat this? Use a trusted, proven system to enhance your new home building experience. With the latest technology to plan, execute and track progress.

Keeping you up to date with every phase and exciting milestone. To make life easier on your new home building project talk to me one of our expert team. Scott www.compasshomes-rodney.com.



Tradie of the Month

Congratulations to Cerisse from C&C Cleaning, our Tradie of the Month.

When it comes to getting a new home ready for handover Cerisse is our go to cleaner. Nothing is ever a problem for her and she always leaves everything looking mint. Working around other trades to ensure everything is spotless, she always does an awesome job.

Cerisse cleaned up the competition this month to receive the voucher from our partner sponsor Western ITM. Keep up the great work. Congratulations Cerisse!

Maddren Homes would like to thank Western ITM for their continued support to acknowledge the hard work and dedication of our Tradies.



\$85 = Exposure for a month

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

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Food: Beverages

Soljans Estate Winery

A new year, a fresh start, let's make 2018 a great year at Soljans. Fresh out of the oven, our Café has once again been awarded the 2018 Beef and Lamb Award joining the ranks of the best in the country. Come and try Chef Paul's



innovative dishes for a top notch culinary experience. Book a guided tour with us to learn about the success story of a family legacy revolving around 3 generations of winemakers. We offer your group (minimum of 10) a comprehensive winery tour from the vineyard to the finished wine. We will also take you through different wine varieties including NZ's most awarded sparkling wine - Fusion Sparkling Muscat and the iconic Tawny Port. Call us now on 09 412 2680 (Café) and 09 412 5858 (Cellar Door) to make your booking.

Jesters Westgate

Jesters Westgate would like to support your local sports team or event. We can offer player of the day awards including a free pie for the lucky winner. There are several great fundraising options to support your sports team or we can even cater your events with our mobile pie van. If you are interested please contact the store directly. Jesters Westgate (next to Countdown), Westgate Shopping Centre. Phone 09 832 6060 or Tony on 021 510 138.



The Herbalist Craft Beer

It is a great time of year to catch up with family and friends around the barbeque and enjoy some kiwi food and refreshments. Barbequed mussels with craft beer is a great lead-in snack to get the party started. Try our tasty recipe below...

You will need: enough mussels to go round (4-5 per person) 200ml The Herbalist Rosemary & Liquorice Ale, 200ml water, 2 cloves of fresh garlic crushed, 1 medium tomato finely chopped, salt and pepper to season. In a cast iron or BBQ-friendly pan, add all the ingredients except the mussels to the pan and bring it to the boil. Add your mussels and cook until the shells open. Serve immediately and pair with our Rosemary & Liquorice Ale Enjoy! Local stockists: Select West Liquor stores. (The Trusts) Hobsonville Kitchen. Visit www.theherbalist.co.nz; facebook.com/theherbalistcraftbeer.



Peko Peko Japanese Takeaway

What a hot summer it is so far this year! Hope everyone is enjoying the sunshine and keeping well. Our salad is always the best choice for your healthy eating but it's even more popular in summer time. In Japan, we often eat raw cabbage salad when we eat deep fried food as cabbage reduces the feeling of oiliness from eating deep



fried food. Cabbage has lots of health benefits like preventing cancer, regulating blood pressure, and is a good remedy for digestion etc as it's especially rich in vitamins and minerals. We make our salad fresh every day, using locally produced cabbage, lettuce and carrots. So everyone can still enjoy deep fried food without feeling unhealthy or guilty. We are a little food truck located in car park of Passion Produce vegetable shop on 92 Hobsonville Rd. Please check our Facebook page for more info, menu, and trading hours. We look forward to seeing you all here. Phone order recommended. 022 431 3462.

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Indian Summer

The Indian Summer team would like to wish the community a very happy and prosperous new year. With the potential that we saw in our first year in business, we have been inspired to create new plans and ideas that we want to come to life this year. Come in and try the Chef's Specials offered during our lunch service. Our lunch specials start at \$11.90, including a curry, naan and rice. We look forward to what we can offer to the community this year, and we hope you will be part of the journey with us.



The Tasting Shed

The Tasting Shed is kicking off the New Year with Part II of our 'XX are People Too!' series, where we celebrate diversity. On Sunday the 18th of February we present 'Hunters are People Too!' with our friends Tom Hishon from Orphan's Kitchen, and Darius Lolaiy from Cazador. Tickets are \$110 pp. Email samantha@thetastingshed.com to book.



Red velvet cupcakes

Makes 24 cupcakes

- 2 cups plain flour
- ½ cup cornflour
- 2 Tbsp cocoa
- 1 tsp salt
- 1 ½ cups sugar
- 1 ½ cups rice bran oil
- 2 eggs
- ½ tsp red gel food colouring
- 1 tsp vanilla essence
- 1 cup buttermilk
- 1 ½ tsp baking soda
- 2 tsp white vinegar

Oven 175c. Combine, sift together flour, cornflour, cocoa and



salt – set aside. Beat oil and sugar together then add eggs. Mix in food colour and vanilla. Add flour mixture alternately with buttermilk stirring until smooth. Stir in baking soda to vinegar - it will froth then mix in. Cupcakes bake approx. 20 min.

Top with Cream cheese icing:

Beat together: 50gms butter and 150gms cream cheese. Stir in 3 cups sifted icing sugar then add zest and juice of 1 lemon to a whipped consistency.

Recipes supplied by Wedding and Birthday cake specialists Paula Jane Cakes. Contact Paula on 021 208 8604 or Jane on 021 273 6139, email info@paulajanecakes.co.nz or visit www.paulajanecakes.co.nz.

