

the **Westerly**

FREE monthly community magazine for Massey to Hobsonville Point

PROPERTY MARKET REPORT **SUMMER WASTE SERVICES**

- People & places
- Home & garden
- Community notices
- Food & beverage

YOU TRAVEL WESTGATE

Circulation is 10,000 print copies.

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

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

March 2019

Intro

In the words of Barack Obama, "Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek". But why is it so difficult? So often we know what we want to do, eat the right foods, squeeze in time to exercise, keep our minds alert, learn to centre down and let go of our stresses, but just taking the first step, or keeping going once we have started, is taken over by procrastination. You need to change "I can't" to "I can and I will".

It seems that we need to engage our whole selves, just knowing something's right isn't enough. How you feel about yourself has a huge impact on success. Seeing yourself in a positive light, working towards gaining the desired outcome makes all the difference. Planning steps to reward yourself for getting started, setting small and achievable targets, and building on your progress enables a firm foundation to be established; gaining support from family and close friends will help you to reach your personal goal. If you associate yourself with these like-minded people the potential for change becomes real, as they support you through your challenges.

Hopefully you won't struggle to find something in this month's Westerly to enjoy and make a positive difference. We all know that travel can broaden your mind; there's plenty on offer here. Could you help by supporting local Scouts or Girl Guides? Create the lead-ers of the future (who are going to look after you when you're old!). Could fitness be for you, or your children? There are facilities for kids, or try your hand, or feet, at karate, or plan take those feet to Muriwai on 28 April to turn the tide. Push yourself to try martial art, or enjoy a game of football. If you overdo it, there are plenty of resources to bring you back to your peak. Stimulate your brain with a foreign language or hone your computer skills. Just relax and enjoy a range of musical entertainments, from punk to traditional music. Perhaps some retail therapy would suit you better, whether fashion at NorthWest, or fish food at Catalina Bay Farmers Market at Hobsonville Point, our community, our re-source. We continue our series celebrating staff at local Countdown stores.

What is a normalised market and why are we in one? The answer is in Graham's property section, together with invaluable legal and financial advice to protect you from future troubles. Help is at hand from experts to help your property work the way you want.

It's happening in our area. Enjoy it to the full. Have a good month.

John,
Editor



the Westerly

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People:Places

YOU Travel Westgate puts customers first

Travel agency YOU Travel's name says it all.

"YOU" as in full focus on the client.

"We tailor-make holidays to suit our clients' inquiries and needs," manager Paula Ayris-Webster says.

And that means everything – from arranging transportation (rail, road, ship and air), accommodation to group tours, visa applications – and anything else the client needs for their trip. "The focus is on experience, enjoyment and holidays from the moment the customer walks through the door until they come home from their trip," Paula says.

"The aim is to make the whole experience seamless and an easy process when you travel."

Paula believes customers seek someone who listens to what they want and acts on that.

"YOU Travel is all about YOU – what YOU want and what YOU need are."

Clients also have 24-hour access in the event of an emergency or requiring extra help.

Using the free Viber app on a smartphone, the client can contact Paula anytime from anywhere in the world – provided Wi-Fi is available. "I can log in from home as well as the office, sort out any additional needs the clients have and let them know the result any time of the day or night,"

Knowing Paula has their welfare at heart and that she can be contacted any time is part of the reason clients keep returning. "They know who they're talking to – that they don't have to talk to a stranger," says Paula, adding that building trust is extremely important.

Paula is a familiar face, who has worked in the travel industry more than 11 years and has travelled to many parts of the world during her life.

Indeed, she can usually recommend places such as good restaurants and sight-seeing spots nearby where the clients are staying, often having visited the locations herself.

With Paula's father being in Britain's Royal Air Force when she was a child, she travelled as a youngster to all parts of the world as he moved about. Her travels continued after joining the British Army herself, where she served for eight years, reaching the rank of acting sergeant.

"So I have a lot of self-discipline and set high standards," says Paula, whose army experience translates well to the travel industry.

Paula worked for a travel agency at Westgate for almost eight years, before moving into the role of manager at YOU Travel Westgate, formerly known as United Travel, where she has run the business for almost three years.

"I love the job I do and meeting all the different people I come across in my career," Paula says.

The YOU Travel Westgate office is near to the AA (Automobile Association) office. Travel inquiries – whether for a birthday, holiday, anniversary or any other reason - are welcome at YOU Travel Westgate, with ample three-hour parking nearby; a friendly welcome and coffee!

The office at 18 Westgate Drive is open Monday to Friday, 9am-5pm, and evenings and weekends by appointment.

Contact Paula on 021 0262 4760, 09 831 0081 or email paula@youtravel.co.nz for more information.



Geoff Dobson
MEDIA

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E geoffdobson2017@gmail.com

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\$85+gst"**

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

you will receive a month's worth of local exposure

Community: Notices

Countdown Massey

Countdown Massey is in the heart of West Auckland, great for all your shopping needs whether you're popping in for a couple of things or doing the big weekly shop.

Jerry Siilata was appointed as the new Store Manager in September; it's Jerry's first store management role after nearly 19 years with the company in a number of different roles. Jerry says he's really excited to hit the ground running and get to know his team and Massey locals.

He'll no doubt be ably helped by the 47 team members at Countdown Massey, many of whom have been part of the community for many years. The store's longest serving team member is Meat Manager Pauline Reed, who has been in the team for 26 years. Her first role was in the meat department and she's has loved it ever since.

