

theWesterly

FREE monthly community magazine for Massey to Hobsonville Point

PROPERTY MARKET REPORT

SUMMER WASTE SERVICES

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

COUNTDOWN HOBSONVILLE

Circulation is 10,000 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 2019

Intro

Christmas is a time for giving and receiving presents. It can be difficult enough choosing presents, but what about the present you were gifted that was not quite what you'd hoped for? The giving is the welcome gesture, but is that drawer where you put unwanted presents full already? The mood of the times is to de-clutter, KonMari style, so what about creating a new feeling of warmth and passing those gifts on to someone who will treasure them? By now, Christmas is far enough away to take action if you haven't already.

A UK survey suggested that half of us get at least one unwanted gift each Christmas, at an average cost of \$75. So overall that adds up to a lot of dollars, and sadly a lot of time and effort. About a quarter of people keeps them, and a similar number re-gifts them. A smaller number sells or exchanges their gift, and the rest throw them away or give them back. Clothing, accessories and cosmetics are the most disliked presents. Men are less likely to want music, women household items. There are some guidelines. Keep a note of who gave you what, to avoid hurting feelings. If it was made for you, or chosen specially, best not to re-gift it. If you are re-gifting you need the original packaging. While community charity shops welcome donations, please don't include items they can't sell and will have to pay to dispose of. For many families, it's the time they spend together that counts more than the presents.

Hopefully in this month's Westerly you won't find anything you want to give away, and you will find it a treasure trove of useful suggestions. Can you sing? Do you travel? Do you eat and drink? There are activities for all age groups, from ideas for when and how to introduce literacy to children to computer skills for seniors. Potential scouts or naval cadets can enjoy action and companionship locally, while for those bursting with energy consider zumba, or for the more tranquil, how about the intriguingly-named beer yoga, or find the new venue for just the beer? As ever, there is practical advice on housing and the relevant responsibilities. Why not use the Westerly to present your activity to the community? Thanks to our contributors and advertisers - please mention the Westerly when you contact them.

John,
Editor



the Westerly

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Community:Notices

Hobsonville Point Choir

'It was a very special moment, sitting in the middle of 150 singers listening to a very moving Christmas carol in glorious four part harmony, while singing one of the parts. This was my highlight of the first six months in the Hobsonville Point Choir, when we joined with six other choirs in a mass Nativity celebration at Auckland Girls Grammar.



Hobsonville Point Choir meets weekly during school terms, and rehearses in the Hobsonville Point Primary School gymnasium. The choir is well led by music director Kate Bell, who's lots of fun and knows how to get the best from newbies who haven't sung before. There are no auditions and even if you have doubts, by the end of the year you'll be singing with the best.

The choir has a core of 30 or 40 singers but is always looking for more, particularly basses. If you're interested or would like to join a rehearsal for free, register at: www.thechoir.co.nz/hobsonville or just turn up. The first practice is from 7:15pm to 9:15pm Thursday 7th February 2019. As The Choir Ltd is a private company there is a \$100 per term fee, - good value when considering the enjoyment, friendship and health benefits gained. This choir promises to be a very good choir indeed!

House of Travel West Auckland

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Join renowned healer and teacher,
Yuan Tze

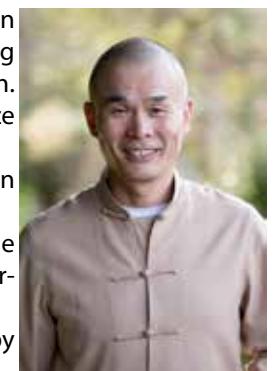
Join renowned healer and teacher, Yuan Tze, for a weekend workshop taking place on Sat 2 March & Sun 3 March. During this unique experience, Yuan Tze will speak about:

How to achieve higher realisation through:

- Growing the heart by exploring its role in self-development and achieving harmony within and with others
 - Developing healthy consciousness by working on our patterns of thought

How to improve health and wellbeing through:

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 - Yuan Qigong - learning and practising beautiful moving and still meditations using the body, mind, breath and Qi (energy)
Beginners to advanced welcome. For more information or to register visit our website www.yuantzecentre.com/#yt-events.
Contact: Verena Jonker on northernyuantaqigong@gmail.com.



TS Bellona

What are your goals for 2019? Maybe you want a new challenge? Something community-based, leading young people in leadership, inspiring them to go further in life. But then you also want to do more in the great outdoors we have around Auckland.



Patsy Sackx
Founder and Director

0274904321
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abclanguage.co.nz



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land.

Hobsonville Point-based Navy cadet unit TS Bellona is on the lookout for over-20's but young at heart. Civilian officers help run the unit, headed by the Unit Commander. Without these adults the cadet units can't participate in the incredible range of activities they have available to them.

So maybe you missed out on cadets when you were younger, used to be a cadet or in the Defence Forces. Or you're just on the lookout to have a purposeful challenge. Becoming an officer at TS Bellona will give you full NZQA approved training and a chance to do something out of the ordinary.

Sailing skills are useful but not necessary. Come and do something a bit different, with the kids. Sailing, shooting, drill, first aid, camp, rowing, tramping. All with the backing of the Navy. 2019 starts with TS Bellona out on the water for Auckland Day and participating in the Northern Regatta held at the end of February.

For more information on how you can get involved. Cadets aged 13-20 years and officers aged 20+. Email ts.bellona@cadetforces.org.nz or see you at Hobsonville Yacht Club, Thursday nights at 6.45pm from February.

Seniornet West Auckland

SeniorNet is all about helping older folk to use computers, both Android and Apple, Galaxy phones, tablets, iPhones and iPads. We run small classes from our Learning Centre in the Henderson RSA, Railside Avenue Henderson. These are held morning or afternoon. We do require you to become a member to do the classes. If you would like more information please ring our office on 09 837 7600 leave a message and someone will get back to you.

We run our Help Days on the 2nd and 4th Tuesdays of the month and this is a good time for anyone wishing to find out more to call and speak to one of the team. Anytime between 10am and 12 Noon.

Our Kelston Meeting this month will be on the 19th February at 10am and will include a short AGM as well as the usual guest speaker and morning tea. You do not have to be a member to come to these meetings, all are welcome. Entry is by a \$2 raffle ticket which could win you one of three prizes. Just a reminder that subscriptions are now due and remain at \$30 per year for singles and now \$50 for couples. Forms can be downloaded from our web site. We will be advertising new classes shortly so keep an eye on our web site www.seniornet-west-auckland.org.nz or leave a message at the office as these are checked regularly.

Kaipatiki Projects

Since 2010, a group of dedicated volunteers led by Kaipatiki Project staff has grown around 10,000 native plants a year, currently at the Engine Bay Community Plant Nursery, Bomb Point Drive, Hobsonville Point. Since the



removal of the old RNZAF shed and Engine Bay buildings, the group has not had a covered area for raising seeds, weeding and planting. Members of the Lions Club of Henderson - West Auckland have come to the rescue with the building of a new tunnel house, with extra sponsorship from the Upper Harbour

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Retirement Village Association

Local Board. This was supposed to be an easy one day project but the stony ground meant that the ground anchors, instead of taking less than an hour took the whole day. On the second day, the frame was erected, and by the end of the third day, the tape had been fitted on top of the bars and the polythene cover is now in place. You can view videos of the construction on the Lions Henderson - Went Auckland Facebook page. If you are interested in joining the volunteers, which meets on Wednesday mornings from 9am to 12md, please email Derek at restoration@kaipatiki.org.nz or call 09 482 1172 or just come along and join our volunteer community.

Putting litter in its place this summer

Over summer, Auckland's beautiful parks, beaches and Hauraki Gulf islands are flooded with day-trippers, campers and holidaymakers. To make sure these 'jewels in Auckland's crown' continue to sparkle in the summer sun, Auckland Council is encouraging everyone to Be a Tidy Kiwi (beatidykiwi.nz) while out and about these holidays. The Be a Tidy Kiwi Band Together campaign asks Kiwis to pledge and do the right thing this summer by putting litter in its place. Auckland Council does provide and service public place litter bins in urban streets, beaches, and parks across the region.

"We want to see everyone putting litter in its place while they're out and about so that our parks and beaches are free of unsightly litter," says Paul Sood, Auckland Council's Programme Director Waste Solutions. "We'd also like to remind Aucklanders and visitors to our beautiful city that public place litter bins are designed for small pieces of litter from passers-by and don't have the capacity to deal with large quantities of waste."

Waitakere Grey Power Association

Waitakere Grey Power Association is respected for its advocacy role for its members and the community. Our Office reopens in the second week of February and our first Committee meeting is on Thursday 14 February 2019. We will have three Committee members attending the Zone Two Grey Power Auckland Region meeting at Waiheke Island in February. All major advocacy matters are discussed and actioned at the Zone Two meeting.

Our first General Members Meeting will be held at the Te Atatu South Community Centre, 247 Edmonton Road, at 12.30pm on Friday 29 March 2019. The Hon. Phil Twyford, M.P. for Te Atatu, Minister of Housing and Minister of Transport will be our Guest Speaker. We welcome all members and potential members to call into our office, Monday to Friday 9.00am to 12.00pm. If you are over 50 years old we urge you to join Waitakere Grey Power Association where there is strength in members. For further information please phone our Office on 09 838 5207. Mate Marinovich, President Waitakere Grey Power Association Office 247 Edmonton Rd Te Atatu South.

The Mobile Car Specialists

What a cracking summer so far! Chances are your car could do with some TLC after the beating it's taken with the kids. We remove fine scratches from the clear coat (that can be seen in the sunlight), remove sunscreen marks & oxidisation, 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 \$189 +gst for sedans and \$199 +gst for SUV's. Our other services include: Removal of small to large dents in your car panels. Yellow / foggy headlight restoration. Corner bumper scuff repairs. Ceramic coating paint protection. Sign-writing removal.



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Scammers

Scammers are constantly changing their approach, both through the technology they use and the stories they tell. Their goal is to obtain money or personal details from you. Anyone can be caught out by a scam so the best way to protect yourself is to be vigilant. "Tech support" scammers use the names of familiar brands such as Microsoft, Spark, Vodafone and Chorus when they contact people, so that people are more likely to trust them. They may call you on the phone and will often attempt to get 'remote access' to your device. Remote access is when someone can access a computer or a network from another location. Excuses to gain 'remote access' include a virus infection harming others on the network, free assessment to upgrade to Windows 10, help security checking your computer, the disconnection of your internet if you do not give access and problems with your router or internet connections. These

Special thanks

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

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scammers may be trying to get your online banking details, your credit card details, or request personal information such as copies of passports or drivers licenses that they can use for identity fraud. Be wary if you are unexpectedly contacted about a 'tech' problem that you haven't contacted your provider about, and politely say "no thanks" and hang up. Report cold calling scams to netsafe.org.nz/report or call 0508 NETSAFE to protect others about scams and support those affected by them. See netsafe.org.nz for further details.

Local psychic medium

Kerry-Marie Callander is our local psychic medium who has over 20 years experience in her field. Her passion is to help others find their purpose, direction and heal their pain through spiritual guidance. Highly qualified through the UK and has been feature in the media and on the TV series Sensing Murder.

She offers readings, healing, workshop does shows and retreats and along with this is a Funeral and registered Marriage Celebrant.

You can book an appointment with her through: www.spiritualdecisions.co.nz/bookings-payment.

To find out about her retreats, workshop or celebrant work email her on kerry@spiritualdecisions.co.nz.

To learn about how become a psychic, understand chakras and auras and much you can learn this is the comfort of your own home though her online video courses go to: www.spiritualdecisions.co.nz/video-courses.



Waitakere Fire Brigade

Happy New Year! I hope you all had a great Christmas break.

This month's safety message is about emergency services finding your house and then accessing it. When you call for assistance the responding crew can easily find your street but finding your house can be difficult. You can help by making sure your letter box has the correct street number



clearly displayed. At night turn outside lights on so your house is clearly seen and send someone to the drive entrance to meet

the crew.

The other big issue is access to your property. Make sure trees are trimmed to allow for a fire truck to drive down your driveway. Your clear drive width needs to be 2.5 metres with a clear height of 4 metres.

If the truck cannot fit then we will need to carry all the equipment to the incident. Remember a fire doubles in size every 60 seconds so a fire truck parked 100 metres plus away is going to have an impact on the outcome.

2019 is a good year to assist a local community group. If you or your family are not presently volunteering in your community then make a call to donate some time to help your community. The benefits include: meeting new people with similar interests, developing new skills and experiences, getting a greater sense of personal achievement, a feeling of involvement and participation in the community, having a number of buddies to do things with, engaging on a business, social and personal level. If you have a few spare hours a week and want to volunteer some time on a part time or regular basis it starts with a phone call to a group. Keep safe, Denis Cooper - Station Officer, Waitakere Volunteer Fire Brigade.

