

the **Westerly**

FREE monthly community magazine for Massey to Hobsonville

PROPERTY MARKET REPORT

STAY SAFE IN THE SUN

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

FROM TIGER TO FOX

Circulation is 16,000 print copies.

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

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

March 2017

Intro

When disaster strikes, one in ten people takes immediate action, while the rest wait for more information or carry out routine tasks until the time to escape arrives. What kind of person are you? Do you act or would you hesitate? There are plenty of things to do in this district. Please take action and join in and benefit from what's on offer. Sometimes it is easier to put off getting involved or joining in and there is a risk of missing out on a worthwhile experience. How about listening to music in Hobsonville Point? Join in a run at Whenuapai, or choose other sporting activities. There are several community organisations that might interest you. Keep in touch with what's happening in the property market, and see the suggestions for improving your house or garden. Check out the advice from Massey Police on home security. Keep yourself healthy and don't forget your pets. Seize the day!

John,
Editor



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the Westerly

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Community notices

Bridgestone Westgate

Its summer time here at Bridgestone Tyre Centre Westgate and we hope you had an enjoyable break over Christmas and New Year.

It's been an unusual summer so far and this throws up some challenges for your tyres - roads that are dry for weeks and then get rain can become greasy and unpredictable.

The best option is to keep a safe driving distance from the driver in front which helps to avoid sudden and hard braking. Hard braking puts a lot of stress on your car and can lead to uneven wear on tyres.

We can help by checking your tyres regularly to ensure all 4 tyres are wearing evenly - we recommend you do this often, at least every 8,000 to 10,000 kms - this is a free service and only takes a minute.

Call in anytime to the boys at: Bridgestone Tyre Centre, 1 Cellar Court, Westgate (behind McDonalds).

Bridgestone Westgate – keeping you safe on the roads. Phone 09 833 8555, email firestonewestgate@xtra.co.nz.

Te Atatu Pony Club

Do you know a child or teenager who wants to learn to ride, and dreams of owning their own pony? Would you love to support this dream, but feel it is unobtainable? A local pony club, on the Te Atatu peninsula, is coming to the rescue.



Te Atatu Pony Club is offering two exciting new schemes, a 'Riders without Horses' tuition course, and a Lease-a-Pony scheme. Our family focused club is a great place for new riders, we also have more experienced riders, and a friendly bunch of qualified instructors.

Riders without Horses: This is a ten week course (once a week on a Thursday evening), to introduce you to what it's like to care for a pony, and life at a pony club.

The Lease-A-Pony scheme: this is an option for families unsure about buying a pony themselves. The club will purchase a pony, after an agreement to lease for one year, and on the basis that certain conditions are met. The rider can join the Riders without Horses group, and/or the full rally practice groups, as appropriate. At the end of the year the lease can be ended, extended, or the pony possibly purchased. A saddle and all riding tack/gear is required. Ponies/places are limited.

Contact Kevin Brewer 021 972 3

Indoor Bowls

The Massey Birdwood Settlers Association longest serving tenant is the Massey Indoor Bowling Club. The club started using their hall on the corner of Don Buck and Red Hills Road in Massey, in 1956. That's 60 years ago. The club is still going strong, however is always on the lookout for new members.

Young and old can participate in the game, and the champions of the game are listed on the Honours Board that is mounted to the wall in the hall. Many of the champions are Massey pioneers, people who first settled in the area.

Come and enjoy a game, Wednesday 7pm in the Massey Birdwood Settlers hall.



Ready, set, swing

Hospice West Auckland is honoured to be one of the recipient charities for this year's Henderson Rotary Club Charity Golf Tournament.

With a long history of more than 40 years, this tournament is a fantastic day at the wonderful Huapai Golf Club. Entries are now



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open. Get your team together and get ready to make a difference to the people of West Auckland.

Entry forms are available on our website www.hwa.org.nz/news/ready-set-swing.

Date: Thursday 23 March, Huapai Golf Club, 12:30 pm shotgun start. Cost: \$100 per person or \$500 for the team. Entries close 16 March 2017.

The entry fee includes your evening meal, on-course food and all refreshments. Great prizes available on the day as well.

Music at Hobsonville Park

As detailed in the February Westerly, a free musical event is being staged at Hobsonville Point Park, Buckley Ave, Hobsonville Point (by Catalina Café) on 5 March from 1pm to 4pm.



Auckland Council Music in Parks presents pop, folk / country musicians Anna Coddington, Miller Yule Music and Sunny Ray. Anna has sung at many of NZ's top music and arts festivals. Miller sings about love and hope, and Sunny Ray loves to sing about her travels and connection with nature.

There will be limited mobility parking near the playground and on Hastings St., with an accessible toilet onsite. Thanks to our major partners Zerowater and Oreo and supporting partner MediaWorks New Zealand. Auckland Council sports fields, parks and reserves are smoke-free areas.

www.facebook.com/events/161032524356596/

Rotalite West

In February Rotalite West finished the purchase and planting of two small gardens at Ranui primary school. By working with this local school we were able to help create a space for children to



learn about nature in the great outdoors. In 2017 we are looking for new members and new opportunities to serve our local community. We meet at bars and cafes around West Auckland to plan projects and fundraisers, so visit our Facebook page for details of our next project or meeting.

Do you converse in NZSL?

The Emergency Services are holding a special event for the deaf

and hearing impaired on Sunday 5 March from 11 am to 2 pm at the Town Square, Northwest Shopping Centre, Maki Street, Westgate.

Learn about safety and meet emergency service staff that can communicate in New Zealand Sign Language. Find out more about deaf and hearing-impaired smoke alarms.

Giveaways - face painting - sausage sizzle - emergency vehicle tours!

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Safercommunities

Waitakere Volunteer Fire Brigade

Waitakere fire has been busy helping out others in the past month with senior member's part of the incident manager team at the Whitianga fire in January. We also lead a team from Auckland to Hastings to help at the out of control fires that were plaguing them. Our Facebook page <https://www.facebook.com/WaitakereFireStation/> has further information.



This month's safety message is on kitchen fire safety as 25% of ALL house fires start in the kitchen. Below are a few safety hints that may save your life

If you must leave the room, TURN OFF the stove
Clean your stove grill after each use to prevent the build-up of spilled fats and burnt foods

Clean range hood filters regularly

Curtains, tea towels, oven mitts and any flammable items should be kept well away from the cooking area

Have a fire extinguisher and/or fire blanket correctly located in your kitchen and make sure you know how to use them

Never throw water on to a frypan that's on fire

Never, ever attempt to carry a burning frypan outside

If your frypan is on fire, wet a teatowel and place it over the pan or use a large flat object (like a chopping board) to starve the fire of oxygen

If you do have a fire on your stove, try (if you can) to turn the power or gas off either at the stove or at the mains

If in doubt get out and call 111. Keep safe, Denis Cooper, Officer in Charge - Waitakere Volunteer Fire Brigade, phone 09 810 9251.

A Message from Massey Police and Massey Community Patrol

We trust you have all had a good summer break. We thought we would pass on some general BURGLARY tips. Firstly put yourself in a burglar's shoes. If you "think like a thief" you will be able to identify signs of security weaknesses in your home.

Lock doors and windows. (This includes locking up the front of the house if you are enjoying the backyard). Record the serial numbers of expensive electronic items and photograph these

and other valuables such as jewellery. Keep valuables out of sight i.e. jewellery/cameras/electronic games/laptops. Consider investing in an alarm system or getting sensor lights fitted. Keep garden sheds and garages locked when not in use and ensure ladders are stored away from sight. Keep hedges or plants around doors well-trimmed – don't give a burglar a place to hide. Check for weak spots where a thief could get into your garden e.g. Low or sagging fence or a back gate with a weak lock. Keep the house secure when you are out in the garden or yard. Use a chain on the door – don't open the door to strangers, unless the chain is attached. Note down registrations of any suspicious vehicles – often burglars will scope out a place beforehand. Join a community patrol or form a neighbourhood support group. Check with your local station for details. Register serial numbers on snap website www.Snap.Org.Nz.

Car theft - www.Facebook.Com/waitematadistrictpolice/videos/1192344330804422/. Keep no valuables in your car. Don't leave any bags in view, even if they only contain low value items like a towel and togs etc, as they are likely to intrigue a thief enough to smash your cars window/door lock. Use the "all valuables removed" sign in your driver's window. ***You cannot leave anything of value in your vehicle if you use these cards*** you can pick up one of these from Massey police or Henderson police station. Leave your glove box and console open so would be thieves can see there is nothing to be stolen. Notifying all residents that they need to be vigilant and report all suspicious activity by calling 111 and let the call taker decide the best course of action. Report all crime by calling 839 0600 and ask for the crime reporting line, this information goes straight to police intel section and directive patrolling by police can be initiated where hot spots/trends are shown. Notify your local community patrol of any crime that is happening in your area. Like the Massey community patrol page on Facebook. www.Facebook.Com/waitematadistrictpolice/videos/1192344330804422/ and the Waitemata police page to keep up with what's happening in policing in your area.

www.Facebook.Com/waitematadistrictpolice/?Fref=ts.

If you see a crime being committed or you see something suspicious and the offenders are still there or have just left, call 111 immediately.

If a crime is historical i.e. you arrive home and your house has been burgled or your car has been broken into call 09 839 0600 and ask for Crime Reporting Line.

If unsure call 111 and the call taker will decide the right course to take. Until next time stay safe and look after each other.

Lyndsay Kerr
LICENSED SALESPERSON





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People:places

From Tiger to Fox



Steve Williams had intended retiring at the end of 2014. But this year still finds the Kumeu resident caddying - albeit part-time - for Australian golfer Adam Scott and now Kiwi Ryan Fox.

Steve will caddy for Ryan at the ISPS Handa New Zealand Open on March 9-12 at Queenstown, then carry the bag for Adam at the Shell Houston Open, March 30-April 2.

After offering a little advice in Ryan's formative years, Steve struck up a friendship with the son of All Black great Grant Fox. "I'm really looking forward to it," Steve says of the upcoming NZ Open. "Ryan has a huge future in the sport and I like the way he plays."

Steve had planned to give away caddying before the 2015 season. "Now I don't know how long I will caddy for, but moving to part-time has definitely been rejuvenating."

Celebrating 40 years of caddying next year, Steve reckons he's cut his time at the job by half from about 30 weeks a year to around 15. That gives him more time to spend with wife Kirsty and son Jett, 11, and work around their four hectare lifestyle block.

Of course, Steve remains involved with his Steve Williams Foundation, initially formed 16 years ago to help junior golfers and now concentrated on supporting the Auckland Starship Children's Hospital cancer ward and Ronald McDonald House. Kirsty runs the foundation and also assists with other projects. The foundation has helped ensure a massive upgrading of the cancer unit.

Steve was made a Member of the New Zealand Order of Merit in the 2007 Queen's Birthday honours for his charity work.

Speedway racing is a long-time passion of Steve's. He has won the national super saloon car championship twice, and started this season winning five out of six events. Running two Mustangs under his Caddyshack Racing brand in saloon and super saloon, Steve should enjoy a lot more success by the end of April.

Then there's his duties as South Head Golf Club patron, where he plays when he can.

"I think South Head will do well as this area is growing fast," Steve says.

Now 53, Steve's not overly thrilled with some of the changes in the district. He came to Kumeu about 20 years ago, attracted by the lifestyle, open spaces and other benefits country living brings.

"But that's all changing. While it's still a lovely area it's probably not as desirable for the reasons people came here years ago."

Steve says it will always be a wonderful place to live, being close to west coast beaches, wineries and other recreational activities. Yet he believes, like many, that infrastructure is failing to keep pace with the rapid growth.

"Why are Special Housing Areas and developments allowed to go ahead before all the infrastructure is in place?" he asks.

"The traffic situation, schools and where they're placed, public transport - all should have been sorted."

Steve had, at one stage, considered moving to the United States to be nearer his work. But he intends remaining in Kumeu, saying if he ever does give up caddying that he'd like to help younger players.

And he has a wealth of experience to share after spending a lifetime in golf, caddying at the age of 13 for Australian great Peter Thomson in the New Zealand Open, then working with Ian Baker-Finch, Ray Floyd, Greg Norman and for many years with Tiger Woods.

Tiger wrote the foreword to Steve and Hugh de Lacy's book *Hitting the Zone*. Then he came to Steve and Kirsty's wedding in Waimauku in 2005, before Tiger's much publicised fall from grace.

Meanwhile, Steve's hoping to help guide Adam Scott to more than one win in a major. And he's just as keen to see Ryan Fox do well too. So it's unlikely Steve will pack away the golf bag anytime soon.

Visit www.kiwicaddy.co.nz for more.



InBrief updates:events

SeniorNet West Auckland

SeniorNet West Auckland is planning an OPEN DAY on Saturday March 11th. Starting at 10am until 2.30pm. You can come along to 67 Henderson Valley Road and meet up with some of our tutors over a cup of tea and discuss what you would like to learn and how to go about it. The open day is a good way of getting to know the venue and some of the many volunteers who help to run the classes. You may join and put your name down for classes on the day. Please ring June on 021 179 3635 to confirm the date.

We are running a programme for those wishing to use Excel spread sheets to help with formatting family history. If you would like to take part in this please ring Pam to book in for the next class. Please speak to Pam for any classes you may be interested in. Leave a clear message with your phone number and she will get back to you.