Celebrate Chinese New Year with these Asian inspired delights

Throughout February you'll find us offering tastings of our gourmet Kasundi and Sambal chutneys at Farro Fresh stores, as part of their Asian New Year promotion. One of the newest NoShortcuts' products Feijoa Kasundi, is an Indian chutney that is hot, spicy and tangy. It is also a healthy option, containing nothing but the freshest feijoas, garlic, ginger and turmeric, which is renowned for its many health benefits. Our Sambal



Ulek is an Indonesian style savoury chutney made with red chilli, onion, garlic, shrimp paste, oil and spices. It's great anywhere you would use chilli; in a stir fry with prawns and noodles, curried mince, casseroles and meatballs. These products and all our others, are handmade – just like mum used to make - and contain no added artificial flavours, colours or preservatives. To purchase, go to www.noshortcuts.co.nz or your nearest Farro Fresh store.



- Smokey Manuka woodfired pizzas - Quality salamis and meats
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Please see our Facebook page for delivery area & Menu
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Soljans Estate Winery is a special place as it is Kumeu Wine Country's premier Winery Venue. So add a little Mediterranean magic into your next event or function!

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



WEDDINGS/SPECIAL OCCASIONS

Petstips:advice

Summer can bring the risk of hyperthermia or heatstroke

How to help keep your pet safe and happy:

Hyperthermia or heat stroke is an over exposure to heat or exercise raising the body's core temperature to a dangerously high level.

This can be caused by multiple situations

- Being left unattended in a car
- Tied up outside on a hot day
- Inadequate water supply
- Poisons
- Illness
- Upper airway obstruction
- Over exercising or exercising on a hot day

It will also be more prevalent in the very young or very old as they are unable to thermo-regulate their body temperature as well as a healthy adult animal.

Never leave any pet in a vehicle unattended. The temperature rises very quickly and even leaving a window open is not enough to keep the car at a safe temperature. Studies show that if the temperature is 26° C outside a car within 10 minutes it will have risen to 37° C and then after 30 minutes it will have risen to 43° C. When the temperature rises over 40° C our internal organs start to shut down.

Cats tend to move themselves out of the sun when they get too warm but keep an eye out for the cats that like to sunbathe they have been known to get locked in greenhouses or conservato-



ries. Have a quick look around prior to locking up.

Before you take your dog for a walk on a hot day think about where you are walking, the time of day and imagine how you would feel doing the exercise in a fur coat. Do not walk your dogs on hot pavement, concrete or sand. As well as potential hyperthermia you will be treating them for burns to the pads of their paws. If you can't walk on it in bare feet, don't make your dog.

Take some time to think about your animals that are confined to one area outside such as birds in aviaries, rabbits and guinea pigs. They will need to be in a shady area where there is a breeze and they will require plenty of fresh water. The temperature inside their hutches can get very high if there is no breeze and they are in direct sunlight. If you can't move the hutch look at putting up a shade cloth or umbrella so if it gets too hot in the hutch they can still be in the shade.

For those who are inside like our birds, mice, rats and fish. Make sure they are not in direct sunlight and have plenty of fresh water (yes especially the fish).

There have been incidents of deaths in kennels where dogs are not provided with adequate water and shelter. If your dog is confined to a kennel when you are at work or out, check that they have shelter at all times of the day. They will need to have good airflow and a supply of fresh water.

Checklist for our animals in the summer

- Do they have shade?
- Is there a good supply of fresh water?
- Can they move out of the sun if they get too warm?
- Is there adequate airflow?

Now go and enjoy this beautiful weather knowing that your animals are safe and happy.

Jo Clough - PET First Aid & Training (NZ) Ltd.

Giving your pet the Raw Essentials

You are what you eat, as the saying goes - and the same is true of your pet.

As the evidence mounts that processed foods cause health problems in both humans and animals, more pet owners are looking for diets that are free from preservatives, additives and other inappropriate ingredients to help their pets get back to eating the way






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Feeding a natural, species-appropriate diet to cats & dogs works wonders for their health.

Our team of experienced advisers have helped hundreds of dogs & cats enjoy a raw food diet.

Our range is NZ grown - a mix of wild prey, free range, organic and human grade raw food for pets

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RYAN JACKSON

M: 027 498 6202. E: ryan@treehouseprint.co.nz

P: 09 810 8609.

PO Box 133, Kumeu 0841 Auckland

nature intended.

If you're looking for something healthier for Fido or Fluffy, there's only one pet food company to turn to: Raw Essentials. Recreating what animals would be hunting if they lived in the wild, Raw Essentials offer a species-appropriate diet of wild, organic, farmed and free-range New Zealand products for cats and dogs.

Not only does this help nature by harvesting pest species (possums, hare, wallabies, etc), which are a perfect food source with their nutrient-rich composition, but it's good for pets as well. Avoiding the grain-fed meats of imported products from the USA and other countries is extremely beneficial, as studies have shown these are higher in inflammatory-causing fats; and as any vet will tell you, inflammation spells bad news for pets. Having spent years researching the raw diet, Anna Mair, BVSC, of Raw Essentials says she was fully convinced of its benefits when she switched her own pet to raw food.

"My last dog was a star patient: he had terrible arthritis and with the diet change it seemed like he turned around overnight," she explains.

"Before then, I was seriously considering that his time had come, but I got another six years with him - unmedicated too!"

While having seen first-hand the changes a raw diet can bring, Anna is quick to add that not every cat or dog will respond to Raw Food as well as her dog did.

"It's not going to fix every problem for every pet, but it's certainly a step in the right direction."

With nine shops Auckland wide and open Monday to Friday from 9am-6pm, with Saturdays 9am-5pm and Sundays from 9pm-4pm. Visit www.rawessentials.co.nz or follow their Facebook for weekly specials.

Kanika Park Cat Retreat

Review your hygiene habits - Exerpt: "Your Cat Magazine" UK.