Stay safe online

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In Brief updates:Events

COGY

Have you visited Hobsonville Point Coastal Walkway? This is a lovely walkway on the water, literally above the water, through the mangroves. The whole walkway is a 5km loop, including Bomb Point park. But I like the waterfront part best, stretching to the west from the ferry terminal. Here is a photo from West Auckland COGY Club, when we enjoyed pedalling along the walkway. It was a very pleasant walk with sea breeze and water view. The course is not too hilly, with just a small amount of up and down, suitable for all ages and abilities. For more information about COGY, kokocogy.wix.com/gocogy or search "kokocogy".



eCoTrack

eCoTrack is an app for local communities to track all sorts of ecological and conservation activities. Weedy plants are one of the greatest threats to New Zealand's parks, reserves, coasts, bush remnants, wetlands and alpine areas. Many of these weeds are ornamental plants that have 'jumped the fence' from gardens and gone wild (see weedbusters.org.nz). When someone recognises a "pest plant" such as Moth Plant, Wild Ginger or Woolly Nightshade, they can use the app to report the plant. GPS will record the location and the plants can then be removed. If you have visited Hobsonville Point recently, you may have noticed that many Woolly Nightshade plants have been taken out. Pest Free Kaipatiki and South Titirangi Nature Network locally are using the app to record weed occurrences. Last year the eCoTrack designer Steve MacLeod won the Nikau Award at the Love Your Place Awards, and eCoTrack won the Innovation Award at the Auckland Mayoral Conservation Awards for the development of a weed recording software. There is scope for a local group to use the eCoTrack app to help fight local environmental weeds. Read more at pest-freekaipatiki.org.nz/pest-weed-control-and



follow eCoTrack on Facebook.

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Bridgestone Westgate

Thank you to all our customers for your support in 2018, we hope you have a happy, healthy and safe 2019.



We were delighted to be able to support the Salvation Army Lunch at Lone Star last month as well as provide prizes at Massey High School

– we are proud to be part of the Community for over 20 years.... your continued support of our family owned local tyre store means we are working together for our Community. January is getting ready to go back to school time and is a timely reminder of the time spent in the car driving children around – a UK study says that by the time a child is 20, parents are likely

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to have spent over 3,000 hours driving them around. The tyres on the car are the point of contact with the road and we can help keep your tyres and your family safe. We offer free tyre health and safety checks – checking your tyres regularly, topping up low pressure, rotating the tyres and getting them balanced and aligned can mean your tyres last longer and the car is safer.

Pop into Bridgestone Westgate, 1 Cellar Court, (the red building behind McDonalds phone 09 833 8555 – we are happy to check your tyres and provide you with free honest advice.

Bridgestone Westgate: keeping you safe on the roads.

Scouts is New Zealand's largest youth organisation

Scouts is New Zealand's largest youth organisation with over 15,000 members.

Nationwide this is divided into 36 Scouting Zones. In the North West Auckland region is the Waitoru Zone, covering an area from Te Atatu Peninsula to Kaukapakapa.

The Waitoru Zone has Scout halls in Te Atatu, Henderson, Massey, Whenuapai, Riverhead, Waimauku, Helensville and Kaukapakapa.

Most groups are the traditional land based Scouts with the exceptions of Whenuapai, which is an Air Scout group and Te Atatu which is a Sea Scout group, where they focus more on Air and Sea activities.

Scouts are for both boys and girls, girls having been part of Scouting in New Zealand since the 1980's.

There are approximately 500 youth involved in Scouts in the Waitoru zone and typically, we have a 50/50 ratio of boys and girls.

There are 5 youth sections in Scouts: Keas, Cubs, Scouts, Venturers and Rovers. Keas start at 5 years old and Rovers go up to 26 years. Leaders are 18 years and over.

Activities include camping, hiking, sailing, flying, biking and crafts to list a few, as well as visits to places like Fire and Police stations and many more fun adventure filled activities.

Do you want to know more or interested in joining (the first month is free) then go to www.Scouts.org.nz or email me.

Craig Paltridge - Waitoru Zone Leader. zl.waitoru@zone.scouts.nz



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is an eco-friendly search engine founded in 2009 that donates 80% of its surplus income to tree-planting programmes all over the world. It's an easy idea: you choose Ecosia to browse the web and the income that Ecosia generates from advertising is used to plant trees. One tree faster than every 10 seconds. Over 46 million trees so far. Ecosia sponsors tree-planting projects, mainly in Africa, North and South America and Indonesia, and since last year, in Spain. For every 50 searches you make on Ecosia, they plant one tree (they keep a score of your searches in the corner of the screen). See ecosia.org or type Ecosia into a YouTube search to view multiple inspiring videos about what they are achieving.

Why fidget toys are not just for kids

While fidget toys can be fantastic for children, they can be extremely helpful for adult brains too.

There are fidgets that work in a perpetual loop which are great for quieting, or focusing a busy brain and reducing anxiety. Other fidgets encourage creative play. These can be a puzzle you solve, build or reshape. This type of activity gets your brain thinking spatially, which research shows helps improve memory, cognitive ability and thinking. So if you are struggling with a problem a fidget may be the answer. Fidgets can also be valuable tools for people living with Alzheimer's disease or other cognitive challenges. In many instances anxiety or agitation can be shown through restless hands. Fidgets can be an excellent source of entertainment and help maintain hand dexterity.

At Mindjig we have fidgets that have been specifically designed for adults to relieve stress and promote creative play. These have been designed to look great in your home or office too.



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Visit www.mindjig.co.nz to see our fidgets and other resources to help keep adult brains active and contented. Or contact us email: info@mindjig.co.nz Phone: 09 600 3251.

Jenna-Maree Cakery

A newly opened custom cake and cupcake store is located on Hobsonville Road. Their speciality is custom cakes and cupcakes that not only look amazing but taste just as great. No artificial flavours or packet mixes here!

If you are planning a wedding, now is the time to book a consultation with Jenna-Maree to personally help you design your dream wedding cake. This can be done via the website or instore and includes decadent sample cake tastings of your choice.

If you need a celebration cake – Jenna-Maree Cakery is the store to visit and if you need ideas to help create your design there are albums filled with their cake photos in store for you to peruse.

The cabinet is filled daily with a delicious assortment of cakes, cupcakes and slices that are baked daily onsite plus they have amazing coffee, smoothies and milkshakes available.

Store hours are Mon-Friday 8-4 and Sat 10-2, 102C Hobsonville Rd, Hobsonville. jennamareecakes.co.nz / sales@jennamareecakes.co.nz.



Help fight New Zealand's single biggest killer

With one in five Kiwis dying from heart disease, the Heart Foundation needs more people to join with it by volunteering as

street collectors for its Big Heart Appeal 2019 next month. Every year over 6,500 New Zealanders die of heart disease. While the time commitment involved as a volunteer for a few hours on one day is small, the reward is huge and will play a vital role in the fight against New Zealand's single biggest killer, heart disease.

Funds raised during the Heart Foundation's annual appeal are used to support heart-related research and specialist training for cardiologists. The Heart Foundation is New Zealand's leading independent funder of heart research. Since 1968, it has funded more than \$70 million in research and specialist training for cardiologists. Additionally, we also perform a wide range of activities to help support people living with heart disease, and their families, and provide educational programmes and campaigns that promote heart-healthy living.

The Big Heart Appeal street collections will take place on Friday 22 February and Saturday 23 February and we need volunteers in all regions.

To find out more about volunteering for the Big Heart Appeal and to sign up, visit www.heartfoundation.org.nz/volunteer.

Massey Birdwood Settlers Association Inc.

Did you know that the Massey Birdwood Settlers Association administers the Massey Community Hall on the corner of Don Buck and Redhills Roads?

The venue is for hire for 21st's, Weddings and similar activities on Saturday nights. Conditions apply.

The Massey Birdwood Settlers Association is a not for profit enterprise which means by booking the premises you will be supporting the important work we do in the community. Our hire rates are among the cheapest in town.

The venue has plenty of parking both on site and nearby and has been continually updated, with Wi Fi available and other modern facilities available. Chairs and tables are available, storage facilities for long term users, and much more.

During the week and each month the following activities take place:

Redhill's Community Kindergarten – All day and sessions Monday to Friday 8.30am to 3.30pm. Morning session: 8.45am to 11.45am. Lunch session: 8.45am to 12.45pm. Afternoon session: 12.30pm to 3.30pm. phone 09 833 6401.

Monday - Den available for hire 9am to 3pm. Hall available for hire from 9am till 3.00pm.

Aikido Classes with Craig Andrew from 6.30pm on Monday night. For further information- craig.andrew13@yahoo.co.nz
Tuesday - English Language School – in Hall 9am to 3 pm.

Wednesday - English Language School – from 9am to 3pm in Hall for hire 5pm to 9pm. Hall available for hire from 3pm to 5pm. Massey Indoor Bowling Club – 7-9 pm in the hall - enqui-



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ries please contact Sam Jacobs Mob: 021 737 731. (This club has been operating out of the hall since 1957).

Thursday - Den available for hire 1st and 2nd Thursday of the month from 5pm.

English Language School – from 9am to 3pm in Hall – contact Jean on Phone 09 827 7884.

Kung Fu – 7-9 pm in the hall – For further information email – wongsee@gmail.com.

Wine Club – Monthly; 3rd Thursday evening; in the Den. Please email kheelai@hotmail.com.

Massey & Birdwood Settlers Association Inc (your resident and ratepayers group) – last Thursday of the month from 7.30pm in the Den.

Friday - Den available for hire from 1pm to 9pm English Language School – English Language School– from 12noon to 3pm in Hall.

Housie (Massey Primary School fundraiser) – 7pm-11 pm – for information contact Sandy on email sandystratful@clear.net.nz Scrap Booking Class – first Friday of the month from 7pm – Contact Trish Kelly at email trish.kelly@xtra.co.nz.

Saturday - Waitakere City Cake Decoraters – second Saturday of the month except June and January – from 9.30am to 1pm in the hall.

Massey Birdwood Craft Market – last Saturday of every month.. Contact Paul at email birdwoodcraftmarket@gmail.com.

Saturday Nights – available for hire once a fortnight from 5.30pm – conditions apply.

For further information about the hall please email masseybirdwood@gmail.com Or contact John Riddell on 09 833 6972.

Sunday - Full Gospal Church every Sunday 9am – 1pm – contact Mike Taylor by email miketaylor1@xtra.co.nz.

Fellowship Church every Sunday in Den between 11.30am and 2.30pm. Phone Alofa on 094167801.

All Nations Pentecostal Fellowship Church – Contact 832 9981 – 2.30pm to 9.30pm. Massey Birdwood Settlers Assn – Committee meetings last Thursday of each month 7.30 pm – Lions Den.

Why learn to sew?

Have you ever gone into a store with an item in mind, maybe it's a dress for an event or a silk top for work. You go into every store in the mall but cannot find anything, you get home and hop online, spend hours scrolling and finally purchase something.



It arrives a week later, the fabric is thin, the seams are wonky and it definitely doesn't fit.

Wouldn't it be more fulfilling to make the garment yourself? Learning to sew gives you the ability to truly personalise your wardrobe and gives you the confidence to be more creative. It's also great to be able to do your own repairs, alterations and home decorating.

I am running a 5 week beginners sewing course at the Kumeu Arts Centre, all ages are welcome.

Over the five classes you will learn the basics of sewing whilst you complete a garment.

Kumeu Arts Centre - Saturday 2nd March to Saturday 6th April. 3pm to 5pm. \$160 per student. If this is something you'd be interested in or want more information email me at grehtamahon@gmail.com. Grehta Mahon – Sewing Coach.

Massey Birdwood Settlers Association Inc.

Did you know that the Massey Birdwood Settlers Association administers the Massey Community Hall on the corner of Don Buck and Redhills Roads?

The venue is for hire for 21st's, Weddings and similar activities on Saturday nights. Conditions apply.

The Massey Birdwood Settlers Association is a not for profit enterprise which means by booking the premises you will be supporting the important work we do in the community. Our hire rates are among the cheapest in town.

The venue has plenty of parking both on site and nearby and has been continually updated, with Wi Fi available and other modern facilities available. Chairs and tables are available, storage facilities for long term users, and much more.



Property:Advice

Property market report

Buyers that want to take advantage of a quiet market need to act fast, buy on an over-supplied property market and higher Vendor motivation.

The momentum shift from a "buyers' market" to a "sellers' market" is quick. First you'll see a rapid reduction in the properties on market and then you start seeing escalating property prices in a localised area.

Auckland house prices have stagnated for two years, this started pre-election 2017 and they are set for a modest increase of 3 to 9 percent over the year followed by sustained increases through to the next election in 2020.

Immigration figures into Auckland over the last 12 months indicate 53,000 new people settling in Auckland. This demand will continue, ensuring a demand for homes in the region.

Auckland's median price reached \$867,000 at the end of 2018, being 3.7% below the record price of \$900,000 set in March 2017, according to the Real Estate Institute of NZ.

National house prices are currently at record highs with a November median price of \$575,000.

Property demand outside Auckland will continue to stagnate as demand in these areas has been fuelled by speculators moving money out of the Auckland market, however this has largely come to an end.

The easing of loan value ratios and the introduction of the overseas buyers ban, the anti-money laundering act on the real estate community and the strengthening of Labour's Bright Line Test on property sellers (Labour's Capital Gains Tax under a different name) all bring the market back into a normal rhythm where the market forces of demand and supply come into effect.