Our classes are held at 67 Henderson Valley Road Henderson, and for class information and booking please ring Pam on 09 827 2156. Our monthly meetings are held on the 3rd Tuesday of the month, the next one being 21st March at the Kelston Community Centre, cnr Awaroa Road, Kelston at 10am with a guest speaker and morning tea.

Children and fine motor skills

Teachers are often concerned at the number of children entering their classrooms who have under-developed fine motor skills. This usually means they do not hold their pencil in the best way to produce neat, legible handwriting efficiently.

What are Fine Motor Skills?

Motor Skills are divided into two categories: Gross Motor and Fine Motor. Gross Motor Skills are the coordination of movements that are required for large movements: crawling, running, jumping, throwing, climbing, etc. These are the skills that develop first. Fine Motor Skills are the coordination of movements that are required for small muscle movements: cutting, writing, opening water bottles, tying shoes, etc. Both sets of motor skills work together to help us function through our day, but fine motor skills are the more detailed of the two skills.

Why Develop Fine Motor Skills?

Do you really need to focus on Fine Motor Skills? Won't kids just pick up on them? To a certain extent, yes, kids will develop them as they go through life, but I'd argue that they might not be fully developed without some intentional practice. If we truly want

to set up our children for success, I think it is important for us to set up opportunities for them develop.

Fine motor skills are important because they directly impact how well a child can write and cut paper. In this digital age, this skill is often neglected as children spend so much time on touch-screen devices from an early age.

At Kip McGrath Education Centres we ensure that children who need to develop their fine-motor skills are given the opportunity to do so, each time they come for a lesson.

Contact Lynne at the Westgate Kip McGrath Centre for more information – 09 831 0272.

Jewellery that connects to your heart

Since becoming a Mum there is one thing I have always wanted my children to know, and that is, that they are ALWAYS in my thoughts and in everything I do. "Wherever I go, you go with me" From this idea, Precious Imprints - Personalised Jewellery & Keepsakes was born. That is, personalised and symbolic jewellery, custom made especially for you and inspired by the ones you love.



Like me, this jewellery allows you to feel connected to your family. So wherever you are, you know and they know that you are always together, connected and cherished. Whether at work, home or school your children will know that you are wearing them next to your heart.

Visit my website www.preciousimprints.co.nz for ideas, inspiration or to place an order, or email me jo@preciousimprints.co.nz to discuss a design idea you may have.

Come on, try something new in 2017

Kumeu Library has loads of fun, free activities and events for all ages. Activities for Children - Storytime: Mondays at 10.30am - Stories, songs, rhymes and a fun activity for children aged 3 to

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5 years.

Homeschoolers' Make: Build: Do: Wednesdays during school term at 10.30am, starting 8 February - An hour of constructing, creating and fun for children aged 8 to 13.

Make: Build: Do: Thursdays during school term at 3.30pm for children aged 8 to 12, starting 9 February - What can you build in one hour?

Rhymetime: Fridays at 9.30 - 10.00am - for pre-schoolers aged 18 months to 3 years.

Wriggle & Rhyme: Fridays at 10.30 - 11.00am - for babies 0 to 2 years.

Activities for Adults - Book Chat: 10.30am on the first Tuesday of every month, starting 7 February - come and chat over a cup of tea about what you have enjoyed reading.

Crafternoon: 2.30pm on the last Wednesday of every month, starting 25 January - make a different craft every month.

Book Club: 7.00pm on the 4th Thursday of each month, starting 26 January. Join in our lively discussions - every month we read a different author, genre or theme.

There's always something happening at Kumeu Library - follow us on Facebook to keep up-to-date (www.facebook.com/kumeulibrary)!

The Hobson Centre - all you need at 124 Hobsonville Road

Centrally located in Hobsonville, The Hobson Centre is an integral part of the ongoing development underway in the growing Hobsonville area.



The Centre offers a range of health and beauty services plus food and dining options to match any taste. If you need coffee to get your day going, a vitamin rich juice after your gym session, manicure, massage or haircut, somewhere to relax with a meal or to pick-up the groceries at Countdown - the Hobson Centre has all you need.

Ample onsite parking to ensure your visit is an easy and pleasant experience.

Check out www.hobsoncentre.co.nz for a list of stores.

The Hobson Centre, centrally located at 124 Hobsonville Rd - Food, Health, Beauty and more...

Become a part of New Zealand's leading youth organisation

St John Youth focuses on teaching young people aged between 6 and 18 first aid, healthcare, leadership and life skills - all in a fun and encouraging environment that celebrates growth and

diversity.

If you have a drive to succeed and are up for a real challenge then you could have what it takes to become a youth member in St John.

The Kumeu Youth Division meets at the Huapai District School Hall every Tuesday during the school term at 6.30pm. For more information contact Natalia on 021 029 27996 or natalia.dick@stjohn.org.nz.

Best team of the year off to Global Games in Taupo in September 2017

Last year, a great little rugby team of kids aged 7-11, won the title of "Best team of the Year" for Kumeu Rugby and our coaching team was awarded the "Best coaching team of the year" too. It was a great way to top off a fantastic season.



For 2017 the majority of the kids have returned to the team for another season. Whilst registrations for Kumeu Rugby have just opened and training officially starts at the end of this month, this is not the case for this committed team of kids and parents - who in fact started training in January during the school holidays. These kids are motivated not only to beat their record (of only 1 loss last season) but they have a huge goal in mind. They are proud to have been accepted to represent Kumeu Rugby at the Global Games in Taupo in September 2017. This is an opportunity of a lifetime. These children will compete alongside 100 other teams from around the country and the world over a weekend. The opportunity to compete in a competition of this magnitude will help to develop a foundation of sportsmanship, enjoyment and friendship. Opportunities like this are what grassroots rugby in NZ is all about.

Community rugby survives because of the love of the game and amazing parents who volunteer their time to run local clubs such as the great club we have in Kumeu Rugby (<http://www.kumeurugby.co.nz/>), they manage teams, coach our kids and ref games in all kinds of weather over the winter period.

We are so lucky with this great team to have parents that are committed to ensuring our kids have the best experience possible. As you can imagine, to take 20 plus players away and coaching staff for the tournament will cost in excess of \$10,000 including entry fee, uniforms, travel and accommodation. We have kicked off our fundraising campaign with a give a little page. <https://givealittle.co.nz/cause/kumeuj3black>. We are call-

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Mark Stuart
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P O Box 45 Waimauku 0842, Auckland, New Zealand

ing on donations to help us raise \$1400 to purchase a trailer, please support these cool kids and donate today. Once the trailer funds have been raised we need the support of local businesses to help us fill the trailer with goods such as BBQ's, power tools, outdoor furniture etc. The kids will need to drive the fundraising from this point onwards, (after all it can't all be handed to them on a silver platter) and over the rugby season they will sell raffle tickets to fundraise their way to Taupo. Any offers of support by our wonderful business community, please contact Gail McIntyre (0275) 320420.

The Driving School

The Driving School has been operating in North West Auckland and the North Shore for over 10 years. We offer manual and automatic driving lessons. We teach people of all experience levels, from complete beginners to those older drivers needing refresher courses. Our two instructors Sylvia and Melissa are patient and professional with their own dual pedal cars. We also offer a regular Defensive Driving Course which allows people on restricted licences to sit their full test six months earlier. You can register for the next available course on our website www.thedriving-school.co.nz. Feel free to contact us to make an appointment either through our website www.thedriving-school.co.nz or give us a call on 09 420 2524.



Auckland Poultry and Pigeon Association

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ter Show Venue: Gate 2, Kumeu Showgrounds, Access Road, Kumeu. Date: 4th & 5th July. Entry is \$5 and Children are FREE. Sausage sizzle and refreshments available. There will also be chickens for sale as well as poultry care products. The show is an exhibition of many different breeds of heritage poultry and pigeons. (Open to the public after the Judging) Saturday 12pm - 5pm, Sunday 9am - 1pm.

helloworld Hobsonville scoops award

Once again, Lesley Johns of helloworld Hobsonville was the top agent for Scenic River Cruises across New Zealand for the 4th year in a row. The glamorous event, held at Ivy Ballroom in Sydney, recognised the ongoing hard work and commitment from its top agents in Australia and New Zealand.



Carolyn Hedley, also pictured, holding her Masters of Cruise Consulting Certificate awarded by CLIA (Cruise Lines International Association Australasia). The Masters Certificate is the highest level that can be achieved after significant training to provide professional cruise information and reservations.

Gym Zone

Gym Zone is the latest offering from Gym Kids Ltd. Your child's love of movement begins at our purpose built Gymnasium offering Gymnastics, Tumbling & Trampoline, Rhythmic Gymnastics, Parkour, Preschool classes, Birthday parties, Holiday programmes and School programmes. Gym Kids was created in 2011 by Tania and Pablo Donnianni. Pablo, Head coach - Director has over 20 years of Gymnastics experience, a gymnast himself, he also has a Bachelor in Physical Education and Sport.



Our team of experienced, enthusiastic and qualified coaches are trained to bring out the best in your child. With backgrounds in physical education and gymnastics they have the skills to deliver fun and safe classes that will keep children engaged. Gym Zone - Where movement begins. 4 Workspace Drive, Hobsonville. Read more at www.gymzone.co.nz.

Ian Sneddon
LICENSED SALESPERSON

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Locals loving their new store

The new home and gift store, Flourish sure has been the talk of town of late, but all for the right reasons. Talk about a makeover, the store is full to the brim with all things lovely, the moment you step in you'll be delighted with the sights and smells to please every taste. New local owner Carlene Johnston said the response to the new store has been over-whelming "We are really excited with the feedback we are getting from our local customers, we wanted to create something special that was not only on trend but catered to our local Kumeu community too, a place where locals could find that one off special piece for their home or gifts or pop in to replace their favourite candle or hand cream regularly. We are growing our range every week to keep Flourish interesting and exciting and hope locals will continue to support us". 325 Main Road, Huapai, 09 412 2466.



Weston Automotive Developments

Geoff Weston has been in the motor trade for 44 years running his own successful business in Henderson Valley. After selling the business Geoff and Max, his younger son, left New Zealand working for Stang Fever in Australia to further their knowledge and experience on converting American cars and trucks to right hand drive.

Ben, the eldest son, also went overseas to become an engineer on the ever growing superyachts seeing the world. Now Geoff, Max and Ben have combined their skills and have formed

Weston Automotive Developments Ltd. We have a brand new workshop in Taupaki. We carry out all servicing, repairs and modifications on a wide range of vehicles plus bikes and quads. Contact us on 027 495 8216 for Geoff and 021 039 3444 for Max.

Kumeu Rugby - Junior Registrations 2017

Kumeu Rugby Club is now taking registrations for Junior Rugby players and Girls Ripa players ages 4 - 13 or in school years 0 - 8. Fees \$140 per player which includes socks, mouth guard, shorts, bag for new players to the club and team photo.



Registration Dates; Saturday 4/3/17 - 1pm - 4pm, Wednesday 8/3/17 - 5.30pm - 7pm, Saturday 11/3/17 - 1pm - 4pm, Wednesday 15/3/17 - 5.30pm - 7pm.

ALL players must be officially weighed in and collect gear for 2017 on one of the dates above. Online registration invites have been emailed to all registered 2016 players. You can check and edit your child's details plus pay online by either credit card or direct debit.

Email rugby.kjrc@gmail.com if you have not received your email invite and were registered in 2016.

New players not registered at Kumeu can do so by going to our website www.kumeurugby.co.nz select the Junior Rugby page and use the registration link.



