

the Westerly

FREE monthly community magazine for Massey to Hobsonville Point

PROPERTY MARKET REPORT A CREATIVE 3D PLAN

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

WARREN'S WINDING DOWN — A LITTLE

Circulation is 15,000 print copies.

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

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March 2018

Intro

The French mathematician and physicist Blaise Pascal described how he looked into the night sky and felt terrified by the eternal silence of the infinite space. While these days it is difficult to find a place to experience complete silence, the infinity of space remains amazing. We may feel dwarfed by our size and the events of our lives in comparison with space, and feel a sense of wonder. We each have our individuality and potential. We don't need to feel powerless, or alienated from ourselves or each other, as we all form part of our community. As the Dalai Lama has said, if you think you are too small to make a difference, try sleeping with a mosquito.

The local community has so much on offer for us as individuals to join in and contribute to. There are messages here from those who look after the community, the fire brigade, local police and those who help us find solutions when we have problems, the CAB. If you want to take a break, see what's on offer from local travel agencies. Would learning a foreign language enhance your holiday? Children as well as adults can find sporting opportunities, and there are clubs to stretch the minds of older members of society.

Take the pulse of the local house market with Graham's Market Report, and turn your mind to legal advice you or your family be grateful for, in the future. Ideas for getting your property just right are here too; now is a good time to get your garden in shape for the winter, after the recent rain.

If you are keen to cook at home, why not try out a couple of the recipes, but if you'd prefer to eat out, you won't be disappointed, and we have a national prizewinner just down the road!

There are potential risks to pets out there, so read how to avoid harm to your cats and dogs. Look after yourselves and your children too, and know that help is at hand for muscle and joint injuries. Don't forget the information available through your local library, and read about our local stalwart Warren Flaunty, who is now retiring after many years' service to the community. Let Geoff Dobson remind you of the debt we owe to the journalistic and investigative heritage left behind by Pat Booth.

Make the most of what your community is for you, and keep safe.

John,
Editor



the Westerly

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Community notices

Wedding tips and advises from Anna Moroz

Your local wedding Planner and Wedding Celebrant - Seasonal wedding venue tip. Do ask your venue to show you what's in bloom and what isn't in a season of you.



Big Day. Especially, if you are looking a few months in advance, the seasonal changes can be quite dramatic.

If you are looking at a winery and dreaming of those photos among green aisles of grapes, make sure you check when this winery covers them with white mesh. If your venue has a beautiful green arch you are planning to get married under, make sure you ask how it looks in the month that you are planning to say "I do" under it.

A creative 3D lesson plan

A creative 3D lesson plan has just won Marina View School in North West Auckland a 3D printer and supplies to the value of \$4500.



The competition, run by technology company

Mindkits in conjunction with Ultimaker, was open to schools throughout New Zealand. Entrants were challenged to develop a creative lesson plan which incorporated 3D printing for enhanced learning.

Marina View School submitted one of the two winning entries for the New Zealand region. They will receive their prize tomorrow morning, Tuesday 13 February at 9:30am at Marina View School, 97-99 Marina View Drive, West Harbour, Auckland.

The other winner was Newlands College in Wellington who will receive an equal prize.

Tim Carr from Mindkits will present Marina View School principal Maurice Young and lead technology teacher Colin Gover with an Ultimaker printer, supplies and training valued at \$4500. The schools' winning entries will be shared on the Ultimaker Education platform to inspire other teachers around the world.

Further information on the competition: www.mindkits.co.nz/

[news-and-alerts/Don-t-miss-out-on-winning-a-3D-printer-for-your-school](#)

Additional Background - MindKits was established in December 2008 by Tim Carr after seeing a lack of sites supporting New Zealanders in learning robotics and physical computing. After working away Sundays tinkering Tim decided it was time there was a site that not only sold robotics kit, sensors and Arduinos but was a place for a community around robotics to grow and have somewhere to share ideas and learning.

MindKits was born out of the need to build a framework to make it easy for anyone interested to enter into the world of robotics and feel supported along the way.

The MindKits team are passionate to see you learn and grow and are always happy to lend a hand. Contact us if there's a project you need some advice on or you need to source parts that we may not stock already. We can generally get nearly anything in and are happy to do so.

Are you feeling lost and needing some guidance in your life?

Kerry-Marie has been a psychic medium for over 20 years and she works locally in Hobsonville doing private consultations, healing and teaching her spiritual work. She is, accredited through the UK has been featured on TV, radio and magazines. She offers you guidance for your life, healing and if you are in grief from losing



someone as she is a very experienced medium and can bring your loved ones through to comfort you. Book a reading with Kerry-Marie through www.spiritualdecisions.co.nz.

Craft market starting 24th March

The Massey Birdwood Settlers Association is pleased to be able to advise that a Craft Market will be starting in the hall on the 24th March. The market will be held monthly on the last Saturday of every month.

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To be known as the Massey Birdwood Craft Market the market will be a welcome addition to the many activities held in the hall and should compliment the recently opened Redhills Shopping complex that sits opposite the hall on the site previously occupied by the PCL.

Stalls will include a wide selection of handmade arts and crafts, gifts and homemade jams, and preserves, mouth-watering smoked bacon and egg sandwiches and coffee stall.

The market will start at 10am in the morning till 2pm and prospective stall holders should contact Anna Potts by emailing birdwoodcraftmarket@gmail.com.

Other activities held in the hall include the Redhills Community Kindergarten which is now able to offer space for children from 2 years old. Phone 09 833 6401.

Hey mums, school's back

School's back, which means routines and commitments and rushing. A lot of rushing, and maybe a bit of stressing. Oh who am I kidding, a decent amount of stressing. Amongst all the "busy-ness" however, catching a glimpse of my Stacking Heart rings is a timely reminder of what truly matters most. It's not deadlines, being late for after school activities, if dinner is late or bed time's broken. It's family. Precious family. Loving and supporting each other but most of all cherishing our time spent together.



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Hilton Brown Swimming

Things are really heating up at the new Hilton Brown Swimming learn to swim facility in Rawiri Place, Hobsonville. The state of the art complex is well underway and should be open for business in late April. Our highly



trained staff cater for all ages of swimmers, from babies through to training for technique and fitness. Every Hilton Brown swimming instructor has received special training to ensure lessons are safe and fun. Our unique teaching methods are the result of years of experience – we know what works. Our aim is for your children to become safer and more confident in and around the water – giving them swimming lessons for life.

Bookings are now open – so jump onto our website at www.hiltonbrownswimming.co.nz and book your swimming lessons today. All bookings will go in the draw to win one month's swimming lessons FREE - with 3 in total to give away.

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Music in the square

NorthWest Shopping Centre designed the Music in the Square event to offer up and coming performers a chance to showcase their talents, and share the stage with some of New Zealand's favourite entertainers. The event took place from 19-21



January, and invited the public to come down to the centre's Town Square to enjoy free live entertainment. Jason Kerrison from OpShop, Jo Cotton from True Bliss and ex What Now presenter Carolyn Taylor entertained the crowd in between a variety of performances from local buskers and musicians, as well as facepainting and balloonists.



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Safer communities

Waitakere Volunteer Fire Brigade

Well the dry summer has changed to a wet and humid summer. With a few ex-tropical cyclones in the mix. We were very lucky that Auckland did not get a direct hit with Cyclone Gita so let us have a look at what we should all do about being prepared. Due to our location and environment, New Zealand faces many potential disasters. In some cases, such as a weather related or volcanic disaster, there may be time for a warning. But an earthquake or a tsunami close to land could strike without warning. All disasters have the potential to cause disruption, damage property and take lives. Therefore, it is vital that you prepare now. I recommend you spend some time at the Civil Defence site www.getthru.govt.nz. This website will show you how to get ready, so you will get through. Keep safe, Denis Cooper - Station Officer, Waitakere Volunteer Fire Brigade.



Message from Massey Police

We are well into 2018 and still we want to reiterate the same Crime Prevention Advice. If you see or hear something please do not be afraid to use 111. If the offenders are still there or have just left or you see something that is not sitting right with you, call 111. The bottom line is if you see something – do something. All calls are prioritised according to what else is happening in the area and the call taker will decide on your calls priority. While Facebook is a great tool, Police do not monitor it 24/7. In ALL instances call POLICE FIRST before posting on Facebook. If your call is non urgent phone Police on 839 0600 and ask for COMMS. Driving incidents call *555 (unless serious then call 111). Historic events – car or house broken into call 839 0600 ask for CRL (Crime Reporting Line). Wanting to give Police infor-



mation and remain anonymous call 0800 555 111 for Crimestoppers. Massey station is open Mon – Fri 8am – 4pm and we are available for advice and is the base for your local Community Constables. Massey community patrol continues to go from strength to strength, with recent stats showing us to be #1 in the district and #7 nationwide (out of 160) in terms of hours/mileage being given back to the community. With our growing membership, we are out patrolling most days of the week. They have had quite a few wins recently in terms of finding multiple stolen vehicles, stopping illegal dumping, stopping a drunk driver from causing any devastation on the unsuspecting public and surveillance and securing of several commercial sites. Prior to xmas they were very proud to partake in several community events including Hobsonville BBQ, Westgate Santa Parade and Massey Children's Christmas Party. If you can spare a min of 4 hrs a month, come and join like-minded folk who want the same things you do – To be safe and feel safe in your community and help Police to provide safer communities together. Call Massey Police 09 832 4099 or follow us/PM us on Facebook www.facebook.com/Massey-Community-Patrol-CPNZ-629256090572583.

Make a difference in the community

Being a volunteer at Citizens Advice is a commitment, but one many of our volunteers wouldn't give up for gold. We have some volunteers who have been with us for many years. We've also had university students who have found the experience has helped them into work upon graduation. The reasons people volunteer are many and varied – meeting new people, learning new skills, gaining work experience and making new friends. But at the heart of it as Dr Seuss said "unless someone like you cares a whole lot, nothing is going to get better it's not" We work alongside our clients, helping them to help themselves and using our knowledge and services to provide pathways for them to resolve their issues. It can be as simple as helping someone find the nearest playgroup, or how to apply for a rates subsidy, through to helping someone through a disputes process or helping them to write a formal letter. If you are looking for a practical way to give back to the community and like solving mysteries, then helping people at the Citizens Advice Massey / Westgate could be for you. Feel free to contact Barbara on 09 833 5775 or massey@cab.org.nz for further information.

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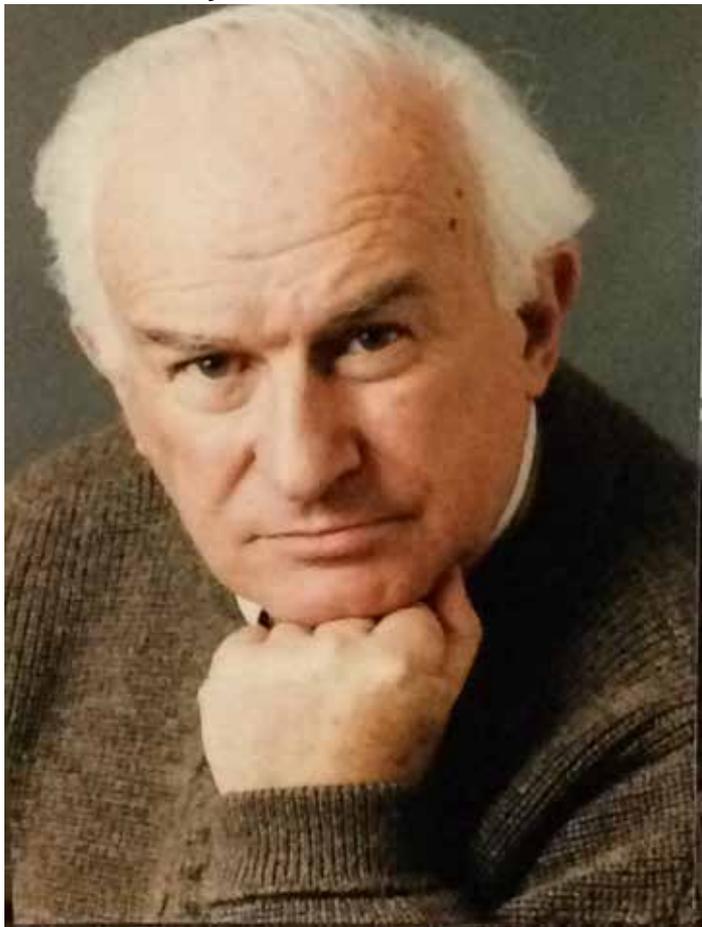
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People:places

Tribute to journalist Pat Booth



Story by Geoff Dobson.

Tributes have poured in for crusading journalist Pat Booth who died aged 88 at the Kumeu Village Rest Home on January 31.

A well respected investigative reporter, Pat's funeral service at the Morrison Funeral Home in Henderson was attended by more than 150 people.

Among them was Arthur Allan Thomas, the man Pat campaigned to pardon after a miscarriage of justice following the murder of farming couple Harvey and Jeannette Crewe in Pukekawa in 1970.

Media people comprised many of the funeral goers, the likes of Phil Gifford, Ian Sinclair, Geoff Chapple and Gavin Ellis among those paying their respects.

Gavin spoke about \$30,000 price put on Pat's life while leading Auckland Star investigations into the "Mr Asia" drug syndicate, also in the 1970s.

He says this was an example of Pat's perseverance, and that Pat was told on several occasions to drop investigations relating to the Arthur Allan Thomas case.

"He was journalist who wanted to see justice done," Gavin says. Former Suburban Newspapers Auckland investigative team member in the early 1990s, Yvonne Martin, recalls Pat as team leader relating his "war stories". She says he was unfazed by confrontation when some in Auckland's Asian community took offence to the Pat-led "Asian Invasion" story series about Asians settling into the city.

Geoff Dobson also worked on the investigative team. Yvonne

later frequently talked with Pat in the Kumeu rest home while visiting her father.

She recalls Pat talked to a men's group meeting there about the Arthur Allan Thomas investigations. "No-one slept through that one."

Yvonne says Pat liked intellectual challenge, which "kept him going when his body started to let him down". He never lost his sense of humour, she says. The family thanks rest home staff for their care of Pat, some past and present staff attending the funeral.

Born in Levin in 1929, Pat grew up in Hawera and first worked as a reporter for the Hawera Star, starting in 1949. A year later he was called up to the Auckland Star where he spent nearly 40 years, doing much of his crusading work there. He also wrote many books, from "The All Blacks' Book for Boys" in 1960 which featured Don Clarke, dubbed "The Boot".

He wrote many more books, including "Trial by Ambush" during the Arthur Allan Thomas campaign, and one on the Mr Asia investigations, "The Mr Asia File: The Life and Death of Marty Johnstone". Included was a biography on Sir Edmund Hillary titled "Edmund Hillary: The Life of a Legend" and his memoirs "Deadline".