Time to sell, call me right now on 0800 900 700.

Market figures:

Hobsonville Residential	\$565,000 to \$1,650,000
Massey Residential	\$645,000 to \$1,195,000
Royal Heights Residential	\$742,000 to \$840,000
Swanson Residential	\$690,000 to \$856,000
Taupaki Lifestyle	\$880,000 to \$4,625,000
Waitakere Residential	\$725,000 to \$1,300,000
West Harbour Residential	\$615,000 to \$1,550,000
Whenuapai Residential	\$1,180,000 to \$3620,000

Whether you are looking to improve your property, sell, or buy, I would like to talk with you about making the best decision possible in a changing market. Every day I am assisting people just like you to make decisions that are based on fact, exten-

sive transaction reports and thorough discussion. You will feel a great deal of peace-of-mind and certainty by having your very own property specialist available to you seven days a week. Call 0800 900 700, Text 027 632 0421 or email graham.mcintyre@mikepero.com or for more information go to www.grahammcintyre.co.nz. - Mike Pero Real Estate Ltd Licensed REAA (2008).

Precision Roofing

Precision Roofing Limited is looking for a semi-experienced worker to join our team of highly experienced roofers.

Experience in roofing isn't necessary but must have experience using roofing tools.

You must have a drivers licence and reliable transport to get to our yard based in Massey. Please email lauren@precisionroofing.co.nz or call us on 0800 00 22 22.



Employment Agreements

By ClearStone Legal

Did you know that the penalty for failing to have an employment agreement in place for each employee is \$10,000, or \$20,000 if the employer is a company?

There are two types of employment agreements, the most common being an individual employment agreements (the other are collective employment agreements when a union is involved).

The obvious advantage of having a written employment agreement in place is that both parties become clear on the terms of the employment.

As an employer, if you want to rely on the 90 day probationary period, you need to ensure that the employment agreement is signed before the employee starts work – i.e. not on their first day of work but before their first day. Otherwise the 90 day trial period clause is invalid.

If you need some help putting an Employment Agreement, or any kind of Agreement, in place then contact ClearStone Legal



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(incorporating Kumeu-Huapai Law Centre). Telephone 09 973 5102 to make an appointment.

After buying your new house

We know that our house is the biggest purchase most of us ever make... usually with a mortgage that takes many years to pay off, and the insurance to keep up with.

We insure our house contents, our car and our lives. But what else happens if we are incapacitated through an accident or illness and cannot make decisions for ourselves, or if we die? It is a great help to family if they have some guidance in this stressful situation. As lawyers who regularly see the stress that happens when there is nothing in place we encourage you to:

- set up Enduring Powers of Attorney for both property matters as well as personal care and welfare; and
- make sure Wills are made - and up to date.

These make it clear what you want. Some people also like to make a living will which includes details about the medical treatment they would prefer, for example, life support and resuscitation.

These things cost up front but reduce the cost and trauma for family and friends when most needed.

Contact Gareth, Linda or Jennifer at Belvedere Law jennifer@belvederelaw.co.nz.

Tips for first home buyers

Think about using your KiwiSaver

Good news, if you're a first home buyer and you've been contributing to KiwiSaver for more than three years - you may be able to use some of the money to help buy your first home.

If you're eligible, you may be able to withdraw some, or all of your KiwiSaver member contributions, employer contributions, returns on investments received or any member tax credits. However, you can't withdraw the \$1000 government kickstart contribution. Using your KiwiSaver is a great option for first home buyers who want to increase the size of their deposit.

KiwiSaver HomeStart grant

Want that little extra bit of help to get you across the line? Then you could consider a KiwiSaver HomeStart grant. If you've been contributing to KiwiSaver for three years and fit KiwiSaver's criteria you could be eligible for up to \$20,000 of additional grants. If you're purchasing an existing home then you could qualify for up to \$5,000 for each member. Also, if you're building or purchasing a new home, or purchasing land to build a new home on, then you could qualify for \$10,000 for each member.

To be eligible for a KiwiSaver HomeStart grant you must:

- Have been contributing the required minimum amount to KiwiSaver for at least three years
- Be 18 years of age or over

- Be purchasing or building your first home
- Have a household income (before tax) of less than \$80,000 per year (for one person), or less than \$120,000 per year (for two or more people)
- Have a deposit that is 10% or more of the purchase price, including the addition of the grant
- Plan to live in the house for at least 6 months following settlement or completion of the property

When buying your first home, every little bit helps – so make sure you understand how the KiwiSaver HomeStart grant, along with your Mike Pero broker, can help put the keys to your dream first home firmly in your hands.

Consider a Welcome Home Loan

While saving a big enough deposit is the obvious way to get on the property ladder, there are additional initiatives designed to help. Welcome Home Loans are issued by selected banks, underwritten by Housing New Zealand, and allow the bank to lend on a lower deposit without any restrictions. For first home buyers it can mean getting on the property ladder sooner.

The criteria you need to qualify for a Welcome Home Loan are quite restrictive, so please read up on it before you apply or get in contact with me.

For further details 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.

Contracts and getting out

Contracts include employment, buying and selling a house or buying or selling a horse or even leasing a house or building. Lawyers are often asked whether a contract which seems to be unfair or difficult can be broken. The answer is that it can depend on things such as whether the contract has clauses within that allow termination. If so, it is then a matter of following the termination arrangement which usually involves giving notice to the other party. In theory however, you will owe money to someone if you pull out of a contract in a way which causes them to lose money. This means that paying some money is often the price of getting out of contract.

Contracts which neither party has performed- are different because arguably no one loses money if you cancel. However, you may then be liable for losses calculated on the profits that one party would have made if the contract had continued. This usually leads to a negotiation between the parties at the parting of ways. As expected, there are often specific rules for specific sorts of contracts such as leases. This is something for specific legal advice. Luke Kemp – 09 412 6000.



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DIRECTOR/LAWYER

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• PROPERTY • COMMERCIAL • TAX •



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	1,075,000	200M2	171M2	960,000
	205,000	0M2	70M2	440,000
	640,000	0M2	63M2	650,000
	1,025,000	203M2	175M2	937,000
	1,050,000	221M2	177M2	935,000
	1,100,000	223M2	183M2	960,000
	830,000	78M2	168M2	868,900
	970,000	219M2	187M2	938,000
	540,000	0M2	70M2	565,000
	710,000	152M2	96M2	703,000
	1,650,000	645M2	354M2	1,650,000
	1,225,000	301M2	226M2	1,215,000
	825,000	167M2	118M2	840,000
	1,150,000	248M2	199M2	1,135,000
	1,125,000	201M2	186M2	950,000
	1,100,000	241M2	196M2	986,000
	1,750,000	1160M2	212M2	1,630,000
	880,000	245M2	132M2	860,000
	960,000	211M2	201M2	965,000
	870,000	187M2	181M2	957,000
Massey	870,000	663M2	224M2	860,000
	610,000	1298M2	90M2	645,000
	710,000	646M2	160M2	675,000
	880,000	0M2	130M2	755,000
	2,950,000	7950M2	120M2	3,350,000
	590,000	675M2	80M2	610,000
	680,000	606M2	127M2	678,000
	660,000	726M2	130M2	700,000
	840,000	531M2	182M2	817,500
	780,000	575M2	155M2	810,000
	680,000	920M2	90M2	745,000
	430,000	1105M2	70M2	420,000
	530,000	0M2	90M2	650,000
	630,000	734M2	100M2	660,000
	780,000	1282M2	180M2	700,000
	600,000	602M2	80M2	710,000
	1,100,000	675M2	247M2	1,100,000
	820,000	587M2	132M2	769,000
	1,250,000	1189M2	240M2	1,195,000
Swanson	850,000	507M2	171M2	856,000
	630,000	475M2	110M2	690,000
	740,000	809M2	190M2	835,000
West Harbour	1,230,000	669M2	322M2	1,020,000
	720,000	400M2	140M2	640,000
	1,100,000	748M2	240M2	900,000
	770,000	0M2	140M2	1,025,000
	710,000	140M2	112M2	690,000
	720,000	140M2	112M2	700,000
	1,750,000	749M2	338M2	1,550,000
	1,180,000	819M2	237M2	1,099,000
	620,000	0M2	110M2	615,000
	1,325,000	2558M2	310M2	1,180,000
Whenuapai	3,115,000	8132M2	560M2	3,620,000

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marketing kick start.

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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"We also provide statistical data, free from cost to
purchasers and sellers wanting more information
to make an informed decision. Phone me today
for a free summary of a property and surround-
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0800 900 700.**



WAIMAUKU SINGLE LEVEL - 5 ROOMS, 2 LIVING AREAS

5 2 2

By Negotiation

3 Waimauku Station Road, Waimauku

By Negotiation

Looking for a big home on a flat fully fenced site. This single level home delivers significant space in all areas. Five bedrooms, Bathroom and Ensuite, Two living rooms, Double garage and Separate Laundry. Great family friendly layout allows for the complete family to enjoy themselves with space on the inside and the outside. Set on a big 1100 square meter site the land is flat, with a fully fenced back yard and front yard. It has excellent all day sun and options for garden, orchard or just kicking a ball around. Situated right in the heart of Waimauku Village, moments to a café, transport links, convenience shopping and primary school.

www.mikepero.com/RX1750761



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graham.mcintyre@mikepero.com

www.mikepero.com



FAMILY PERFECT! CHARACTER, SUN & SEA VIEWS

4 2 1

By Negotiation

5 Seaview Terrace, Mount Albert

By Negotiation

Welcome to your family perfect home enjoying a beautiful elevated sunny position in a prime street in Mt Albert with sea and urban views and an abundance of space, character and lawn to play. Lovers of character homes will be delighted by the high wooden beamed ceilings, gorgeous original fire place surround and impressive native timber entrance way leading into the formal lounge. Four bedrooms, two living areas, spacious kitchen, sun room, front and back decks for alfresco dining, large front lawn, double garage and ample off street parking make living here a breeze with room for all the family. Providing the very best in education, you can watch the children leave for school with Gladstone Primary across the road, in zone for Mt Albert Grammar, Carrington Unitec nearby.

www.mikepero.com/RX1736226



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cherry@mikepero.com

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INVESTORS, FIRST HOME BUYERS, BRICK & WEATHERBOARD

3 1 2

Enquiries Over \$635,000

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

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

www.mikepero.com/RX1621009



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B&B OR MULTI-GENERATIONAL FAMILIES

5 5 3

By Negotiation

12 Amber Place, Waimauku By Negotiation

Generous dimensions and flexible formatting combine over 329 squares of highly adaptive floor plan in a home offering incredible flexibility for a range of buyer requirements. In-laws, teens or B&B guests can be accommodated in a self-contained flat featuring two bedrooms, bathroom, kitchen, lounge and decking with tidy and quiet separation from the main house by triple-car garaging. Designed for diversity, the primary residence features multi-zoned living areas comprising kitchen facing into the dining area while separate lounges offer discrete spaces for formal or casual hosting. Covered decks off dining and main lounge sort you for summer or winter while triple heat pumps, twin DVS units and ceiling fans throughout, keep social zones and all bedrooms comfortable throughout summer or winter.

www.mikepero.com/RX1675880

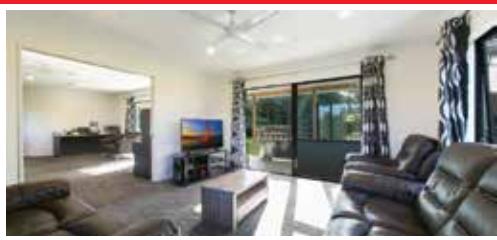


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HIGHLY MOTIVATED - AFFORDABLE IN WAIMAUKU

4 3 2

By Negotiation

16 Denehurst Drive, Waimauku

By Negotiation

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

www.mikepero.com/RX1575586

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WHENUAPAI - AFFORDABLE SEMI-RURAL LIVING

3 1 1

Offers Over \$960,000

17 Kauri Road, Whenuapai
Offers Over \$960,000

Three bedroom bungalow with internal access garaging and workshop. Refurbished home in the middle of Whenuapai, a growth area of the North West. The home has easy access, single living environment with alfresco to an expansive North facing deck overlooking big back yard. Large, open plan kitchen/ dining leading into lounge area. Bedrooms and bathroom are all off a central corridor. Garaging and Workshop/Storage area is all down-stairs offering easy access. Set on a 809sqm section, with flat/gentle sloping, fenced back yard for Pets and Children. A short drive to convenience shopping, parks, inner harbour access and Whenuapai Primary School.

www.mikepero.com/RX1778553



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VACANT, AFFORDABLE, FAMILY HOME - WEST HARBOUR

3 1 1

By Negotiation

56 Fitzherbert Avenue, West Harbour
By Negotiation

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

www.mikepero.com/RX1733165



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027 632 0421

graham.mcintyre@mikepero.com

www.mikepero.com



SUN, SURF AND STYLING - AFFORDABLE IN MURIWAI

3 3 2

Offers Over \$785,000

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

Vacant for Christmas - Make this your best summer ever. A home, within natures playground in keeping with the rustic natural ambience of the area and a simple uncluttered lifestyle. Often sort but seldom found, this two bedroom home with two bathrooms and a cluster of garaging, parking, gardening and entertaining options set upon 932sqm. This home that enjoys plenty of sunshine, plenty of parking, and has an easy in-door-outdoor flow. A smorgasbord of options for a buyer wanting to enjoy life to its full. Minutes from the Top Shop and a short drive to Muriwai Surf Club and Maori Bay. The CV on this property is \$770,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX1715709



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LIFESTYLE, BIG BARN - WAIMAUKU, HELENSVILLE FRINGE

3 2 2

Offers Over \$1,195,000

125 Alf Access Road, Helensville

Offers Over \$1,195,000

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

www.mikepero.com/RX1662304



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027 632 0421

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CUTE, CHARACTER, AFFORDABLE HOME - HELENSVILLE

3 2 2

By Negotiation

128A Awaroa Road, Helensville

By Negotiation

Often searched, seldom found, this crazy cute three bedroom home down a quiet ROW in Helensville. Tucked away from the hussle and bussle but within easy access of Helensville School, Parks, Shopping and transport links. The home is character filled offering a refreshed open living environment leading into three bedrooms and two bathrooms. Great alfresco links to north west decking and maximised area for off street parking and garaging/ workshop.