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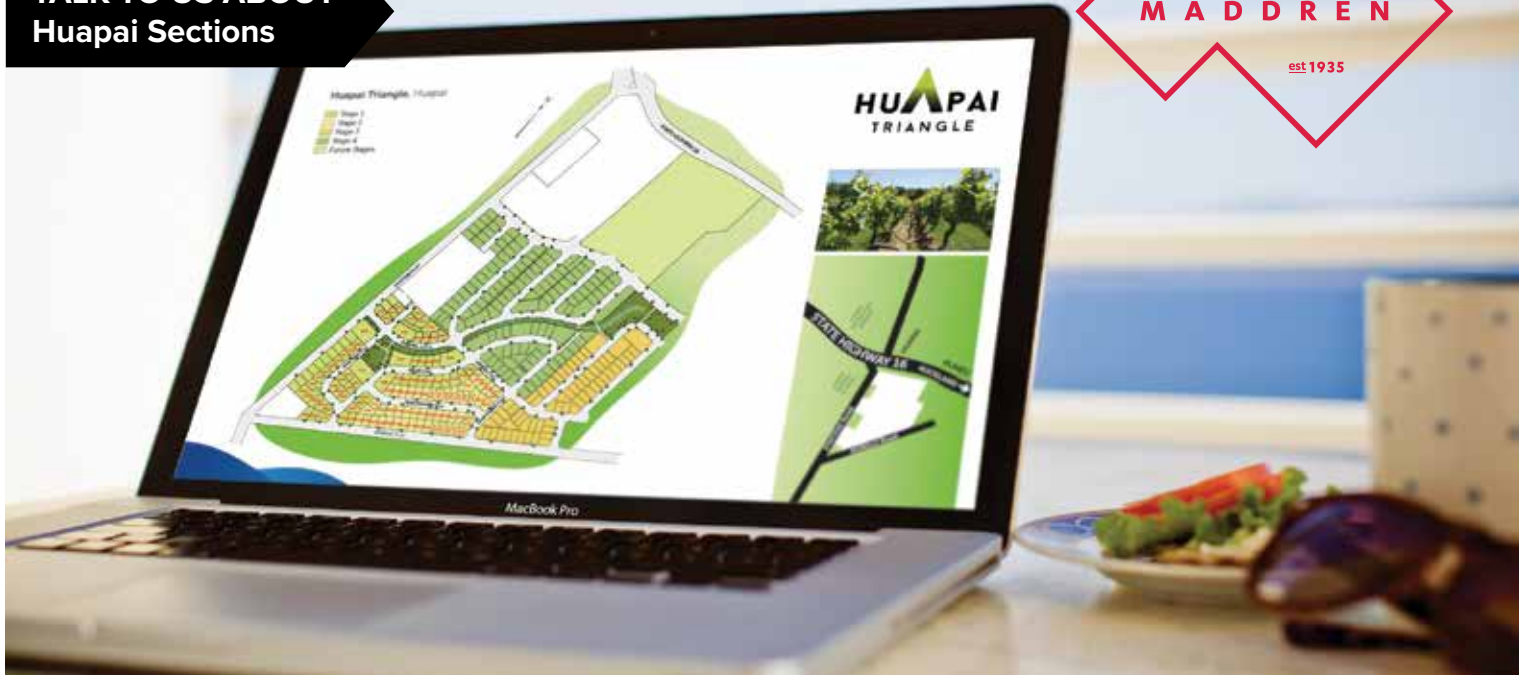
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area property stats

Suburb	CV	Land Area	Floor Area	Sale Price
Herald Island	1,525,000	809M2	350M2	2,675,000
	950,000	809M2	80M2	1,105,000
	860,000	893M2	258M2	1,365,000
	1,640,000	1048M2	366M2	1,998,000
Hobsonville	720,000	221M2	187M2	995,000
	660,000	206M2	150M2	890,000
	790,000	278M2	189M2	1,269,000
	1,275,000	683M2	380M2	1,250,000
	630,000	188M2	149M2	877,500
	335,000	302M2	213M2	1,335,000
Massey	620,000	389M2	169M2	870,000
	505,000	885M2	130M2	620,000
	445,000	709M2	100M2	676,000
	570,000	657M2	190M2	729,000
	385,000	591M2	100M2	700,000
	535,000	577M2	139M2	780,000
	600,000	1042M2	210M2	876,000
	380,000	628M2	80M2	620,000
	410,000	674M2	90M2	685,000
	690,000	541M2	182M2	950,000
	455,000	615M2	95M2	655,000
	535,000	713M2	160M2	717,000
	440,000	468M2	110M2	725,000
	415,000	680M2	110M2	685,000
	465,000	913M2	90M2	754,500
	440,000	1346M2	80M2	728,000
	530,000	898M2	181M2	939,000
	435,000	408M2	100M2	565,000
	780,000	493M2	190M2	1,050,000
	425,000	594M2	90M2	640,000
410,000	588M2	80M2	680,000	
240,000	723M2	120M2	630,000	
600,000	757M2	140M2	840,000	
580,000	451M2	155M2	820,000	
Royal Heights	540,000	620M2	100M2	717,500
	840,000	617M2	240M2	1,045,000
West Harbour	445,000	785M2	100M2	640,000
	590,000	463M2	110M2	700,000
	640,000	0M2	200M2	1,010,000
	870,000	861M2	270M2	1,200,000
	445,000	140M2	120M2	750,000
	450,000	727M2	80M2	831,000
Waitakere	450,000	809M2	80M2	660,000
	920,000	4027M2	237M2	1,400,000
Whenuapai	580,000	809M2	110M2	830,000
	650,000	809M2	148M2	865,000
	960,000	905M2	50M2	1,800,000

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Graham McIntyre
Brand & Territory Owner

Mike Pero | REAL ESTATE

Mike Pero Real Estate Ltd Licensed REAA (2008)



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

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

Mike Pero
REAL ESTATE

This page is sponsored by Mike Pero Real Estate, Hobsonville

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Propertynews:advice

Market report with Graham

Continued mortgage restrictions are having an impact on this market especially Auckland where the median house value sits just under \$1,050,000. The effect of mortgage restrictions is to dramatically limit people's ability to get a mortgage, meaning that fewer people are competing for properties and so the rate of value increase could eventually drop.

Back in September 2016 sales volumes and value growth showed relatively rapid increases. In the latest three months there is a significant reduction in numbers of sales in the area. The rate of value increase has slowed or even flattened in Auckland. Likewise in Hamilton, Tauranga, the lower North Island and Christchurch.

There is still strength in the smaller centres in the Far North and Waikato, while there are a few smaller centres in the North Island dropping in value. New Plymouth, Whanganui, Napier and Nelson are all unchanged, while Dunedin and Invercargill have actually slightly picked up the pace.

The investor restrictions are starting to bite in Auckland, and on Auckland purchasers in Hamilton and Tauranga. This is not a permanent tenure and the market generally finds ways of getting around bank restrictions and changing mortgage envelopes. In times like this, mortgage brokers do very well because they are not tied to a system nor a process that is directed by the reserve bank, therefore may I suggest you call Stuart Anderson, Mike Pero Mortgages on 09 306 6687 or 021 880 200, or David Lloyd from David Lloyd mortgages on 027 411 9255 for a free no obligation opinion.

Let's look at the local sales:

Herald Island residential	\$1,105,000 to \$2,675,000
Hobsonville residential	\$615,000 to \$1,335,000
Massey residential	\$620,000 to \$1,200,000
Royal Heights residential	\$717,000 to \$1,045,000
West Harbour residential	\$587,000 to \$1,200,000
Waitakere residential	\$660,000 to \$1,400,000
Waitakere lifestyle	\$1,450,000
Whenuapai residential	\$830,000 to \$1,800,000

This year is election year, therefore if you are considering a property change I suggest you get on with it before July when the market becomes absorbed with election issues and billboards, give me a call for a free, no obligation opinion on your home and the value it may represent in this current market. Go to www.grahammcintyre.co.nz or phone 0800 900 700.

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Money matters

How much can we borrow? This is a question I get asked a lot and it's one which is hard to answer. Changes in your personal circumstances can greatly affect your borrowing capacity, for example, starting a family and dropping down to one income. But also coming into play is how much you spend on living? Do you travel or entertain a lot? Do you spend more than what your neighbour does? I generally work on 5 times the family income as a guide so according to Statistics NZ, the average Kiwi earns around \$46,000 per annum (allowing for a loan of \$230,000) and the average couple earns approx. \$95,000 per year which increases borrowing power to \$475,000 but as I say, this is very much a "ball-park" number. To get an exact idea on your ability to borrow please call me for a no obligation and confidential chat.

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

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All of our replacements, restorations and repairs on homes and businesses in Auckland are backed with an exceptional 10 year workmanship guarantee, and manufacturer's warranties also apply on most materials of up to 30 years.

Call us today on 0800 002 222 for a FREE no obligation quote - we would love to hear from you.





David Lloyd
Director

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

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Stage It Yourself - staging with a difference

As we head well into our summer are you thinking of selling your property? If you are, one of the most important factors is presentation. As we walk around an open home where there are too many of the homeowners personal items, beds made untidily, vanity units cluttered with toiletries, front doorways messy, we all know these affect our visual and could possibly deter us from being a prospective buyer. With many properties being sold at this time of year it is important to enlist the help of someone to assist you in making your property shine, to get the attention of every prospective buyer. Stage It Yourself can come and help for only \$50 + GST. I will offer a comprehensive list of ideas and suggestions to help you achieve this, the consultation will last approximately an hour and after I will e-mail everything we discussed - so easy - I hear you say. I also have a full range of accessories, from bedcovers to cushions, to bath towels to decor items for hire for the period of the promotional pictures and open homes starting at only \$250 + GST. Call me today to save yourself time and money Frances 021 065 2611.



are good option and both add great colour to any space. Fix the Fence - A fence is a welcoming feature to any home and it can be a great addition to consider when it comes to selling your home. A fence provides not only a sense of security and privacy but it also defines your property from the street. If you already have a fence, then make sure it's clean and in good condition. If your fence is looking a little worse for wear then give it a bit of TLC - tighten loose latches, replace broken panels and give it a fresh coat of paint if necessary. Freshen up the front door - The front door is the first thing that potential buyers will see when entering your home so make sure your front door is warm and welcoming and makes a good first impression. Here are some easy ways you can update your front door with minimum effort. Paint the front door and trim - glossy black is always a perfect and classic choice. Add a couple of potted plants to your porch to provide some colour and give it a fresh feel, or make sure that existing plants are well watered and pots are clean. A welcome mat says just that, welcome, so make sure to replace any worn mats with a new one for an instant boost. Polish the existing door hardware so that they gleam or update with a new fancy handle for instant glamour. And make sure that your door bell is working, or add some charm to the front door by adding a door knocker. Love your Letterbox - Many potential buyers will drive by your property before viewing so don't forget to fix and paint your letterbox. It is also important to make sure that any surrounding garden is cut back and is tidy so that the numbers on your letterbox can be seen clearly from the roadside. Add some outdoor lighting - exterior lighting can make a big impact - it can not only complement your home but it can also showcase your property to prospective buyers who drive by at night time. Strategically placed landscape lighting can also be used to illuminate walkways, emphasise key features of your garden and can add an overall charm to your home after dark. Mike Pero Real Estate phone 0800 900 700. Licensed REAA (2008).

Selling your home? How to improve your street appeal

First impressions are crucial, especially when it comes to selling your home. If your home's street appeal is lacking a few simple improvements on the outside can entice potential buyers to look inside.

Clean, green garden - The front garden is likely to be the first thing that a potential buyer will see, so make sure that your garden is well-maintained. It's a good idea to mow and water the lawns, prune any shrubs, trim overgrown footpaths and clear any weeds or rubbish. If your house is not maintained on the outside, then buyers may assume that this carries on into the home. If you don't have a garden, then you could add potted plants or planter boxes to your outdoor area. Herbs or perennials plants



Graham McIntyre
LICENSED SALESPERSON
BRAND & TERRITORY OWNER





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HUAPAI NEAR NEW HOME AND INCOME

5 2 3

By Negotiation

3 Maple Lane, Huapai By Negotiation

Designed to enjoy spacious open plan living, alfresco to covered patio and raised bed gardens on fully fenced yard. So much is packed into this 801 sqm section including three bedroom and a office/ study with two bathrooms and a guest w/c. Well planned through to a attached but very separate one bedroom flat with kitchen, bathroom and alfresco patio to the west. If you are seeking a high quality build with options for family, friends or income this two level G.J. Gardner home delivers great value. Close to Huapai School, Sports fields, convenience shopping and transport links. The CV on this property is \$1,150,000. 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/RX1037755



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AFFORDABLE CLASSIC VILLA

4 1

Offers Over \$799,000

82 View Road, Henderson Offers Over \$799,000

Discover warm native timbers, a soaring eleven foot stud delivering a huge sense of space and open plan living, dining and kitchen complete with a log-burner for cosy winters. You'll also find three generous bedrooms and a very useful second living area/fourth bedroom that flows onto a very private rear deck, with a delightful weatherproof outdoor lounge and rear yard - with its own grove of mature hand-planted native bush. Move in and enjoy the full 678m2 site now, and restore as your budget and schedule allows. Zoned 'residential mixed housing - urban' on a full 678m2 site. The CV on this property is \$510,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email steve.cotter@mikepero.com.

www.mikepero.com/RX1016320



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2 1 1

Offers Over \$599,000

13 / 18 Williams Road, Hobsonville
Offers Over \$599,000

Situated within the very peaceful and well-maintained Hobsonville Villas, and located only moments from shops and the motorway, these units are designed for over 55's to enjoy the security of a village neighbourhood, independence of home ownership and the convenience of a body-corporate. Investors or owner occupiers alike will appreciate the well-constructed brick and cedar design, sensible open-plan layout, internal-access single garage and the low-maintenance landscaping. The CV on this property is \$450,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email steve.cotter@mikepero.com.