"Practising good hygiene will restrict the spread of bacteria. Basic house rules should include: wash feeding bowls separately from other utensils, keep feeding areas and litter trays clean, wash your cat's bedding regularly and update your cat bowls with glass or ceramic bowls which are preferable to plastic as they are non-porous and easier to keep clean"

Kanika Park Cat Retreat is a cattery like no other. Treat your cat to a relaxing holiday in one of our spacious suites. Our mission is to provide each guest with a personalised, warm and fun place to enjoy, allowing owners complete peace of mind in the knowledge that their babies are safe in our loving, caring, hygienic environment

For more information call us on 09 411 5326 / 027 550 1406, or find us on Facebook at Kanika Park Cat Retreat.

TheK9Way

TheK9Way provides elite dog training and behavioural solutions that align with the nature of dogs and make life with your dog easy. Our approach to working with dogs combines experience, common sense and science. What training is most suitable for an individual dog will depend hugely on what motivates the dog, the dog's history and what one wants to achieve. This is why we tailor our approach to fit with each dog and their particular situation. Learn more at www.thek9way.co.nz or call 021 239 0635.



West Harbour Cattery

January 2018 has seen some hot and humid days. It's great for when you're on holiday at the beach, but please be aware that your furry family members may not be enjoying it as much as you. Remember to give them plenty of water to keep them hydrated and that pets need good ventilation. This warm weather is also a good environment for fleas. And as with most ailments, prevention is the best remedy. Keep your flea treatments up to date and wash your cat's bedding in the hottest cycle you can.



Fleas are like vampires! They avoid direct sunlight, suck blood and thrive in the darkness, especially in moist shady areas of your garden. So clean up the loose leaves and branches, and get your lawn mower out and trim that grass. For a happy kitty this summer think of the five elements:

1. Earth – clean up your lawns and gardens
2. Air – maintain good ventilation
3. Fire – fleas hate the sun and a hot wash cycle
4. Water – provide plenty of water
5. Love – everyone needs a good cuddle!

See you soon, Kelly and Eric from West Harbour Cattery.
Phone: 09 416 5586. Email: info@cathotel.co.nz or www.cathotel.co.nz.

**“is this your space
\$85+gst”**

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

you will receive a months worth of local exposure

Special thanks

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

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

Health:beauty

Elevate Chiropractic – new videos released

I recently released two videos as part of my 'Body Hack: Simple tips to feel, move and function better' blog series. The first video was called "Use the Shaka (hang loose) sign to help improve your posture". This is a simple tip



to help improve your posture when sitting as well as bending and moving. The second video was called "A simple way to ease neck pain using heat". This is a great technique to ease the muscular pain often associated with neck pain. As a byproduct, this technique can also ease lower back and mid back pain. I would encourage you to try it. These videos and the new ones I will be releasing are all available on my website in the blog page or on my Facebook page (www.facebook.com/elevatechiropractic). Elevate Chiropractic: Shop 1, 10 Greenhithe Road, Greenhithe. Ph 09 413 5312. www.elevatechiropractic.co.nz.

New Year.... a new you

Do you feel like you have lost yourself to your busy life? Do you always put your job, partner, family before yourself? Do you really know "what makes you happy"? Do you struggle to lose weight, go on endless diets only to put the weight (and more) back on again? Do you want to get your sparkle back? Your confidence, your self-esteem, and to bounce out of bed every morning feeling amazing and ready to start another day?



Why do we tell ourselves "we are not good enough"? Why don't we love ourselves? We strive for perfection, we comfort eat, we get down on ourselves, so we comfort eat again and the cycle begins. How do I know, because I've been there. I am here to help you change and get what you really want, believe you deserve it, and motivate you to achieve it. Get your sparkle back! As a Certified Life Coach, I will give you the tools you need to break down your barriers and start achieving your goals. So,

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shelleyfrowde@hotmail.com
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are you ready for change in 2018? I'd love to hear from you. Shelley Frowde 027 852 2522. The Sassy Mango – Life Coaching & Weight Loss www.thesassymango.co.nz.

Hobsonville Chiropractic: introducing Dr Kamal Guron to our team

While Dr Aimee Strickett has some time off for Maternity Leave, we have Dr Kamal Guron in the clinic looking after all her awesome patients. Kamal has a wide skill set and has worked across Australia and New Zealand. She looks forward to caring for you and your family over the coming months. Dr Guron will also be offering 50% off all New Patient Consultations for the month of February. Call the office today 09 41 67589, 295 Hobsonville Road.



That amazing summer feeling

Isn't it wonderful? A gorgeous summer which will hopefully continue till Easter.

Have you been wearing your polarised sunglasses? We have the best sunglasses in the world.

Maui Jim's - in stock all the time. They are made in the US, and the technology is incomparable. You can enjoy them in your prescription too. Do you need an eye test? To book an eye exam 09 416 3937.

Our gift shop has New Year's stock coming in every day. We truly appreciate all your positive comments about our quality, reasonably-priced, 'different' gifts. Thank you!

Feel free to browse anytime Monday to Friday 9am to 5.30pm and Saturdays.

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The Facial Room Hobsonville Point

The Facial Room Hobsonville Point has just opened at the Hobsonville Point Pharmacy, 3B/160 Hobsonville Point Road, specialising in facial beauty treatments utilising Katherine Daniels products.



Katherine Daniels uses 100% natural ingredients free from parabens, mineral oils or animal testing. The treatments range from more intensive age defence through to an express facial that is ideal for mums on the go, toddlers welcome. Beauty Therapist Skye Lu is fully qualified with a diploma from WELTEC, consulting and assessing every client, tailoring the product around skin types and conditions. First treatment gets a 20% discount for a limited time and gift vouchers are available. Hours are Wednesday 9am-5:30pm, Thursday 9am-1pm and Friday 1pm- 5:30pm. Contact Skye on skyeluhp.nz@gmail.com phone 021 030 4468. Online booking through the Facebook page.