Refreshed inside and out, this is the perfect home for a family jumping onto the property ladder, wanting a place to call home, a caring well connected community and space to enjoy.

www.mikepero.com/RX1758841



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

www.mikepero.com



TAUPAKI LIFESTYLE HOME NEAR KUMEU

5 6 3

By Negotiation

296 Taupaki Road, Taupaki

By Negotiation

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

www.mikepero.com/RX1730148



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TRANQUILITY, PEACE & QUIET - ENTERTAINER'S PARADISE

4 2 2

Offers Over \$1,385,000

433 Wairere Road, Waitakere

Offers Over \$1,385,000

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

www.mikepero.com/RX1713683



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027 632 0421

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www.mikepero.com



HELENSVILLE LIFESTYLE PROPERTY ON 1.8 HECTARES

3 2 2

By Negotiation

707B Inland Road, Helensville

By Negotiation

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

www.mikepero.com/RX1732363

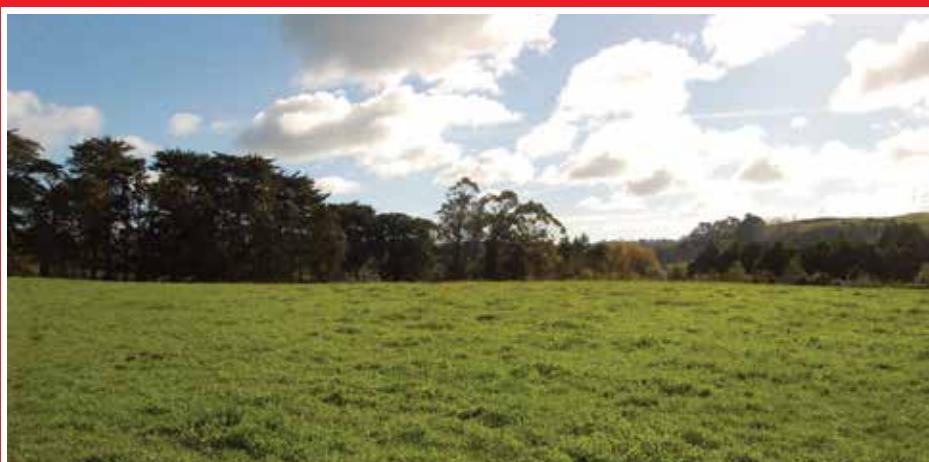
Mike Pero Real Estate Ltd. Licensed REAA (2008)



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

www.mikepero.com



BUILD YOUR DREAM HOME WAIMAUKEU

By Negotiation

908 Old North Road, Waimauku

By Negotiation

Often sought but seldom found, this flat easily accessed 1.7 hectare site ticks the boxes for the lifestyle buyer that seeks a flat no nonsense property to create a piece of magic. It features: 1.76 hectares, No building covenants. Down a private ROW, Fenced, Flat site, In a rural glade with shelter belt trees to the south west. A short drive to Kumeu and Waimauku shopping centres, transport links and schools. The CV on this property is \$760,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX1571757

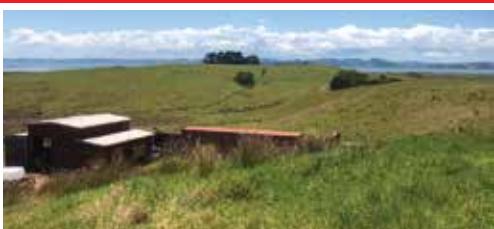
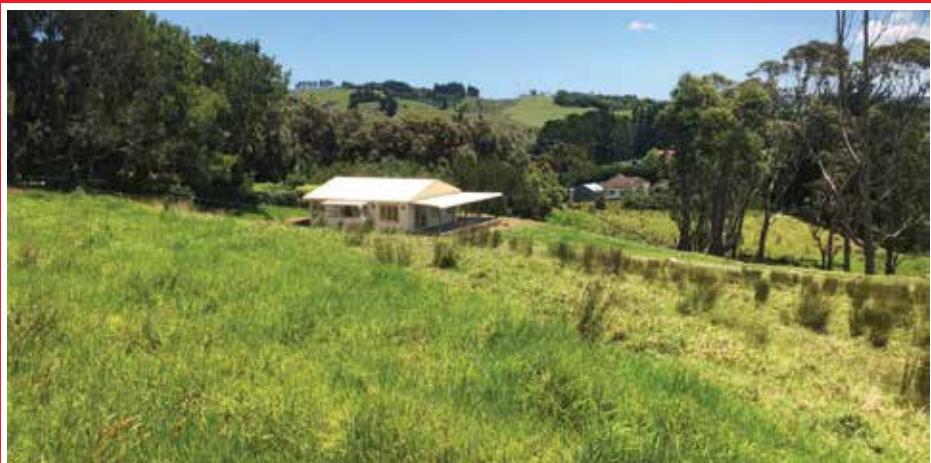


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www.mikepero.com

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BIG BARN, BIGGER VIEW, 3 ACRES - CLOSE TO HELENSVILLE

2 1

Asking Price \$1,095,000

1742 South Head Road, Shelly Beach

Asking Price \$1,095,000

The views are from the North-West to the East taking in the very best of the Kaipara Harbour and the moody blues that shadow the clouds. Rolling pasture cuts through briefly but make this an inspiring picture. American style barn at 8mtrs x 12mtrs. A fully renovated and immaculately presented two bedroom cottage adorns the property offering open plan living in a sheltered glade whilst still retaining a commanding view. Locally there are many activities and facilities that support lifestyle living. Close to primary school, Shelly Beach café and boat ramp and a short drive to Helensville. Unsurprising that South Head and surrounds are being discovered more and more with good proximity to the CBD.

www.mikepero.com/RX1762863



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www.mikepero.com



NO COVENANTS 2 ACRES - TAUPAKI

By Negotiation

Lot 2 Taupaki Road, Taupaki

By Negotiation

Well presented, North facing, elevated lifestyle section with boundary to a riparian strip. The land has an established access way off Taupaki Road.

Gentle sloping with House site options that can make the most of the valley views and the sunshine.

A short distance from Kumeu (city side) and North West Mall/ Westgate, the property is a short drive from the North Western Motorway.

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/RX1732517



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Hot:Property



Whenuapai – Semi-Rural Living

Whenuapai has its roots in rural living, horticulture and of course the Royal New Zealand Air Force.

Properties in the area generally reside in older refurbished or brand new townhouse style and the price points range from \$900,000 to \$1,300,000 respectively.

This refurbished three bedroom bungalow with internal access garaging and workshop sits in the former category.

The home has easy access, a single living environment with alfresco to an expansive North facing deck overlooking a big back yard. Large, open plan kitchen/ dining leading into lounge area. Bedrooms and bathroom are all off a central corridor. Garaging and Workshop/Storage area is all down-stairs.

Set on a 809sqm section, with flat/gentle sloping, fenced back yard for Pets and Children. This is a genuine opportunity to buy, nest and invest in a home with great access to motorway, a short drive to convenience shopping, parks, inner harbour access and Whenuapai Primary School.



The CV on this property is \$960,000. 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.

Contact Graham McIntyre on 027 632 0421 or 0800 900 700 to view or see more information at www.rahammcintyre.co.nz - Mike Pero Real Estate Ltd Licensed REAA (2008).

Home:Garden

Laser Whenuapai - Your Plumbing, Roofing & Drainage Experts

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

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

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

The key to Laser's success over the years has been their excellent staff, and the current team is no exception. All staff are trained to the highest standard, with Laser Whenuapai director Solomon Barnes saying that every member is either qualified or studying towards a certificate in their chosen field.

So, why choose Laser Whenuapai?

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

No job is too big or too small for Laser Plumbing & Roofing Whenuapai! The team is happy to do any job from basic tap



washers right into full re-piping, re-roofing, drainage or gas systems.

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

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

Kumeu Garden Hub

The monarch butterfly have arrived at last and the caterpillars are hungry! Huge swan plants available in store now! (Several grades/prices available) Sprayfree....! Let us know if your kindy need a free one! Caterpillars also available on request.



Fixy

At this time of year we understand you would rather be out and enjoying the sunshine, not working in it. To get the house in order we have the solution.



To all those repairs that need to be fixed, to the final touches on the renovation, and to the tricky jobs that are best solved by the experts. Fixy was born from a desire to help people with fixing, repairing and creating solutions so, they can get on with the fun stuff.

We provide the technical skill and expertise. All our technicians are trained, qualified and have police and Ministry of Justice clearance. We have comprehensive Health and Safety Policy's and full public Liability insurance.

Owner Sean Doherty has been in the construction and Landscape industry for over 20 years in New Zealand, Australia and Europe. You can be sure that quality workmanship is efficiently

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delivered. Our clients can rest with the assurance that the job is done quickly, professionally and cleanly. We are ready when you need us.

Focusing on repairs and fixing gives us the unique ability to provide a quick and flexible service. Our clients are able to source a quote directly through the website and we can usually attend your property within 2 days' notice.

Fixy is a family run company, 100% locally owned and operated by fully qualified professionals.

We love creating solutions. On time, and on budget. fixy.co.nz
022 1822 715 09 810 9080 @fixysolutions.

Office work a risk?

For many of us we work in an office and the risks do not seem to be that great.

How often does the chair collapse, or the computer fall off the desk?

The office is part of the work place and there are hazards and risks which we need to identify just like the factory of the guys and girls that travel to a different environment to work, such as plumbers, roofers, electricians or service technicians.

The risks that are encountered in the office need to be listed on the risk register. The risks may have a lower risk rating than a roofer working on a roof, or the factory worker working on a 50-ton press. However, the risks and hazards do need to be recorded.

One of the most common injuries in an office are falls. Injuries caused by strike of an object and ergonomic injuries.

A regular review of the workplace, the office should be undertaken to help ensure that the office environment is safe.

How about clutter, removing clutter to ensure that there are no trip hazards. Clutter may build up in a walkway or can fall if stacked in a pile. Clutter can cause electrical hazards when piled near outlets and cords.

Standing on chairs especially the ones with wheels is dangerous. When things are at an elevated height use a step ladder or perhaps if the item you need is used regularly can it be stored at a different level so that it does not need to reach for.

Neck strain is a common complaint in an office. Should you be using a document holder. Document holders upright near the computer screen the worker is using eliminates excessive motion and prevents muscle imbalances. The holders are great for doing eye exercises.

Carpet and other skid resistant surfaces can serve to reduce slips and falls. Concrete and tiles can become slippery especially when wet.

Proper storage of heavy items can help reduce the number of office injuries.

Keep your feet on the floor while seated at your desk. If you have to jack your chair to reach your keyboard and mouse your desk is too high and you're as a result your posture is incorrect

and pain and discomfort will result.

Keeping the mouse and keyboard aligned will also help to reduce strain on the neck and shoulders.

Finally, regular movement and having a stretch out will help your body cope with strains and pains.

So, have a look around the office and ensure the risks and hazards are identified recorded on the risk register. Office workers are just as important to keep safe as well as the factory worker. After all, ensuring the pay is accurate could be as simple as ensuring the office computer is set up correctly!

For further information contact John Riddell, at www.securo.co.nz or by emailing securo4@securo.co.nz.

Waimauku Garden Group

Welcome to 2019.

Soljans Christmas Buffet rounded off 2018 nicely, so I hope you're all ready for another enjoyable year.

Our committee have organised a great start to the year taking us up to Easter.

On February 21 we are visiting Landsendt in Oratia and Mincher in Coatesville.

Come March 21 we travel to East Auckland. This trip includes visits to Pandora Gardens, Photina Gardens and Howick Historical Village.

Just before Easter on the 19 April we head to Birkenhead. Chelsea Sugar Works and FernGlen Gardens.