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Mike Pero Real Estate Hobsonville is delighted to welcome Steve Cotter

Steve Cotter is currently working in your area.
Want to know what your property might be worth
in today's market?
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Steve Cotter

021 171 3941
steve.cotter@mikepero.com
Office Location: 2 Clark Road, Hobsonville
www.mikepero.com





TICKS ALL THE BOXES: SIZE, LOCATION, OPPORTUNITY



By Negotiation

1 / 10 Sumich Place, West Harbour By Negotiation

With an impressive 180sqm of floor space on offer, this is a property that will inspire serious interest at first sight. Investors will love the potential income from a 3 double bedroom plus study house. Families can move in and enjoy a house that has the space and configuration to easily accommodate a growing family from young ones to teenagers (the 3rd bedroom and study on the ground floor offers private space from upstairs living and bedrooms). Developers or those looking to add value can maximise capital gain by modernising. Houses of this size are rare in this neighbourhood. With large single auto garage with internal access and west facing outdoor decks this is a property that will tick all the boxes on your wish list.

www.mikepero.com/RX993932



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IRRESISTIBLE - INSPIRED - AFFORDABLE - HOBSONVILLE POINT



By Negotiation

12 Vincent Lane, Hobsonville By Negotiation

Beautifully crafted and appointed with attention to detail and design. This split level G.J. Gardner home makes excellent use of its corner site location and receives generous light and space. A private lawn and patio which seamlessly links to open plan entertainers kitchen dining and family room, with two additional living areas within the home. Two bathrooms, guest toilet, and easy living with four rooms upstairs enjoying a northerly aspect. Designer shutters, integrated colours, upgraded cat6 cabling, this home is much more than what initially meets the eye. In close proximity to primary and secondary schools, food and convenience shopping, parks, walk-ways and cycle trails, inner harbour access and transport links.

www.mikepero.com/RX1058124



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HIDDEN OASIS IN GREAT LOCATION WITH VIEWS

4 1 1

By Negotiation

131A Luckens Road, West Harbour
By Negotiation

Prepare to fall in love! Tucked away securely on Luckens Road ridge, this special property is hiding all sorts of wonderful surprises. From the moment you approach the tall feature front doors framed by colourful sub tropical gardens this house continues to delight throughout. Step into the foyer under a soaring high stud full of light and a stunning chandelier. Then your eye takes in the beautifully presented large open plan living areas leading to a sheltered entertaining area and landscaped gardens. 4 double bedrooms, master bedroom with views of the inner harbour and the city scape beyond. This spacious and light room also features a large walk in wardrobe and ensuite access to the main bathroom. A carpeted double auto garage with internal access completes the picture.



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ELEVATED BRICK AND TILE NEAR WEST HARBOUR

4 2 2

By Negotiation

14 Fresil Lane, Massey
By Negotiation

This home offers a high quality brick and tile build, elevated land of 574sqm overlooking Council Parks Reserve. Single level, the layout provides open plan entertainers kitchen, dining and living which extends off a central hallway to four rooms, bathroom and ensuite. A double garage and a garden shed provides good storage options while the fully fenced yard with cantilevered electric gate offers security and pet containment. Close to convenience shopping, Primary schools, Parks and reserves and transport links. A short drive to NorthWest Shopping Centre. The CV on this property is \$610,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



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www.mikepero.com/RX1037754



EXPANSIVE VIEWS, AFFORDABLE FAMILY HOME, SWANSON

4 2 2

By Negotiation

5 Awhiorangi Promenade, Swanson
By Negotiation

Elevated two level weatherboard and block home on 1176sqm of land. Extensive decking allows a magnificent panoramic views through to Rangitoto and Auckland SkyTower. Generous space downstairs with Double garage, laundry, kitchenette, bathroom and bedroom and upstairs opens to an entertainers lounge and dining with alfresco to the North and East. Three good sized rooms here, all off a central corridor and separate bathroom and toilet. The home has been redecorated, offering a refreshed and homely feel, certainly has the Ooh Aah factor. Set on a quiet cul-de-sac location off Scenic Drive, Swanson, the home is the quintessential kiwi quarter acre paradise. Close proximity to Swanson train station, Swanson Primary School, parks, bush walks and Convenience Shopping.

www.mikepero.com/RX1020776



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MODERN - MASONRY OVER BRICK IN WAIMAUKU

3 2 2

By Negotiation

25 Buttercup Place, Waimauku
By Negotiation

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

www.mikepero.com/RX952890



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



SUN FILLED AFFORDABLE APARTMENT LIVING WITH VIEWS! - HOBSONVILLE POINT

2 2

By Negotiation

301A / 160 Hobsonville Point Road, Hobsonville
By Negotiation

Seldom available, this well presented two bedroom Brickworks apartment delivers a convenient home or rental property for the discerning property buyer. North facing with extensive windows and alfresco deck with gorgeous views across the park through to the Inner Harbour, this property has plenty to celebrate. Whether you want lock-and-leave or the simplicity that this property can give you, the decoration is peaceful, loads of sunshine, two secure car-parks and access to your own storage unit and a bike room. Close to cafes, Hobsonville Point Farmers Market, Bomb Point reserve, coastal walks, parks, shops, ferry landing, great schools and transport links.



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HILLTOP RETREAT - VIEWS OVER CASCADE FALLS 3 2 2

By Negotiation

45 Jonkers Road, Waitakere
By Negotiation

This beautiful home has been positioned to complement its surroundings and make the most of the expansive Valley Views over Cascade Falls and through the Bethells Valley. High on the ridge line where Tui's and Kereru's swoop and play. Amongst this delightful bush habitat is a wonderfully designed home over three levels, including double garage and workshop, three generous bedrooms, bathroom and ensuite and open plan entertainers kitchen, living and dining area delivering alfresco living and expansive views. Set on a hectare you have the ultimate in privacy, tranquillity and peace. As this home is best served in private, we welcome your interest and are happy to open it exclusively for you by appointment, but be warned you will not want to leave.



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

www.mikepero.com/RX1006917

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ELEVATED EAST FACING ON 809 SQM - KUMEU

4 1 2

Offers Over \$950,000

49 Matua Road, Huapai
Offers Over \$950,000

This immaculately presented home is split over two levels to allow for a separated living environment. Three bedrooms upstairs with kitchen, dining room, bathroom and lounge leading out to a back entertainers area. Downstairs contains one bedroom, lounge and bathroom, perfect for the teenage or guest alike. Situated on 809 square meters, the section is flat and fully fenced for the kids and pets. In close proximity to Huapai Shops, close to transport links, School, Shops, Cafe and Park. The CV on this property is \$6000,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



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www.mikepero.com/RX1033818



HILLTOP OASIS, ALL-DAY-SUN, VIEWS

2 1 1

By Negotiation

124 McEntee Road, Waitakere
By Negotiation

Set on four hectare of bush and pasture this delightful country cottage delivers ambience, character and alfresco living. The home enjoys all day sun, open plan living, dining and kitchen opening onto north facing decking. Two bedrooms and bathroom off a central short corridor. Outstanding views to the South East and plentiful bird life. A sleepout and independent garage provides options for storage, office and guests. The CV on this property is \$760,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



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AFFORDABLE LAND - ELEVATED - WAIMAUKU

3 3 1

By Negotiation

122 McPike Road, Waimauku By Negotiation

This three bedroom cottage has character and personality that is sure to impress, with kitchen and bathroom that could be developed to add value, or invest in a brand new build subject to consent on the proposed house site further up the hill. 7 hectares of flowing grasslands and established plantings for shelter and orchard ensure a lifestyle that can deliver plentiful reward for a creative couple. Bring your cheque book and imagination, our vendors are ready to seize another opportunity. The CV on this property is \$910,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



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ELEVATED STATELY BUNGALOW - WAIMAUKU

4 4 2

By Negotiation

132 Hinau Road, Waimauku By Negotiation

This hilltop bungalow offers generous space from the large high stud shed through to almost ½ an acre of lawn and bush. The home is split over two levels offering four generous rooms, open plan kitchen and dining opening onto extensive decking to the west. Carport and Office, Study or workshop in addition to fenced section. Located in a quiet street, away from crowds and congestion, yet a short drive to Muriwai Beach, Waimauku School and Waimauku Shops. The CV on this property is \$630,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



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HILLTOP LOCATION OVERLOOKING HELENSVILLE AND PARAKAI

3 2 2

By Negotiation

525 Kiwitahi Road, Helensville
By Negotiation

High on the ridgeline, a harmony home which delivers commanding 180 degree views over rolling landscape through to the Kaipara Harbour. The views will certainly impress while the grounds have been developed to be easy care and hold character in large stone and driftwood. Set over 1.9 hectares of pasture suitable for horse, cow or sheep, the home looks down over the land. The home has two lounges and dining room opening onto alfresco decking to the north and south, three bedrooms off a central hallway and two bathrooms. An internal access double garage for the tools and toys compliments this outstanding lifestyle home. Opportunity here for some improvements, while the view and the aspect doesn't look like changing any time soon.

www.mikepero.com/RX1065529



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INVESTMENT OPTION - HOUSING NZ LEASE

4 2 2

By Negotiation

211 Metcalfe Road, Ranui
By Negotiation

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

www.mikepero.com/RX896243



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



CUTE AS - ENTRY LEVEL - WAITAKERE

2 2 1

By Negotiation

423B Wairere Road, Waitakere By Negotiation

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



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Mike Pero Real Estate Ltd. Licensed REAA (2008)

www.mikepero.com



ELEVATED LAND IN RIVERHEAD - COATESVILLE

By Negotiation

731A Ridge Road, Riverhead By Negotiation

2.3943 ha (approx 5.6 acres) of land in an established country lane, a short distance to Riverhead shops and school. The land is semi fenced post and rail and has a house cut in place. From this cutting the views are plentiful through the valley and afar. Additional information is available to purchasers keen to put the dream home on a great land holding. Services at the lane side close to the proposed house site. Motivated Vendor looking to finance a new project. Call 027 632 0421 today to view or for more information. The CV on this property is \$510,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



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Home:garden

Native Garden

Many of our customers at Awa Nursery have a theme in mind when they visit our Nursery. Some choose to only have NZ natives in the garden, or are looking for colour, or the lush tropical look.



New Zealand natives can be used in traditional garden designs of hedges, or foliage colour, flowering displays, or architectural form such as the unusual Pseudopanax Ferox. The subtropical display from nikaus, coloured flaxes, Pittosporum Cornifolium, ferns, many groundcovers, coloured Tea Tree, Puka and the Griselinia Lucida are some of the many options available. There is a suitable native plant for every kind of garden style you might desire. The added bonus with many of the natives is the food for our native birds who are attracted to the nectar or berries. It is hard not to enjoy watching a tui feeding from a kowhai tree, or flax, or marvelling at how a large wood pigeon is able to balance on the smallest of branches and enjoy the berries from a karaka tree or puriri. Awa Nursery has over 400 different plants to choose from, many in multiple sizes, whether it be a New Zealand native or exotics, so we are bound to have something to suite the theme you have in mind. . Come and see us at Awa Nursery. Phone 09 411 8712 or visit www.awanursery.co.nz.

Streamline Electrical Ltd

Streamline Electrical is a newly developed local electrical company. The company established itself in early 2016 and due to demands has exponentially grown in size, completing a significant



number of new residential and commercial builds. The company is managed and directed by a registered experienced electrician of over 11 years in the industry. Through this time his electrical knowledge has been gained and developed both within New Zealand and overseas. Streamline Electrical specialities include residential and commercial services, electrical upgrades, home and commercial wiring and re-wiring, phone cable and data services, alarm and security as well as gate and automation. As a locally based company we are based on honest hard work at a price that deems high quality and high of standard at

a reasonable price. We use the highest quality of materials to meet your individual or company needs. Call us today on 021 488 274 or email us at chris@streamlineelectrical.nz for a quote or an inquiry.

Here at Aotearoa Roofing & Spouting - the long white cloud

We understand that New Zealand is a land subject to diverse weather and have been covering all types of Kiwi homes since 1986.



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roofs to all other types of roofing. We also offer full spouting & guttering services.

Aotearoa Roofing & Spouting is a family owned and operated business that offers its roofing services in Auckland, Whangarei, Kaipara and around the Far North (please inquire).

We take on jobs of all sizes, with no job too small or too large for our roofing contractors.

We have a passion for customer service, an eye for detail and friendly helpful service is guaranteed.

With combined roofing expertise and experience of over 25 years, we are able to deliver on any industrial, commercial or domestic roofing project to meet your needs.

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Call us today on 0800 766 388 for a quote - No job is too small!!

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Hi I'm Scott, the owner/operator of SPS Plumbing Services.

I pride myself on high quality workmanship at a fair and affordable price. I am a Certifying plumber with 11 years' experience.

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Scott Gordon
Director/Sales Manager

scott.gordon@compasshomes.co.nz
M 0274 063 684 **P** 09 412 2112

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believe in getting it right first time.

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Scott Sutherland - Certifying Plumber, phone 027 430 0251 / 09 832 7267. www.nocowboys.co.nz/businesses/sps-plumbing-services.

Landlords - are you up to date with the new rental property laws?

New laws came into effect on 1 July 2016 affecting minimum standards for rental properties.

In particular, properties are required to have minimum standards of insulation and smoke alarms. The requirements relating to smoke alarms apply from 1 July 2016. The requirements regarding insulation are phased in and apply initially to subsidised rental housing. In due course all rental housing will be required to comply by 2019.

Do the laws apply to rental properties sold or purchased?

To a degree, these changes will have no effect on house sales. It will not be an offence to sell a house without insulation or smoke alarms, and the sale can simply proceed. However, sensi-



ble purchasers will be wise to ensure that any house purchased for the purpose of renting meets these requirements.

What if a rental property doesn't comply with the new laws?

While it is correct to say there is no technical effect on a house purchase, the regulations will have a significant impact and they cannot be ignored. Leaving aside the simple truth that an insulated house with working smoke alarms is a better, more desirable and safer house, it will be an offence to rent out a house without these in place. Tenants will have remedies under the Residential Tenancies Act, fines can be imposed and a smart tenant can use breaches to avoid their obligations.

The effects of non-compliance on insurance and lending

What this means is that a failure to have a working smoke alarm in a rental property may well invalidate an insurance policy. If a landowner makes a claim for fire damage, an insurance company will rightly ask if smoke alarms were installed. If they weren't then claims might be denied. More generally, if there aren't smoke alarms installed then an insurance company might simply refuse to insure a property or will restrict the cover available. If the house can't be insured then banks won't lend.