Why we wax lyrical at Shoe Talk about the Propét brand:

- This brand is designed to be functional and comfortable and support the foot as you go about your daily life
- Some of the styles are downright funky and there are styles to suit all ages
- There are specialist styles available to suit people with diabetes and oedema
- Lots of styles have soft uppers which are lovely and comfortable for people with hammer toes, bunions, corns and other foot issues such as these.
- Propét is well known for its Travel Walker collection, I call these shoes my slippers and they come in a range of colours and are very versatile and funky.
- Propét footwear is a delight to wear and we also stock the Propét diabetic socks which are also great for people with oedema.



On Valentine's Day

It has either just been Valentine's Day or we are about to encounter/endure Valentine's Day. Whether we buy into it or not, the fact that other people do, affects us, especially if the other is a significant other.



Country Spa Retreat

Ph. 09-4115290
relax@spadivine.co.nz
www.spadivine.co.nz



Research has recently proven that feeling rejected, is as painful as an actual bodily injury.

So when someone is expecting flowers or a card and doesn't receive anything, that disappointment can really stir up misunderstanding between couples. What most of my psychotherapy clients say they really want is intimacy.

Not romance, not chocolate, not lovey-dovey red roses, but knowing someone sees you and is holding you in their thoughts and heart. To prevent unnecessary hurt this February perhaps the two of you could discuss and agree on how you will celebrate, or not. Get in early by giving the love you would like to receive.

If you do end up feeling rejected and dejected, these 3 things are important to remember.

- 1) Have Zero Tolerance for the additional pain of Self Criticism.
- 2) Revive your Self-Worth
- 3) Boost Feelings of Social Connection

If you need help with any or all of the above. Call Psychotherapist Sarah on 021 477 523.

Hand Institute

Did you get any hand injuries over the holiday? Knock your finger in a cricket game on the beach? Get the thumb bent back while surfing? Too much gardening now you have sore thumbs? Finger caught in the tent pole or jammed in the boat trailer?



At the Hand Institute we can help.

We can assess your injury, send for x-rays, make a splint or cast as required. Then rehabilitate your injury with strengthening and stretching exercises. Don't put it off, if an injury has not got better within 48 hours they often need our help! Phone 09 412 8558.

Another New Year's resolution failure?

Just because the date has changed doesn't make it any easier to hit your goals. If you fail to set aside at least an hour to really workshop the WHY and HOW you will simply not succeed.



New Year's Resolutions just

HOBSONVILLE Call 09 390 4184
PODIATRY or 022 044 1741

hobsonvillepodiatry.co.nz



Level 1, 124 Hobsonville Rd, Hobsonville, Auckland 0618

don't work. The hype around them and this belief that we can suddenly turn over a new leaf set us up for failure.

Here's some tips:

1. Write your goals down, and specify WHY you want to make the change. This will make you reflect on what's motivating you.

2. Think about WHAT kind of time commitment it'll take to achieve the goals. Exactly HOW will you do it?

3. Get a support system in place. WHO will you be accountable to? It doesn't need to be a professional, but you should TELL someone you trust so you can call on them when times get tough.

Call Pete on 027 359 0976 to make your fitness resolutions a reality.

Beat the heat – Westgate Optometrists

The sun supports life on our planet, but its life-giving rays also pose dangers. The sun's primary danger is in the form of ultraviolet (UV) radiation. Most people are aware of how harmful UV radiation is to the skin. However, many may not realize that UV radiation can harm the eyes and also affect vision. What can I do?

When outside, there are three key things you can do to protect your eyes and that of your family's. 1) Wear a hat - a broad-brimmed hat can reduce the amount of UV radiation reaching the eyes by around 50%. 2) Wear UV protective sunglasses - make sure your sunglasses provide UV protection. The level of protection against UV radiation will depend on the type of lens. Be sure to ask for polarised lenses. 3) Apply sunscreen regularly when outdoors to protect the sensitive skin surrounding your eyes.

Phone: 09 831 0202, Website: www.westopt.nz or Facebook:



www.facebook.com/westgateoptometrists.

New Year. New you.

2018 is well underway and you've probably made resolutions you're keen to stick to. Hopefully, one of those is to maintain your well-being and fitness.

Regular exercise and a balanced diet can have enormous health benefits now and in the future. Being more physically active can be easy and inexpensive.

There are lots of ways you can fit more physical activity into your day:

- Walking: take a brisk walk for as long as you can.
- Dancing: turn up your favourite tunes and dance around your home.
- At work: take the stairs instead of the lift and do some desk-based stretches and exercises.
- Housework: turn chores into a workout by speeding them up or being more energetic.
- Gardening: keeps you active and reduces stress levels.

NorthWest Physio+ also offers Pilates and Yoga classes. Check us out online at www.northwestphysioplus.co.nz

Setting yourself some goals, making sure you've got the right kit and keeping a positive attitude are all key to maintaining your exercise routine. Happy New You everyone!

Completing the line up

Meet Dr Sindre Stoeten, the newest member of the Kumeu Chiropractic team.

Sindre comes to Kumeu Chiropractic via a small country town in Norway, growing up and competing as a cross-country skiing athlete who was looking to optimise his performance with Chiropractic care. His Chiropractor explained how important spinal function was to his overall health and performance,



and Sindre got to experience this first hand. After benefiting from regular care for a couple of years, he decided to move to New Zealand and start his award-winning education at the New Zealand College of Chiropractic.

When not at Kumeu Chiropractic, Sindre enjoys the outdoors with his partner Kasey, and children Kiara (5) and Oakland (2). Kasey is currently studying to become a Chiropractor, while Kiara and Oakland are studying "Life101" at primary school and kindergarten. Sindre enjoys any form of exercise, but is dedicated to trail running and orienteering. Notably, in 2015 and 2017 he challenged himself to race in the New Zealand Ironman in

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www.shoetalk.co.nz

Taupo.

He is very excited to be part of the team at Kumeu Chiropractic having a daily goal of helping as many people as possible in and around the Kumeu community. He is very much looking forward to meeting you and starting the process of helping you reach your optimal levels of health, function and performance, so you may live your life to the fullest.