Pat received the Order of the British Empire (OBE) for services to journalism in 1981.

While at the Kumeu rest home, Pat finished a 10-volume set of Pacific war stories based on Japan's involvement titled "Hirohito's War".

This featured in the Kumeu Courier August 2016 edition, and included a photo of Pat with nurse Helen Howitt who painted Pat with Japanese war flag. Helen read the Lord's Prayer at his funeral.

Pat had a keen interest in Japanese culture, repatriating Japanese swords, flags and other war items and practising martial arts such as kendo and aikido.

After serving as Suburban Newspapers' editor-in-chief, Pat kept writing for Fairfax in his regular "Off Pat" column until the age of 85. He served in local politics, including the Waitemata District Health Board, the Northland District Council and the Howick Community Board.

Pat is survived by six children from two marriages.



InBrief updates:events

helloworld

helloworld Hobsonville is having a stand at the Kumeu A&P show this year so come along and see us, have a chat and pick up some brochures. Also helping us at the show is Steve from Globus, Cosmos and Avalon and he will be there both days, Allianz Travel Insurance will be there Sunday afternoon and Sarah from Wild Earth Expedition and Small Ship Cruising is joining us Sunday morning. This is a great chance to have a chat with our team of Carolyn, Lesley, Hayley and Neil in an informal setting. We also have a competition for you to enter to win a fabulous cabin bag just by entering your name and email details. Our office phone number is 09 416 1799 or email hobsonville@helloworld.co.nz.



West Harbour tennis club junior club night

West Harbour Tennis Club would like to welcome you along to their Junior Club Night. These sessions happen every Friday from 4-5pm and are a great opportunity to introduce tennis to your child. Our qualified Kiwi Tennis coaches will provide



coaching in a relaxed and friendly environment that will be tailored for the ages of the children that arrive each week. The session is \$10 if you are not a member of the club and completely free if you are a member of the club. We look forward to hopefully seeing you there this Friday. For more information or if you have any queries contact us at www.kiwitennis.co.nz. Picasso Drive, West Harbour.

Dorrie van Roij presents A stress free life - the holistic eay

Do you wonder how stress impacts on your health? Maybe you have heard of 'Mindfulness' but what does it mean? Holistic lifestyle coach Dorrie van Roij will be answering these questions during a free talk at the Hobsonville point Secondary School on Thursday 1st of March at 7pm. This free talk will introduce some of the techniques that will be taught at an upcoming mindfulness retreat at Bella Rakha retreat centre in March; where Dorrie will also be teaching.



Dorrie is a holistic lifestyle coach who has trained in many areas including Physical Education, self-defence, family constellation, Neuro-linguistic Programming, Emotional Freedom Techniques, Zen, Tai Chi, Kempo, and healing work. She has also spent over ten years training in various Qigong systems, but now she focuses solely on teaching Yuan Gong—a new and modernised version of the ancient art of Qigong.

Dorrie's career in holistic health began at the age of seventeen when her mother, who lived what most people would consider a 'healthy lifestyle', suffered a debilitating stroke leaving her disabled. This experience changed Dorrie's whole view on health. "It got me thinking about why one person stays in good health while someone else doesn't. Apart from our own DNA, I wondered if there were solutions to allow us to living a healthy and stress-free life," says Dorrie.

From this experience, a lifelong search for answers and a passion to help others was born. Her greatest breakthrough came in 2008 when she emigrated to New Zealand and began learning Qigong from Yuan Tze, a renowned Chinese Qigong Master based in Wellington and former Director of the Regeneration Ward in the Huaxia Center, a hospital in Beijing. Yuan Tze is the



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founder of the Yuan Gong methodology. "The practice is now taught all over the world and has had extraordinary results by improving people's health and wellbeing," says Dorrie.

She explains that "Yuan Gong is simple to learn and easy to practice. Like a gentle moving meditation, the enjoyable exercises include non-strenuous, free flowing and natural movements. By combining body movements, breathing and mind activities, practitioners can achieve increased energy, mental clarity and emotional stability, as well as improved physical health."

"Yuan Tze's approach to mindfulness with movement is very different from other times of moving meditation, in that it is supported by a theoretical and proven foundation. You not only learn movements, but you learn about yourself. For example: you learn why you are losing energy during a day and you learn how to go about your day differently, so that you are energised right up until you go to bed. You learn about your habits, behavioural patterns and emotions so that you can steer your life in the direction you want instead of getting stuck in a rut, with no meaning in life," she adds.

Over the last two decades, Dorrie has helped many people find health, a sense of peace and able to feel complete and safe within. She has her own practice and works one-on-one or on-line sessions as well as running regular Yuan Gong classes.

This talk "A Stress Free Life - the holistic Way" will explore how every individual can determine and understand their lifestyle.

While entry is free, and tea and nibbles will be provided, please text or phone Dorrie on 021 517 197 to reserve your place. The first two attendees from Dorrie's talk to register for the retreat in March will receive a free book by Yuan Tze, titled Wellbeing begins with you.

More info about the retreat: www.renxueaustralasia.org or contact Verena Jonker: northernjuangong@gmail.com, 021 683 339.

Whenuapai Golf Club

The Golfing season has kicked off for the Whenuapai Golf Club with Opening Day on the 3rd of February. Whenuapai Golf Club is an 18 hole course located on Kauri Road, Whenuapai, and for the plane spotters, the course itself is adjacent to



an active airfield. We have a full season of golf planned that caters to all ages and abilities, we have coaching available for junior members, fun competitions and a truly friendly group of members. Tuesday mornings is ladies' day with players teeing off from 7.30am, a summer twilight competition is played on a Tuesday afternoon teeing off between 3.15 and 5.15pm, men play on Wednesdays and full club days on Saturdays. The club

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has teams playing in weekly vets' competitions, plus pennant and interclub competitions that are played all over the North harbour district. Casual players and new members are always welcome. If anyone wants to get in touch with the Whenuapai golf club please email rnzaf.auckland@golf.co.nz.

Mum Camp is back

Know any mums who would love a weekend away to recharge, get inspired, nurtured and challenged all at the same time?

Mum Camp is like school camp for mums – great fun, but with top notch speakers, stunning food and yoga, grown up art tables and a bit of luxury here and there. It's happening at Houghton's Bush Camp – just like the last Mum Camp in 2015 – up to 50 mums will come together for a weekend to empower, re-inspire, nurture and challenge them as women and as mums. Better than a girls' weekend.

This year's celebrated speakers include Lisa McKimm who has 30 years' of experience in making parenting and relationships more joyful, and Eve Tonkin who is a renowned educator and expert in children's' creativity, and who will talk about how we are 'enough' and just what our children need.

Local food genius, the gorgeous Rosa Riana (who has worked at Ripe Café) will be working her magic again in the kitchen – she's coming all the way from Australia to be part of Mum Camp.

Just like last time, there'll be yoga, and time to sit down at crafting tables with other mums, plus other additions including, fingers crossed, a cooking class with a celebrity chef.

Put the weekend of 23-25th of March 2018 in your diary. Tickets are \$230.00 including two nights' accommodation, all meals and speakers. It's a completely not for profit event, run at cost, which is not something you see every day. Check out the Mum Camp Facebook page to see how wonderful the last Mum Camp was www.facebook/mumcamp or email mumcampmuriwai@gmail.com for more information.

Waitakere Grey Power

Waitakere Grey Power Association invites members and friends to our next General Members meeting. We are an advocacy group for people in our community 50 years old plus. We advocate on National Superannuation, Rest homes and Hospitals and their care and facilities. We were also responsible in achieving Rates rebates for those on National Superannuation and low-income earners. We represent the local community at Local Board and Auckland Council meetings when issues arise.

Our meeting will to be held from 12.30pm to 2.30 pm on Thursday 29 March 2018 at the Te Atatu South Community Centre, 247 Edmonton Rd, Te Atatu South. Our guest speaker is from the Macular Degeneration Society. We welcome new members.

Cherry Kingsley-Smith
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House Of Travel

A cruise can make up your entire holiday or form a small part of a larger trip. Cruising is a great stopover choice, to break up a long-haul flight. All main meals and entertainment are included and you get to tick off another destination from your list!



Whether you sail for 2 nights or for longer, there is a cruise that will fit into your stopover itinerary. Here are some examples: Travelling to Los Angeles? How about a 4-night cruise, travelling to Catalina Island, then to Ensenada, Mexico.

Have you always wanted to see Singapore and Malaysia? Consider a 4 night return cruise from Singapore to Malaysia from as little as \$815.00 per person.

You only have a short stop in Thailand and want to make the most of it? Think about a 4 night Thailand Island cruise where you can stop and experience the crystal blue waters of Koh Samui.

Spend 7 nights discovering the Arabian Sea for only \$839.00 per person. This is great value, at only \$119.00 per person, per day for accommodation, breakfast, lunch and dinner.

These are just a few itineraries for you to reflect on. From Bangkok to Japan, Vancouver to New York, there is a cruise journey waiting to be discovered by you.

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

Sam Pritchard at House of Travel Hobsonville, Cnr Hobsonville Point Rd and De Havilland Rd 09 416 0700 Hobsonville@hot.co.nz Sam.Pritchard@hot.co.nz our international cruise specialist.

Be prepared

If you are going to live forever, you can ignore this article. If you aren't, you might want to think about ways to make life easier for those who have to sort things out after your passing. Have you made a will? Apparently many New Zealanders haven't. Have they ducked out of thinking about the difficulties that could arise after they've gone? This is especially the case in families which may consist of children from different partners. You might start by looking at the section on Wills on the Public

Trust website, www.publictrust.co.nz or discuss with your solicitor. What about day-to-day issues? Consider making a list of the sorts of things a family member might need to know at the stressful time when you suddenly aren't there to be asked. Do you have a birth certificate and a will? Where are they? Do you get a pension or WINZ benefit? These need to be sorted out early, as bene-fits overpaid will need to be returned. Do you have a bank account? KiwiSaver? IRD? Driver licence? Passport? What about people who may send you appointments - GP, dentist, hospital, optometrist? Library, loyalty cards. Do you have a Facebook account? Clubs, your old school. What friends need to be contacted? Any overseas contacts? OK, it's quite a long list for you to prepare, but think how much longer it would take a family member who doesn't have your knowledge. You might also like to talk to the CAB for advice.

Waitakere Combined Rebus Club

Retired men and women wanted for friendship and fellowship. Come and join our club for morning tea, guest speakers and monthly outings. We meet at St Johns Hall, Edmonton Road, Te Atatu on the third Wednesday of the month at 10.00am. For further details please telephone Lynn on 021 070 4606.

Summerset at Monterey Park

Indoor and outdoor bowls are a huge part of life at Monterey Park. Games are highly spirited and well attended by both players and onlookers. Bowls are a great way to keep physically and mentally fit. It's also a great way to socialise and be part of a team.



Recently the staff were challenged to a game by the residents. Knowing it wasn't going to be about the winning, (none of the staff have ever played before), the staff agreed to give it a go. Much to the residents' amusement and surprise the staff decided to do one of the things they are spectacularly great at and dress up for the occasion. Village manager Carol Andrews aka Patsy (Absolutely Fabulous) and her menagerie of sumo wrestlers, Dorothy, the Scarecrow, Fred Dag, Cruella DeVile, Eeyore and Constable Ranee played an "honest attempt" of a game. The day was extremely hot but that didn't deter them. The buckets of sweat, which were the price of wearing unbreathable costumes were well worth the fun had. After ice-blocks and a sausage sizzle it was declared a draw. When asked what the score actually was the staff were kindly told, "it's not important. As long as you all had fun". They were then given a bit of advice; "if you want this to be a regular thing you best all start practising". Wise, wise words.

Lyndsay Kerr
LICENSED SALESPERSON





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SeniorNet West Auckland

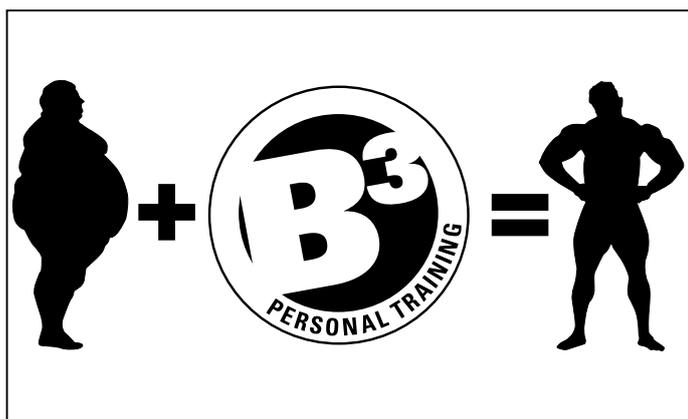
SeniorNet has run classes for the past 25 yrs throughout New Zealand, for those over 50 years young, who wish to learn how to get the best out of their computers tablets and phones both Apple and Android. If you are just exploring Windows 10, an Apple computer or have a new Smart Phone and are not sure how to go about getting the information you want give Pam our class co-ordinator a ring on 09-8272156 leave a message and she will get back to you. Remember you do have to be a member to attend classes. The joining fee is \$30 and most one off classes and workshops are \$10.00 for a 2hr class. Our web site has membership forms to do on line or post in. www.seniornet-west-auckland.org.nz. We send out a very informative newsletter every other month as well as running the meet-ings at the Kelston Community Centre Cnr Awaroa Road Kelston, every 3rd Tuesday, the next one being the 20th March at 10am. There will be a guest speaker and morning tea en-try is a \$2.raffle which could win you one of three prizes. Our Learning Centre is at 67 Henderson Valley Road, classes are run both am and pm. Please ring Pam if you want any further information. Remember never let what you can't do stop you from doing what you can. You are never too old to set another goal or dream another dream (Aristotle).

Travel Broker

Nicky Davies has recently set up business as an independent Travel Broker with New Zealand Travel Brokers, sharing her passion for travel, she hasn't looked back! "I'm loving every minute of it, the flexibility of the role and personalised service I can now dedicate to my clients is fantastic".

A Mum of two, she understands that travellers needs are specific to them, especially travelling with children. With over 20 years of travel under her belt and over 9 years of travel industry experience, Nicky has a vast amount of knowledge to share. "As a Travel Broker, I can help my clients plan anything from a cruise to an African Safari, a honeymoon to a family holiday, and all in between, and I pride myself on my personalised service".

A member of one of the fastest growing travel broker company's in NZ, New Zealand Travel Brokers is TAANZ and IATA accredited, giving protection to their clients. "Falling under the umbrella of First Travel Group gives me access to amazing deals and premier buying power". Nicky is always happy to meet a client for a coffee around Auckland and while overseas they know



they have a dedicated Broker on hand 24/7 should they need her help. Visit my website www.nztravelbrokers.co.nz/nicky.