Thinking of buying a rental property?

A prudent purchaser buying a property to rent will need to check for themselves and their bank that the property complies with the rules. To do this, a specific clause could be inserted in the agreement for sale and purchase requiring compliance, or the purchaser could rely on their own investigation and checking, or on a building inspection clause.

If you're considering purchasing a property to rent, talk to us today. We can offer specific advice about the best way to protect your interests.

Henderson Reeves is an established law firm that has recently

NEW! Jalcon Showhome Now Open

HUAPAI

MATUA RESIDENTIAL ESTATE
NORTH WEST, AUCKLAND

We are excited to announce the newest addition to our Showhome collection, Huapai, has opened its doors.

A beautifully designed home to showcase family living at its best. This single level home has four bedrooms, a large open plan kitchen, dining and family room. Two outdoor living areas - the first features an expansive protected deck with an open fireplace, the other is west facing, perfect for evening entertaining.

This showhome is a must see with its modern twist on a barn design, clever use of black accents throughout (very unique!) and the beautiful contemporary styling.



VISIT OUR SHOWHOME:

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11:00 - 4:00pm

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Dan's Tips

March 2017



It's dry firewood time! All our yards have our famous ECO Hot Mix blend in their yards – order your load now. You'll be warm and toasty this winter!

Growing Food

- Hardy plants like feijoas, grape and passionfruit vines produce better crops with moist soil. BLACKGOLD Mulch is great for keeping the roots cool.
- **Plant out for autumn:** Perfect time to plant brassicas, spinach, Florence fennel, beetroot and kohlrabi in rich well-composted soil. Cover the brassicas with netting to prevent white butterfly damage.
- **Place straw under pumpkins and melons as they ripen:** as the soil begins to cool, it will hold more moisture, which can cause ripening crops to rot off.
- Passion vine hopper is a small insect that devastates passionfruit vines and many other garden plants by sucking nutrients and leaving wounds on plants, where disease can enter. An effective spray is pyrethrum which is organically derived, but it must be done weekly for a few weeks to be effective. Spray in the evening when bees are not around.

Other Work

- **Seasonal top-up of fertilizer:** give the ornamentals in your garden a bit of a boost. That's camellias, rhododendrons and other acid lovers like daphnes, azaleas and magnolias. Sprinkle some acid based plant food around the drip line of these plants to feed them. And many other garden plants and hedges can be fed now by spreading Blood & Bone around them.
- **Plant spring flowering bulbs** – tulips, daffs, hyacinths and crocuses – if it's too early for your garden, they'll benefit from 6 weeks 'fridge time', stored in paper bags.
- **Free Hedge Plants:** Cuttings root best in a mixture of pumice sand and compost. Take the slightly brown wood of new shoots from the base of plants. Try cuttings of choisyas camellias, pittosporum, rosemary, photinia and corokia. Keep them in light sun to part shade. NB: Box plants are easy, get cuttings started in a trench of well composted soil in a semi shaded spot.



The Lawn

Perfect season to sow lawns – Living Earth Ultra Lawn, Prolawn seed range and Prolawn Turfmaster Starter are our best lawn growing combo!



Go for Gold in the late summer garden

There are many plants that reflect the seasonal change ahead and look good from now on – the leaves of maples and other trees begin to turn and a host of golden flowers such as rudbeckias, heleniums and some shades of daisy all reflect this.



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opened a mobile office in West Auckland. We are a full service law firm, and we also offer competitive fixed prices for people buying and selling property. Taina Henderson and Shelley Funnell are your friendly local lawyers offering smart legal solutions. Check out our website www.hendersonreevesauckland.co.nz or Facebook page (search Henderson Reeves Auckland) for more information, or you can call us on 09 281 3723.

Compass Homes - new home for old price

Hunting the Auckland housing market for your dream home? You might be missing an easier opportunity.

By the time you've completed 15 weekends of open homes, Compass Homes Rodney could be handing you the keys to your new home that's safer, warmer and healthier than existing properties on the market.



In the current market, the pricing for buying a new home versus an existing home is very comparable. The difference? When you build new you are creating your dream home, not one that requires renovating or altering. The lending on new homes is also favourable, with the Reserve Bank offering house & land packages for 10% LVR deposit across the board.

For an affordable home that lasts, take a look through Compass Homes Rodney. Their Concrete in-situ homes are designed to stand the test of time and come with a 10-year Master Builders Guarantee. Contact Scott scott.gordon@compasshomes.co.nz,

or visit our showhome - 3 Larmer Drive, Huapai, www.compass-homes.co.nz.

What is a Set Date of Sale in Real Estate?

A Set Sale Date is an increasingly popular method when it comes to choosing a marketing process in the sale of residential property.

Effectively a variation of a tender, a Set Date of Sale tends to be less onerous for all parties concerned in that it offers sellers and buyers more flexibility. Essentially a Set Date of Sale is intended to make it clear to buyers that it is the vendor's intention to be sold on or before the stated deadline date.

In the tender process a property cannot be sold before the tender date and offers must be on a tender form accompanied by a 10% deposit and all offers must remain valid for 5 working days from the close of tenders.

Here we explore the process and its advantages and disadvantages for vendors who may want to consider using this method of selling their property:

Process: The pre-close of a Set Sale Date is very similar to an auction campaign and consists of an intensive three to four week marketing program with a combination of print and Internet advertising to capture the attention of potential buyers that are in the market for that type of property.

Unlike a Tender, the buyer's offers do not need to remain open for acceptance for a three to five day period and can be withdrawn at any time provided the vendor has not already accepted it. And whereas with auctions all bids must be unconditional

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and bidding is public, offers via deadline sale are protected by client privacy provisions and therefore not disclosed to other buyers. Offers may be conditional or unconditional.

The advantages of selling by Set Date of Sale for vendors are as follows:

- The vendor has control of the process
- The vendor can negotiate with any of the buyers, to the exclusion of all others, if they wish
- The sale could be unconditional (as with an auction), but is not necessarily
- There is a perceived competition between buyers which usually results in a good sale price

If all goes well, the property is only on the market for three to four weeks (less hassle with open homes and viewings)

Motivated buyers will usually put in their very best offer straight away, so the need for a strong under bidder is not necessarily required to drive the final sale price up.

The difference between the highest offer and the second highest offer can be tens of thousands of dollars, whereas with an auction the bids are transparent and are usually very close to the prior bid.

A Set Sale Date can be a less costly process for buyers as they can make conditional offers and, unlike auctions, they don't need to incur costs of building inspections or drug testing until they have an agreed purchase price. This can make buyers more likely to participate.

Possible disadvantages:

- Buyers can be uncomfortable with the process, as they don't like to pay more than they have to for a property. However, they do have the option to make an offer prior to the close of the Set Sale Date as with most auctions
- Buyers can withdraw their offer prior to the vendor having sufficient time to consult with others regarding the offers as would be the case with a Tender

For further information on the best method of sale for your property and a free no obligation appraisal call Susan Annett now on 021 345 788 or susan.annett@mikepero.com.

\$75 = Exposure for a month

Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$75 plus GST you can be exposed to over 22,000 locals for a whole month. That is only \$2.50 a day. For more information email our editor at jbw51red@googlemail.com.

West Harbour Tide Chart

Date	High	Low	High	Low	High
Wed 1 Mar	-	03:57	10:25	16:25	22:46
Thu 2 Mar	-	04:42	11:11	17:11	23:32
Fri 3 Mar	05:29	11:59	17:59	-	-
Sat 4 Mar	00:21	06:20	12:49	18:49	-
Sun 5 Mar	01:12	07:14	13:42	19:42	-
Mon 6 Mar	02:08	08:13	14:38	20:40	-
Tue 7 Mar	03:10	09:16	15:38	21:43	-
Wed 8 Mar	04:15	10:21	16:42	22:48	-
Thu 9 Mar	05:19	11:25	17:46	23:51	-
Fri 10 Mar	06:19	12:24	18:47	-	-
Sat 11 Mar	-	00:49	07:15	13:19	19:43
Sun 12 Mar	-	01:42	08:06	14:10	20:35
Mon 13 Mar	-	02:29	08:54	14:57	21:22
Tue 14 Mar	-	03:14	09:39	15:41	22:06
Wed 15 Mar	-	03:56	10:22	16:23	22:47
Thu 16 Mar	-	04:37	11:02	17:02	23:26
Fri 17 Mar	-	05:17	11:42	17:41	-
Sat 18 Mar	00:05	05:57	12:21	18:20	-
Sun 19 Mar	00:45	06:40	13:00	19:00	-
Mon 20 Mar	01:28	07:26	13:42	19:45	-
Tue 21 Mar	02:15	08:17	14:29	20:35	-
Wed 22 Mar	03:08	09:12	15:20	21:32	-
Thu 23 Mar	04:06	10:08	16:17	22:32	-
Fri 24 Mar	05:03	11:04	17:16	23:30	-
Sat 25 Mar	05:58	11:57	18:15	-	-
Sun 26 Mar	-	00:23	06:48	12:48	19:09
Mon 27 Mar	-	01:130	07:37	13:37	20:00
Tue 28 Mar	-	02:000	08:25	14:25	20:49
Wed 29 Mar	-	02:470	09:12	15:13	21:37
Thu 30 Mar	-	03:34	10:01	16:01	22:25
Fri 31 Mar	-	04:22	10:50	16:50	23:14

Source: LINZ

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



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Build: New

New beginnings

We are all back on board in our office, filled with renewed enthusiasm to fulfill your vision. Poised to create the dream is Alyssa Carter, the latest addition to our sales team.

Alyssa actually came to us through personal experience of building her first home with us at Kumeu Signature Homes. Aspects which drew her to our company also compelled her to join us. Alyssa was attracted by our robust systems and guarantees. Additionally the flexibility to personalise existing plans and add bespoke design features. Similarly it was Alyssa's flexibility and accommodating manner, not to mention her background in design, which prompted us to approach her to join our team. As a new home consultant Alyssa is available as a valuable resource for any who are considering a new home, rental, knock down/rebuild or subdivision. She acts as an intermediary; equipped with the knowledge to facilitate your vision. From practical knowledge of council rules and coordination, to design flair and product. Additionally striving to accommodate your wish list /requirements within a given budget. Alyssa will create a package detailing your build, including detailed specifications, timed payments, guarantees, and expected timeframes.



So call in and meet our new arrival; allow her the opportunity to discuss our predesigned plans or perhaps an architectural design and build project.

Matua Residential Estate - Huapai

Superb location & lifestyle - Matua Residential Estate achieves the perfect balance of a relaxed rural lifestyle, with all the conveniences of modern living.

The subdivision borders Huapai domain - two minutes' drive from Huapai township. Huapai is Auckland's most historic wine area, with amazing beaches, natural thermal pools and adventure sports activities nearby. Just 10 minutes away is NorthWest Mall (soon be one of Auckland's biggest malls) - with a movie theatre, restaurants, ten pin bowling and of course, a huge array of shops.

Four bedroom, family focused homes - every aspect of modern family life has been carefully considered in these superb single level homes - set on spacious sections, with two car garaging. Family life will centre on the large open plan kitchen, dining and living area.

Jalcon's land and house packages at Matua Residential Estate are all at fixed prices - no surprises, no budget blowouts. And if you make a purchase within the next month you can choose your roof style between mono-pitch and gable styles.

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other is west-facing; perfect for evening entertaining and catching the last rays of sun. The architecture was influenced by barn and hangar design, to complement the surrounding rural landscape.

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Jalcon is family-owned and managed. For over 20 years we have been trusted to build homes of quality - Jalcon has built homes for over 1,600 families. We take great pride in our design and workmanship... First and foremost it's about quality - inside and out.

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Tradie of Month

Maddren Homes would like to congratulate Ian Hunter from Concrete Floors for being our February Tradie of the Month.

Ian and the team at Concrete Floors continually provide the highest quality of workmanship. Demanding time schedules given in a buoyant market have never affected the quality and service received from Concrete Floors, and this is a testament to their systems and team.

Maddren's would like to thank you personally Ian for the amazing communication we get throughout our jobs. It really is appreciated by all our project managers and staff.



“Old hands at building award winning new homes”

- R.S.



Food: Beverages

Homemade Plum Pie

Filling:

1 – 1 ½ kg fresh dark flesh plums - pitted and cut in half

¾ cup sugar

2 ½ Tablespoons water

2 Tablespoons custard powder

Pastry:

4 cups plain flour

Pinch salt

1 cup icing sugar

300 gms butter

2 eggs



To make the pastry: Place flour and icing sugar in a food processor, pulse to combine then add firm butter and pulse to form 'breadcrumb' look then add eggs and mix until dough forms.

Separate dough into 2 batches and glad wrap flattened circles and place in fridge to firm up for at least 30 mins.

Meanwhile stew plums by placing plums, sugar and water in a saucepan. Stir and boil until plums soften up and blend together.

Combine custard powder and a little water together to form a paste and then stir into hot plum mixture to thicken slightly.

Roll out pastry in between 2 sheets of glad wrap and place into a greased pie dish. Pour hot filling on top and then top with other sheet of pastry or cut into strips and form a lattice on the top.