For an appointment at Kumeu Chiropractic, please call 09 412 5536.

Valentine's Day massage vouchers

Looking for the perfect Valentine's Day gift? Look no further! Huapai Massage Therapy offers a wide variety of massage techniques.

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Contact Vikki on 021 755 745 or visit www.huapaimassagetherapy.co.nz for more information.



Glowing summer skin special at Spa Di Vine

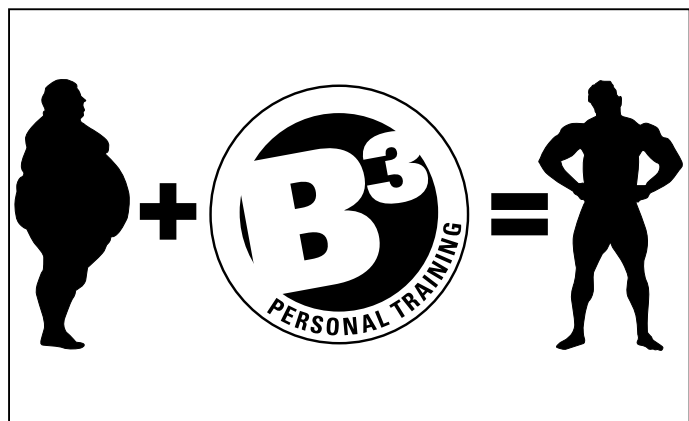
Spa Di Vine (est. 2002) in Waimauku is the perfect place to retreat to, especially after the holidays. Summer beachy holidays are great, but not so much for skin.

Our summer special will revive your skin - plus - who doesn't like a fabulously tension relieving back and neck massage?

Summer Skin Special: A relaxing back & neck massage, followed by body scrub soufflé and healing honey & grape skin hydration (60min). Then sit on the terrace and enjoy a complimentary refreshment \$129.00*

*Available on Wednesdays, Thursdays and Fridays until 01 April 2018, for new bookings only. Sorry we cannot accept vouchers nor are vouchers available for this treatment. Subject to availability at the time of booking.

Spa Di Vine phone 09 411 5290 or email relax@spadivine.co.nz.



What your eyes can tell you about your health

Our series continues as Natasha Herz, M.D.*, clinical spokesperson for the American Academy of Ophthalmology, explains what your eyes reveal about your health.

Today's tip: You could have diabetes.

Blurred vision usually means you need glasses—but you should have your eyes checked no matter what. Not only can blurred vision signal a medical problem with the eye itself (like cataracts or macular degeneration), it can also be a

sign of a more serious illness like diabetes. In fact, an August 2014 study found that 73 percent of diabetic patients sampled reported blurred vision. Even without trouble seeing, diabetes may possibly be detected during an eye exam based on irregularities in your retina.

For Eyes Optometrists in the Kumeu Village have specialised equipment to assess your retina, and make spectacles for distance, reading, or correction of colour blindness. Phone 09 412 8172.

(*Acknowledgement: M. Bonner, Marie Claire, 24 March 2017).



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Area columnists

Anna Jeffs Private Investigator

Anna Jeffs is the Director of Fox Private Investigators Ltd. Fox Private Investigators Ltd is a highly professional and experienced team including ex NZ and UK Police and legal personnel, both with over 20 years of experience and ex-army personnel. We offer expert investigation services including surveillance, infidelity investigations, criminal legal support, family and civil litigation support, locating missing persons and birth parents, document process serving, GPS vehicle tracking, computer and mobile phone forensics and bug sweeping. Please call Anna for confidential advice 021 036 8417 or visit www.foxprivateinvestigators.co.nz. Licensed by The Ministry of Justice: 13-008198.

Local cricket team beats Aussie Under 15 Cricket Academy

A Sydney-Melbourne Under 15 cricket academy team coached and managed by Shaun Brown toured New Zealand in December 2017 playing inter Academy games in Auckland, Hamilton and Rotorua. During their Auckland leg, two games were played against North Harbour-Takapuna Academy U15 team at Hobsonville War Memorial Park and lost both games to North Harbour-Takapuna academy team coached and managed by Amita Weerakoon. Majority of the players from the North Harbour-Takapuna team are from the Takapuna and



Upper Harbour catchments.

Game 1:

North Harbour-Takapuna U15: 237 – 7 off 50 overs: Nick Sparg 13, Rustin Langford 35, Toby Stroobant 50, Nathan Bremner 31, Harrison Gobbie 31 n/o, Vikram Varda-rajana 21 n/o, Rupert Powell 10, Harrison Berry 2 for 43

Sydney- Melbourne SB Academy U15: 101 for 9 off 40 overs: Jack Crook 2 for 9, Max Bauer 1 for 12, Harrison Wills 2 for 4, Max Baure 2 for 4, Darroch George-Bodle 1 for 10, Toby Stroobant 1 for 5, Nathan Bremner 1 for 4.

North Harbour- Takapuna Academy won the game on a faster run rate

Game 2:

North Harbour-Takapuna U15: 226 for 5 off 39 overs: Nick Sparg 20, Harrison Wills 22, Darroch George-Bodle 52, Toby Stroobant 36, Kyle Premadasa 14, Nathan Bremner 27 not out, Cambell Brighthouse 10 not out, Nick Pargeter 1 for 38, Tristan Watson 1 for 39, Harrison Berry 1 for 51, Jed O'Keefe 1 for 29, Darcey Dnillion 1 for 33

Sydney- Melbourne SB Academy U15: 152 all out: Hamish F 44, Jack Crook 2 – 16, Harrison Wills 2-8, Max Baure 2 for 24, Hunter Vaughn 1 for 32, Toby Stroobant 2 for 8, Sam Inglis 1 for 9

North Harbour- Takapuna Academy won the game by 74 runs.