Kip McGrath Education Centres: A reputation for excellence

Kip McGrath Education Centres have been improving and extending the learning outcomes of NZ school children for over 40 years. This reputation lies not only in the professionalism and compassion of the teachers that tutor at our centres, but also the quality curriculum-based learning programmes we tailor to meet each child's specific needs. At Kip McGrath you will see your child: enjoy learning, develop confidence in his/her natural ability, get better results at school, 'get it' and smile. NZ relevant assessments and teaching methods - To ensure your child gets the right help with learning, we will assess him or her against the National Curriculum and use teaching resources and activities best suited to your child's learning style. A positive learning environment - Your child will also love the friendly, kind, positive reinforcement of our carefully selected teachers whose goals are to see every child get results, love learning and grow in confidence. Testimonial: "We cannot thank you enough for all the time and effort you have put into our son. He is now a confident young man and knows he can put his mind to anything - and succeed! His latest school report is the best he's ever had." Call today for a free assessment. 09 831 0272. www.kipmcgrath.co.nz/NZ/Westgate.

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



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area property stats

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

Suburb	CV	Land Area	Floor Area	Sale Price
Hobsonville	880,000	170M2	130M2	849,000
	760,000	129M2	84M2	790,500
	680,000	75M2	116M2	747,500
	985,000	216M2	176M2	1,095,000
	900,000	451M2	160M2	945,000
	805,000	182M2	145M2	895,000
Massey	385,000	0M2	90M2	596,000
	510,000	516M2	134M2	655,000
	530,000	612M2	174M2	688,000
	560,000	0M2	80M2	595,000
	710,000	600M2	154M2	780,000
	540,000	0M2	80M2	587,750
	940,000	450M2	150M2	840,000
	410,000	0M2	80M2	625,000
	650,000	650M2	90M2	660,000
	1,090,000	1112M2	216M2	830,000
	670,000	451M2	130M2	702,000
	465,000	991M2	100M2	630,000
	1,025,000	654M2	185M2	815,000
	465,000	671M2	140M2	718,500
	610,000	420M2	184M2	790,000
	430,000	570M2	90M2	700,000
	650,000	0M2	83M2	600,000
	620,000	0M2	110M2	545,000
	530,000	675M2	220M2	795,000
	420,000	478M2	122M2	620,000
Royal Heights	590,000	872M2	80M2	670,888
West Harbour	710,000	140M2	112M2	690,000
	760,000	0M2	200M2	870,000
	830,000	682M2	220M2	1,040,000
	455,000	157M2	133M2	684,000
	425,000	0M2	80M2	675,000
	1,260,000	705M2	260M2	1,299,999
	920,000	1049M2	280M2	1,150,000
	710,000	140M2	112M2	726,000
	690,000	801M2	186M2	1,038,000
	640,000	683M2	190M2	994,000
	700,000	350M2	99M2	637,500
	990,000	469M2	260M2	1,358,000

We charge 2.95% not 4% that others may charge" "We also provide statistical data, free from cost to purchasers and sellers wanting more information to make an informed decision. Phone me today for a free summary of a property and surrounding sales, at no cost, no questions asked" Phone 0800 900 700.

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Graham McIntyre
Brand & Territory Owner

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

Market report

Let's not get ahead of ourselves, nor predict the future rise or demise of the local real estate market just yet.

Different economists and different polls have outlined a steady as she goes approach to real estate demand and prices seem to be more settled. A slow-down in new home sales and new home construction would indicate that there is a growing gap between what builders want to build and what the market is seeking to purchase. Banks are still restricting lending and placing increasing demands on home owners and investors. Banks are seeking a lower risk profile and an increased asset pool to balance their score cards. Most of the industry feedback at present is that the property market is in a stabilising phase with the looming reality of a slight lift in lending interest rates towards the end of the year. Which-ever way you cut the cake it is interesting times in balancing environments. Let's look at the sales for the month:

Hobsonville Residential	\$747,500 to \$1,095,000.
Massey Residential	\$545,000 to \$840,000.
Royal Heights Residential	\$670,888.
Taupaki Lifestyle	\$1,350,000
West Harbour Residential	\$637,500 to \$1,358,000.
Waitakere Township	\$670,000 to \$780,000.

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

Five areas to review... regularly

I know we all live busy lives with endless demands on our time ...but it's important we regularly review areas of our financial lives.

At the end of the day if you don't, no one else will.

Below are five potential areas of review,

1) Have you updated the insurable value of your home, 90% of New Zealand home owner have not. It's your sole responsibility to specify the insurable value of your home. At present the

majority of New Zealander's are under insured. There are some tools available that will assist you to calculate the insurable value. (Seek advice from a builder, architect, quantity surveyor, or insurance valuer. There are online tools as well)

2) Do you have a will, has it been updated recently? Do your beneficiaries know where it is? Dying without a will or one that is not up to date will complicate the transfer of your assets upon your death to your loved ones. I can tell you from personal experience that not been able to locate the will adds a lot of additional stress at a time already highly charged with emotion. A simple will is not expensive to prepare - a quick phone call to your lawyer may save you a lot of grief.

3) If you lose your ability to earn an income through death, disability or accident, what is your Plan B? How will you pay the mortgage or feed the kids. Most people will insure their house but not their biggest asset - their income. For every house lost from fire, three are lost due to death of the owner, but 38 are lost through disability.

4) What is the structure of your current mortgage? Is your mortgage currently floating or fixed? Are you looking at selling? Make sure your loan will meet your short, median and long term goals.

5) You are now another year older and another year closer to retirement. Have you started to financially prepare for this? With an ageing population it may not be wise to solely rely on the Government to provide for you retirement income. As a benchmark, it is generally thought that most people in retirement need about 70% of the income they required before retirement. Your retirement saving plan needs to start today!

For further details feel free to contact Ivan on 09 427 5870 or 027 577 5995 or email ivan.urlich@mikepero.co.nz.

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

Appointing a guardian in your will

You may name a person (over 20 years old) in your will to be a "testamentary guardian" of your children if you die while your children are under 18 years old. Appointing a guardian in your will has legal status under the Care of Children Act 2004. A testamentary guardian's role does not include the day to day care of children, but allows them to make major decisions about how the children are brought up. The testamentary guardian would share guardianship with the children's other parent if they survive (and if that parent has guardianship), or with any other per-

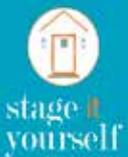
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son named as a testamentary guardian. This is an area for legal advice. Once appointed, a guardian would need to apply to the Family Court for a parenting order if they needed the day to day care of the children (this is more common where there is no surviving parent, or a parent without guardianship rights).

25 Orahua Road, Kumeu, Auckland. PO Box 600 Kumeu, Auckland 0841. Phone 412 6000.

Top roof maintenance tips

The roof isn't like a well landscaped garden or a perfectly decorated interior that becomes our pride and joy. But our roof works for us day in and day out, protecting us and our belongings from the



elements, so it's important that we take the time to give it the attention it deserves. We will never repeat it enough: with regular maintenance and repairs when needed, you'll be sure to get a long and happy life from your roof.

Inspect your roof on a regular basis. In late autumn look for leaves and other debris on the roof and in the gutters. It's also a good idea to inspect the roof after any storms with heavy winds. Clean the gutters. Clean the gutters and downspouts in the late autumn after the trees have shed their leaves. Check for breaks or gaps in the seams and make certain that the brackets holding the gutters against the house are securely attached.

Check the flashings. Flashing is a prime target for leaks simply because it's covering a hole in the roof. Check the flashing around vents, exhaust pipes and chimneys. Make certain it isn't bent or punctured and that the sealant isn't dried out or loose. Remove overhanging tree limbs. Trees that are growing too close to the house can be a hazard to your roof. There's not only the risk of broken limbs falling on the roof but if they overhang or rest on the shingles, they can abrade the protective stone coating over time.

Look for animal damage. Rats and birds will all make themselves at home on and under your roof if given the chance. If areas of the roof have been weakened by rot, it will provide an easy access to all sorts of small critters. They will only compound the existing damage, which could mean some pretty expensive repairs.

Check for signs of insects like termites. Soft rotten spots, shredded wood or sawdust and insect faeces are all signs of an infestation.

Walk around the house. By walking around the house from time to time, especially after any significant winds, you can check for pieces of broken shingles on the ground. Dry, brittle shingles can break easily and if you find bits and pieces on the ground it's important to have a closer look at the roof.

Inspect the attic. The underside of the roof is where you're most likely to spot leaks before they become too serious. Look in unfinished areas of the attic for streaks or staining. Look for signs where water may have trickled in around the chimney and vents. Also look for soft spots in the wood as well as indications of animals or insects.

Avoid walking on the roof. You can easily damage a roof by walking on it. No matter what material your roof is made of, it can be fragile. Asphalt shingles, slate or clay tiles can all crack or come loose from being stepped on.

Schedule a professional inspection. A roof specialist will know exactly where to look and can quickly assess your roof.

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

Finding storage spaces at home

About this time of year the garage is usually looking a bit of a mess as we scramble to get organised with our summer stuff still in use but being back at work and school leaving no time to put things away properly.



After our trips away this year we've simply unpacked the summer camping and water sport gear straight out of the car and up onto our ceiling storage racks. It's out of the way but easy to get to for the next trip.

The racks are great for busy lives. Give us a call and our local installers can get you sorted! 021 606 004 and www.stealing-spaces.co.nz.

Terra Nova Planning

The team at Terra Nova Planning are pleased to have been involved with the design and consenting of a number of successful residential and commercial projects in the Kumeu/Huapai and Riverhead community.



Two recently consented residential subdivisions on Matua Road are currently under development. Phone 09 426 7007 or email tnp@tnp.co.nz.



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SUN FILLED UTOPIA AL-FRESCO BRICK AND TILE

4 2 2

By Negotiation

7 Hendrika Court, Hobsonville
By Negotiation

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

www.mikepero.com/RX1328547



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BRICK AND CEDAR OVERLOOKING RESERVE - HENDERSON HEIGHTS

6 2 3

By Negotiation

11 San Pedro Place, Henderson
By Negotiation

This home that has been crafted for good looks and longevity while the outlook and the privacy from lounge areas upstairs and on street level is blissful. Extensively renovated with a focus on easy flow and entertainers living, the home opens to the council reserve and native bush vista. A world away from the hustle and bustle or suburbia but only a short drive to shops, parks, schools and reserves. The home boasts six bedrooms, two lounges and three bathrooms over two levels with an internal access double garage linking through to the kitchen area. 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/RX1360146



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027 632 0421
graham.mcintyre@mikepero.com



BRICK AND TILE - MOTIVATED OWNER - WEST HARBOUR 3 2 2

By Negotiation

2/17 Deanna Drive, West Harbour
By Negotiation

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



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www.mikepero.com/RX1289500



SELLING, SELLING..... WAITAKERE TOWNSHIP 2 2 1

By Negotiation

57 Waitakere Road, Waitakere
By Negotiation

Elevated, split level and cost effective. Set on 876sqm this private home enjoys generous sunshine and privacy, while the elevated position allows for extensive views to the west over farm land and native bush backdrop. A light and open layout combining cathedral ceiling with open plan living linking to a central hallway with two bedrooms, bathroom, toilet and laundry upstairs and an office downstairs. A small section, off street parking and independent double garage adds great value to this affordable and practical family home. Close to Waitakere Township and Swanson transport links, shopping, café, parks and schools. The CV on this property is \$730,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



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www.mikepero.com/RX1154898



THE PERFECT LIFESTYLE PROPERTY

4 2 2

Asking Price \$1,298,000

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

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



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NATURE'S PLAYGROUND, BEACHES, WALKS - ANAWHATA

3 2

\$829,000

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

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



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SIMPLY THE BEST - SUNSHINE AND VIEWS!

2 2 2

By Negotiation

203D/160 Hobsonville Point Road, Hobsonville Point By Negotiation

Seldom Available! A modern and immaculate North-facing two bedroom, two bathroom apartment with views over the park, all day sunshine and alfresco dining on the deck. Whether you want a lock and leave lifestyle or the simplicity and convenience of Hobsonville Point life, this property certainly delivers! Low maintenance and energy efficient, brick and cedar, two car-parks, a storage locker and bike room, assure a future-proofed investment. An easy walk to cafes, restaurants, medical centre and great schools. Good transport links, the ferry, farmers market, Bomb Point reserve and the new coastal walkway are all at your door-step.

www.mikepero.com/RX1362337



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021 888 824
cherry@mikepero.com



RENOVATE - REBUILD - DIY - WAIMAUKU

4 1

By Negotiation

236 Kiwitahi Road, Helensville By Negotiation

An unparalleled opportunity to have your cake and eat it too. This character filled open plan bungalow with wrap around decking enjoying expansive views through the Waimauku valley. The home has four general rooms that can be developed further with a functional kitchen and bathroom. Whilst private and tranquil the home has extensive small glass-houses for tomatoes, capsicums and cucumbers. Large lawn areas with established plantings for shelter and shade covering an impressive 6109sqm (1.5 acres). The home has a consultants safe and sanitary report regarding its condition and a current registered valuation is available at \$780,000. The property is a short distance from Waimauku and Helensville Townships, including convenience shopping, schools, parks and transport links.

www.mikepero.com/RX1369936



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



THE KIWI DREAM

4 2 1

By Negotiation

289 Motutara Road, Muriwai By Negotiation

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



Lyndsay Kerr
027 554 4240

lyndsay.kerr@mikepero.com

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HOME AND MINOR DWELLING RIVERHEAD - 1.6 HECTARES

4 2 2

By Negotiation

301 Riverhead Road, Riverhead By Negotiation

Tucked away from the hustle and bustle of Riverhead and Kumeu with over 50 mature fruit trees, chickens and grazing. A unique family environment with space for the family to grow, tranquility to enjoy the sounds and smells of semi-rural life, and privacy to sit back and watch the day unfold with green fields, established plantings and the wow factor. The home of four bedrooms and two bathrooms has been sensibly developed. It boasts extensive open plan living and entertaining out to a wrap-around patio and pool area. Options around office/study/bedroom and storage through to the double garage. In addition the property has a 65sqm minor dwelling to the front of the section which provides options for income or the extended family.