Bake at 190 for approx. 30 mins until pastry is golden

Allow to cool slightly, dust with icing sugar.

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

The Herbalist craft beer

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

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

Manuka Ale, 5.4% - This highly refreshing ale is finely infused with Manuka Leaves, Fennel Seeds and Burdock Root.

Rosemary and Liquorice Ale, 5.4% - Infused with a hint of Rosemary and Liquorice to excite the taste buds and pair to lots of foods.

Nettle & Bilberry Lager, 5.3% - Well balanced and layered with subtle interesting flavours.

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



Peko Peko Japanese Takeaway

Have you tried our best seller meal Katsu Chicken bowl? Katsu is deep fried with panko bread crumbs and it is very popular dish in Japan. We often eat deep fried meals back in Japan but usually have them with fresh salad. At Peko Peko, we make our salad everyday by hand, making our own sauces and using 100% rice bran oil to



make our food as healthy as we can. Our goal is to introduce healthier takeaway options to our lovely neighbourhood. We are the little food truck located at 92 Hobsonville Rd, in the car park of Passion Produce vegetable shop. Open for lunch Tuesday-Thursday 11:30-1:30pm, dinner Tuesday-Sunday 4:30pm-8pm or earlier if food sold out. Please check our Facebook page

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Soljans Estate Winery has been providing a spectacular venue for a vast range of weddings, birthdays, anniversaries and corporate functions. The Winery was purpose-



ly built with functions in mind. We offer varying options for the sizes of your group with our function spaces able to be spilt into sections with bi-folding doors for intimate or free flowing functions. We can offer numerous styles of menus which are served with a high standard of service from our staff. Our dedicated team will look after every detail to ensure this. Watch this space for this year's BERBA! We have in the pipeline a wide range of activities during the Easter weekend. Stay tuned! For more information, please contact our Functions Coordinator Brittany Willemse on 09 412 2824 or email functions@soljans.co.nz.

The Fireplace - place to wine & dine

Well 2017 is well under way and we have some great new specials for the year – the season's new promotions are getting great feedback from the dinners. We have something of added value for you every day of the week. Brunch/lunch special: Mon – Sunday 10.am – 3pm. All meals \$12.99.

Plus add 2.50 for coffee or \$5.00 for pint of beer or glass of house wine. Monday: Kids dine free (one kid's meal with every main). Hungry Tuesday: Ever popular all mains for \$21.90. Sweet Wednesday: All desserts \$8.00 when dining in. Porky's Thursday – Pork ribs or Pork belly with pint of beer or house wine: \$25. Friday – Happy Hour 4 - 6pm: Great specials on beer, wine & spirits plus all bar snacks half price. So come along and take advantage of our value added specials as there is something for everyone. Bookings on 09 412 6447 or info@thefireplace.net.nz www.thefireplace.net.nz.

The Riverhead...continue to evolve with us

The Riverhead...continue to evolve with us!
The latest National Geographic looks at 'Booze' and humanity's 9000 year love affair with it. It's interesting to hear its history and how it potentially made the difference to human survival. The ancient Greeks were a good example. Greek hosts served their wine mixed with water in decorated vessels called a krater, the first for health, the next for pleasure, the third for sleep. 'When this bowl is drunk up the wise guests go home' according to the poet Eubulus, 4th century B.C. The poem goes on... the fourth is ours no longer, but belongs to violence, the fifth to uproar, the sixth to drunken revel, the seventh to black eyes. The eighth is the policeman's; the ninth belongs to biliousness; and the tenth to madness and the hurling of furniture!
Have a drink, socialise with friends, relax, talk, communicate and feel creative: these things are good for you... in moderation and we know the best place to do it. Visit The Riverhead.

The Riverhead's Rituals

Monday Night **Local Pool Comp** \$5 to enter, cash prizes to be won! | from 7pm in The Portage Bar
A fun way to meet other locals

Tuesday Night **The Riv's Ribs** 'All you can eat' \$32pp | from 5pm

Wednesday Night **Quiz Night** A great night for friends, family, young & young at heart with prizes to be won! *Bookings Essential.* | from 7.30pm in The Portage Bar

Thursday Night **Two for One Pizza's** Dine in only | from 5pm in The Portage Bar

Friday Night **Cocktail Night** Why go all the way to town? | from 5pm

Saturday Night **Rugby on the BIG screen** | from kick off time in The Portage Bar

Sunday Afternoon **Sunday Live** Live music from 1-5pm. Free entry most Sundays. Bring the family | gates open at 12 -5pm in The Boat House

Call 412 8902 or email our team on book@theriverhead.co.nz

www.theriverhead.co.nz

Petstips:advice

Some common accidents, what to do if they happen and how to avoid them

I was once asked to do a talk at my local W.I. (Woman's Institute) in the Welsh Village where I used to live and work. As I pondered on what to talk about with a friend who was an old vet from a neighbouring practice, he said, "I have got just the thing!" and presented me with a big cardboard box full of strange looking bags. "Just hand these around he said and get the ladies to guess what they are and what they have in common". On the evening of the talk I did just that, handing round some auto-claved bags containing strange looking objects in various states of disrepair. Some were more easily identifiable, a squash ball, a golf ball, a very frayed tennis ball, marbles, peach pips and others were more exotic, like tights, a ladies bra, a sock, some lacy knickers and a small teddy bear. The strange objects all caused much laughter and in the end I explained that what they all had in common was that they were all objects that dogs had swallowed, and needed surgery to remove. If your dog is drooling a lot, reluctant to eat or keeps vomiting, these are all signs of a possible obstruction and veterinary advice should be sought.

We can't always anticipate what our dogs will think of swallowing next but I would recommend if your dog likes playing with a ball, use a hard one that can't be chewed into pieces which get swallowed, and one that is not too small to avoid the peril of the ball getting swallowed or stuck at the back of the throat. At Dr Bobs we sell Kong Balls which are virtually indestructible, I use one for my ball-mad spaniel that has destroyed every other type of ball he has found. They come in various sizes so you can choose one that is safe for the size of your dog's mouth. A ball of the right size and strength is much safer than throwing a stick which again can cause problems if it splinters and gets swallowed or lodged in the back of the throat.

If your dog has swallowed something and starts to choke, veterinary advice should be sought immediately for what is potentially a life threatening situation. Various internet web sites like wiki help describe in detail what you may need to do in an emergency if your dog is choking and can't breathe but basically you will need to open the dog's mouth wide and examine the back of the throat. I find a combination of squeezing from behind the obstruction to push it forward and using my fingers inside the mouth to pull the object forward is often sufficient in a situation where there just is not enough time to get to a vet.

Another accident associated with ball throwing is a torn cruciate ligament. This is a common footballer's injury and can occur when your dog leaps into the air to catch a ball and twists his knee joint on landing. Surgery is usually needed to repair the ligament or rebuild the joint. I would recommend throwing a ball low on the ground rather than high in the air to reduce the risk of knee injury. We see a high incidence of this type of injury in certain bigger heavier breeds of dogs, but smaller dogs can be affected as well.

To summarise, watch out what your dog is eating, do not throw or make a game of objects that may be swallowed and buy good quality pet toys that can't easily be chewed up and destroyed. By taking a few precautions you can have a lot of fun which is safe fun with your best friend.

Dr Ross Milner, Dr Bob's Veterinary Clinics, Waimauku 09 411 7575 and Huapai 09 412 7577.

We all know that cats rock our world, so here's our top 7 things we love about our cats

1. That silky soft fur – there's something incredibly soothing about stroking his shiny coat.
2. Head bunts - is there anything more satisfying than a cat's head bunting and rubbing up against you for more fuss.
3. They're excellent listeners – no matter what, they'll listen and never judge you.
4. Slow blinks - you know you've made it to your cat's "acceptable person" list when he slow blinks to you.
5. Purrs – snuggles with a purring cat are the best.
6. Those hypnotic eyes – you feel as though they're looking right into your soul.
7. Feeling him wrap himself around your legs – who can resist the loving gesture of trying to trip you up.

Head over to our Facebook Page Kanika Park – Country Cat Retreat @kanikapark and leave a comment on this post. Tell us what you love about your cat and you could claw some Glamour Puss No Rinse Cat Shampoo or Purrfect Condition Cat Spray by Animology.



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Most photographers are not crazy enough to dedicate their time solely to subjects with four paws and a wet nose. Animals aren't exactly the easiest to capture, direct or make stay still for that matter. I must be mad. I am a pet photographer and absolutely love it.

One of the reasons why a lot of pet owners book portrait sessions is because they struggle to take their own photos of their pet for a number of reasons, whether it's because they can't get their pet to stay still, or their pet is a dark colour and is hard to capture. That's why I thought I would offer some tips to pet owners who want to be able to take better photos of their companion whether it's on your own camera or even a phone.



1. Get that energy out! If you are photographing your dog, give them some exercise first to let some of that energy go. It is far easier to photograph a lazy dog than one who is full of beans and thinks it is playtime. I once photographed a very excitable dog who thought my camera looked like the toy of his dreams. Thankfully after a few throws of the ball he settled down enough to get some awesome shots.

2. It's all about lighting. Using a natural light source is the best way to achieve an effective shot which is both flattering and captures detail. So get outside, preferably on an overcast day to avoid harsh light and strong shadows. Alternatively, position your pet by a window and take advantage of that light streaming in. Being able to see a highlight in your subject's eyes (catchlights) is something you should aim to achieve, as this draws attention to those eyes that you undoubtedly find utterly irresistible.

3. Get on their level. Yes, sometimes it is super cute to get a photo of your pet looking straight up at you (I have many) but it is often far more effective to photograph your pet from the way they see the world. This might mean sitting or lying on the floor to get the right angle, but it is worth it to capture your pet from eye level. Keep that focus sharp on the eyes because remember "eyes are the window to the soul."

4. Capture their personality. Sometimes a candid shot can express the essence of your pet more than an image of them posing perfectly for the camera. If you have a notoriously lazy cat, try to catch them mid-yawn. Or if you have a playful dog, try to get an action shot of them playing or doing a trick. Often it is the photos that convey character which end up being the best keepsakes.

With these tips you will be getting some awesome shots of your beloved companions in no time, but if you want to leave it to a

professional then I'd love to meet you and your pal.

As well as doing full photography sessions, I also offer mini-sessions in my "dog booth" to any dog lucky enough to be accompanying their owners to local markets such as Hobsonville Point, Coatesville, and Te Atatu night markets. I do this alongside my parents who are selling gorgeous, leather dog collars handcrafted in the USA. So be sure to check out the Dog&Co (@dogandconz) Facebook page to see where we will be next. Kirsty.

Warning for dog owners as temperatures predicted to rise

Vets are warning pet owners to be vigilant, following a warmer weather prediction for the first half of February.

While the rise in temperature is welcome news to Kiwis looking to finally embrace summer, vets are expecting an influx in cases of heat-related ailments and poisoning.

Vet Director Dr Allan Probert from Vetcare Group comments, "Whether heading to the beach, native walks or the local park with your pet, there are a number of potential health hazards to watch out for.

"Sunburn can be a major issue so it's important to remember to apply a pet sunscreen when heading outside, and at the beach keep an eye out for algae bloom and jelly fish," says Allan.

"The Karaka tree is also now in season. The berries remain toxic after they've fallen off the tree which can cause poisoning in dogs. Symptoms are quite often delayed by 24-48 hours, but can be fatal if not treated in time. Slug bait is another watch out. Many pets are attracted to the bait due to the palatable ingredients, but the bait contains Metaldehyde which is extremely toxic to animals if ingested."

Dr Probert has collated the following tips to help care for pets during the warmer weather:

1 Sunburn – pets that have lighter colour fur are more prone to sunburn, but all pets can get burnt if they lie in the sun for too long. Use a pet sunscreen when you know they'll be outside. Be extra cautious if you're heading to the beach or walking on asphalt on a hot day, as both can burn your dog's paws.

2 Exercise / swimming - exercise your dog during the cooler parts of the day. If swimming, always rinse your pet with clean water afterwards to reduce the risk of skin irritation.

3 Prevent your pet from overheating – try to encourage them to stay in shaded areas and ensure they have fresh drinking water at all times.

4 Toxic plants – aside from Karaka berries, some types of decorative plants are toxic to dogs and cats. These include lilies, daffodils and poinsettia.

5 Travel – when travelling with your pet it's best to not feed them for the 4-6 hours beforehand.

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Health:beauty

Do you have occupational overuse syndrome?

We have all heard of it but what is it? Occupational overuse syndrome (OOS) or repetitive strain injury (RSI) are terms used to describe problems that often develop as a result of repetitive movements, restricted postures and constant muscle contractions. Symptoms include muscle discomfort, aches and pains, hot or cold feelings, muscles tightness and spasms, numbness and tingling. You may also experience associated symptoms of tiredness, headaches, anxiety and loss of concentration. If left untreated the pain and discomfort may become constant and lead to loss of muscle strength, burning sensations in the tissues, and sleep disturbances.



OOS effects everyone. Especially those with repetitive jobs such as desk workers, painters, builders, carpet layers, hairdressers, carpenters, musicians, cleaners, chefs etc.