NZ's first zero waste bulk foods store opens second store

Judging by Facebook interest, more than a thousand West Aucklanders were already fizzing with excitement ahead of The Source Bulk Foods store opening in Kumeu Friday, 1 December.

Offering unbranded, un-packaged – bring your bottles and jars – bulk wholefoods and health foods (including organic, paleo, gluten-free and vegan products), the Kumeu store is only the second store to open in New Zealand, following the launch of the Milford store in September last year.

Auckland siblings Robert and Andrea Watt brought the franchise to New Zealand from Australia, where the Source Bulk Foods is already heading towards opening its 40th store across the Tasman and, as a glance at some Facebook comments reveals, it's also where many Kiwis first encountered the concept. "The level of anticipation and excitement has been overwhelm-



Anna Jeffs

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ing," said Robert, who is also a Kumeu resident. "It's clear Kiwis want a place where they can bring their bags, bottles and jars to fill up with raw honey or kombucha on-tap, mill their flour and observe the making of their nut butter from raw nuts.

"Our short experience with the Milford store tells us that customers want freshness. Insecticide-free nuts from Australia are particularly popular, as are the freeze dried raw strawberries in chocolate."

Robert said that it's not like customers come into the store knowing what they're going to buy.

"People love the idea that they can buy in quantities of less than a handful or a few grams, up to as much as they like. They come in to explore different types of food, chat about recipes and then come back for more of what they liked."

Traditional customer service - Kumeu staff have already undergone training at the Milford store and were selected for their customer services skills and their passion for wholesome food. The Source Bulk Foods, New Zealand operation, aims to restore the kind of friendly service that characterised many of the 'old village general dealers'.

"We encourage our customers to take their time, browse, ask questions and chat with us. And when you go home you won't have to deal with the several layers of plastic and foil that comes with so many packaged products," said Robert.

The store also sells natural personal and cleaning products, a broad range of zero waste products like beeswax food wraps, organic cotton produce bags, stainless steel water bottles and glass jars.

Plastic free - The Source Bulk Food is proudly plastic bag free. Shoppers are provided paper bags or can purchase jute shopping bags and glass containers.

The store will sell more than 400 products, including teas, herbs and spices, superfoods, confectionery, cooking liquids, cooking flours, beans, rice, dried fruits, nuts, seeds and ready-made mixes such as Coconut Lentil soup and organic buckwheat pancake mix.

All products are labelled with the point of origin - Andrea Watt said the sibling's great grandfather Dick Pugh was a general store owner in South Canterbury in the 1950s, and the family experience in retail has instilled in the pair a passion for personal customer service.

"It's a simple concept. Come in and browse, scoop how much you want into a paper bag, write the product code on the bag and take it to the counter," said Andrea.

Paying a living wage - The Source is a living wage employer which aims to support local communities and charities.

The store has aligned with New Zealand charity Our Seas Our Future, to which the store will donate \$2 from every stainless-steel water bottle sold.

The Source Bulk Foods aims to find a product as close to its source, in as natural a state as possible. Shoppers will be able

to access many insecticide free and organic foods in the store. The Source Bulk Foods Kumeu, 49 Main Road, Kumeu. Open seven days a week: 9 am until 6 pm Monday to Saturday, and between 10 am and 4 pm on Sundays. www.facebook.com/the-sourcebulkfoodskumeu.

Energy levels low, finding it hard to get going?

If our "life force energy" is low, then we are more likely to feel stressed and that often leads to sickness. If it is high, we are more capable of being happy and healthy.



Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. Some ailments that can benefit from Reiki healing sessions are: stress, trauma, loss of a loved one or having left loved ones behind in another country, divorce situation, anger issues, negative thinking, carrying old "baggage", side effects from cancer treatments, vitality, etc.

Fully qualified Master and Teacher, Cheryl Eatwell offers this passive energy healing at Warblers Retreat, Albany. Set in 5 acres of beautiful bush and landscaped gardens where you can escape, relax and rejuvenate after your healing.

To book your session with Cheryl phone 021 176 5705 or email reiki@warblersretreat.nz. Find out more warblersretreat.nz/reiki-energy-healing/ Quote the Kumeu Courier for \$20 off your first session.

Almost half of New Zealanders have no plan should a water supply emergency strike

The results of a national water perception survey, organised by Safe H2O, a New Zealand water purification business, have revealed that a staggering number of Kiwis wouldn't know what to do if they were cut off from a clean water supply.



Forty-six percent have no emergency plans in place at all. Of that number, 29% assume that their local council would look after them and provide clean water. Only 27% claim that they have a plan and a good back up water supply.

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Despite the relaxed attitude towards emergency planning, almost three-quarters of Kiwis (74%) have been concerned about the quality and safety of their water over the past 12 months. Eighty-seven percent are somewhat concerned that their clean water supply could be cut off or restricted – with 41% worrying about it on a regular basis. Just over 50% of respondents suspect that they or someone they know has been sick as a result of their drinking water.

The owners of Safe H2O, Tracey and Chad Meads, believe that the lack of preparation could put New Zealand households in a difficult and potentially dangerous situation should their water supply be compromised.

“Access to clean, safe water should never be underappreciated. You only have to look at Havelock North to understand the consequences of drinking water from a contaminated source,” explains Chad. “Water availability was also a serious problem during the Christchurch and Kaikoura earthquakes. Whether you live rurally or in a town or city, it only takes a natural disaster or a nasty bug like norovirus to disrupt the entire water supply.” Chad and his team would like to see more Kiwis putting stringent plans in place to protect themselves from emergency situations. This includes having at least a three day supply of bottled water available, and learning how to sterilise their own water when needed.

Safe H2O is also encouraging councils to put mobile emergency water filtration systems in place. Safe H2O uses micro and nano filtration technology, created by Forsi Innovations in Matamata to clean and purify water supplies, removing pathogens and contaminants such as e-coli and norovirus. Each mobile unit is capable of producing several thousand litres of water per hour. They are able to take water from any source and transform it into pure, safe water. They can even use reverse osmosis to turn salt water into drinking water.