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

www.mikepero.com/RX1359567

Mike Pero Real Estate Ltd. Licensed REAA (2008)

www.mikepero.com



LIFESTYLE PROPERTY, RECLAD HOME OPPORTUNITY - WAIMAUKU

3 2 2

Asking Price \$929,000

525 Kiwitahi Road, Helensville
Asking Price \$929,000

Harmony home, produced in Waitakere City council and transported onto site. Thermal report available and options to make your lifestyle cost effective and rewarding. High on the ridge line, a Harmony home enjoying commanding 270 degree views over rolling landscape through to the Tasman Ocean and Kaipara Harbour. The views will certainly impress while the gardens 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 lounge room, family room opening onto alfresco decking to the north and south, three bedrooms (master with walk-in and en-suite) off a central hallway and bathroom and an en-suite.

www.mikepero.com/RX1065529



Graham McIntyre
027 632 0421

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EXTENSIVE PANORAMIC VIEWS - VENDOR SAYS SELL

By Negotiation

731A Ridge Road, Riverhead
By Negotiation

Elevated mixed pasture and bush in an upmarket and established development. One of the last sections available. Options here to capture the view, create a little paradise and enjoy. 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. The CV on this property is \$810,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX1055369



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



RARE EARTH

By Negotiation

1056 Peak Road, Waimauku By Negotiation

Overlooking the Tikokopu Valley this 1.25 hectares (3.1 acres) is waiting for you to build your lifestyle dream. Multiple terraces provide a variety of building platforms. The views are panoramic. Animal lovers can build on the top platform allowing you to observe your animals at all times. Rarely does land become available in this choice location. Within the sought after Decile 10 Waimauku School zone this property is your passport to the myriad of outdoor pursuits this region has to offer. Call me today to arrange a look at this unique property. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email lyndsay.kerr@mikepero.com.



Lyndsay Kerr
027 554 4240

lyndsay.kerr@mikepero.com

www.mikepero.com/RX995192



EXTENSIVE VIEWS, ART DECO REFURBISHMENT, SWANSON

4 4

By Negotiation

1084 Scenic Drive, Swanson By Negotiation

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



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

www.mikepero.com/RX1363436



PICTURE THIS, NEW HOME ON 48 HECTARES - WAIMAUKU FRINGE

By Negotiation

1295 Old North Road, Waimauku By Negotiation

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

www.mikepero.com/RX1326808



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



1.8 HECTARES - WAIMAUKU FLAT AND ROLLING

By Negotiation

Lot 2 Old North Road, Waimauku By Negotiation

Located a stone throw off Old North Road the land is contoured well to provide room to roam, land to graze and some idyllic house sites to choose from. Quiet, tranquil, established shelter trees and pretty as a picture. Located a short drive to Waimauku and Helensville we welcome your interest in this desirable lifestyle destination. The CV on this property is \$680,000. 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/RX1362023



Graham McIntyre
027 632 0421

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Home:garden

Autumn gardening tips

Autumn is a great time to rejuvenate a garden for the new season and for next spring.

The tips below are an autumn garden task list that will keep your garden flourishing.

- Autumn is the time to make new plants from cuttings. Take 10cm cuttings from hardwood herbs such as rosemary and bay or natives such as banksias, grevillea and coastal rosemary. Remove the lower leaves, dip cuttings into hormone powder and pot in small containers of premium potting mix. Keep just moist and shelter from strong wind and sun.
- Trim hedges before the onset of winter to keep them compact and bushy from ground level.
- Check your lawn and make sure any weeds you sprayed last month are dying. Repeat the treatment if necessary. Aerate the lawn with a garden fork and scatter lime lightly over it. This sweetens the soil after many years of lawn food application. Rejuvenate tired lawns with an autumn feeding to ready them for the onset of cool winter weather.
- Gather fallen leaves, grass clippings, kitchen scraps and shredded prunings, and layer them in a compost bin. Turn periodically with a garden fork to allow air to circulate and feed organisms, and decompose the organic matter quickly. Don't overload your compost with one particular ingredient - maintain a mix.
- Earthworms are a sign your soil is fertile. When you add organic matter such as leaves and cow manure to your garden soil, you will attract earthworms, so there is no need to add more worms to your garden. The worms you've attracted with organic matter will add nutrients from their castings, and make tunnels. Check for borer damage on all deciduous trees, paying attention to the trunk at soil level. It's easier to check when trees are dormant and bare.
- Don't try to cultivate soil beneath large trees; you will only damage the roots. Make planting holes between the roots instead and insert small plants with tiny root systems that establish themselves readily. Bromeliads thrive under trees.
- An old ladder makes a good support for climbing vines such as sweet peas. A splash of paint will give it extra impact in the garden or up against a wall.



- Transfer the leaves that fall on your garden and lawn to the compost bin on a regular basis, otherwise they will smother your plants and grass.
- Don't rush to prune spent seed heads. They provide a wealth of food for birds that visit the garden. Magnolia fruit attract parrots who feast on their seeds.
- Autumn is rose season, and they look gorgeous at this time of year. Choose the ones you love and order them from your local nursery.
- If you have cymbidium orchids, they should be placed in full sunshine to encourage good flower spikes during winter and spring.
- Divide evergreen perennials. Lift them from the soil, divide at the root and re-plant into well-conditioned soil. Mike Pero Real Estate Ltd Licensed REAA (2008) phone 0800 900 700.

Rural/lifestyle block & farm supplies

Whether you have a weekend project underway, building and maintaining farm fencing/sheds or constructing your dream home, no job is too big or too small for the team at Western ITM in Kumeu.



Our Kumeu store stocks a comprehensive range of Urban and Farm Fencing materials that can add so much value to your rural/lifestyle property. Fencing not only provides you and your animals security and privacy, it can also provide shelter from the elements.

Just some of the vast range we carry in stock are listed here...

Wire and Batten Fencing - Batten and wire fences usually consist of seven or eight wires, using 2.5mm hi-tensile. The posts can be number one or two, which relates to the diameter of the post. Posts are usually spaced at 4.5m with five battens per space.

Post and Rail Fencing - Post and rail fencing is a popular option for lifestyle blocks and equestrian facilities, often used for driveways, road frontages and tree surrounds.

Gates - Our stores stock an assortment of wooden and galvanised Farm Gates which are available in a variety of lengths and styles.

A full range of quality, hard wearing gate hardware is available instore.

Strainers and Stays - Strainers are larger fence posts, which provide anchoring points and extra strength for your fence.



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Electric Fencing – Our stores stock a comprehensive range of the Gallagher Electric Fencing System, with mains power and solar options. Our stores also stock a wide range of Strainrite fencing tools, equipment.

Water Troughs – Our Western ITM Kumeu store carries rectangular and round troughs. These come complete with a built in covered ball float. Light weight, easy to handle and available in a variety of sizes.

PurePine Shavings are dust free, dry, natural and hygienic and come in easy to handle (19kg) water resistant plastic bales. These shavings are ideal for domestic animal bedding, commercial stables and farms. Just \$26.00 incl GST per bale!

Visit westernitm.co.nz today for a free online quotation or for further advice or information visit us instore today. Western ITM Kumeu - 154 Main Road, Kumeu. phone 09 412 8148 - open 7 Days.

Laser Plumbing & Roofing Whenuapai

Laser Plumbing & Roofing is your local plumbing company based in Whenuapai. We are committed to servicing our local community families and businesses with great service at reasonable rates.



Laser Plumbing & Roofing Whenuapai are your local specialists in hot water systems, roofing and gutters, plumbing maintenance, repairs and installations. We also offer a state of the art drainage un-blocking service. In addition to these services, we have 24 hour service available for any plumbing emergencies. We have some excellent staff at Laser Whenuapai, ensuring every member is either qualified or studying towards a certificate in their chosen field.

Why choose Laser Whenuapai? We have been trading since 1985 – so choosing us means choosing a solid, reliable and experienced company that you can depend on. As part of our 'Totally Dependable Guarantee', we stand by all our jobs by offering warranties, and always use quality New Zealand made products.

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

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

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Creek Road, Whenuapai. Whenuapai.laserplumbing.co.nz.

New trade units prove popular with local businesses

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



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

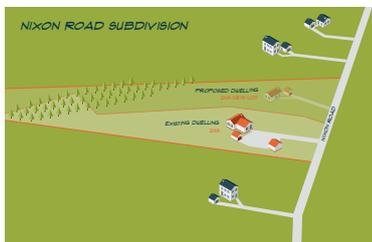
The front unit consisting of 30sqm showroom, 30sqm mezzanine and 100sqm of high-bay warehouse with 3-phase power is still available for lease and would suit an operator who prefers street frontage to promote their business. In regards to the last trade unit for sale the asking price is \$740,000 plus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

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

I need a resource consent as soon as possible

It's the exasperated cry we hear every day.

Although not all resource consents are complicated, frankly, a lot of them are – and they are often complex in ways that are not obvious at the outset. Doing work in



the Single Lot or Countryside Living Zones can feel simple but landscape features and boundary limitations can put curly issues into your simple house extension.

Time delays can come from spending time working out the best consultants, getting quotes, taking them thorough your plans, then waiting for them to start – let alone Council's time frames. At Thomas Consultants, we are focused on the process as a whole, not just the individual pieces. We are positioned to obtain your resource consent as fast as possible because:

1. We are a one-stop-shop with all of your specialists under one

Specialists in ecology, restoration, stream, wetland and bush management

Thomas Consultants for:

- Bush, stream and wetland assessments
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www.tcec.co.nz



roof for rapid quoting and commencement of work

2. We work locally so we understand your area and how Council wants developments to occur so you get the right advice first time

3. We are easy to work with. We are a friendly bunch who believe in clear communication and a no-surprises approach.

If you would like more information about how Thomas Consultants can help you with your project, please contact us on info@tcec.co.nz.

Roman Scaffolding

Roman Scaffolding Ltd is a Kumeu based scaffolding company who specialise in both residential and commercial scaffolding. Tony and the team at Roman Scaffolding have more than 10 years'



experience within the industry, and have built up a strong reputation as being some of the best scaffolders Auckland wide. We supply scaffolding to a wide range of clients, including home owners, builders, construction companies, roofing companies and painters.

Our scaffold specialists are certified scaffolders who are committed to safety and quality, and are also official 'Site Safe' members. All scaffolding jobs are carried out to the highest of standards, so our customers can have peace of mind when arranging their scaffolding with us.

We offer very competitive pricing, so whatever your requirements are (small or large), please contact us for a free no obli-

gation quote. Roman Scaffolding Ltd P: 0800 ROMAN1 E: scaffold@romanscaffolding.co.nz W: www.romanscaffolding.co.nz.

Kumeu Garden Hub

Hope everyone is feeding and watering their tomatoes! This whopper weighed in at 850 grams, Beefsteak variety. Planted in good tub mix and Mynoki worm castings and mulched well to retain water, fed and watered regularly with liquid plant food.

Kumeu Garden Hub stock a good range of Tomato mixes and fertilisers. Oh, and swan plants are back in store.



Motorsport a good testament to Health and Safety

Many people are cynical about the rules and regulations governing health and safety. Motorsport as we all know is dangerous (and a sport I enjoy and participate in), just as forestry is, police work, construction work, working on a roof, working around machinery. The requirement to identify risks and have a follow up meeting with the worker (in motorsport the competitor) a driver briefing. The requirement to wear personal



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protective equipment even though it is uncomfortable to wear (gloves, and masks, headwear, long sleeve shirts on a hot day) yet in motorsport even at club level you have to wear a helmet, fireproof overalls two layers (hot), leather top lace up shoes before you can compete. As well the ppe (personal protective equipment) is checked by officials before you venture out onto the race track. The involvement of the worker in identifying the risks (the competitors) has seen the death rate among drivers in formula one (the list of Formula One fatalities includes drivers who have died during a FIA World Championship race weekend, and those who have died while driving a Formula One car outside the World Championship), fall from 15 in the 1950's, 14 in the 1960's, to 12 in the 1970's, 4 in the 1980's, 2 in the 1990's (1995) and 20 years later a fatality was recorded in 2014 at the Japanese Grand Prix. All incidents and accidents are recorded and investigated in motorsport, to see what can be learned and if a safety rule was not followed so why the reluctance to do the same at work (have you filled had your workplace accident and incident investigated? In motorsport the officials and drivers identify a risk on the race track or a rally and hold a driver briefing prior to competition to ensure everyone is aware of the risk. In industry the briefing is known as a Toolbox meeting, have you participated in one? If you do not have the correct ppe or licence on you then you will not be allowed to compete. Companies are required to keep a training and competency register. How many companies stop someone from working if they do not have their forkhoist licence on them? The Health and Safety at Work Act 2015 was introduced in response to the Pike River Mine Tragedy, which killed 29 men when an explosion ripped through the remote West Coast mine. In 2017 there were 49 workplace fatalities. John Riddell, Securo Health and Safety Consultant, ph. 027 477 9750, email securo4@securo.co.nz or visit www.securo.co.nz.

Autumn pasture tips for lifestyle cattle herds

Locally we have had good rain and pasture growth as we move towards autumn, a lot of pasture in the area is the best I have seen it in years. Having said that, we want our pasture to survive through winter. Take a close look at your pasture and see what's there and what has disappeared over the summer. For most of us, clover will be hard to find and so will ryegrass – it will still be there but it'll be brown and frizzled. You'll have to look carefully to find the green growing point at ground level from which new tillers will grow when it rains. Any long dead-looking brown grass will be Browntop which is an unproductive species and a sign of low fertility, so if your paddocks are all Browntop, it means you need fertiliser. Don't be fooled by all the dead litter on the paddocks, which makes it look as if there's some feed

value present. It's a great source of fungal growth (for facial eczema) and after the first autumn rains it will be all gone in a few days leaving large areas of bare ground. This provides light and space for ryegrass and clover but it will be many weeks before it will provide good feed. All rough growth on paddocks should be taken right off. If you have mature cattle, or can borrow some, make them work to clean it all off, especially tufts of cocksfoot. If this leaves a lot of dead rubbish, remove it as it's always a source of fungal growth. What the cattle won't eat, take off with a slash-er or weedeater. If you don't, fresh green regrowth will be slow. After this clean up, give the paddocks a light chain harrowing to spread dung pats. Slash off any beds of Californian thistles (just before it rains if possible) dead docks and ragwort and plan to treat them early next spring. Lack of early action means their seed will be with you for a long time. Old saying: 'One year's weeds is 40 years' seeds.' Research shows that cutting off thistle just before rain helps to kill them off. Don't shift the fence every time the cattle moo at you. Move it on what the pasture utilisation looks like. Make a stand-off area for cattle during wet periods in winter to avoid pugging. After an extended summer dry spell, you may have to consider some 'pasture renovation'. This can be expensive so seek professional help. Get a soil test done and seek advice on what fertiliser is needed. If you require any further information on caring for your property or would like to see where your property sits in the current market give me a call, Lyndsay Kerr 027 554 4240 your lifestyle property specialist. If I don't know the answer to a question I will know somebody who does.