How to prevent OOS/RSI:

- 1) Check your work station setup
- 2) Take regular breaks. It is recommended that for every 30 minutes of sitting, you then get up and move for at least 30 seconds
- 3) Release muscle tension by stretching regularly
- 4) Book in to see your Osteopath for a postural check up

At the Body Clinic, we can assess your posture, treat the cause of the problem and give stretches that can help. We can also advise on ergonomics. If you need more advice or information please contact The Body Clinic 09 320 3803, info@thebodyclinic.co.nz or visit www.thebodyclinic.co.nz.

Kids are back at school

The kids are back at school and now it's time to get back to normality.

Did you go away on holiday and now you're back at home, things feel stressed?

Is this because you are back at home, back at work, back to the mundane weekly things you do, or is it because 'home' is stressed in another way?

Geopathic STRESS

Geopathic Stress is created by noxious earth energy that is cre-

ated by Earth's magnetic fields or underground water and if they are crossing in your home where you sleep, or spend a lot of time still, then it will STRESS you. It will make you feel irritated and generally lower your immunity so everything gets you down.

Don't let this invisible 'energy' make you sick.

Call me today and I can check it for you. Nicky at Clear Energy Homes. www.clearenergyhomes.com Or 021 545 299.

Here comes the sun

And even if it doesn't, do you know you need to wear sunglasses anyway? It's all about glare and the damage that ultra violet light can do to your eyes. Wear good quality polarised sunglasses as soon as you walk outside and you will be amazed how relaxed your eyes are at the end of the day. And you will have protected them.



The best sunglasses are Maui Jims from the US. Look through these amazing lenses and be prepared to be wowed. And you can also have them in your prescription.

Try Maui Jims, Rayban, Oakley and high French fashion sunglasses at Hobsonville Optometrists 413 Hobsonville Road in the old service station.

Shoe Talk's advice on orthotics

So you have been fitted with a new pair of orthotics – do you know how to get your body used to them?

First piece of advice is do not just put your inserts in and march off into the sunset.



You are going to be readjusting how your body structure works and this takes time. So wear them in. The recommendation is that you wear them for an hour the first day, two hours second, three hours the third day and so on. By day seven you should be able to do seven hours.

You have tried every pair of shoes you own with the inserts and now realise 90% of them no longer work. Throw out all the

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unsupportive ones however keep your pretties - more on that later.

New shoes are therefore required and off you go to find them, please remember to take your inserts

First thing is that most street shoes and what I call pretties will not fit your orthotic. So now you are looking for footwear with removable footbeds to give you the space you need for the orthotic.

You are also looking for flat shoes, with supportive heel counters and soles that do not twist too much. This then means the footwear you are looking at is a lot more functional and has been designed to take the insert and also to give you the support you need.

When special events come up as they do my advice is to get some nice footwear "pretties" that fits correctly and to enjoy the special occasion.

Do you have toenails like these?

If so, you may have a fungal nail infection, or onychomycosis (OM).

OM is the same infection as Tinea Pedis (athlete's foot) but in the nail and nail bed. It affects about 10% of our population. It can be very difficult to treat, particularly if it has been present for a long time. If you have tinea pedis in your feet, this places you at higher risk of developing OM.



Below are some tips to help treat fungal nail infections (if you don't have an infection these would be good preventative measures to take to ensure you don't contract an infection).

1. Avoid wearing nail polish - nail polish acts as an incubator, sealing the fungus in and providing it with a lovely warm environment where it will flourish. Often people remove their nail polish and find the infection has got worse.
2. Use an antifungal foot powder, particularly in the warmer months or if you have sweaty feet. Fungal infections love warm, damp environments, by using a powder this will help reduce the moisture in your shoes and the antifungal ingredients will help deal to the fungal debris that may be present in your footwear.
3. Clean your feet regularly.
4. Clean your sheets, socks, trousers, slippers using an anti-fungal rinse in the rinse cycle of your washing - these are available at your local Pak'n'Save - Canestan and Dettol are two recommended brands.
5. Clean your shower regularly with either bleach, tea tree oil dilution or white vinegar dilution. These will help tackle any fungi that are lurking in the shower tray.

6. Clean your nail clippers to ensure you are not spreading the infection to your other toes, or other members of the family.

7. Keep your nails short, this removes all old fungal debris, meaning there is less around to infect the new nail growing through.

If you continue to struggle with fungal infections in your nails and you are looking for further treatment, call Hobsonville Podiatry and our friendly Podiatrist, Lauren will be happy to help.

**Not all discoloured/misshapen nails are fungal toe nails. Psoriatic nails, drug reactions, bacterial infections, yellow nail syndrome, melanomas under the nail, thyroid disease and periodic nail shedding can all present very similarly. Prior to commencing any type of treatment for your nails you should get a professional diagnosis.

Lauren Peet - Podiatrist, www.hobsonvillepodiatry.co.nz. 09 390 4184.

Look swell and protect your eyes this summer

With the unseasonably cool weather behind us, we think it's safe to assume an Indian summer is on its way. With that said, there's no better time to ensure you have the correct sun protection for your eyes. Our polarised sunglasses lenses have an ESPF of



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50+ giving you 100% UV protection. The best part? They're prescriptible. Pair them with one of our stylish new season frames using our sun wear package.

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Stay safe in the sun

Summer has finally arrived and I hope that you have had the chance to spend some quality time with your families, perhaps relaxing on the beach, enjoying a barbecue or basking in the waves. One unfortunate aspect of the Kiwi summer is the risk of the sun on our skin. According to the Ministry of Health and the New Zealand Guidelines Group, New Zealand has the highest rate of melanoma in the world. This is a pretty scary statistic and I thought I would talk a little about melanoma today.

Many people have brown moles on their skin. These moles can sometimes change, they can become larger or more irregular. These are the moles which you need to get checked. Don't put it off. I advise patients of the ABCDE of moles. This system is a good way to remember what to look out for and is readily available on www.melanoma.org.nz, where you also view photographs.

A-Asymmetry-the mole is an irregular shape

B-Border-the border of the mole is irregular, or blurred

C-Colour-the mole consists of different colours

D-Different-does this mole look different to your other moles?

E-Evolution-has the mole evolved or changed recently? Has it enlarged? Is it over 6mm diameter?

I think it is a good idea for people to have their skin checked by a specialist at least annually. Those most at risk are fair-skinned, blue eyed people, who have had excessive sun exposure, but I have seen patients with darker skin who have been unlucky

enough to have had a melanoma. Those with a family history are also at risk, as are older patients. Again, there are exceptions to this rule and I have seen patients who have been diagnosed in their late teens.

Do not underestimate the strength of the sun. Wear high factor sunscreen daily and cover up in direct sunlight. Reapply sunscreen after swimming and wear a hat to protect your face and scalp. Do not let yourself or your children get burnt. Get regular checks and if you do see something untoward, do not put off seeing your dermatologist or GP. Have fun but stay safe.

Dr Isabelle Duck is a GP and Urgent Care doctor at Westgate Medical Centre.

Kumeu Village optometrist gets kids reading

The optometrists at For Eyes can detect and prescribe colour filter lenses to treat reading problems, dyslexia and migraines in both children and adults.

Children who are behind with reading or who can't concentrate on their work may be suffering from visual stress. Their eyes send the visual message to the brain, but when it is processed the complexity of the print causes over-stimulation of some areas of the visual cortex. Print can appear to shimmer or fade in and out and it makes reading hard work – sometimes causing headaches or triggering a migraine.

Reading glasses with a personalised specific tint, diagnosed by Matthew Whittington on his Wilkens Colorimeter, calms the over-stimulation to dramatically improve reading ability and prevent headaches.

For Eyes is conveniently situated in the Kumeu Village. Call today on 09 412 8172 and book an assessment for you or your child.



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



Thank you from Kumeu Chiropractic

We would like to take this opportunity to thank all our practice members who donated to our Christmas Food Bank Appeal at the end of last year. Thanks to your generous donations, and the help of a local distributor, we were able to help a number local families-in-need, over the Christmas and New Year period with food, household cleaners and children's Christmas presents. We are assured that it made a huge difference to these families, and the total amount of goods we received means we





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will be able to contribute a little more into the first few months of the New Year. The community spirit is alive and well in our fabulous Nor-

West area and we are looking forward to being able to contribute again, with your help, later in the year.

If you want to learn more about the Chiropractic approach to better health, call us at Kumeu Chiropractic - phone 09 412 5536, to make an appointment.

Why do I have pain?

What the latest neuroscience research tells us about pain:

- Pain is an experience that is created by the brain... and not actually a 'feeling' in any body part
- The brain creates pain [and other types of symptoms] as a protective mechanism - for actual, &/or perceived, threat or tissue damage
- Surprisingly, the brain creates pain anywhere in the body it deems as most helpful to protect the whole body. Often this is not in the region of the most significant pain.

Here is a good analogy was written by world class pain researcher Professor Lorimer Mosley*:

Pain is like the dashboard engine warning light signal of a vehicle.

The engine warning light turns on when a problem somewhere in the engine becomes great enough to tell the driver to take action to solve the problem.

The engine warning light does not reveal where or what kind of problem there is.

To solve the problem the engine needs to be thoroughly checked to find and fix the main fault.

By using this understanding we realise that it is not helpful to 'treat the pain' [and symptoms], as this would be like fixing the dashboard engine warning light.

Thinking this way means we understand the importance of thoroughly assessing muscles, joints & nerves throughout the whole body, plus thoughts, behaviours and feelings, so that no



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potential significant contributing factor can be missed.

*G. Lorimer Moseley, an Australian: the author of Painful Yarns - Metaphors & Stories to help understand the biology of pain Is pain, injury limiting your involvement in sport activities? Does it stop you from working? Does it make it harder to look after your children, take your dog for a walk, or do the gardening? You need help to recover faster NOW. For more information on how you can achieve great results visit www.mskphysio.co.nz today.

Amanda Baker has been a practising physiotherapist for 16 years, and works at Musculoskeletal Solutions at Hobsonville and at Hobsonville Physiotherapy.

When is massage therapy not a good idea?

Massage is good for you, it boosts the immune system, relieves tension and there are numerous physical and mental benefits – so is there a time when massage is not good for you? Absolutely. Certain conditions contraindicate massage, either because of the risk it may pose to the client or the risk to the therapist and other clients.

Firstly, some terminology:

- Indicated vs. contraindicated - if something is indicated, it means that it is safe and appropriate. If contraindicated, it means that it is inappropriate for the situation and potentially unsafe.
- Systemic vs. local - systemic refers to the entire body, while local refers to a specific area. So, if you have a systemic contraindication, all massage is inappropriate. If you have a local contraindication, massage is indicated except at the area affected.

Systemic Contraindications

Infections - Colds/flu or other contagious viral or bacterial infection – when your body is fighting off an infection, massage can make matters worse.

Intoxication - Alcohol alters your perception of pain. Things that should hurt don't because the pain receptors have been dulled.

Prescription and Over-the-Counter Pain Meds - Massage is about touch, pain medication can alter the way you feel touch, and you are likely not going to be as aware if something is wrong. Blood thinners may result in bruising with heavy pressure or deep tissue work.

Medical Conditions - Certain medical conditions may contraindicate specific types of massage. For example, if someone has heart or kidney failure, circulatory massage may place excess demands on already failing organs.

Local contraindications

Injury - Injuries are generally a local contraindication. If there is damage to the area, massage may actually interfere with the healing process.

Special thanks

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

Countdown Westgate
The Warehouse Westgate
Mitre 10 Mega Westgate
Countdown Hobsonville
Countdown North West
Mike Pero Hobsonville

Vaccinations/immunizations - If you have just had any sort of injection, massage is locally contraindicated for a few days.

Rashes - Depending on the cause, a rash may or may not be a local contraindication. Body-Balance Massage & Neuromuscular Therapy – 021 120 2175.

Adent Dental just opened its doors

After looking all over Auckland for a place to settle with his family, Dr. Alejandro Aubone (Alex) chose Huapai to live and work in.

With 17 years in dental care, Alex is an experienced dentist with a special interest in restorative dentistry and implants.

His curiosity and creativity served him well as a product design consultant for an innovative New Zealand dental manufacturing company, Triodent. Two of the dental instruments the company currently markets worldwide were designed by him. Currently he acts as a consultant and clinical director for the dental manufacturing company, Rhodium.

Alex's great passion for dentistry is well acknowledged by his patients. With a warm and empathic attitude, he endears himself to everyone. A preventative approach and attention to detail brings peace of mind to his patients who clearly see that Alex cares.



Calling out to all ladies!

New Year new you 2017 - 8 week ladies challenge. Let's celebrate the start of a New Year - women supporting women.

Ladies - most of us have a pre-determined mindset this time of the year we've set New Year's resolutions and not long after it has started "I can't" sets in.

Strength comes in all shapes and sizes, don't spend all of your time trying to be someone you are not supposed to be, you are the strongest as you and even stronger as the best of you. Embrace who you are and build your own strength.

Kumeu Gym Ladies only New Year New You Challenge is here to help remove these common misconceptions, to change these "I can't's into "I can, I will, I'm strong, I'm determined to build your own you and reach the goals you are wanting to achieve.

If you are new to the area, this is a fantastic opportunity to meet new people all while getting fit in a fun and safe environment.

Check out our link Kumeu Gym website and Facebook for details or ask at gym reception www.kumeugym.co.nz/new-year-new-you.html. Register now - Challenge start date is Saturday the 18th March - limited spaces.