“The first response during water supply emergencies needs to be quicker and households need to be better equipped and more informed,” says Chad. “There have been multiple water safety concerns in New Zealand over the past six months alone, and it will continue to be a challenge until more sophisticated systems and processes are put in place. A lot of cost, time and worry could be avoided simply by being prepared.”

The Safe H2O national water perception survey ran from November to December 2017 – 705 people participated.

For more information on Safe H2O, visit safeh2o.co.nz.

New trade units prove popular with local businesses

Business owners and tenants have now moved into their new trade units located at 3 Workspace Drive, Hobsonville with only one remaining unit for sale and one remaining unit for lease says Travis Coffey of Phoenix Property.

“The interest in the units has been above our expectations” and he believes the flexibility that was offered to prospective business operators was the key to its success.

The front unit consisting of 30sqm showroom, 30sqm mezzanine and 100sqm of high-bay warehouse with 3-phase power is still available for lease and would suit an operator who prefers street frontage to promote their business. In regards to the last trade unit for sale the asking price is \$740,000 plus gst (if any) with a supporting registered valuation available and can be supplied upon request.

For further property details Travis Coffey of Phoenix Property can be contacted on: 021 414 384 or travis@phoenixproperty.co.nz.



More on Keyword Research

Keyword research is one of the most important areas in Digital Marketing to decide what keywords to focus your website or social media content on.

There are four main types of keywords to think about, branding keywords, transactional keywords, informational keywords and questions.

Branded Keywords - These are the easiest to incorporate in your



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content as they are terms relating to your specific brand, such as 'Mike Pero Hobsonville' etc

Transactional Keywords - These are normally keywords that involve transactional searches by a potential customer. These are down the bottom of the sales funnel and the customer is ready to buy or contact you such as 'water pump repairs Kumeu'.

Informational Keywords - These are keywords that are mainly used for searching for information on a specific topic such as 'causes of hair loss'. These are usually best used for content relating to articles or blogs and are unlikely to ever lead to a sale or enquiry but show a level of knowledge on the subject.

Question or FAQ Keywords - These keywords are good for setting up an FAQ page with common questions that customers are likely to ask and 'Google' the term. The Google search engine is now set up for questions and if you create content on your website relating to a specific question and answer these are likely to be indexed as separate results in Google.

For more information on SEO or Adwords please contact David at Website Optimisers. Email david@websiteoptimisers.net.

The Gallery Café and Japanese Restaurant

For a limited time we are offering the community ten free dumplings when you spend \$40 or more on our takeaway menu.



Here at The Gallery Café we offer a delicious all day café menu but we also have the option of Japanese meals for lunch and dinner to give you the ultimate culture experience within your meal.

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

Marketing means business

A very Happy New Year from deep inside my Planning Bunker...

With the potential of a whole new year ahead, it's a great opportunity to put some time aside to look at WHAT you want to achieve in your business (Objectives) this calendar year, not too many 1-5 is plenty. Next comes the HOW (the Strategies) it's the actions and steps you'll need to take to achieve those important objectives. Many of your objectives may fall into Marketing area in terms of Sales, Promotions, PR/Communications, product launches, branding etc. This is where your Marketing Plan comes in, directly aligned to providing to answering: HOW are we going to reach the Sales target, HOW can we utilise social media to reach existing and new customers, HOW can we use a limited budget to launch a new product, HOW do we develop or relaunch our brand... Add a few Key Performance Indicators (KPI's) to indicate achievement.

Other objectives might fall to HR, Management or Finance areas, often with cross-over.

Finally, it's the 'nuts and bolts' which are the specifics of WHO, WHEN and WHAT (the Tactics or Actions) which are assigned to individuals, budget allocation to promotions or events in the coming months. Schedule a quarterly review to measure progress. Sorted!

For the month of February MOXY Marketing is offering West Auckland businesses a Marketing Plan with 2 hours free Coaching support (total \$500 +GST) or alternatively to work with owner/managers to build their own Marketing Plan for a reduced fee.. Call Andrea on 022 307 4758 to book your appointment. Here's to a fabulous start to the year; ready, set, GO!

Andrea - MOXY Marketing, phone 022 327 4758.

Woodside Community Garden wins bronze at NZFGS 2017

Last year, three volunteers from Woodside Community Garden (Nicole Te Wake, Jacqui Ross and Olga Mills) decided to take on the challenge of participating in the inaugural New Zealand Flower and Garden Show 2017, held at Trust Arena in Henderson from November 29 – December 3. We worked with members of Ranui Community Garden and Triangle Park Teaching Garden to showcase the important aspects of community gardens. Each garden had its own exhibit but they were designed to look continuous. The Woodside Community Garden exhibit was in the centre and our theme was friendship. The exhibit mirrored our own community garden with fruit trees along the back and vegetables at the front. We also included herbs, flowers and other beneficial plants. Many hours were spent



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growing/nurturing seedlings and we borrowed potted fruit trees from local gardener Ben Cheah. Social aspects were illustrated by a table and chairs and beverage with children's items indicating family involvement. Luckily, our plants thrived in the humid conditions in the Yates Community Gardening Marquee. We were really delighted to be awarded a bronze medal by the judges and are now very keen to participate again next year. We are grateful to the following companies for their sponsorship; Resene (paint), Yates (Yates Community Gardening Marquee and booklet) and Mitre 10 Lincoln Road Henderson (10% discount card).

Do you believe you can create what you want?