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Palmer's

CENTRAL'S TIPS

MARCH 2018



It's time to start planting in your winter garden - whether it's vegetables like cabbage and broccoli or flowers such as calendula and Iceland poppies - these can all be planted now. Also don't forget to feed your citrus trees!



Start winter vegetables in your garden

Cabbage, broccoli, tatsoi and spring onions can all go in now.

IN THE VEGGIE PATCH

- Give citrus a side dressing of sheep pellets or citrus fertiliser
- It's the start of winter vegetable growing: plant out cabbage, Chinese cabbage, broccoli, tatsoi, and spring onion seedlings
- Winter flowers for the vegetable patch that can be sown now: calendulas and Iceland poppies
- Plant out a crop of spinach as it grows better when it is not so hot.

LAWNS

- De-thatch your lawn if necessary and over-sow thin areas of the lawn with the appropriate seed, and our recommended fertiliser, ProLawn Turfmaster Starter.



De-thatch and sow lawns

Now's the time to de-thatch and sow thin patches on your lawn - plus don't forget to fertilise them!

THE REST OF THE GARDEN

- Fertilise the garden with ProLawn Garden Supreme
- Continue to deadhead roses, but avoid cutting them back hard
- Plant out autumn-toned shrubs and flowers to complement the autumn colour ahead: orange flowered day-lilies and bright foliage shrubs such as heucheras and NZ coprosmas
- Prune hedges and topiaries and fertilise.



Deadhead roses - but don't cut them back

Deadheading is done to keep roses looking attractive and encourages more blooms. Just don't cut them back too hard yet.



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Build: New

New beginnings

A new year often triggers a desire for change. This time of year motivates us to take on new challenges and make improvements both personally and professionally. At Signature Homes West Norwest Auckland we too take time to evaluate our situation and adapt to accommodate the challenges of a new year. This year sees our business farewell staff due to changes in family dynamics and exciting additions. As a result we get the opportunity to welcome new people into our team. Such changes create an amazing opportunity for our business to evolve and develop as new personalities bring with them a wealth of previous knowledge and expertise. We have the pleasure to introduce to you Philip Beech, our quantity surveyor. As your quantity surveyor Philip has the responsibility of ensuring pricing and quantities of product and materials are calculated off your plan to enable to provide a fixed price contract. Therefore you have all the information before your project begins along with the peace of mind that the price will not change, no hidden add ons/costs. He is a gem, a very experienced gem. Another fabulous addition to our team is Debby Corliss. Debby has come onboard as part of our sales team as a new home consultant. A



lovely lady who offers years of previous new home build expertise with a gentle enthusiasm and passion to assist you to realise your dreams. Debby can assist you using our pre-designed plans, developments and/or subdivision or help you realise that design and build dream home from scratch. Bring your wishes to Debby and she will make it happen. Call into our kumeu office at 80 Main Road to meet our new team members. Phone 09 412 9010 or 0800 020 600.

Technology makes life easier

Jetting off for a well-deserved break is exciting. Deciding what to pack is often another story. Not to mention which books to take without taking up precious luggage space. The invention of the Kindle addressed this very issue for many travellers.



Hosting an entire library on one small device, sparking the end to lugging (and financing) heavy books around. Building a new home is much like planning a trip abroad. There are decisions and steps that must be taken so, as to celebrate exciting events along the way. But, there is potential to include too many heavy hardback books, in the form of outdated processes and inefficient tools. The way to combat this? Use a trusted, proven system to enhance your new home building experience. With the latest technology to plan, execute and track progress. Keeping you up to date with every phase and exciting milestone. To make life easier on your new home building project talk to me one of our expert team. Scott www.compasshomesrodney.com.

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- Insulation – dry, quiet and comfortable homes
- Peace of Mind – Signature Homes offer robust guarantees

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Moving the earth

Moving earth is a dirty job, but for Jimmy Moses of Earth Developments, when he leaves a building site it not only has quality foundations but is always clean. It's these workmanship traits that have earned him the Maddren Homes Tradie of the Month nomination. His leadership, accountability and communication skills has made him well sought after and respected, and it's not gone unnoticed. While it's a team effort to build a house, hard workers who go the extra mile deserve recognition, agrees both Maddren Homes and proud sponsor Western ITM. Jimmy's great attitude has earned himself a Western ITM voucher, 'good on ya' Jimmy.



to maximise living spaces and optimise living flow. It's among the reasons why more New Zealanders have chosen to build with G.J. Gardner Homes over the last 17 years than any other builder. G.J. Gardner plans also provide a greater deal of flexibility because they are designed using an engineering formula that allows the layouts to be easily modified. So while most of our customers choose one of our concept plans, amongst all of them adapt the layout to make their home unique and personal. Simply bring us your wish list and see how flexible we can be. Call in to our show home today at 7 Grove Way Riverhead to have a chat to one of our Sales Consultants, Leanne, Fiona or Kylie, or contact us at the office on 09 412 5371.

Showhome now open

Come in and see us at 7 Peihana Road, open 7 days, 10am-4pm. Take a look around our new show home and introduce yourself to our friendly sales team. We have a range of completed homes available ready for you to view today. These homes offer a mix of two level duplex and standalone homes with expansive and light-filled open plan living, on trend kitchens and high quality fixtures. The quality build and well thought out design will be sure to impress. You will feel at home and entertain with ease. Perfect for all ages and stages and lifestyles. Get in quick to be one of the first to view our exciting new release of homes. For more information visit fletcherliving.co.nz or call Christina Tubman on 027 334 4752.



Prepare to be inspired

Now you have the flexibility to build exactly what you want. Like many builders, G.J. Gardner Homes has an extensive range of house plans to suit the needs of all kinds of families and lifestyles. What makes us different is that our plans don't just look good on paper. They work incredibly well in practice, designed



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Food: Beverages

Crusty's Pizza Burger

West Auckland pizzeria and burger restaurant Crusty's Pizza Burger has won most popular restaurant in the Menulog Restaurant Awards for summer 2017/18.

Located at Unit 7, 160 Hobsonville Point Road, Crusty's

Pizza Burger is renowned for its signature Beef Pizza Burger dish - a beef, pepperoni, red onion, and mozzarella cheese burger encased in a golden pizza shell. The family-run business handcrafts its pizza and burgers using locally sourced ingredients to provide the Hobsonville community with a delicious range of food. These qualities helped it take out the title of the most popular Menulog restaurant in New Zealand.

The Menulog Restaurant Awards are open to all restaurants and takeaways on the Menulog platform and are selected based on popularity, rating and customer satisfaction. Menulog is New Zealand's largest online food delivery service cuisine with more than 900 restaurants available via the Menulog App or menulog.co.nz.

Owner Brendon Marsh says he is proud to have received the award as customer satisfaction is a huge priority for his business. "We like to put personal touches into our business, like for example naming some of the dishes after street names in the area. Being on the Menulog platform has helped my business grow since we opened two years ago. It means customers don't need to jump in the car - all they need to do is jump online and get their meals delivered, it's an efficient and convenient technology. There's so much competition out there for local restaurants, especially in burgers and pizza, and you have to evolve



and change to keep up with what the market is demanding."

All in a Pickle

Did you know that one large gherkin pickle contains less than 1 gram of fat and is rich in potassium, vitamin A and K? If you're not so keen on the raw article, then NoShortcuts' Gherkin Relish, which consists of over 40% fresh gherkins, is a low fat, low salt

way to add flavour to salads, sandwiches, hamburgers and pasta. It's also addictive with fish, chicken, pork, ham and cheeses. Like all NoShortcuts products, this gherkin relish is completely vegan using fresh, locally grown produce. Their entire range of gourmet chutney, relish, pickle and jam is handmade - just like mum made and there are no artificial flavours, colours or preservatives added. To purchase, go to www.noshortcuts.co.nz or your nearest Farro Fresh store. Or follow Noshortcutsnz on Facebook or noshortcutschutneys on Instagram.



Mary Berry's Easter Biscuits

100g softened butter
75g caster sugar + extra for sprinkling at end
1 egg - separated
Zest of one lemon
200g plain flour
50g currants
1-2 tbsp milk
Method

1. Preheat the oven 200C/180C Fan. Line three baking trays with baking paper.
2. Put the butter and sugar in a bowl and beat until well combined and fluffy. Add the egg yolk and lemon zest. Sift in the flour and mix well. Stir in the currants and enough milk to make a fairly soft dough.
3. Knead the dough on a floured work surface and, using a rolling pin, roll out the dough until 5mm/¼in thick. Using a 6cm/2½in fluted cutter, cut out 24 rounds. Transfer to the baking trays using a palette knife and bake for 8 minutes.
4. Lightly beat the egg white using a fork.
5. Remove the biscuits from the oven and brush the tops with



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the beaten egg white. Sprinkle over caster sugar and return to the oven for 5 minutes, or until pale golden-brown and cooked though. Leave to cool on the trays for a few minutes, then carefully lift onto a wire rack to cool completely.

Recipe Tips - The biscuits can be made up to three days ahead and kept in an airtight container.

Work quickly in a cool area of the kitchen as you do not want the dough to become too soft. If it is soft after mixing, chill it for 10 minutes, or until easier to handle.

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

Peko Peko Japanese Takeaway

Sad news... Sunday 11th March will be our last day of trading with our food truck. Thank you so much for your support for the last 4 years. It wasn't easy journey to reach here and this was definitely the hardest decision we have ever made, but it's time to have more family time with our son. However, at the same time there is exciting news. We will open our new eatery on 102C Hobsonville Road, on the corner across from Hobsonville Primary School. Yes, our little Peko Peko will be bigger! And we couldn't achieve this without each of you so thank you all for your support. We are hoping to open our new place late 2018 so please bear with us for next 6+ months. We won't go anywhere far and we are already thrilled about our new start. We will update our Facebook page as much as we can while we are closed. Thanks again for your support and we will see you soon.

The Herbalist Craft Beer

Try these tasty muffins for a late afternoon snack on the weekend. Pair them with our Nettle & Bilberry Lager for extra deliciousness.

Hearty lager muffins ingredients:

1 cup plain flour

½ cup cauliflower, finely chopped



½ cup corn kernels, fresh or frozen

½ cup ground almonds

125g feta, crumbled

1 teaspoon baking powder

1 tablespoon fresh herbs, finely chopped

4 eggs, whisked together

4 tablespoons The Herbalist Nettle & Bilberry Lager

1 cup grated cheese

Method - Preheat oven to 200C. Prepare muffin tins with parchment strips or paper cases. In a large bowl, combine all of the ingredients except ½ cup of grated cheese. Spoon the mixture into the muffin tins and sprinkle the remaining grated cheese over the top. Bake for approximately 18-20 minutes. Serve warm with butter and a cold glass of our Nettle & Bilberry Lager. Stockists: The Bottle-O Huapai, Black Bull Kumeu, Fresh Choice Waimauku, Boric Food Market, Soljans Estate Winery, Riverhead Fine Wines, Hobsonville Kitchen Cafe and select West Liquor stores.

Energise your morning with this Espresso Nice Cream recipe

This blend of bananas and coffee will get you going in the morning. The recipe serves two and is brought to you by the team at The Source Bulk Foods in Kumeu, suppliers of wholesome, natural foods and a zero-waste lifestyle.

Ingredients:

3 – 4 frozen bananas

3 tbsp. cold-dripped coffee

2 tbsp. almond butter

1 tbsp. mesquite powder (optional)

½ tsp. maca powder (optional)

1 tsp vanilla bean powder

¼ tsp. Himalayan salt

Method

1. Combine all ingredients in a high-power blender, blend until smooth and creamy.



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2. Transfer to two bowls and top with banana coins, coffee beans, cacao nibs, shredded coconut and / or raw chocolate.

3. Serve and enjoy.

The Source Bulk Foods, 49 Main Road, Kumeu. www.thesource-bulkfoods.co.nz. Phone 09 412 2492 - Open seven days a week, 9am - 6pm Monday to Saturday, 10am - 4pm on Sundays.

Forester

At Forester in Riverhead we aim to give locals a place they can meet up, have a drink and something to eat a few times a week.

We have created a set of rituals for each night where we offer a great product and a great price. We also offer some of the best cocktails in the area and aim to use local produce where possible.

Opening Hours are, Tuesday to Thursday 12pm - 9pm and Friday and Saturday 12pm - late, Sunday 12pm - 9pm. Call us on 09 869 4589 or book online through our Facebook page.



Soljans Estate Winery

As the shine wears off the New Year and we all fall back into routine, why not treat yourself to a top notch culinary experience here at Soljans Estate Winery Café, presented to you by our award winning chefs? While you're here, why not take a stroll through our stunning vineyard, or even book yourself a tour and tasting? Our guided tours offer groups (minimum 10 people) the chance to be taken through



the winery and learn about our family's winemaking history, as well as a thing or two about wine itself. This is then followed by a tasting in which you will get the opportunity to taste both, New Zealand's Most Awarded Sparkling Wine – Our Fusion Sparkling Muscat – and, our Iconic Founders Tawny Port.

Call us now to make a booking - 09 412 2680 | Café or 09 412 5858 | Cellar Door and General Enquires.

GGs Woodfired pizza

Kumeu's most well-known wood fired pizzeria has been under a few guises in its time and now new owners Scott and Abby Limbrick are keeping the fire stoked as GGS wood fired pizza.

Using a local supply of 100% Manuka and kanuka wood to fire the oven, ensures these

are some of the tastiest pizzas around and can become, as a few of the locals have found out, quite addictive.

GGs use only high quality local and imported salamis and meats, quality New Zealand cheese and veg and have a surprisingly extensive menu to please every taste, items like Smokey BBQ wings, hand cut wedges with smoked garlic aioli, salads, desserts and drinks.

GGs will also sell you dough balls or precooked bases for those who love to make pizzas at home

GGs Woodfired pizzas - 316 Main Road Kumeu, phone 09 412 5060.



The Single Fin XPA

Hallertau have teamed up with Muriwai's Maori Bay Board Riders to create a delicious drop that quenches the thirst and helps support the future of surfing at Muriwai. The Hallertau Single Fin XPA is a refreshing and lightly hopped extra pale ale, ideally suited to a post surf session. The Single Fin XPA will be available in March from Hallertau Brewery, Muriwai Surf Club and at Board Rider competitions and events.



- Smokey Manuka woodfired pizzas - Quality salamis and meats
- Wood roasted wings and wedges - roast pork flatbread and deserts
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Please see our Facebook page for delivery area & Menu
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Petstips:advice

The dangers of 1080 poisoning for domestic pets

Fluoroacetates do occur naturally in some plants, but our main losses are to domestic animals such as dogs that have ingested baits of synthetic fluoroacetate (1080), which has been used in New Zealand for vermin control since the 1950's.