Sounds exciting doesn't it!

We'd love to have you join us. Our trips are always on the 3rd Thursday of the month and we meet at the Huapai Domain at 9am.

Contacts: Judy 027 272 9994 Diana 027 478 8928 Althea 021 123 6448 Bette 021 145 1854 Jan 021 108 7925.



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Auckland



Central's Tips

February 2019



It's summer and the veggie garden should be producing bumper crops - make sure you keep it watered and those pests under control! It's time to start thinking about planting out autumn seedlings like broccoli and cabbages and managing weeds on the lawn.



Plant autumn veggies

Now's the time to start planting autumn veggies seeds like broccoli, cabbage, bok choy and cauliflower - they thrive in the cooler weather of the coming months.

In the Veggie Patch

- **Watering** is your biggest ally in keeping the vegetable garden productive. Saving grey water from washing, showering and laundry activities helps keep potted edibles from wilting
- **Sow seeds of autumn vegetables in trays.** Broccoli, cabbages, bok choy and cauliflower are worth growing once the weather turns cooler
- Try using **organic pest deterrents** over your edibles to limit the damage done by green looper caterpillars whitefly, aphids etc - it's a safe option, just wash them well if your sprays are made from garlic, chilli or soap



Save grey water for your plants

Conserve water and help your plants. Saving grey water from washing, showering and laundry gets easy once you get into a routine and your plants will love it.

The rest of the Garden

- **Appreciating shade** - during the hot summer months the shady areas of the garden become great relaxing spaces. Plant a mix of lush foliage interspersed with shade lovers that produce bright flowers such as impatiens, alstroemerias and begonias
- 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**
- **Controlling rust** on the leaves of roses and other ornamentals - rust pustules are the bright orange spots on the backs of leaves and they quickly spread - causing leaf drop. This disease spreads rapidly in the coming months, so a preventative spray each month from now until winter can help. A natural fungicide like copper will help, but clean up all infected foliage
- **Deadhead and liquid feed all flowering plants** to refresh their look and encourage new growth



Project for February

Pebble your way to a tidy garden

Summer is a great time to create a decorative path or pebbled area using our great range of stones. A project that can be easily done in an afternoon.

See our great range here: <https://centrallandscapes/collections/decorative-pebbles-stones>

See our tips in our Using Pebbles in your Garden Video on our Youtube channel.





Pebbled gardens rock!

Create decorative spaces with minimum effort.

Talk to our friendly Central Landscape Supplies team at Swanson about all your pebbled garden needs.



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

Maddren Homes

It's been another excellent year for Maddren Homes and we couldn't have done it without our fantastic subbies.

The winners of the 2018 Subbie of the Year awards go to:

First Place: Alistair Watt Architectural

Congrats to big (MegaWatt) Al and his awesome team. We can't thank you enough for constantly delivering exciting designs and high quality plans and details, and at very short notice sometimes as well. Thanks again, we appreciate you all.

Second Place: Formation Earthworks

Wayne and Andre - the expertise and advice you provide us is outstanding. Everyone in our trade knows how difficult earthworks can be, but you guys and your amazing operators make it look easy. Thank you.

To our Subbies of the Year and TOM winners on 2018 and every other tradesperson that's involved in crafting any one of Mad-



dren's houses we hope you had a good rest over Xmas because 2019 is definitely going to be a busy one.

Tradie of the month (TOM) will kick off again next month. Thanks again to ITM Western for all the support you have given us over the years and we're looking forward to developing our relationship in 2019.

G.J. Gardner Homes

G.J. Gardner Homes are delighted to announce they have a brand new show home located in the Huapai Triangle. Named The Nobile after the Nobile family who are renowned for producing great local wines on this spot. We are proud to introduce this stunning show home for family living designed for all day sun it offers 2 family living areas, 4 bedrooms and 2 bathrooms.

G.J.'s have operated in the local area for over 20 years and have a wealth of local building experience and knowledge. They are a committed team who have built a reputation that ensures all customers will receive excellent service, quality workmanship and quality product. The whole team in Rodney West understand that you are an individual and you have unique requirements when building a home.



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By working together with you they can design and build a home that suits you, your lifestyle and your needs. Their experience and passion are a real asset for those preparing to build a new home.

Helensville, Kumeu, Riverhead, Coatesville are just some of the areas they build in the Rodney West District. Discover for yourself why more people trust G.J. Gardner to build their home than any other builder. Come and meet the team today at our two showhomes located at 31 Nobilo Road Huapai or 7 Grove Way Riverhead or the office at 1A Tapu Road, Huapai.

Signature Homes: More great reasons to consider tile

As trends change and flooring types fall in and out of favour, tile remain one of the most trusted flooring solutions over time.



With the evolution of modern printing and manufacturing, tile will continue to stay in the forefront of technology to offer versatility and design. And along with looking great there are other benefits that tile, and a tile finish can add to your new home. Healthy Home - In recent years, we've become more conscious

of our health and that of our family members, and at Signature homes we are often asked about the sustainability and health impacts of the products we use and incorporate into our homes. Environmentally friendly, ceramic tile is manufactured using natural materials and does not retain toxic chemicals, odours, allergens or bacteria. It is fire-retardant and in the case of a house fire, will not emit toxic fumes. Because of the base nature of the product, clay tiles contain none of the chemicals that have been in the media associated with other flooring products and associated health issues. Because tiles, by nature, are inorganic and have a hard-fired surface, they do not absorb dust mites and are completely inhospitable to bacteria, fungi and mould- a critical plus for those with allergies.

2019 Trends: When it comes to tiles, the Tile Warehouse are at the cutting edge of trends and design. According to their designers, the stand-out-trends for 2019 in tile and home design feature earthy, muted tones, geometric shapes and matt, powder-look surfaces.

For further information contact Signature Homes West Auckland or pop into our show room at 80 Main Road, Kumeu.

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

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

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

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

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

Food:Beverages

Award winning chutneys at Countdown

The NoShortcuts range of gourmet chutney, pickle and relish is now being stocked by select Countdown stores. In the western suburbs you'll find them at Countdown in Hobsonville as well as long time stockist, Organics Out West in Glen Eden. If you would like to see us in your local store, let us know who they are or simply go in and ask them to stock us! Owner Mary Brons says "we're thrilled Countdown have chosen NoShortcuts as a high quality range, offering their customers a truly natural product that has no artificial colours, flavours or preservatives added and is handmade - just like mum made. We had a great 2018, winning a NZ Food Award and being placed as a finalist in the Artisan Food Awards - so we're looking forward to continuing creating great products and achieving even better things in 2019."



Mel's biscuits

Crunchy, crumbly and not too sweet. Preparation time 15 mins. Cooking time 15 mins. Makes 18.

Ingredients:

220g / 1½ cups spelt or whole-meal flour

60g / ½ cup rolled oats or quick oats

1 tsp salt

1 tsp baking powder

60g / heaped ¼ cup raw sugar

80g / packed ¼ cup + 2 tbsp solid coconut oil

5 - 8 tbsp milk or non-dairy milk

Extra flour for sprinkling



Pre-heat the oven to 190C and line a baking tray with parchment paper or a silicone mat. Add the oats to a food processor and process until they have a coarse flour-like consistency. Add the flour, salt, baking powder and sugar and pulse a few times to combine. Add the coconut oil and process until well-combined. Gradually add the milk, one tablespoon at a time until a smooth dough forms. It will start balling up and if you touch

it, it will feel slightly tacky. You will usually use 7 tablespoons, but this will vary.

Dust your work surface with flour, then transfer the dough to the floured surface and lightly sprinkle with a little more flour. Roll out until about 3mm thick. Cut into rounds and place on baking tray. Bake for 12 - 15 minutes or until just starting to turn golden brown on the edges and bottom. They will still feel very slightly soft in the middle if you push with a finger. As they cool they will firm up and go crisp. Place on a cooling rack and leave to cool completely. Store in an airtight container once completely cool.

Author Melanie McDonald. Follow my blog at avirtualvegan.com.

The Coffee Club Hobsonville responds to growing demand

Gluten free customers can indulge in smashed avocado, nachos, eggs Benedict, chocolate muffins and more. According to The Coffee Club Hobsonville, there has been a steady increase in the number of customers asking



for gluten free meals over the past year. However, many gluten free Kiwis are still surprised when they realise just how many dishes they can order from a café menu.

Greg and Rebecca Bauarschi, owners of The Coffee Club Hobsonville have responded to demand by making gluten free options as accessible as possible for their customers.

"We have a loyal following of customers that come in and order gluten free meals on a regular basis," says Greg. "Since we opened the café in early 2016, we've noticed the demand for gluten free options increasing so have tried our best to offer a menu that is all-inclusive.

"Customers often ask for gluten free because they're dealing with celiac disease – having that option available means that friends and families can continue to eat together, even if one of them can't eat gluten," he adds. "Other people simply enjoy the health benefits of eating gluten free. We make sure that gluten free menu items are light, fresh and tasty, meaning that anyone can enjoy them, whether they have a health condition or want to avoid gluten for another reason."

There are a variety of gluten free meals available at the café from our menu and sweet treats that can be purchased from

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BORIĆ Food Market

1404 Coatesville - Riverhead Highway, Auckland

www.boricfoodmarket.co.nz



the cabinet.

All gluten free options are clearly labelled on the menu at The Coffee Club Hobsonville (look for the GF symbol). Staff are also happy to make a customer's choice of meal gluten free if they can. Customers are encouraged to ask the team if there is anything on the menu that they would like to eat as a gluten free dish.

Along with the gluten free meals, The Coffee Club Hobsonville has recently expanded its range of vegan and vegetarian options. A number of drinks and dishes are also dairy free.

"Meeting the needs of our customers is of the utmost importance to us," says Greg. "We want anyone dining with us to have a great experience and not to miss out just because they need to stick to a restricted diet."

The Coffee Club New Zealand is one of the country's largest and fastest growing café brands with more than 60 stores across the North and South Islands.

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

Little Creatures Brewery Opening in Hobsonville Point's Catalina Bay

Pioneering craft-beer brand Little Creatures will open its first New Zealand brewery at 3 Boundary Road on Hobsonville Point's Catalina Bay.



Little Creatures will host a family-friendly carnival on Waitangi Day, 6th February, from 11am. Free for the public and open to the whole family, the launch extravaganza will showcase entertainment from musicians like Sola Rosa Sound System and Josh Leys, mind-bending contortionists, mystical fortune tellers, wizardly face painters and much more.

Housed in a historic seaplane hangar, Little Creatures will quench thirsts with an extensive range of craft beers and three onsite dining options. Sunderland Hangar was built to house TEAL's giant seaplanes in 1939, and has undergone extensive refurbishment, retaining the hangar's original 9m tall doors. Little Creatures was originally brewed in Australia in 2000 and has since grown to the most successful craft brewery in Australia and is now brewed in Melbourne, Hong Kong, Singapore and with NZ, San Francisco and London venues opening soon.

Little Creatures' menu features wood fired pizzas, snacks, shared plates and hearty meals, with two additional dining venues inside the brewery - Salty's, serving up premium seafood dishes, and Kittyhawk, a café bistro, offering an all-day dining menu, coffee and extensive range of fine wine and cocktails in an intimate environment. Little Creatures is part of the Craft Beverage

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portfolio of the NZ brewery Lion.

Beer Yoga

Get bendy in Hallertau brewery with a beer. Hallertau now host regular yoga sessions under the expert guidance of Erika Rodriguez from Same Sun Yoga. Soften the space between your eyebrows, savour the flavor lingering on your tongue. Beer yoga, for yogis and beer lovers alike. All levels welcome, next session is Wed 13th Feb at 6.15pm. It's BYO mat or towel and costs \$10 or \$15 with a beer.



Soljans Estate Valentine's Dinner

If you are looking for a romantic Valentine's Day dinner this year, Soljans is the perfect place for you to be. We are opening our doors once again for this special night and have crafted our best set menu yet! Designed



to be enjoyed by couples, this wine and dine experience can't be beaten. Relax in style in our Café which is transformed for the night into a world of luxury. We have been booked out for the past 7 years so get in quick before you miss out! Send us an email cafe@soljans.co.nz or give us a call on 09 412 2680 to secure your spot, first tables available from 6:00pm.

We also have put together some stunning gift packs just in time for your loved one, pop on our website to get some great gift ideas! www.soljans.co.nz.

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Petstips:advice

Kanika Park Cat Retreat

Stage 2 was completed on the due date and we are over the moon with how everything went over the Christmas and New Year break. The long stay and large family rooms were a huge hit, with every new room having a beautiful view over the property.

We look forward to the coming year and wish everyone a happy and prosperous New Year. Please do not hesitate to contact us for a viewing or if you have any questions. Phone 09 411 5326 or 027 550 1406, email info@kanikapark.nz or visit www.kanikapark.nz.



Accept the blame

Just the other day I got home to this:

Most people's immediate thoughts are probably along the lines of 'What a naughty dog!'

In this incident that is not the case, I am completely to blame.