This is a challenging question. We are not traditionally brought up with this idea. This idea puts the power back in our hands. Unfortunately, we tend to see more proof of the opposite. We hear that it's other people's fault or that we are at the mercy of the government and tax laws. We are in fear of germs that can catch us at any moment and of cancer that picks and chooses as it pleases. Society would have us blame the bullies, our bosses and inflation for our circumstances. This leaves us with no power. It has the feeling of helplessness and fear. It implies we are victims. We learn early that 'life's not fair'. This perception of life weakens us and puts our happiness in the hands of others. There line of thinking, a philosophy that says we are responsible for everything. Yes EVERYTHING. We are creating our lives every moment of everyday – and we are either doing this consciously or unconsciously. Even when were not aware we are doing it, we are doing it. This is where is gets challenging for some. Dr

Joe Dispenza says 'if you really believed you are creating your life with your thoughts, you wouldn't miss a day'. He goes on to say the reason most of us don't consciously create our lives is because we really don't truly believe that it's possible.

The more I do this work the more I see we are absolutely creating our lives with our thinking and our feeling. All the circumstances and situations in our lives are outcomes of a way that we have been thinking and feeling and perceiving. Life is a mirror and is playing out on the outside what we have going on, on the inside.

I help people figure out what the default emotions are that have got them what they have. If you don't like something in your life it's because of a way you have been being (feeling, thinking and perceiving). Illness, that constant sore back, financial struggle, relationship issues will be equal with a way we have perceived ourselves and our world. All our situations are relevant to us! Right in this moment you are the sum of your past. We are the sum of every experience we have ever had. All our experiences have taught us to think and feel and need and want very differently and all our thoughts and feelings we have programmed about life, is giving us more of that. What we focus on, where we choose to put our energy will expand.

I help clients reveal what can be a blind spot. Thinking is so automatic we often have no idea when our thinking is moving us backwards. (When talking with clients about specific life events it's easier to unblind a mind) Further on from this you get to pick what you do want. Most of us want specific things but when we go general most of us want to experience similar feelings - to feel free, unburdened and unlimited, to feel more joy and to not worry what others think of us. Most of us want to not need others to validate us, to be healthy to laugh more and of course money is biggie. If we can create whatever we like, then it's a chance to visit the shop of 'every possibility exists'. It's a fun

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shop. Infinite possibilities exist for all of us right now; it's just that the rhythm you are being right now is a different rhythm than the thing you want. I talk with clients about how to get more aligned with what is wanted - but it's not as simple as waking up tomorrow and thinking a new thought. We can't force ourselves to think differently. I don't believe in force, any time we force ourselves to do something we need to be careful we aren't being the person that isn't good enough (that way of thinking got us where we are in the first place!). I believe positive change can happen naturally - if life is responding to how we are being then our job is simply to be more in joy than we are in worry. It means not looking at 'what is' and being governed by it. Instead light yourself up with possibilities. The rhythm of possibility is very different to the rhythm of the bank account right now. Choosing to go for a walk is a different rhythm than choosing to sit on the couch. Your true nature isn't fighting to be better, your true nature just is. Its hanging out, lovingly waiting. I give clients specific mediations. They help wonderfully with natural change. You find yourself automatically in the flow of a higher rhythm. Its conscious creating at its best. For a session ring or email Anna.anna@thinkyourbest.co.nz.

What is Biodynamic Craniosacral Therapy (BCST)?

Craniosacral therapy is a gentle hands-on, non-manipulative, powerful natural therapeutic technique. The therapy has its roots in the discoveries made by Osteopath Dr William Garner Sutherland.

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The body is an extraordinarily intelligent system that is always seeking to organise itself back to health and equilibrium (homeostasis), but due to everyday emotional, physical and mental strains we can form stress patterns within the body's physio-

gy. Craniosacral therapy frees these patterns, allowing the flow of blood, lymph and nerve energy within the body to be unencumbered.

Craniosacral therapy facilitates the return of the nervous system to its natural state of health, growth and restoration.

To experience this therapy and what it can do for you contact us on 027 485 72 72 or mandy@innerbeing.co.nz. Offices in Waitakere and Mt Eden.

West Harbour Tide Chart

Date	High	Low	High	Low	High
Thu 1 Feb	-	02:16	08:44	14:46	21:11
Fri 2 Feb	-	03:09	09:37	15:40	22:04
Sat 3 Feb	-	03:59	10:28	16:32	22:55
Sun 4 Feb	-	04:49	11:17	17:22	23:44
Mon 5 Feb	-	05:38	12:06	18:11	-
Tue 6 Feb	00:33	06:27	12:55	18:59	-
Wed 7 Feb	01:21	07:17	13:43	19:48	-
Thu 8 Feb	02:12	08:09	14:32	20:38	-
Fri 9 Feb	03:05	09:05	15:22	21:32	-
Sat 10 Feb	04:02	10:02	16:16	22:28	-
Sun 11 Feb	05:00	10:59	17:11	23:25	-
Mon 12 Feb	05:56	11:52	18:06	-	-
Tue 13 Feb	-	00:19	06:47	12:42	18:59
Wed 14 Feb	-	01:07	07:34	13:28	19:47
Thu 15 Feb	-	01:50	08:17	14:11	20:31
Fri 16 Feb	-	02:30	08:57	14:52	21:13
Sat 17 Feb	-	03:09	09:36	15:32	21:52
Sun 18 Feb	-	03:47	10:15	16:12	22:31
Mon 19 Feb	-	04:25	10:54	16:53	23:10
Tue 20 Feb	-	05:05	11:34	17:34	23:51
Wed 21 Feb	-	05:47	12:17	18:17	-
Thu 22 Feb	00:35	06:33	13:02	19:03	-
Fri 23 Feb	01:23	07:24	13:51	19:54	-
Sat 24 Feb	02:17	08:21	14:45	20:51	-
Sun 25 Feb	03:18	09:24	15:45	21:54	-
Mon 26 Feb	04:24	10:30	16:51	22:59	-
Tue 27 Feb	05:30	11:35	17:57	-	-
Wed 28 Feb	-	00:03	06:33	12:36	19:00

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

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