1080 as it is more commonly known is tasteless, odourless, water-soluble and kills for months after it has been dropped. It is the most commonly used poison against feral cats, rats, rabbits, possum and wild pigs.

Though it is restricted to licensed operators it is a common poisoning in dogs sheep and cattle. Because rodents require a relatively high dose of 1080 to be killed, secondary poisoning can occur to cats and dogs if they eat dead or dying rodents. 1080 has been found in possum carcasses 3 months after poisoning. Signs of poisoning may appear between 30 minutes or up to several hours after the bait has been ingested.

Signs: restlessness, hyperactivity, disorientation, sensitive to touch, aggressive, circling, barking or howling. The second stage would be excessive drooling, vomiting, defecation, urination, muscle tremors and convulsions. Death can occur within 2-12 hours of poisoning. As there is no antidote you need to contact your vet immediately.

They may recommend making the animal vomit – but you can only induce vomiting if you are sure that your pet has taken 1080 as other poisons can cause damage when vomited.

Use some common sense when you are walking your dog in areas that are known to have drops. Go to Department of Conser-

vation to see where any pesticide operations are taking place. www.doc.govt.nz/nature/pests-and-threats/animal-pests/pesticide-summaries/northern-north-island.

Keep your dog on a lead, Consider a muzzle if your dog can tolerate it, don't let it forage or drink from streams or ponds where there have been drop. Bath your dog if it has entered a stream or pond that may have been contaminated and don't let it eat dead rodents, birds or possums, Watch out for warning signs. Jo Clough – Director PET First Aid & Training.

Cat show

Sunday 4 March 2018 – 10.00am to 3.00pm. Kumeu Community Centre, Access Road. TOSCA Cat Club is running a show in March for our specialist breeds of Siamese and Oriental Shorthair (the tall slinky ones) with the addition of British Shorthairs (rounder than round), Devon and Cornish Rexes and Tonkinese. Our annual show features beautiful champions strutting their stuff (and yelling about it) as well as divine kittens. Our judges come from all over New Zealand and will be giving a commentary on the cats as they are judged. Come in the morning to watch the judging, or come in the afternoon to see the winners and prizegiving. All welcome to come and view for a small door charge of \$4 per adult and \$2 for children (sorry, we don't have Eftpos, please bring cash). If you have any queries, please call Sue Starrs on 09 833 5200.



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Bottled water and premium biscuits are always available. Your baby will be relaxed in our climate controlled suites and you will have complete peace of mind knowing we live on site and continually monitor them. The last bed check is around 10.00pm to ensure they are content, dim the lights and lower the music. We do not have a surcharge for public holidays or to administer medication. For more information call us on 09 411 5326 or 027 550 1406, email info@kanikapark.nz or find us on Facebook at Kanika Park Cat Retreat.

Cats firmly in the sights of a blinkered Auckland Council

The Auckland Council is currently reviewing the Regional Pest Management Plan, which will include the ability to trap and kill your family cat – if officers get their way. In the new policy, the Council has decided that companion cats near “ecologically sensitive areas” are now a pest and can be executed on a zero-tolerance basis. On the surface, this doesn’t sound too bad – until you realise that there are literally thousands of these “ecologically sensitive areas” scattered across Auckland. Few of them are signposted, none are marked on maps, and some of them are so small that they may be no more than a handful of trees on reserve land at the end of the street, and Auckland Council is already pursuing this policy. So far, eight cats that were pets owned by families have been trapped and killed near Shakespear Park. Some of the cats had collars, bells and microchips, but this was no defence against Council rangers with guns in their hands. Allegedly, the killings were to protect native birds – but the park itself has an incomplete predator-proof fence. Had the Council been responsible and spent the few thousand dollars necessary to fix the fence, none of the deaths would have been necessary and the birds would have been safer as well. The Council’s apparent solution is to require that all cats are microchipped – at a cost of tens of millions of dollars to owners. But as the Council well knows, microchipping is an imperfect solution at best. One of the major manufacturers, Virbac, has recently stated that around 15,000 microchips they manufactured between 2012 and 2017 have failed or is likely to fail – and they have yet to order a recall, so most owners won’t know that their cat is no longer identified. Under the new Council policy, a failed microchip because of poor manufacturing will be an instant death sentence.

It’s time for this ideologically-driven madness to end. If you want your cat to remain a member of your family rather than



Cat lovers urgently needed

Volunteers required to help with cleaning duties etc. at a cat rescue shelter in Huapai. Can you spare two or three hours once a week? Also loving homes needed for some of the friendly rescue cats. Donations appreciated at thenzcatfoundation.org.nz/donate. Please get in touch with Carolyn on 021 143 6815.



a notch on some Council ranger’s gun belt, then contact your Auckland Councillor and demand that the Regional Pest Management plan is stopped in its tracks.

Yeast infections in dogs

At Angels Grooming in Massey, we are seeing more and more dogs come in with sore, red and inflamed patches of skin, and inflamed ear conditions, which are often signs of a yeast infection. We have talked to a vet who has done a lot of research and developed a system which includes an antifungal course to kill the underlying yeast infection as well as antibiotics if needed. This way, the dog’s immune system is then able to fight the infection more effectively. Avoiding carbohydrates in their diet is vital, as yeast feeds on sugar, otherwise the likelihood of reinfection is high. A professional dog groom will help prevent the likelihood of bacterial infections as bacteria is hugely reduced during a groom with thorough shampooing, blow drying, ear cleaning, and tailored trimming of areas that are prone to matting. We offer free consultations. Angels Professional Grooming Centre, Massey. Phone 09 833 5571.



DOGabled NZ

Join Heather, Django and their four-legged friends from DOGabled NZ for companion dog sessions. These will run at Massey Library (Cnr Don Buck Rd and Westgate Drive, Massey) on the first Saturday of each month at 11.30am, starting on Saturday 3 March. We will read stories, play games and learn about pet dogs. Afterwards, we’ll do some cool crafts and spend time with the DOGabled NZ dogs. DOGabledNZ is a children’s charity dedicated to providing safe dog experiences for children with physical, emotional, behavioural or intellectual challenges or vulnerabilities. Find out more at www.DOGabled.org.nz on Facebook / DOGabledNZ, or contact Heather on 021 0250 0630 or heather@dogabled.org.nz.



Special thanks

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| Countdown North West | Hobsonville Point Dairy |
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Health:beauty

Who is The Sassy Mango?

Hi, I'm Shelley...The Sassy Mango. You may have seen me driving around West Harbour. My business is all about Empowering Women to find their sparkle again. To help you get back your confidence, self-esteem and live a happy, healthy life. I am Certified in Life Coaching, Nutrition for Weight Loss & Management, Psychology & Counselling. I run a face to face personally designed programme that gets you Results. You WILL gain the confidence to change any area of your life, whether it's building your self-esteem, achieving your weight-loss goal, getting control back over food, managing stress/anxiety and lots more. The tools I will give you are tools you can use for Life. I'm offering you a free 1 hour consultation so you can meet me and discuss what I do and see if I am the right person to help you achieve your dreams. Book through my website or call me for a chat. Start today...you can do it. My story, is on my website. www.thesassymango.co.nz Phone 027 852 2522.



Let's get moving:

Rest, Ice, Compression, and Elevation (RICE) is the most popular method of dealing with physical injury. We have done it for years. However, this treatment might not be the best recovery method for all injuries. Movement, not rest - Inactivity shuts the muscle down. Blood flow is restricted and tissue atrophy follows. In contrast, activity improves blood flow, which brings oxygen and removes metabolic waste. Inflammation exonerated: don't ice - Anti-inflammatory medications deserve caution. There is no evidence non-steroidal anti-inflammatories (NSAID) improve the outcome of acute sports injuries or reduce swelling. Compression and elevation - Evidence to confirm or refute benefit on injury recovery is hard to find! Some people find it helps and other people do not, it is personal choice! Emotional cost of injury - Don't be disheartened by an injury. Get moving and get those feel good endorphins firing. Start with simple Range of Movement exercises and progress to cross training and strengthening before gradually returning to full participation in your chosen sport. Summary: Ice is out. Anti-inflammatories-it's up to you. Use compression if you believe it works, and ele-

vate if you like. Gradual easing back to full participation. Let's call it MOVE: Movement, not rest. Options: offer other options for cross training. Vary rehabilitation with strength, balance and agility drills. Ease back to activity early for emotional strength. The full article can be found here - www.thischangedmypractice.com/move-an-injury-not-rice.

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Shy to pick up the phone or too busy during working hours to call us? We have added Online Booking Option for you. There is no excuse now to delay your Dental Check up or Clean and Polish. Remember it is way more cost effective to maintain your oral health than doing a treatment. Check up and polish is recommended every 6 month. And it's free if you are still in high school! Grab your parents and make it in to an event with something cool to do after the appointment - like a movie nearby or a trip to a gamezone. Book now at www.asmile.co.nz or call us 09 832 2998.



New arrivals

After a very busy Christmas, you might have a bit of time now just to relax and enjoy browsing through our new arrivals. Our Danish and French designed glasses are sophisticated but fun with fabulous colours and the latest fashion shapes. We have sourced a new range of gifts and homewares from Mexico - totally individual and appealing in earth and stone tones. Come and browse at leisure at Hobsonville Optometrists - Glasses and Gifts, 143 Hobsonville Road. Open Saturdays and Mon to Fri 9am - 5pm.



What is neuromuscular therapy?

As a neuromuscular therapist this is a question I am often asked.

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Neuromuscular Therapy is a very specific type of massage therapy used to relieve pain and help unhappy muscles return to their happy place, functioning optimally without aches and pains. Using targeted massage techniques, working with the client's breath, and prescribed homecare exercises (you know, the ones you sometimes do or don't) to eliminate the causes of most muscular aches and pains. NMT aims to balance the nervous system with the muscles and the bones (skeleton) to naturally bring the body back into alignment, the place where it should be. We look at your posture, the way you stand and walk, and which muscles are long or short. It is used to eliminate ischemia, which is a reduced blood flow caused by tight muscles and fascia. With NMT we also test for trapped nerves or possible disc problems to figure out what's causing numbness, pain, pins and needles, carpal tunnel problems or sciatic like symptoms to name a few. NMT takes into consideration factors that can aggravate or worsen your condition such as joint problems, daily postures in your working or sporting environment, repetitive strain issues, nutrition, emotional wellbeing and other elements that can mimic muscle aches and pains. The longer a problem exists and or persists, the longer it will take to deal with – one session is not going to resolve a problem that has been around for the last 3 months or more. So, remember, when you feel a niggle, deal with it before it becomes a painful or limiting problem. Self-care is not a luxury; your body will thank you for it. If I can help you with any of your muscular aches and pains call Debbie from Realign Massage & Neuromuscular Therapy on 021 120 2175.

nology Eye Crème application to every facial booked, for free! Phone Spa Di Vine for your appointment. Spa Di Vine Phone 09 411 5290 or send an email to relax@spadivine.co.nz or visit our website www.spadivine.co.nz.

Is your child's school bag too heavy?

Did you know that your child's school bag should be around 10-15% of their body weight? Too often, children's schoolbags are too heavy which can put a lot of strain on their backs, shoulders and necks. I have recently post a new video in which I discuss some of the key things to look for when getting a school bag for your child, but also how it should be worn in order to help prevent injuries. I would encourage you to have a look at your child's schoolbag, see how heavy it is and how they wear it and then watch the video and see how it compares. The video is available on my website in the blog page or on my Facebook page (www.facebook.com/elevatechiropractic). Elevate Chiropractic: Shop 1, 10 Greenhithe Road, Greenhithe. Phone 09 413 5312. www.elevatechiropractic.co.nz.



Spa Di Vine's focus on eyes

Spa Di Vine (est. 2002) in Waimauku, will be focusing facial treatments on the all-important eye area this month. The skin underneath the eye is very thin and delicate, so it's important to use a hydrating formula to protect it. Stay away from products that contain a lot of fragrance, or ingredients such as exfoliating beads.



Skin care designed for the face can possibly be too heavy for the skin around the eyes, and might clog pores and cause milia. We look for products that include algae, which drains toxins, improves microcirculation and diminishes dark circles. Our go-to is the Theravine Ice-Crystal Eye Contour Crème, as it contains the snow algae as well as grape seed extract, which firms and protects the skin from free radicals. Try for yourself - For the month of March 2018, Spa Di Vine will add the Ice-Crystal Tech-

Hand Institute

The Hand Institute specialises in treating injuries to the hand, thumb, wrist and elbow. We treat all injuries from the elbow down, including: Fractures of elbow, wrist, fingers and thumb. Elbow, wrist, thumb and finger sprains/dislocations. Casting and splinting can be provided if required. Tennis and golfer's elbow. Sports injuries to the upper limb. This service is free of charge if covered by ACC apart from a one off surcharge of \$40-00 for incidental costs not covered by ACC. Arthritis of the upper limb, hand and thumb. Overuse symptoms caused by Trigger Finger. Overuse symptoms caused by Carpal Tunnel Syndrome. Carpal Tunnel Syndrome (CTS) is caused by compression of the median nerve as it runs beneath the carpal tunnel ligament at the wrist. Symptoms include pins and needles or numbness in the thumb or fingers that wake you at night, weakness or dropping things. These symptoms may also be caused by other conditions. At the Hand Institute we provide comprehensive assessment of your symptoms and can refer you to a specialist if indicated.



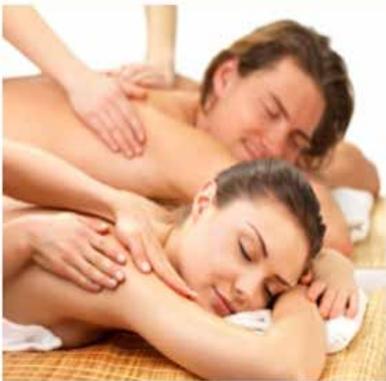


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Sprains and strains

Sprains and strains are common injuries affecting different parts of your body. A sprain is a stretching or tearing of ligaments. The most common location is in your ankle, wrist or thumb. A strain is a stretching or tearing of muscle or tendon. Strains often occur in the lower back and in the hamstring muscle in the back of your thigh. Symptoms of most sprains or strains are very similar: pain and inflammation, and sometimes bruising. Most people with mild sprains and strains can treat these injuries with "RICE" therapy: Rest, Ice, Compression, Elevation. If the pain and swelling gets worse or you have not improved after a couple of days, see your doctor or physiotherapist. Of course, you probably can't wait to get active again, but don't rush it. You could reinjure the area and make it worse. It's best to rehab your injury gradually. A physiotherapist can recommend certain exercises that can help you get back to your normal routine bit by bit, at a safe pace. If you need us we're here to help. Call NorthWest Physio+ on 09 412 2945 www.northwestphysioplus.co.nz.