RYAN JACKSON

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

P: 09 810 8609.

PO Box 133, Kumeu 0841 Auckland

How full is your emotional container?

For most of us, a normal and good life involves exposure to stressful events. A metaphor that therapists sometimes use to illustrate the psychological ability to be resilient and manage stress, is that of an internal container. This container can overflow when we haven't kept the levels down and this can look like having a meltdown, a panic attack, depression, or fighting with the people you love. Working with a therapist can not only help prevent this container overwhelm, but can help you develop more resilience via self-care and good connected communication. Sometimes we aren't aware that our container is close to overflowing because we don't often check in with that aspect of ourselves and then we (as well the person who triggers the reaction) are surprised by our loss of emotional control. Don't feel bad if you have experienced this, sometimes our container is stretched to breaking point by current circumstances that resemble old traumatic events from our past that we had thought were resolved. Psychotherapy and counselling can help both with accepting yourself and lowering the level of the contents in your container. If this sounds interesting please phone Sarah Hamilton, Psychotherapist practising in Riverhead Road 021 477 523.

Fats, friend or foe?

Fat has been vilified for the past few decades, this was based on flawed research at the time and a government keen to get policies in place. It can be confusing to know what the right thing to do is, so here is a breakdown of fats.

- Monounsaturated & Polyunsaturated fats: The healthiest

• Best fats –Olives, Flaxseed oil, Olive Oil, Avocado, Nuts especially macadamia and oily fish i.e. salmon, mackerel and sardines. Sometimes also referred to as Omega 3 fats. (Should be eaten with every meal)

- Saturated Fats: cheese, butter, cream, full cream milk, coconut cream/milk/coconut oil (When eating a low carbohydrate diet these can be eaten freely)

- Trans fats: canola oil, rice bran oil, sunflower oil, safflower oil, Olivani and all margarines. Most processed snack foods. To be avoided.

*Trans fats are formed through an industrial process that adds hydrogen to vegetable oil, which causes the oil to become solid at room temperature. This partially hydrogenated oil is less likely to spoil, so foods made with it have a longer shelf life. Trans fat raises your LDL ("bad") cholesterol and lowers your HDL ("good") cholesterol. Trans fats also cause inflammation in the body.

Cooking Oils: When cooking at high temperatures use coconut oil, ghee, butter or lard. When cooking with low temperatures, olive oil is OK to use.

2nd April 2017 - are you ready?

It's the Club Physical Whenuapai Half Marathon event. Are you training for a bigger event or just wanting to achieve a milestone in your exercise plan? Come and do either a 6km, 10km or 21km, walk or run just for you. New event is a 2km for kids only. Experience the course going through the rural area around Whenuapai and its Airbase. For the 21km going around Herald Island. See the new developments around the area and get a medal for finishing. All registration details are on the website whenuapaihalf.co.nz. See you there.

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Area columnists

How secure is your website?

As we rely on the web and mobile app solutions more and more we need to consider the protection we are providing our customers. One of the many ways to improve protection is to operate your web site behind a Content Distribution Network (CDN). A CDN is a globally distributed network of servers deployed in multiple locations around the globe. Their goal is to deliver content to users with high availability and high performance and at the same time manage and improve security. When a customer accesses your website they are actually connecting with a CDN server close to them - rather than wherever your server is located. This greatly improves performance for your customers around the world. At the same time the CDN monitors access to stop hackers. When something bad is detected it can take appropriate steps to block the hacker. There are many CDN solutions available today - all aimed at different sorts of customers. If you value the continued performance and security of your website or application please contact Utopia on 09 412 2473 or michael@utopia.co.nz. We are based in Kumeu and provide website design, consultancy and app development to a range of businesses all over New Zealand.



Inaction is detrimental

Usually the difference between what we want and what we get

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can be lack of action. It can be said that our results are in direct proportion to the amount of action we are prepared to put in. The funny thing is, lack of action is not about not knowing what to do.

I think we all have a fair idea about what to do. The actual things we are required to do to get what we want aren't hard - picking up the phone and speaking words to somebody isn't hard. The act of going to the fridge and picking carrots and humus instead of making toast isn't strenuous. Typing that overdue email isn't tough - you can do it sitting down. Even getting out for a walk or a run or the gym requires you to put clothes on, put shoes on and move your body. None of this requires a special skill that we don't have yet. It's the fact that we don't do the things that will give us great satisfaction and a sense of progress that is so interesting. Some of us can see our 'not doing' very clearly for what it is, and for some of us it is a blind spot.

My job isn't to convince you to act. Any convincing is pointless. It doesn't work. We can talk about what you're going to do and how you'll feel when you do it but it's usually not enough. You may be different and do different things for the next couple of days or you may do a lot of talking about our idea and what you are going to do but most of us find long term change tough. To change and start taking actions in line with someone who earns double what you earn right now requires change. To start taking actions in line with someone who weighs 8kgs less than you weigh now means something must shift.

I think we need to feel inspiration and motivation in our own bodies in our own ways. We are all different. Something needs to go 'click' for each of us personally to WANT to take action. You really can't force action. It's a by-product of a feeling or a way of being. And that feeling is usually 'yes I will'. How we each get to our 'yes I damn well can and I will' is different.

So my job is to help you know - and know extremely well - what it is you want and then remember what it is you want every day. If action starts with a different feeling, then I am an expert in getting you to feel exactly what you need to so more action naturally occurs. A lot of us under estimate just how much of our day we spend emotionally pushing away all the things that would make us happy. We emotionally what we don't want without meaning to. What I do is unique. It is coaching and goal setting but you don't leave having done an exercise in values. I instigate a conversation where you have no choice but to tune into your own truths. You leave after you have completed your first meditation - purposefully choosing from your wisest place feelings and emotions in line with greatness (don't worry its really easy). Doing a mediation like this is extremely powerful and healing (I would like to start working with people with illness).

	
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When we choose to feel powerful, positive inspiring emotions – on purpose – our life starts to play out differently. We now start creating on purpose. I believe that life is playing out equal to who you being (thinking and feeling). So look out when you start putting yourself in the 'zone' each day! Our bodies have a chemical, biological reaction to any emotion we feel and life starts to respond in remarkable ways. ACTION starts to become easier and more natural. Call or email Anna for a session. 021 555 658. anna@thinkyourbest.co.nz.

We are all individuals who can learn from each other

At Country Bears we acknowledge that all children are individuals with different needs, interests and aspirations. Knowing the children who are in our care is something that comes naturally to all our dedicated and passionate teachers, who follow each individual child through their early childhood journey.

As a child grows and develops, they start to build their own idea of the world around them, and through conversations that we have with the children as their language develops, we are able to further develop an understanding of how each child's mind works. As a child reaches an age where they are able to recognise that they have similar thoughts and interests to their peers, friendships develop and blossom, and learning is elevated through their peer interactions.



If you would like to visit our wonderful Centre, designed to provide the children space and time to develop at their own individual time, give us a call on 09 412 8055 to arrange a suitable time. In the meantime, check out our Facebook page: www.facebook.com/cbearsecc.

Country Bears Early Childhood Centre, 79 Oraha Road, Kumeu. Phone 09412 8055.

Put your hand up to be a CAB volunteer

Citizens Advice Massey is on the look-out for new volunteers. So if you are interested in people, a good listener, comfortable using a computer and enjoy doing research and learning new things – why not put your hand up to be a CAB volunteer?

We have 21 volunteers from a range of backgrounds, some are retired professionals, some are working but give up time to help those in their community and others may be looking for a pathway into the workforce. Most but not all are native New Zealanders; others are newer to Auckland and New Zealand. Some speak more than one language, which is very helpful for our diverse community.

Barbara Guy from CAB Massey says "We are interested in people from all walks of life, ages and backgrounds. As a CAB volunteer you would be fully supported with initial and ongoing learning as you come up to speed with the challenges and satisfactions of being a CAB volunteer. You'll also be supported by colleagues and a huge range of resources including a referral database listing more than 35,000 organisations."

"It's incredibly rewarding being a CAB volunteer", says Barbara.

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ra Guy. "When volunteers are asked to describe what they love most about being involved with Citizens Advice Bureau, most say it's the range of issues that you get to help people with. No two days are ever the same." Chris (one of our team) said that it very rewarding helping people with Consumer problems, helping them to get the outcome they want. Mary finds it rewarding listening to people to help them come to their own decisions. Barbara Guy says "On any given day, you could be asked a wide range of questions. We work alongside each client to give them the information that they need to take action and deal with issues themselves". "If you're interested in becoming a CAB volunteer or just want to know more, just pop into CAB Massey at Library Building corner Don Buck Rd and Westgate Dr, call 09 833 5775 or send us an email at Massey@cab.org.nz.

Why work with a dedicated buyer's agent

Any property purchase is a significant investment in your life and whether it is to live in or to add to your investment portfolio the fundamentals are similar. Many traditional listing agents start off by working with buyers as it helps them build a network and understand the real estate industry. But are they truly working for you?

Any real estate agent can call themselves a "buyer agent" and provide basic home search and showing appointment services. In reality, most agents who offer to work for you as a buyer are actually still working for the vendor or seller. This is because if they facilitate the sale of the property with you as the buyer they are paid by the vendor. They work with the listing agent to get you to the price and conditions that they know the vendor will accept which may not have been the lowest price or best conditions for yourself.

A dedicated Buyers Agent will:

- Protect your best interests at all times, including budget, criteria and conditions
- Keep you up to date with market conditions and property expectations
- Access properties that you would never have known about, including private sales and those properties yet to be listed to source the best properties that match your criteria
- Screen properties for suitability and compare recent sales and statistics to protect you from over-paying for a property
- Remove the stress and emotion while bidding at auction or negotiating the best price and conditions.
- Save you time and money so you only have to look at proper-

ties that meet your criteria.

- Fulfil fiduciary duties and adhere to high standards of ethics and integrity

Only a dedicated buyer's agent can access all homes on or off the market and help you secure a property with the highest fiduciary responsibility and provide you with the support, knowledge and security of knowing you got it for the lowest price on your terms not the vendors! Most of all it saves you time and money and benefits you financially in the long term allowing you to concentrate on the things that matter most in your life.

For more information contact Scott Muirson iFindProperty, Auckland Property Finder, 027 726 8843 Scott@ifindproperty.co.nz Licensed REAA 2008.

Heart Saver AED

A huge congratulations to Kumeu Gym & Indoor Sports Centre for purchasing a Heart Saver AED at the end of last year. This is fantastic news for both gym-goers and those in the area - it means that if there is a cardiac arrest, an AED is close to hand, which will dramatically increase their chance of survival. You may have seen Dr John Mayhew recently sharing news of his cardiac arrest while he was at the gym last April - it was having an AED nearby that saved his life.



Check out our website (www.heartsaver.co.nz) to see Dr John talk about his experience and why he thinks we need more AEDs in NZ. While you're there, check out our Become a Heart Saver campaign, where we are giving away one AED a month for the next year.

Well done to Cathy McBride and the Over 60s Fitness for Function Group, who worked so hard to fundraise for this AED - we take our hats off to you for your community spirit! www.heartsaver.co.nz; www.facebook.com/heartsaver.co.nz/.

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puter diagnostics, Electrical fault finding and repairs, Brakes and suspension repairs, Engine and transmission, Air conditioning service and repairs, Immobiliser key programming, New and second hand parts sales.

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

Andreas worked previously at Giltrap Group in VW technical product support, Porsche technical support and training and as Audi technical trainer teaching franchise technicians from all over New Zealand the latest technology. Two first places in the New Zealand VW technician of the year competition are further proof of his outstanding ability. Together with Rainer's 30 year experience as a German car technician they have a wealth of knowledge to service and repair your VW, Audi or Skoda to factory standards.

Euro West Ltd will continue to serve West Auckland with quality workmanship without the franchise dealer price tag. A courtesy car is available by appointment. Please visit their website eurowest.co.nz or call them on 09 832 0064, 021 266 3602 Rainer, 021 255 4678 Andreas for bookings.

Waitemate Scottish Country Dancing

Join us every Tuesday evening March to end November at Kelston Community Club corner of Awaroa Road and Great North Road for a great night of Scottish Country Dancing. Beginner classes 7pm to 8pm; Regular dancing 8pm to 10pm.

Coffee, tea, snacks at 9:00 PM. No partners or experience necessary. An evening of fun, friendship, and healthy activity. First night free! Annual fee only \$50. By joining you can also participate with like minded folks in many other Scottish dance evenings at various clubs throughout the city as well as a variety of Scottish shows, musical performances, dinners, and ceilidhs. For more details call 09 838 7263.

The Hunting Lodge

The Hunting Lodge kicks off harvest this month and with relatively light crops and dry conditions, the 2017 harvest is shaping up to be a great one locally.

"We're looking forward to crafting more alternative styles from some of the oldest Sauvignon Blanc vines in the country," says Pete Turner, Winemaker at The Hunting Lodge. He continues to say, "The smoky, herbal and tropical notes respond well to barrel fermentation, producing a rich, textural style of Savvie with a touch of funk. We will also be harvesting our first crop of Chardonnay from the vineyard, which is really exciting." Auckland has cemented itself as one of the best Chardonnay regions in New Zealand - the combination of the maritime climate and clay soils produces complex wines with superb structure. Plus, we're in good company with several of our neighbours producing iconic NZ Chardonnays.



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