We had been sent a bag of Good Noze dog treats to try (check them out, dogs find them irresistible... picture proof above!). Now, to get good photos of Kai I love to just get him to interact with an object and see what he chooses to do with it. To start with I will mark and reward any interaction with the object, in this case the bag. He was getting rewarded for pawing at it, sniffing it, trying to pick it up, even poking his head in the bag. This bag is amazing to Kai!



After a little while of having fun taking photos, my phone goes off with a reminder I need to be at the physio in 10 minutes. Quick run around getting ready and I'm out the door. Turns out, I was in a bit too much of a rush and forgot to put the bag away! So an hour later I get home to it being shredded.

I set Kai up to fail. I am to blame for this. He had been told how good he was over and over again for interacting with the bag, of course he's going to keep doing it. Plus, it was self-rewarding as there was yummy stuff inside!

It's like someone giving me a box of chocolate, of course I'm going to eat it.



RYAN JACKSON

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P: 09 810 8609.

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This can be transferred to many situations. Your dog has an accident in the house. Did you give them the opportunity to go outside? Were they left to long? Have they actually been taught where it is appropriate to toilet yet? Your dog chews your shoe. If you knew it was likely to happen, why did they have access to the shoe? Has the dog got suitable things to chew instead? Has the dog been rewarded for chewing the right thing? Whenever your dog has been 'naughty' stop and think, am I actually the reason this has happened? Am I to blame? Laura McHugh (Laura Purkis), Constructive Canines.

Cat lovers urgently needed

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



Phone 09 412 2636 or 021 929 999 for further information.

Should I feed vegetables to my raw-fed dog?

It depends!

Vegetable fibre promotes gut health in humans. The same effect is seen in dogs when they ingest their prey (especially the joints and skin). For a species-appropriate source of 'fibre', a well-planned raw meaty bone diet is perfect for dogs.



Green tripe is a great food for carnivores – full of probiotics and beneficial nutrients. Pet owners who can't access tripe often feed vegetables instead, but we are fortunate in New Zealand with our ready supply of high quality green tripe.

Another reason for adding vegetables is to increase the range of nutrients in the diet. This may be necessary if you are unable to



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access a varied raw diet. Again – in New Zealand we are fortunate to have access to a plentiful wild and farmed prey species, so it is relatively easy to provide a wide range of nutrients. Some dogs may benefit from vegetables, but some may do better without them. Certain vegetables can even be toxic to dogs. If you are considering adding vegetables to your dog's raw diet, chat to our staff first, so that we can help you figure out the best approach for your pet.

With 9 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.

Fleas! A biting topic

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

Our warm, wet and humid climate in Auckland is the perfect breeding condition for fleas. It is especially common to experience an explosion in numbers during the warmer months of spring and summer. Apart from the "ick factor" for us humans, this can cause health issues in some animals including a condition called Flea Allergy Dermatitis (FAD). FAD can develop when an animal has an allergic response to the saliva left in their skin by the flea when



it bites. This reaction causes the animal to experience intense itching in the area they were bitten. As a result they will scratch, chew and lick the area in an effort to deal with the itching. The most common area for this to occur is around the tail base on the back of the animal. Constant irritation of the area can allow bacteria to enter the skin, and this is where costly visits to the vet can begin.

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

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

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

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

\$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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Why practise yoga early in the morning?

Starting your day with a yoga practice will warm up your digestive system and help nutrients move more easily through the body, causing your body to metabolise carbs and fats quicker.



An hour of conscious breathing and mindful movement will help shake the sleep from your eyes, and will focus your energies for the day.

Start your day on the right foot, or left, depending which tree pose you're about to do.

If you're already a dedicated morning yogi then you'll be excited to hear that Kanuka Yoga Space, Hobsonville's new yoga studio, has 6.30AM classes on Tuesdays and Thursdays. If you like to sleep in, they offer 3-4 classes throughout the day, 7 days a week. Check out the schedule at www.kanukayoga.co.nz and easily book online.

Sunglasses – protect your eyes

Summer continues and, as always, we want you to focus on protecting your eyes from harmful sun light.

Are your sunglasses working for you? Do you still squint with them on? Are your eyes tired, even though you have been wearing sunglasses?

We encourage everyone to look at wearing polarised sunglasses, thus cutting out the harshest rays. Polarised lenses in your prescription are also readily available now and will possibly fit into a frame you already have. If not, we have a large range of sunglasses from a strong budget range to high fashion.

We also stock the world's best polarised lenses and frames from Maui Jim. You may not have heard of Maui Jim, but we can guarantee that once you are wearing these amazing lenses, you will never wear anything else!

Come in to Hobsonville Optometrists, 413A Hobsonville Rd and try some on. Monday to Friday 9am to 5.30pm and Saturdays



till 3pm.

Forget the scales

There are more rewarding ways to measure your New Year results.

Over the years running Club Physical we've seen many emotions rise and fall with a simple step onto the scales. But, if your goal is to trim down, 'weight-loss' isn't always the ultimate reward. As a new exerciser, if you are using weights, adding curvaceous and athletic looking muscle tone adds a weight of its own. That's more than twice the weight of fat, in fact. It's conceivable that you might appear allot slimmer, yet weigh similar to before.



So, instead of allowing your emotions to be ruled by the scales, learn to appreciate happier moods, less puffing up stairs, more energy, looser fitting clothing, greater endurance, sharper mind, better sleep, a healthy 'glow', more positive attitude. Just imagine how valuable these qualities can and will be to your life!

For more info www.clubphysical.co.nz.

A resolution revolution

So here we are in February. Did you make any New Year resolutions? How's it going with them? If you did, the chances are that one month down the line you're starting to revolt against those resolutions.

Many of us find that the New Year is a chance to reflect back on the year we've just left and make changes. But then life goes on and our enthusiasm starts to fade.

Four weeks into any lifestyle change is when our motivation really starts to flag. Here are a few tips on how to set goals and make changes that really will last.

First is knowing to set goals that are realistic. Be honest with yourself and set goals that you want to achieve, rather than you think you should achieve. Break big goals into mini-goals to make your success more likely.

Take time to sit and reflect each week on how you're going with those goals. Think about whether there are any barriers getting



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in the way of what you're doing, and how you can negotiate those barriers.

Enlist help. Whether its friends, family or a health or wellness professional, get someone on board to help support, guide or motivate you.

Remember that even little changes towards a healthier you start with how you're feeling about what you're doing. Set yourself up to be positive about these resolutions and it'll help you succeed in the long run.

Katrina Pace is a freelance health and wellness writer and Healthy Food Guide Dietitian www.wordsforwellness.com.

Zumba with Fleur

Zumba has arrived at Hobsonville Point. Fleur is running classes at Hobsonville Point Secondary School on Tuesdays at 7.00pm and Thursdays at 6.30pm. Your first class is free, then \$5 casual rates, or five classes for \$20. Concession rates are available. We start with a warm-up, then it's into 50 minutes of straight Zumba dancing. Zumba is fun! Come and give it a try. Please follow 'Zumba with Fleur' on Facebook for more information and class updates.



Osteopathy is now at Top Notch

Top Notch Massage has now rebranded to Top Notch Bodyworks - we are very excited to now have Osteopathy services as part of our business! Our experienced osteopaths Marshall Gabin and David Liddiard can be found at our Massey clinic. If you need osteopathic treatment, massage or a combination of both, we look forward to exceeding your expectations. We can help with many problems including headaches, neck, back, muscle, joint pain, arthritis, pregnancy, occupational overuse and stress. Top Notch can now also process ACC claims for accidents and sports injuries - and you don't require a referral from your GP to see us. Marshall has extensive experience and specialises in assisting patients with long term chronic pain issues. David has worked with a multitude of sports teams and assisted at the Rio Olympics. We also can treat abdominal issues such as bloating, constipation and pain or discomfort. Both Marshall and David are ACC registered and of course, we still have our qualified therapists in therapeutic, sports and relaxation massage. So if you need an osteo treat-





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ment or just a relaxing massage, give our team a call on 09 212 8753 or 021 181 8380. To celebrate we are offering \$10 off your first treatment with Top Notch.

Follow this mantra to feel better

The New Year often brings about resolutions to get fit and healthy. One key to improving how you feel, is simply moving more. Our lives are often sedentary these days and this is where this mantra is useful. What is it you may ask? Well the mantra to follow is: "I am going to move more things, more often".

This is simply a mantra to try and include more movement into your day. This includes regular exercise, like gym work, but more importantly should be included in your normal 9-5 day. This could be, taking the stairs and not the lift, walking during your lunch break, standing up regularly from your desk etc. I know that if you follow this mantra and try adding more movement to your day, you will feel, move and function better. www.elevatechiropractic.co.nz shop 1, 10 Greenhithe Road. Phone 09 413 5312.

Pinc and Steel cancer rehab

At NorthWest Physio + we have our fully qualified cancer rehab physiotherapist Laura who is here to support, guide and rehabilitate people through every stage of their treatment and recovery.



The PINC and STEEL rehabilitation programs are divided into 4 phases. This allows us to provide physiotherapy support right from diagnosis, through surgery and treatment, working with you on personalised goals for as long as you need.

Various sources of funding are available for those with different



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cancer types. Bowel Cancer Foundation Trust are now providing all bowel cancer patients with 4 sessions of physio. There is a welfare grant available from Prostate Cancer Foundation for up to \$500 and we have strong links with the Breast Cancer Foundation.

For information on applying for funding or to find out more about physiotherapy and cancer please contact Laura at North-West Physio+ on: laura@nwphysioplus.co.nz or 09 412 2945.

What your eyes can tell you about your health

The final in our series continues as Natasha Herz, M.D.*, clinical spokesperson for the American Academy of Ophthalmology, explains what your eyes reveal about your health, and how you know it's time to visit your optometrist.



Today's tip: You're straining your eyes.

Broken blood vessels may look alarming, but for the most part they're simply an indication that your eyes are working overtime. "It most likely is caused by coughing or straining," Herz explains. "Even though it looks blood-red and terrible, it is harmless and not indicative of any eye disease."

Visit Matthew and Molly Whittington at For Eyes in the Kumeu Village for professional eye examinations and advice. Their years of experience and advanced, modern equipment mean you'll get the best care for your precious eyes. Phone 09 412 8172.

(*Acknowledgement: M. Bonner, Marie Claire).

The summer battle: weeds vs. back

It's great to have a garden. Grow some flowers or veges. But then come enemies - the weeds, and the war starts. We take out our weapons and spray them, mulch them or pull them out. No matter which weapon we choose, it's heavy on our back, neck and shoulders. If not careful, we may end up with a muscle strain or stiff spine. To avoid that make sure to stick to good ergonomics, i.e. lifting with straight back, carrying spray bottle on the back rather than in the outstretched arms and make frequent breaks. No bending and pulling! That's the worst. If you end up in pain after all, come to see us at Family Osteopathic



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Clinic. Osteopathic manual treatment usually helps to relieve the wounds of the Battle of the Weeds:). To make an appointment call 09 416 0097.

Determination is the winner

Heart Saver's Managing Director, Mike Mander, is an inspiration to us all and living proof that you can do anything you set your mind to, you just need the will power and determination to get on with it.

After a health scare and some confronting options, he has worked incredibly hard to lose 37kg's in just 9 months to turn his life around. He started with little goals, which quickly turned into three major milestones - Ironman competitions.



Mike, ticked off his first Half Iron Man 70.3 in Taupo just before Christmas and last week he competed in the Mount Festival Half Iron Man with an amazing time of 5:56:04, knocking 15 minutes off his Taupo time. Now the prep is on for his grand finale, with the full Ironman 140.6 in Taupo, in March 2019.

Mike's family, friends and his team at Heart Saver are so very proud of his achievements, considering less than a year ago, Mike couldn't run for more than 35 seconds on a treadmill! This is the proof that determination is the winner.

Well done so far Mike, we are all behind you and can't wait to see your results from the full Ironman.

You can read Mike's journey that was published in the New Zealand Herald on the 8th December 2018 – it is a great read. Click [here](#) to read the full story:

www.nzherald.co.nz/sport/news/article.cfm?c_id=4&objec-tid=12173331&goal=0_e24bbb3be2-e3f2e534e3-&mc_cid=e-3f2e534e3&mc_eid=%5bUNIQID%5d

Shoe Talk's tips for giving yourself a home massage

Step one is to soak your feet for 15 minutes in warm water and Epsom salts to relax your muscles and warm them up before you massage them. This is an important step as massaging cold muscles can cause muscle strain and discomfort.



Dry your feet up and then prop one foot on top of your other leg

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Shoe Talk Ltd: 401A Great North Road, Henderson, Ph: 09 835 9936
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www.shoetalk.co.nz

with the sole turned in towards you

Spread a nice moisturising cream or massage oil onto your foot. With your thumbs massage in a deep circulation motion starting just behind your toes and working towards your heel. Do small areas at a time.

Then turn your foot over and massage the top of your foot with the same slow, circular motion.

Now it time to turn your attention to your little tootsies. Give each toe a slow, gentle tug and then wiggle it gently from side to side.