Are you protecting your little ones eyes from the sun?

It's habit to slather kids in sunscreen and pop on their hats before they go out in the sun. But do your kids wear sunglasses? Have you ever wondered if they need to? Children should wear sunglasses every time they are outdoors for a significant amount of time. You don't have to spend a fortune, just ensure



the pair you choose have standard UV 400 lenses or 100% UV protection and avoid novelty sunglasses with coloured lenses because they don't provide as much protection. Westgate Optometrists have a good selection of children's sunglasses available including the new Ugly Fish kids 'unbreakable' range. These are available in a range of colours and styles, are polarised with 100% UV protection and are designed to flex instead of break. Stop by to check them out! Phone: 09 831 0202 Website: www.westopt.nz.

Shoe Talk's Tips on how to fit shoes

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



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

Arthritis and chiropractic

Arthritis means joint inflammation - Arthritis is not a single disease, it refers to a group of more than 100 rheumatic diseases and other conditions that can cause pain, stiffness and swelling in the joints. Any part of the body can become inflamed or painful from arthritis and can be very common, however this does not mean that arthritis can only affect the elderly. Some forms of arthritis can appear in childhood and early adulthood. Symptoms: Arthritis is a disease that causes the joints to swell, resulting in pain, stiffness and loss of function particularly in the



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hands, knees, feet, hips and spine. Symptoms depend of the type of arthritis and can range from benign to severe. It could be caused by cartilage that is wearing away, a lack of fluid, infection, or a combination of many factors. Chiropractic care and arthritis: Many arthritis sufferers assume that nothing can be done to reverse the degeneration or relieve their pain. Chiropractic care addresses the practical issue of getting the body to move more freely and maintaining as much normal function as possible, so that arthritis need not be crippling. Once the body is free from *subluxations, the need for pain-relieving medications often times lessens or disappears altogether. Before resorting to drastic options for your arthritis, such as surgery and replacing the affected joints with synthetic devices, give the team at Kumeu Chiropractic a call. *Subluxation; a subluxation is the result of spinal bones with improper motion or position affecting nerve communications between your brain and your body. Kumeu Chiropractic - 8 Shamrock Drive. Kumeu. Phone 09 412 5536. Come and have a chat with our team at the Kumeu Show 2018.

Pelvic floor stress test

Think your pelvic floor is fine? You might be surprised – particularly if you are: A mum. Experiencing upper or lower back pain Overweight. A current or ex-athlete. Try the test below. If you can perform it with no leakage or bearing down sensation then great! Your pelvic floor is strong and you're not aggravating any asymptomatic problems during exercise. If you do experience issues, then KC Fit can help. At home, drink 500ml water. Wait 20-30 mins then perform: 30 secs skipping - legs together. 5 x full burpees - legs together, chest to floor, jump at top. 1 x 10m shuttle run and return. 5 x star jumps - Cough on the last two. If you have problems, listen to your body. Kirstyn Campbell at KC Fit offers training face to face and via Facebook where she teaches how to strengthen your pelvic floor and deep inner core.



New year new you 2018 - 6 week ladies only 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 year, we've set New Year's resolutions and not long after it has started "I can't" sets in. Kumeu Gym Ladies only New Year New You Challenge is here to help remove these common misconceptions, to change these "I cant's into "I can, I will , I'm

strong, I'm determined to build your confidence, strength and fitness. If you are new to the area, this is a fantastic opportunity to meet friends while getting fit in a fun and safe environment. Check out our website www.kumeugym.co.nz or our Kumeu Gym Facebook page for details or call us 09 412 8932. Register now - Challenge start date is Saturday the 24th March - limited spaces.

Shoulder pain

People strain their shoulders quite often. Especially during summer time in the garden or playing sport. Often minor injuries settle by themselves, but sometimes the pain just doesn't go away or it becomes difficult to lift the arm. Is it arthritis now? Usually



not. It can be one of the several problems. Some are easier to fix with osteopathic manipulation or exercises, others are trickier. A lot of problems stem from the tight muscles and soft tissues. It is very common to have shoulder pain that is a radiation from cervical or thoracic spine. These respond well to manipulative treatment. Another common shoulder problem is called rotator cuff injury. This is when one of the tendons in the shoulder gets sprained or even torn resulting in shoulder pain and affecting movements. Rotator cuff injuries take longer time to recover and sometimes require a surgical approach or cortisone injection to settle them. At the Family Osteopathic Clinic we regularly treat patients with shoulder pain. Osteopathic manual treatment and in some cases acupuncture usually do the trick for uncomplicated strains, while more serious problems we manage with the specialist care. We can refer for further tests, such as X rays or ultrasound scans if necessary. Come and see us at 39 Hobsonville Rd, West Harbour. For an appointment call 09 416 0097.

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Area columnists

CP Authentic Asia responds to growing NZ demand for duck with premium cooked product

Charoen Pokphand Foods (CP Foods), one of the world's leading food companies, has launched its popular CP Authentic Asia duck meal range in New Zealand. Freshly roasted and seasoned with a traditional blend of Chinese spices, the frozen products were launched after research revealed a distinct gap in the New Zealand market for convenient, great tasting, value-added duck that is available all year round. The premium cooked duck products, which include a Peking Style Aromatic Crispy Duck Pancake Kit, Peking Style Aromatic Roasted Half Duck and Peking Style Slow Cooked Duck Legs will be available in all Foodstuffs North Island stores. Andrew Turner, CP Foods Retail Manager for Australia, New Zealand and the Pacific Islands, said: "New Zealand consumers are becoming a lot more adventurous, partly driven by the popularity of cooking shows, and there has been a growing interest in duck. However, until now, supply in New Zealand has simply not been able to meet demand. Many Kiwi consumers are also unsure about how to cook and prepare duck at home. The enthusiasm is there but people can find the idea of preparing a whole, uncooked duck from scratch a bit intimidating. "We have developed the CP Authentic Asia duck products to make preparing duck as easy and appealing as possible. Home cooks will now be able to experience the recipes and dishes that they had previously only been able to enjoy in restaurants." RRP for the Peking Style



Aromatic Crispy Duck Pancake Kit (550g) is \$27.99. RRP for both the Peking Style Aromatic Roasted Half Duck (300g) and Peking Style Slow Cooked Duck Legs is \$18.99 (250g, two pieces). Each product can be ready in 3-5 minutes and can be prepared in the oven, pan or microwave. The duck is extremely versatile and can replace any other protein to add life to a meal. Pasta dishes, salads, tacos, soups and traditional Asian recipes are just a few easy but delicious options. The CP Authentic Asia brand is owned by Charoen Pokphand Foods in Thailand, one of the world's largest and most successful food companies. CP Foods operates in 16 countries and exports products from Thailand to over 30 countries, reaching more than 4 billion people. CP Foods is the first company (and Thailand the first country) approved by MPI to import fully cooked duck into New Zealand. For more information and to keep up to date with product news, visit facebook.com/CPAuthenticAsiaNZ.

Redwood Park Golf Club

Getting a par 4 on a 335 metre hole recently, was a big deal for 8 year old Blake Butler. He loves his golf and the challenge of trying to get a low score. "One of my best shots "says Blake" was on the 5th hole when I got the ball on to the green on my first hit - that's 130 metres!" Blake plays on the Redwood Park course at least twice a week, with other juniors and at other times with his Mum, and sometimes with his Grandpa. Younger sister, Zoe may also join them at times. Blake says "he enjoys playing the 8th hole at Redwood, because its short and you can get a good score". Blake leads an active life, also playing football, tennis, cricket and riding his bike. "I find that golf helps me focus on a challenge, and develops accuracy, as well as giving me good exercise "says Blake. Redwood Park Golf Club, in Swanson, offer a junior programme on Mondays afterschool and Sunday mornings, depending on what the child and parent want and the ability of the player. The Monday programme is taken by club volunteers, with the Sunday programme coaching taken by Matt Davis, a professional golf coach. Golf clubs are not required. "The junior programme is for any one between 7 yrs- 19yrs"says Warren Ogilvie, Manager at the Redwood Park club. "The great thing about golf, is the friends you meet, the lifelong skills developed and the lack of pressure from team sports". For more information on the junior golf programme at Redwood Park Golf Club see their website www.redwoodparkgolf.co.nz/juniors or contact the Club 09 833



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8253. Photo above: Blake celebrates another great shot, with sister Zoe and Mum, Penny. For further details please contact: Warren Ogilvie; phone 09 833 8253; 021 181 3355; manager@redwoodparkgolf.co.nz.

Auckland Libraries

Auckland Libraries is the largest library system in Australasia, and we have over a million items available for our members to borrow – this means we probably will have the title you are looking for! But what can you do if you can't find the title you want on Auckland Libraries' catalogue? First of all, you are always welcome to come and ask our friendly staff at Kumeu Library for assistance. We can help you search the catalogue, and find other titles on the same subject or theme. If you want a specific title by a specific author that we do not have, you also have some options. You can ask Auckland Libraries to buy the book. We love to hear from our customers about what they want to read if we don't have it. If the title is current, in print and available to buy, we generally buy it. To make a request for purchase, go to our website (www.aucklandlibraries.govt.nz) and scroll down to the bottom of the page where you will find "Ask us to buy it". Clicking that link will take you to a series of questions designed to give our collections team the information they need to make a decision regarding purchase. If you include your membership information, you will automatically be on the hold list when the book is available. If the book you are looking for is several years old, out of print and unavailable for purchase, Auckland Libraries can arrange an inter-loan, providing the book is held in another library in New Zealand or Australia – talk to us about this option. Please note that there are charges for inter-loans. Follow us on Facebook (www.facebook.com/kumeulibrary) to keep up with all your local library's news and events.

Language classes

Have you always wanted to learn French or Spanish but never got around to enrolling into that beginners' course? Or perhaps you want to equip your child with a passion for language at a young age. The good news is, no matter how old you are, you can discover your love for language at ABC Language Tuition. The school is run by Patsy Sackx, who moved to NZ in 2000 with her husband and two daughters. Patsy's been running her teaching business for more than 10 years and her enthusiasm for teaching is stronger than ever. ABC Language Tuition offers after school language classes in several primary schools in the area. Patsy and her language tutors have a passion for language, which they pass on to the students. ABC Language Tuition now offers French and Spanish adult classes. The adult language classes are held in Kumeu during the day. You can learn Spanish on Tuesday morning and French on a Wednesday



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Flippin' fun has a class to suit you

With the holidays over and a long school term ahead, it's time to look after yourself. Flippin' Fun Trampoline Park has a variety of classes for personal improvement, up-skilling or just plain fun for you and your little ones. Of course it's not just in normal bounce sessions when you can experience the benefits of trampolining. We have a range of skills and activity classes to suit you and your schedule. Check these out for Term 1. Flip fit classes – if recent unpredictable weather has kept you from the beach, it's time reclaim that beach bod with the prospect of better weather ahead. Flip classes – Fly with the best. For age 8 yrs+. Learn new tricks to impress your friends. Private flip class – one-on-one instruction with a qualified instructor accelerates your child's skills learning. Junior Flippers – a fundamental movements programme for kids aged 5 -7 yrs teaching skills core to many sports. Little Flippers – a super fun toddler session for the 5 & under – no older kids allowed. For pricing and times be sure to check www.flippinfun.co.nz or call us on 09 833 6880.



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Warren's winding down – a little

Warren Flaunty retires from pharmacy work this month after 51 years in the profession. But there's plenty to keep the long-time Taupaki resident busy. He's still involved with local boards, ratepayer groups, health related matters and more. Retirement is hardly the name for it. In fact, Warren intends going tornado chasing in the USA with son Chris during May. Perhaps more in keeping with retirement is Warren's interest in bowls, playing at Hobsonville and Riverhead. He took up the sport in 2002 after selling his Massey pharmacy business, which he established in March 1967. Pharmaceutical pioneer the late Sir Graeme Douglas had hoped to move in, but the shop became vacant, so Warren jumped at the chance. Warren studied for his profession while growing up in Lower Hutt, doing a two-year diploma course and a two-year internship. He opened the Massey pharmacy the day he qualified, aged 22, moving to West Auckland to be with Annetta – the pair marrying the same year. Annetta and her father even did the Massey pharmacy shop fittings, friends pitching in to help. There was little in the area then, Massey being still rural with gravel roads and few shops until the Duck brothers built their hardware store and several other shops, including the earlier pharmacy. "I had a hitching rail for horses, and tractors often pulled up outside too," Warren



recalls. He bought a few other properties around the area. One purchase included a double section on which Pioneer Developments, the firm run by Drew Watson which also built the Kumeu Village, established about five shops including a new Massey pharmacy on the current Don Buck Rd site. Warren opened there in 1987 and had generally medical and other health related facilities around him. After selling up at Massey, Warren has continued at the Westgate Pharmacy on Fridays and has a stake in several other area pharmacies. In the early days of his practice, Warren was keen to become involved with the community. He joined the Massey Birdwood Settlers Association ratepayer group, of which he has been a member 50 years. He ventured into local body politics around 1977, successfully standing for the then Waitemata City Council. Coincidentally, Warren had played rugby for a Massey second grade team around 1968 with Tim Shadbolt, who went on to become Waitemata City mayor. In another related story, Warren broke his arm while playing rugby, so took up refereeing for 20 years, firstly with the Auckland union then for North Harbour. He was elected to the Waitakere Licensing Trust in 1986, and has been there ever since. "I became involved because I was interested in the trading side. "People complain they can't get liquor in their supermarkets in the trust area, but we formed a model which should have been used throughout New Zealand because the community dictates the number of outlets." Not only that, the trust provides a substantial slice of its profits to community organisations. As an example of how the local trust has regulated outlets, Warren points to the fact that off-premise licenses moved from 40 to 41 in 10 years compared with Manukau going from 71 to 380 plus, the off-premises also including wineries. Warren has maintained his local body involvement throughout. He was elected to the Rodney Local Board (which included Taupaki) in 2010, at the same

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time successfully gaining positions on the Upper Harbour and Henderson-Massey boards. "I stood for all three because Waitakere City had become split and many of my supporters were in each area." Warren blames a few "disenchanted candidates" for helping get what became known as "the Flaunty Bill" through Parliament to limit the number of local boards a person could represent. "You had to declare on your nomination form which area you would represent if successful in standing for more than one." "It was claimed that I had a conflict of interest, but I believe I helped in getting the boards to work together because I had knowledge of what was happening in each." It essentially forced Warren to step down from the Rodney Local Board at the last elections, remaining in the Henderson-Massey Local Board. He often attended Kumeu-Huapai Residents and Ratepayers Association meetings and others while serving Rodney, and has remained a member of the Taupaki Residents and Ratepayers Association. He's also been active in the Waitemata District Health Board since 2001, and was on the West Auckland Hospice board for 15 years. Warren became heavily involved in palliative care, introducing the Graseby pump to Auckland and New Zealand, a device which administers a cocktail of drugs over 24 hours to terminally ill people to help alleviate pain. He was named runner-up in the Royal Pharmaceutical Society awards for this. His passion in this field led to him serving the community 24 hours a day for the past 25 years. He was in the Jaycees service organisation for more than 10 years too. While at the pharmacy Warren also provided a swimming pool water analysis and care service, even having his own one-hour NewsTalk ZB programme about it for many years. "The phone would be running red hot afterwards." It's hardly surprising, then, that Warren should receive a Queen's Service Medal in 2002 for services to the community. If he decides to give up some of his local body service in coming years, perhaps Warren will devote more of his time to the Taupaki farm and their four grandchildren, who love the open spaces. One grandson is doing well in tennis, often practising on the farm's tennis courts. After living in Massey for 12 years, Warren won a Building Society ballot that enabled the couple to buy the then 24-hectare farm on Red Hills Rd. "It was half in gorse," he recalls. Over the years the Flauntys have added neighbouring properties, recently acquiring land intended for a wastewater treatment plant bordering Amreins Rd, so they now have nearly 130ha. The farm is used mainly for beef stock and was, until fairly recently, a Belgian Blue cattle stud. Chris and Warren have an interest in horses as well, which probably developed when horse owners used to arrive at the Massey pharmacy seeking medication for their animals. Warren got a trainer's licence and bought a few horses and joined owner syndicates. The first to do him proud was pacer Heidette, which won eight races – under the guidance of well-known driver Tony Herlihy who was still at school. Changing to gallopers in 2016, Warren became involved with the Te Akau Racing Stables and Zambezi Warrior which won several races and performed well in last year's Bris-

bane Cup. Chris has a share in a syndicate whose horse Avantage beat Te Akau Racing stablemate Al Hasa, in which Warren has a stake, at the Karaka Million at Eilerslie on January 26. So at 74 there's little chance of Warren putting his feet up just yet. "Life's a challenge," he says.

Country life is changing

Wayne and Gabrielle Ryburn of Taupaki are seeing more subdivided lots advertised for sale around their organic blueberry farm. It makes them wonder how much productive cropping land will continue to be lost as Auckland's development expands westward. Parts of Taupaki are among areas changed to a "countryside living zone" under the Auckland unitary plan, allowing subdivision down to one-hectare using transferrable titles.



The Ryburns, pictured, began growing blueberries at their 4.55-hectare farm about 30 years ago, mainly because the peaty river flood plain soils are ideal for the crop. They've seen vineyards and orchards move out their way from Henderson, particularly the now developed Lincoln Road area. "We're losing too much good cropping land," Gabrielle says. "Many people seem unaware of the price that will be paid for the permanent loss of such food producing land. "Higher food prices and less nutrient dense foods grown on poorer soils are two possible consequences already concerning those of us aware that we are what we eat." Suitable soils and climate are becoming more difficult to find, and the Ryburns are not a lone voice on this issue. Horticulture New Zealand wants a national food security policy. It says about 10,000 hectares of horticultural land was lost to urban development between 2001 and 2016. A "perfect storm" is developing over New Zealand's supply of healthy food for both domestic consumption and export. "There's concern about food security in this area, and climate change will make a difference to what can and can't be grown," Wayne says. It's not only unseasonal weather, Wayne also believes climate change is promoting plant damaging pathogens such as the phytophthora fungus which damages plant roots. Their blueberries have been hit more with phytophthora in recent years, requiring plant replacement and techniques such as mounding and selecting less vulnerable varieties to reduce plant loss. About eight different blueberry varieties, including Climax, Delight and Centurion, all with unique flavours, are among the nearly 4000 bushes they have. They still produce good quality and quantity of fruit, picking about 2000kgs annually. Production will increase with new plantings and as other blueberry plants mature. Most of this goes to private customers and the rest is sold through farmers'

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markets and organic shops. They're not totally reliant on their blueberries for income. Wayne is a relieving secondary school teacher, specialising in geography and history. His interest in the area's history led to the production of his sold-out book *Tall Spars Steamers and Gum: A History of the Kaipara from Early European Settlement, 1854-1947*. A re-edited version with more information is now planned. Gabrielle is involved in teaching art. The award-winning painter specialises in commission portraits, large scale botanical and still life works, mainly oils and pastels. Gabrielle teaches adult students at The Studio, Corban's Estate Art Centre, in Henderson on Wednesday mornings and has been involved in a programme helping people overcome disabilities such as strokes, through learning to draw and paint. "I teach people to not only enjoy art but gain a new perspective on life," she says. Through art people can develop a deeper awareness of their surroundings, Gabrielle says. A painting titled *Glorious*, exploring the interdependence of light and dark in depicting clematis flowers, was among two works selected for The New Zealand Painting and Printmaking Awards in 2016, later also winning the Hetty Boere Nature Theme Award. Contact Gabrielle on gdrdesign@gmail.com, 0212 288 771 or 09 412 9255 for more information.

Kumeu Show tractor display and parade

Everyone associated with this year's Kumeu A & P Show (March 10th and 11th) is hoping for much better weather than last year, although the tractor parade did take place on the partially flooded showgrounds. A turnout of 30 – 40 Classic, Vintage and some modern tractors and machinery for the 2 days, and there

will be the usual parade and commentary at midday on Sunday. Two special attractions that are planned to appear are Murray Weimers (Waiuku) 1950 German Lanz Bulldog and his mid-1950's Field Marshall that each have large capacity single cylinder engines. The Lanz has a "hot bulb" engine that requires the use of a blow torch for 10 mins before starting, and the Field Marshall can be started by hand cranking a very large fly-wheel or by using a shot-gun cartridge! Weather permitting there will be regular demonstrations of haymaking, a tractor pull to demonstrate the Massey Ferguson Pressure Control System from the early 1970's and rides for the kids in a restored apple orchard trailer. There will also be a Trade Stand by Discount Tractor Spares who can source a wide range of parts and accessories for Classic and more modern tractors. Any age or condition of tractors or implements are very welcome so you are encouraged to get that old tractor out of the shed and down to the showgrounds on the Friday before the show. Assistance with transport can be made available by contacting Peter Birch on 021 637 707 as early as possible in the week before the show. Please ring Peter for more information and your free entry tickets for the show.

The financial year end is almost here

It is nearly the end of the financial year and now is a great time to start thinking about all of those little jobs that need to be done to make completing the annual accounts easier, and ensure that you are maximising your tax deductions. It is important to review your debtors and physically write off any bad debts in your accounting system prior to close of business on

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31 March in order to claim a tax deduction. On 31 March you should count and reconcile any petty cash and make sure you have entered your petty cash expenses into your accounting software, which allows your accountant to claim a deduction for tax and make adjustments for GST that may not have been claimed during the year. It is also a great idea to set some time aside on 31 March to count any stock you have (especially live-stock), because if your stock count is not correct you could be paying more tax than you should.

For more advice on getting organised for the financial year end and tips for minimising your tax, contact Mark Foster and the UHY Haines Norton team at 329A Main Road, Kumeu, on 09 412 9853 or email kumeu@uhyhn.co.nz.

Hot rod show gears up for 25th

The dust has barely settled on this year's Kumeu Classic Car and Hot Rod Festival than planning has already begun for the its big 25th anniversary event next January. Something special is being considered for the milestone, but organisers Ken and Desma Galvin of Kumeu say it's early in the planning stages yet. They will be starting to work through the processes this month. Meanwhile, the weather proved kinder for the January 20-21 show this time, after last year's washout. More than 30,000 people passed through the Kumeu Showgrounds' gates during the weekend event, some coming from as far afield as the USA and Britain. They came to soak up the sights and sounds of in excess of 3000 cars, including a jet car and dragster fire-ups. Attractions included performances both days by band Rock Steady, comprising former members of Foreigner and Bad Company. East Bay Rods celebrated its 50th anniversary with a car display. Round five of the Jack Daniels National BBQ Championship proved a drawcard with about 20 teams competing in a cook-off. The top People's Choice award went to Steve and Tracey



Fleetman's 1936 Ford Cabriolet. A "Brat" Mustang unveiled in a full body kit from Autocolour Matrix director Jason Hansen won the Best Street Machine and also the Best Presentation as part of the John Andrew Ford stand. Hansen is pictured, right, with John Andrew Ford senior sales consultant Chris Robbins. A 1932 gold Roadster earned the Best Hot Rod trophy for Peter and Toni Farant, Other awards included Mitre 10 Westgate's Best Presentation, won by John Andrew Ford. People's Choice Best Bike went to Steve Hawkes' Real Fire Custom Soft-tail, and Murray Greg won Best Bike with 1929 Indian Scout and side car. Visit www.kumeuhotrodshow.co.nz for more information.

West Harbour Tide Chart

Date	High	Low	High	Low	High
Thu 1 Mar	-	01:03	07:31	13:34	20:00
Fri 2 Mar	-	01:58	08:25	14:29	20:54
Sat 3 Mar	-	02:50	09:16	15:20	21:45
Sun 4 Mar	-	03:39	10:05	16:09	22:33
Mon 5 Mar	-	04:26	10:53	16:56	23:20
Tue 6 Mar	-	05:12	11:39	17:41	-
Wed 7 Mar	00:05	05:58	12:24	18:26	-
Thu 8 Mar	00:50	06:45	13:09	19:10	-
Fri 9 Mar	01:36	07:34	13:54	19:57	-
Sat 10 Mar	02:26	08:26	14:42	20:47	-
Sun 11 Mar	03:20	09:22	15:34	21:44	-
Mon 12 Mar	04:18	10:19	16:30	22:44	-
Tue 13 Mar	05:16	11:14	17:27	23:41	-
Wed 14 Mar	06:09	12:06	18:23	-	-
Thu 15 Mar	-	00:32	06:57	12:53	19:14
Fri 16 Mar	-	01:17	07:42	13:38	20:00
Sat 17 Mar	-	01:59	08:23	14:21	20:43
Sun 18 Mar	-	02:39	09:04	15:02	21:24
Mon 19 Mar	-	03:19	09:45	15:44	22:05
Tue 20 Mar	-	04:00	10:27	16:26	22:47
Wed 21 Mar	-	04:42	11:10	17:10	23:30
Thu 22 Mar	-	05:27	11:56	17:55	-
Fri 23 Mar	00:16	06:16	12:44	18:43	-
Sat 24 Mar	01:06	07:09	13:35	19:35	-
Sun 25 Mar	02:02	08:07	14:31	20:33	-
Mon 26 Mar	03:03	09:11	15:32	21:37	-
Tue 27 Mar	04:09	10:16	16:37	22:43	-
Wed 28 Mar	05:13	11:20	17:43	23:47	-
Thu 29 Mar	06:14	12:20	18:45	-	-
Fri 30 Mar	-	00:46	07:11	13:16	19:42
Sat 31 Mar	-	01:40	08:03	14:08	20:35

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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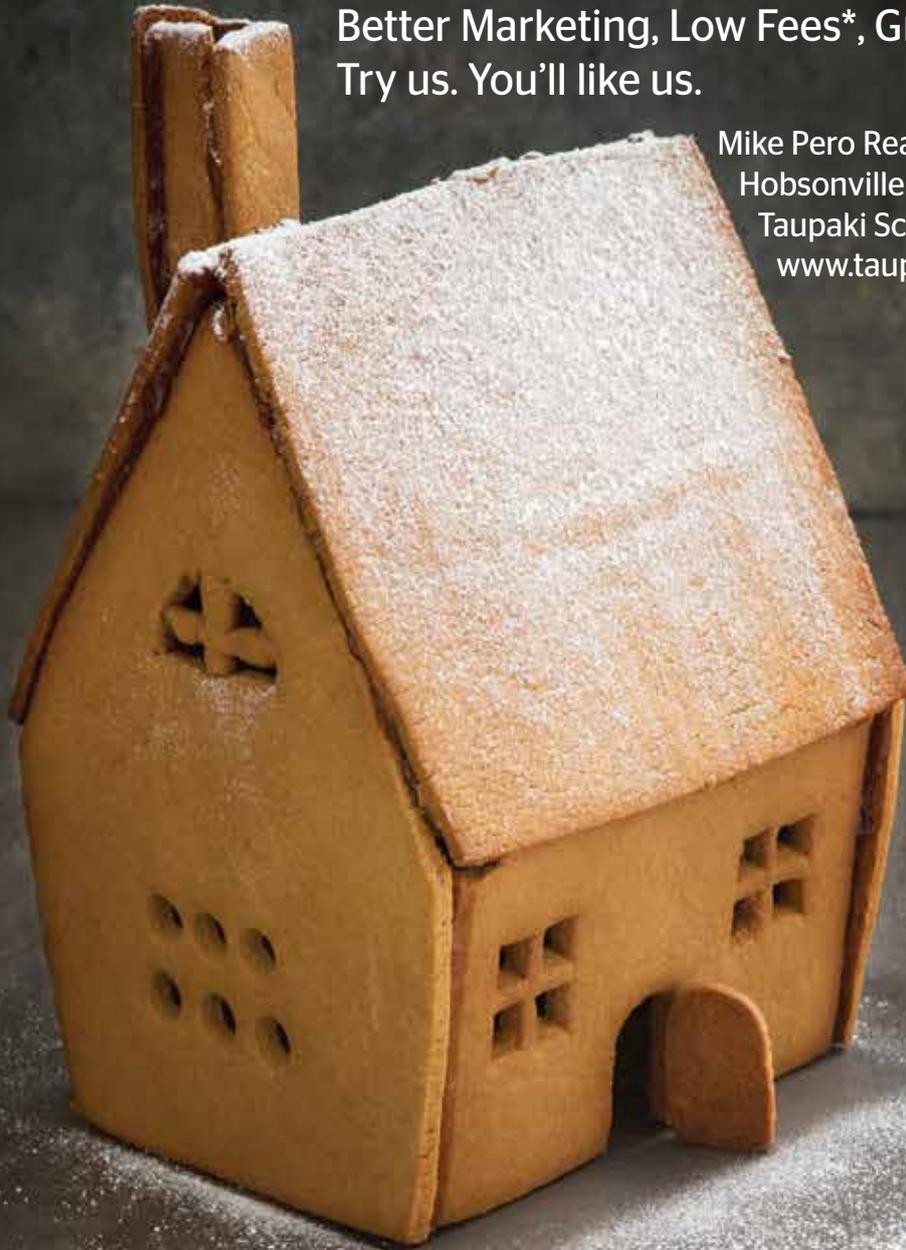
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