Repeat process with other foot

Please note if you have an area in your foot that aches and is sore it is properly being cause by a muscle knot so before you massage the area, press down firmly on the area with your thumbs and hold for several seconds and then release.

Can't make it in during the week?

Westgate Optometrists are open every Saturday from 9:00am-2:00pm for all of your eye care needs. Eye examinations can help you discover vision problems that may need attention. Some eye disorders are silent and can only be treated if detected early; a thorough eye examination is therefore recommended at least once every two years for everyone – even if you are not experiencing any difficulties. Make an appointment via our website: www.westopt.nz, Phone us on: 09 831 0202 or simply stop by for a chat with our friendly team. Located at 1/7 Maki Street, Westgate Shopping Centre. Around the corner from Robert Harris Café and opposite ANZ Bank.



Need some help with your resolutions?

The New Year is a great time to stop and think about our goals and aspirations in life. Many of us set New Year's resolutions such as to get fit, lose weight, eat healthier, or even just to be kinder and more loving to family and friends. By the time February rolls around, the initial excitement may have dwindled, and you may be faced with barriers to success. For example, maybe your goal was to get fit, but your knees start aching. Or you wanted to be more kind and loving, but the stress of being back at work is causing you to be tired and snappy.

This is the moment that separates champions from the pack. You can view your sore knees or stress as reasons to give up. Or

you can breathe slowly and deeply, get some support or coaching and focus on achieving your goals. Here are a couple of my own practical DIY hints to support your new year's resolutions.

Sore Knees:

If you are struggling with sore knees, then I can empathise with you. I love running and I used to be an obsessive marathon runner. Now, if I get my weekly mileage up too high, my knees get sore. To keep my love affair with running alive I take a lot of joint restorative nutrients to supplement my low inflammatory diet. Plus, I take 2 or 3 days off each week. I also do lots of yoga to keep my joints flexible. This is me playing the "long game" so I can still be enjoying my jogs on the beach well into my later years.

Tired and Snappy:

Modern day stresses are hard to avoid, but we can improve our mental resilience. This means you can deal with family, work, traffic, and exercise commitments and still feel you have the energy and peace-of-mind to be kind and loving.

There are many nutrients that support mental resilience. Therefore, a good diet is critical. Fish oils and magnesium would be high on my list key supplements to support mental resilience. And of course, yoga and breathing work like magic too!

If you would like some personal health coaching including your very own nutrition medicine plan based on your goals and your current health and medications (if any), then pop in and talk to our team at Massey Unichem Pharmacy, 396 Don Buck Road. Or make an appointment for a one-on-one consultation with Martin 09 833 7239.

Have you ever tried Chiropractic Care?

It could change your life. Here's how ...

Your spine is your life line. It's the link between your brain and every organ in your body. If there is interference in communication between the brain and body parts, then poor health or pain can result. The Chiropractic objective is to enhance health naturally by removing interference from the spine with specific


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Everyone can benefit from Chiropractic Care. From newborns to the elderly, as long as you have a spine and it is functioning at its best, your body has a better chance to heal itself and stay healthy.

If you are interested, call us now for an appointment at Kumeu Chiropractic. Phone 09 412 5536, 8 Shamrock Drive, Kumeu, or email: admin@kumeuchiropactic.co.nz

Fracture of the distal radius and/or ulna

This is a break of the bones just above the wrist, usually following a fall. You will have been placed in a cast for six weeks to immobilise your injury and allow healing. During this time your muscles will become stiff and weak. A hand therapist can help to facilitate a timely recovery from your injury.



While in your cast: Check your cast to ensure that it is in a good position. Finger exercises. Nerve glide exercises. Movement of unaffected joints.

Once your cast has been removed, hand therapists can help you with: Splinting to protect your injury whilst you regain movement and strength. Range of movement exercises. Strengthening exercises. Advise on safe return to work and sport.

Come and see us today at the Hand Institute! 321 Main Road, Huapai Phone: 09 412 8558. www.handinstitute.co.nz.

Free dental care for our kiwi teens

A Big Hello to our teen community members and their lovely parents!

I am Fernanda, one of the three Oral Health Therapists at Kumeu Dental.

I often find that our adolescence patients and their parents are not aware of the great, comprehensive free dental service available to them until it is too late.

Our teens are entitled to an annual examination, which includes X-rays and hygiene. Any filings and some of the more complex work required is also covered. However, at Kumeu Dental we can provide an additional orthodontic and wisdom teeth as-



essment, also free of charge (if it is in the same visit) and refer to one of our dentists if necessary.

We like our patients to have consistency of care and typically they will see the same therapist over the years, creating a trusting relationship, educating and guiding young kiwis to develop healthy habits of better oral hygiene. Give us a call on 09 412 9507 to enrol and start your journey of healthy teeth for life.

NorthWest Physio+

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

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

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

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

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

Driving Miss Daisy – Hobsonville

Paul Sanson purchased the Driving Miss Daisy Hobsonville franchise in 2016. He has since grown the business to five vehicles including a wheelchair accessible vehicle and works with his team of nine drivers to support his client's transport needs. The Driving Miss Daisy Hobsonville territory covers the wider Hobsonville area from West Harbour to South Head.

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

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

Call Paul today to discuss your requirements, bookings are preferred. Phone: 09 412 5332 / 021 166 1175. Follow us on Facebook - Driving Miss Daisy Hobsonville.

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People:Places

Countdown Hobsonville



Countdown Hobsonville is located right in the heart of Hobsonville and as the community continues to grow and develop, so does the store. Neel Patel, Countdown Hobsonville Store Manager says that the team are focused on creating a community feel and he really wants to develop a positive environment for both customers and his team.

"It's really rewarding for me to see my team getting to know our locals. We want to ensure we have our customer's favourite products on the shelves helping to make their lives a little easier every day."

The team at Countdown Hobsonville love to get out and about in the community by helping with local fundraising, supporting the local schools as well as several of the community groups in the area.

"We've done some great things in the community, including donations, sausage sizzles and support for the local school's educational event where the students lay their own hangi. We're keen to be even more involved, so please don't hesitate to get in touch if you need prizes, food for a sausage sizzle or a sponsor for an event"

One of our teams shining stars is Eliza Ross, who recently won our Checkout Operator of the Year competition. "Our customers regularly comment about her wonderful customer service as she knows many of our regulars by name and is delighted to welcome new customers to our store," he says.

Countdown Hobsonville also has many long term committed members in their team. Juliana Murphy is one of their longest serving and has been with the team for more than 31 years.

"Juliana has worked in every department of the Store but her specialty is the delicatessen. She is now our Fresh Food Manager, overseeing the delicatessen, butchery, seafood, bakery and produce departments. She's passionate about delivering great fresh food to our customers," he says.

If you're ever in store, make sure you come and say hello to Neel, Eliza, Juliana and the team.



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Area:Columnists

New facility manager at Craigweil House

David Halewood is the new facility manager at care rest home Craigweil House in Parakai which services the Helensville-Kumeu area. His goal there is to ensure families can be confident that their loved ones get the "best care possible – ideally exceeding their expectations".

A Helensville resident for more than 13 years, David is a firm believer in giving back to the local community.

He has a comprehensive nursing background, training in the United Kingdom in 1993 and working in general medicine and district nursing. David and his family came to New Zealand in 2003 and he worked in the North Shore Hospital acute and emergency medicine division, as a nurse educator for Asthma Auckland and as a facility manager at rest homes in Devonport, Titirangi and Northcote. "Care of the elderly is my passion – also the building and training of great care teams," David says. "I believe that fantastic care is delivered by enthusiastic, trained and competent staff."

A Careerforce assessor for the past 10 years, David says he gets a great kick from developing and training care workforces to deliver exceptional care.

As Craigweil House is home to many residents, David says it is his and the owner's mission to ensure their home has a safe and happy environment.

"They already have a great team of professionals here at Craigweil – I feel privileged to have been welcomed in to help lead their team."



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The Herbalist

Happy New Year from The Herbalist. We are excited to announce our new range of certified organic herbal teas which are available through our website www.theherbalist.co.nz now. Herbal teas can be served either hot or over ice. They make a great summer drink when served cold with soda water, sweetened with stevia and slices of orange or fresh herbs. A super tasty and refreshing, low-calorie, non-alcoholic beverage option.



Egypt - with Insight Vacations

* 15th to 22nd Oct 2018.

I can only describe Cairo as organised chaos ... cars, car horns, traffic congestion, people and more people. Then you have the Nile, Giza Pyramids, history, camels, hawkers, heat (nice temperature in mid-October, late 20s), security checks and scanned bags at each of the tourist locations to ensure your site visits are safe and then tour guides directing tourists and parting their knowledge to educate you in the wonders of Egypt. The tour company to take care of you and all your needs is Insight Vacations. Our particular tour guide was Hazem. He took our group for the 6 nights / 7 days from Cairo to Abdul Simbel and the major historical sites in between at Luxor, Edfu and Aswan. Being an Egyptologist he has a wealth of knowledge as well as a warm and caring personality to match that turns the week of sightseeing, activities and travel into an art form. His story telling into all the sites (around pharaohs, gods and kings plus an occasional queen) makes it easy to get immersed into the Egyptian history. You end up wanting to hear more and more on how the stories all end up and how they intertwine with other aspects of the Egyptian and world history.

My tour started with your first two nights in Cairo at the Cairo Marriott (a former Palace) with visits to the sites of The Giza Pyramids and The Museum of Egyptian Antiquities. Then you fly down to Luxor to start your 4 night Cruise on the Nile to Aswan



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(we travelled on the MS Medea (or similar). In Luxor you visit, on the East bank, Karnak Temple in the morning and Luxor Temple in the late afternoon. Here you will get some amazing photos of the sunset. The next day you visit The Valley of the Kings and The Temple of (Queen) Hatshepsut on the West bank. In the afternoon you relax while cruising down the Nile taking in the surrounds on life on the Nile. As night falls you go through the Esna lock (yes a lock on the Nile!) then on to Edfu for the night. On day three you visit the Temple of Horus then sail to Kom Ombo to visit the only temple dedicated to two gods. In the evening you have a fun night dressed in Egyptian attire and experience an Egyptian dinner and party. The next day from Aswan you travel by small boat to the Island Philae and visit the temple of Isis. Then on your last day you have an opportunity to take an optional excursion (at an additional cost) to fly down to Abul Simbel to visit the two reconstructed Temples of Ramses II and Nefertari. You then fly back to Cairo and return to the Cairo Marriott to relax for your last night before departing the next morning after breakfast.

Each of the Temples are unique in their own way. Plus through your travel you also get to visit an Egyptian family making bread, sail on a felucca on the Nile and have High Tea at the famous hotel of Cataract in Aswan all of which are truly memorable. The photos that you take are memories that you will keep forever. My overall impression of Egypt is an absolute rewarding and enriching one. Egypt is a destination that you have to visit once in your life time. The history is incredible and the sites you see and visit are thousands of years old. Just realising those who have walked on the same piece of ground as you makes the experience very special. Yes there is chaos in the streets of Cairo with cars and the hustle and bustle of the people but that is what Cairo is all about. Yes there are the continual security checks but that is to make it safe for the tourists. All my time travelling

around Egypt I felt safe. Please remember that you are being expertly looked after by an amazing tour company in Insight Vacations with their expert tour directors and support network to make your trip a truly memorable experience.

Travel tips: Make sure to book your tour to Egypt early (12 months if possible) with Insight Vacations to ensure you get the tour dates you want; at least 6 months in advance refer with your Doctor as some inoculations maybe necessary; take Egyptian pounds with USD as back up. Keep small, 5 Egyptian pounds for any public toilet stops and take a small pack of tissues, just in case; hand sanitiser; small sun umbrella, sun screen and insect repellent. Travel in mid-October and you should experience temperatures in the late-20s in Cairo up to mid-30s in Abu Simbel.

Please if you wish to make this trip of a lifetime I would be more than happy to look into prices and availability for you. Getting the actual tour dates you want is your first priority so booking early is essential.

Regards, Neil – 09 4161799, neil.harkin@travel.helloworld.co.nz.

*Please note that this tour differs slightly from the Wonders of Egypt tour that Insight Vacations promote in their brochure.

Kip McGrath Education Centres

Kip McGrath Education Centres have been improving and extending the learning outcomes of NZ school children for over 40 years and is now a global institution with over 40, 000 students in 20 countries. New Zealand centres, however, tailor their lessons to the NZ Curriculum Framework to ensure consistency with school programmes.

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The myth of "falling behind" in preschool

Imagine a father coaxing his five month old on the mechanics of walking. Or how about a mum teaching vowels to her 3 month old infant. You would say that they were wasting their time – right? It's obvious that these things



are clearly outside of their developmental abilities. But imagine these parents feared that their children were "falling behind".

When we, as educators, are asked for advice regarding "school readiness" what parents are often referring to is reading and writing.

Whilst we at New Shoots understand the desire for families to want their children to be a literate member of society, we need to convey that reading and writing are formal learning behaviours best left until school (or for some children until 7 years of age).

Some children's brains (typically the oldest child and/or girls)

may have brain pathways mature enough to be intrinsically motivated to read and write before seven, for others they are simply just too young.

As Nathan Mikaere-Wallis, researcher and educator, states: "Pushing 3 to 7 year olds towards early reading, writing or maths will not improve their long-term chances of success".

At New Shoots we agree with Mikaere-Wallis and believe that the focus for early childhood needs to be on fostering positive emotional and social skills. This is not to say that literacy and numeracy are not a part of the curriculum, it just means that we don't formally instruct children through skill and drill activities i.e. worksheets. Rather, we foster literacy and numeracy through a range of playful experiences, interactions, and provocations.

Here are some things we do at New Shoots to promote literacy, which you can try at home:

1. Bring literacy to life at home - Point out stop signs, speed signs, letter boxes and price tags. Make signs, or a calendar to countdown days till a birthday or a special event or make a shopping list and let your child hold it as you tick things off together.

2. Oral language - Children need an in-depth understanding of language before they are able to read and write. Oral language development is a critical foundation for reading, writing, and spelling and is vital for later formal learning. Encourage your child to listen to sounds in nature (being able to listen is important for differentiating sounds when reading and writing). Use the correct terms for things (don't use baby talk ie: "eggy", "doggy" or "pee pee"). Introduce a wide range of language to your child, instead of calling something 'big' use 'humongous' or 'gigantic' - children with a larger vocabulary tend to do better. Encourage your child to ask for things they need, and articulate their feelings.

In part two of this series next month we will look further at promoting literacy with your children. Written by Kelly Warren for New Shoots Early Childhood Centres. Westgate: 1 Kawakawa Place 09 869 3977. Hobsonville: 102 Hobsonville Road 09 869 3997. Whenuapai: 1-9 Maramara Road 09 869 6050. www.newshoots.co.nz.

2019 – Change your habitual thinking and create new stuff

Being angry or jealous or even sad are perspectives we have. It's a way of looking at something and then reacting in line with our thoughts about it. Three other people might have been subject to the same rude person or situation but not had the same reaction. Some get extremely angry, some seem to be able to be calmer when dealing with it. Why? Because of our unique set of perceptions about ourselves. Throughout our younger years we took on ways of seeing and feeling and it's a damn hard habit

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to break. Our personal emotions are telling us about ourselves. They are an amazing, short cut way to learn about ourselves. Take jealousy. A woman unsure of herself or struggling with self-image will probably get jealous more than someone who feels stronger in this area. Her partner does not have to do very much for her to be upset. She will see everything in her relationship through the filter of 'I'm not enough'. She's always on the lookout for situations that confirm she is not enough. Being with a person like this can be difficult. But the funny catch is, usually a person like this, will attract someone with a similar self-perspective. The world tends to give us people and situations in alignment with us. We don't get what we want, we get what we are being. When your being 'not good enough' we will end up with a partner that reflects this. It can be a blind spot. Life is the way it is because of our unique set of feelings about self. Your neighbour is not scared of the same things you are. Their life looks different because they believe different things about themselves. Some of our perspectives will be moving us forward, helping us. But some of our perspectives will be stopping us in our tracks. The biggest thing we can do for ourselves in 2019 is to try to take the blindfold off and attempt to see our own worries. They are only one way of looking at a situation. Our worries have stopped us from seeing the 10 other options that are always available to us. I think self-perspective is more important than setting goals. Most goals don't get fulfilled because we haven't worked on the part of us that's scared. We are consumed with 'what people think, I can't make that phone call, Mum or Dad won't agree, what if I lose all my money, what if I lose my relationship'. All limited, unimaginative thinking. Its powerfully visualising outcomes we don't want. I think it takes practice, but our brains are amazing things that will come to the party when asked. Attempt to catch yourself believing something that doesn't have to be real. Any time you feel angry, offended, worried – these are all emotions letting you know there's another way to see it. Attempt to separate yourself from your worry. I like to say 'look at me being worried'. It seems to help not make it personal, like I don't have to own it. This makes room for all the other answers out there waiting to help make my life work out. This is how I help clients. Together we create a totally new set of ways of thinking about your life. It gets recorded and your homework is to listen and listen. It's like goal setting, but more 'emotional re-setting'. To book in a session please call Anna. 021 555 658. I'm happy to chat about what I do.

Summer waste services

Making it easy for boaters out on the water, Auckland Council is taking positive action again this summer to keep Auckland's Waitematā Harbour beautiful by providing waste barges out in the Hauraki Gulf to help boaters dispose of their waste.

With the influx of people to the Hauraki Gulf islands over sum-



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mer, the council encourages day visitors coming by boat or ferry to 'pack in and pack out' and take their waste with them when they go.

"If people are visiting one of the islands for a day, we're asking people to take their waste home with them and dispose of it responsibly, in their kerbside waste or recycling bins," says Parul Sood, Programme Director Waste Solutions.

"For those out on the water for longer periods, Auckland Council has set up summer waste barge services in the Hauraki Gulf to support leisure boat users to effectively manage their waste while out on the water."

Golf at Redwood Park delivers many benefits

Golf lessons for beginners, for both adults and children, starts at Redwood Park Golf Club, Swanson, on Sunday 10th February. Golf is played by many people from all walks of life. The diversity found at our golf club increases social networks and provides a broader view of our community.

Spending time outdoors, walking and being active develops good exercise habits and improves breathing and the heart rate. Conditioning for golf improves the strength of core muscles that support the spine, improves flexibility and allows players to improve their fitness.

Golf is an active game and is less injury prone than other contact sports. For young players, there is not the pressure of performing as part of a team sport, with parents screaming on the sideline.

Golf has a rich tradition of etiquette which lives on today. Playing golf teaches young people how to behave towards others and imparts values such as honesty and strength during adversity.

Golf challenges the player towards constant self-improvement. Players analyse what they did well and what has to change to improve. It encourages a positive outlook. Learning from your mistakes and overcoming obstacles improves a player's

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self-awareness and control.

The coaching programme is taken by qualified golf coaches. Golf clubs are not required, and players may wear comfortable casual clothing and sport shoes.

The adult clinics start at 9am on Sundays, and cost \$120 for 6 weeks of 1 hour lessons. At the conclusion of the coaching programme, members will host you on the course to familiarise you with aspects of the game. This also includes two months of complimentary membership to build your confidence.

The juniors begin at 10am on Sunday 10th February, with the cost being \$120 per school term, for 8 weeks. It also includes a practice session with Club volunteers on Monday's at 4pm.

For more information on the coaching programme for adults and juniors, please contact Redwood Park Golf Park, Swanson; phone 09 833 8253; manager@redwoodparkgolf.co.nz.

For more information on the coaching programme for adults and juniors, please contact Redwood Park Golf Park, Swanson; phone 09 833 8253; manager@redwoodparkgolf.co.nz.

Gym Zone

Has your child ever thought about doing Gymnastics, Tumbling or Parkour? 2019 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.

Gym Zone is also a great place to host your next Birthday Party. We have both self-cater and fully catered options for you. www.gymkids.co.nz/birthday-parties/hobsonville/

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

25th hot rod show

The heat came on as tens of thousands turned up for a spectacular 25th Kumeu Classic Car and Hot Rod Festival on January 19 and 20.

More than 30,000 visitors soaked up the sun and an impressive array of at least 5000 classics, hot rods, motorcycles and more during the landmark event at the Kumeu Showgrounds.

Parking was at a premium despite the huge amount of space available.



The event's success has delighted organisers Ken and Desma Galvin of Kumeu who worked hard to make it one to remember. Photo: Syd 'Almo' Briggs with the 1949 Ford Bonus he restored, an earlier show award winner.

A good walk unspoilt

Huapai Golf Club welcomes golfers to experience the joy and passion of playing golf in the heart of the Kumeu and Huapai wine growing region. The beautiful rural setting in the upper reaches of the



Waitemata Harbour offer an easy to walk, mainly flat 6000 metre championship golf course. With its pristine, contoured fairways, majestic mature trees, captivating water views and magnificent greens, the course will impress golfers of all abilities.

With floor to ceiling windows and stunning course views, the modern Clubhouse café and bar offer comfortable and relaxing surroundings to unwind after a game or just to drop-in for a drink and a bite to eat.

The café and bar are open every day, non-members are always welcome. For more information visit www.huapaigolf.co.nz.

Discover your zest for language

Have you always wanted to learn French or Spanish but never got around to enrolling into that beginners' course? Or perhaps you want to equip your child with a passion for language at a young age. The good news is, no matter how old you are, you can discover your love for language at ABC Language Tuition. The school is run by Patsy Sackx, who moved to NZ in 2000 with her husband and two daughters.



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Patsy has been running her teaching business for more than 10 years and her enthusiasm for teaching is stronger than ever. ABC Language Tuition offers after school language classes, one on one language tuition and adult language classes.

Patsy has a passion for language, which she passes on to her students, both young and old with her bubbly, easy going nature and fun teaching style. ABC Language Tuition is growing with new language tutors who are native speakers. ABC Language Tuition now offers after school language classes in several primary schools in the west.

Kumeu Arts Centre is where all the adult language classes are offered.

French and Spanish classes at different levels are held during the day and evening. Book your spot now www.abclanguage.co.nz.

Children's Art Club

2019 will see a slightly different format to the 8 week term at Kumeu Children's Art Club in order for the children to develop their individual artistic voice. The new format will give children 2 weeks of drawing, 2 weeks of clay and 2 weeks of painting as well as 2 weeks to try a new process or technique.



Each child will be given a sketch book to work in so that progress can be tracked and a record of artwork kept and treasured.

Term 1 2019 will be inspired by the great Leonardo Da Vinci. Children will learn about his life as an artist, develop their own drawing skills based on his discoveries of proportion, study his painting style as well as create their own Automaton based on his inventions. All the while the focus will be on their own personal expression, using what they have learnt and applying it to their own subject matter of choice. For more information or to make a booking please contact Julie 021 208 3714 juliemosel-en@xtra.co.nz.

Circumnavigate Australia by cruise and rail

Cruise departs 15 Oct 2019. Key Points: 23 night cruise & rail package from NZD \$ 7499pp share twin for an interior State-room, and NZD \$ 9799pp for a Balcony. Includes flights, 17 night cruise, 3 night Indian Pacific Rail Journey plus pre/post accommodation & more. Receive a bonus on board credit.

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Sydney, flying Air New Zealand. 17 night one-way cruise on-board Sun Princess® from Sydney to Fremantle (Perth). Main meals & entertainment on board the ship. Port charges & government fees. 2 night's post-cruise accommodation in Perth & 1 night post-train accommodation in Sydney. 3 night Indian Pacific train journey in a Gold Service Twin Cabin. All onboard meals & beverages including soft drinks, tea & coffee, beers, Australian wines & base spirits onboard the train. Off-train excursions in Kalgoorlie, Adelaide & Broken Hill. Off-train experiences on the Nullarbor & Cook. Off-train excursion to the Blue Mountains. Please contact me if you are interested in this & I can email you more details. Tanya Franklin, your local Travel Broker, a member of helloworld, on 09 411 9105, or 021 254 9169, or email: tanya@ttb.co.nz. Make an appointment to see me in my home office to chat about your next holiday!

West Harbour Tide Chart

Date	High	Low	High	Low	High
Fri 1 Feb	05:45	11:44	17:58	-	-
Sat 2 Feb	-	00:12	06:403	12:37	18:53
Sun 3 Feb	-	01:03	07:30	13:25	19:44
Mon 4 Feb	-	01:49	08:16	14:11	20:31
Tue 5 Feb	-	02:31	08:58	14:53	21:14
Wed 6 Feb	-	03:10	09:38	15:33	21:53
Thu 7 Feb	-	03:47	10:16	16:12	22:31
Fri 8 Feb -	04:23	10:53	16:50	23:07	
Sat 9 Feb	-	04:59	11:29	17:28	23:43
Sun 10 Feb	-	05:37	12:07	18:07	-
Mon 11 Feb	00:21	06:16	12:46	18:47	-
Tue 12 Feb	01:01	06:59	13:28	19:30	-
Wed 13 Feb	01:46	07:48	14:14	20:19	-
Thu 14 Feb	02:38	08:43	15:05	21:14	-
Fri 15 Feb	03:38	09:46	16:03	22:15	-
Sat 16 Feb	04:44	10:50	17:07	23:19	-
Sun 17 Feb	05:49	11:52	18:13	-	-
Mon 18 Feb	-	00:22	06:50	12:53	19:16
Tue 19 Feb	-	01:20	07:47	13:50	20:15
Wed 20 Feb	-	02:15	08:42	14:45	21:11
Thu 21 Feb	-	03:08	09:34	15:39	22:03
Fri 22 Feb	-	03:59	10:26	16:31	22:54
Sat 23 Feb	-	04:49	11:16	17:21	23:44
Sun 24 Feb	-	05:39	12:07	18:11	-
Mon 25 Feb	00:34	06:30	12:57	19:01	-
Tue 26 Feb	01:25	07:23	13:47	19:52	-
Wed 27 Feb	02:19	08:19	14:39	20:46	-
Thu 28 Feb	03:16	09:18	15:33	21:43	-

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

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