"Pauline's passion is truly something to be admired," says Jerry. "She knows our local customers so well and I'm very grateful to have team on board with such valuable local knowledge and experience."

"It's also really important to me that our team and store give back to our local community and customers; it was fantastic to represent Countdown at the Police event, Pacific in the Park, late last year and this year I'm also looking forward to continu-



ing to donate food to our food rescue partners here in Massey, which are The Salvation Army and Fair Food," says Jerry.

The Countdown Massey team loves getting out and about in their local area, partnering with a number of primary schools and churches nearby. If you have a charity event or a local opportunity you'd like prizes for, food for a sausage sizzle or some other support, please don't hesitate to get in touch with the team when you're next in store.

Local psychic medium

Do you need some guidance or advice with your life? This could be to do with finances, work, relationships, health and much more. Through her spiritual abilities Kerry-Marie Callander, recently featured on Sensing Murder as one of their psychics, can help you. She also offers personal readings, reiki, spiritual healing and is also a registered celebrant officiating both funerals and weddings. With her abilities as a psychic medium she can connect you to your loved ones



who have passed away. In June this year she is taking people away to a spiritual retreat in Rarotonga and there is still room for you if you wish to join. To book a reading or healing got to spiritualdecisions.co.nz and look for the bookings page. If you would like to know more about her Rarotonga retreat email: kerry@spiritualdecisions.co.nz.

Flippin' Fun trampoline park

The place for parties, skills, toddlers and much more bouncing fun!

With the school holidays over Flippin' Fun's normal week day activities are back.

Of course it's not just in normal bounce sessions that 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 – with summer on the way it's time to start thinking about getting back that beach bod.



*Massey High School's
50th Anniversary*

SEEK THE HEIGHTS

18-19th October 2019
A Celebration of 50 years

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Designed by Jayden Mesich THCO

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Flip classes – Fly with the best! For age 8 yrs+. Learn new tricks to impress your friends.

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 & unders – no older kids allowed.

Be the most popular parent around and book your child's special birthday with Flippin' Fun. They're enormous fun and hassle free.

Our party webpage has all the information you need.

For pricing and times be sure to check www.flippinfun.co.nz or call us on 09 833 6880.

Hobsonville Point neighbours' day block bbqs

Calling all Hobsonville Point blocks. To celebrate Neighbours Day Aotearoa, you can organise an event or barbecue for your block over Neighbours Weekend (30 - 31 March) and receive 50 sausages and bread FOR FREE to get things rolling. Each block-event organiser will also receive a free 12" gourmet pizza from the local Crusty's Pizza Burger after the event, as a thank-you. Just contact Gordon (gordon@hobsonville.org.nz) with the date of your Block event, and he'll provide any help you need and link you up with the goodies! Please note that this Hobsonville Community Trust offer is only available to Hobsonville Point blocks.

New staff member joins the YOU Travel Westgate team

After over fifteen years of caring for customers in the Northwest precinct, Jade Leverno has joined the established team at YOU Travel Westgate.

An award winning manager and sales consultant, Jade's special interest is streamlining group bookings, and coordinating all those little elements that make for a smooth and decadently stress-free travel experience.

Offering a personalised service, right down to supplying her mobile number to help tackle those last minute obstacles, and possessing a keen passion for exploring the globe, she believes the trip starts from the moment you walk in the door or pick up the phone. Offering faultless service, and inside tips and tricks for booking family holidays, girly shopping weekends away, or smooth executive experiences, she looks forward to being of assistance.



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Whether it be flying, cruising; international travel or domestic local exploring; The trip of a lifetime is a few Jade-tweaks away. YOU Travel Westgate - 18 Westgate Drive, Westgate. Phone 09 831 0018 or 027 327 2865, email jade@youtravel.co.nz.

Massey Community – you be the Guide!

Adventure, conservation, technology, camping, crafts, community action and advocacy – GirlGuiding NZ is a place where girls can be girls, where they will discover their passions, contribute to their communities and form friendships in a safe and positive environment.



GirlGuiding NZ delivers their girl-led programme to Kiwi girls through an extraordinary team of volunteers around the country. The enthusiasm and energy of these generous and proactive people use fun, adventure and friendship to build girls' confidence and life skills.

Being a volunteer with GirlGuiding is rewarding. You have the chance to learn new skills, develop friendships, grow professionally and personally and give something back to your community. And, it's great fun!

"The girls make me smile (and usually laugh out loud!) all the time - but also give me a completely different perspective on situations which keeps me learning." - Emma, GirlGuiding NZ Unit Leader

GirlGuiding NZ is looking for volunteers throughout the West Auckland area to work with girls at all ages - Pippins 5-7 years, Brownies 7-9 years, Guides 9.5-12.5 years, Rangers 12.5-17 years. Local units meet in Kumeu, Waitakere, Henderson and Te Atatu Peninsula. There is also a vacancy for an enthusiastic and committed volunteer to reopen the Massey Brownies unit.

Guiding offers a range of options for volunteering that are flexible and adaptable to your lifestyle. If you are interested, check out girlguidingnz.org.nz/volunteers or call 0800 22 22 92 for more information.

Cat lovers urgently needed

Volunteers required to help with cleaning duties etc. at a cat rescue shelter in Huapai. Can you spare two or three hours once a week? Also loving homes needed for some of the friendly rescue cats. Donations appreciated at thenzcatfoundation.org.nz. Phone 09 412 2636 or 021 929 999 for further information.

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Auckland

In Brief updates: Events

Little Miss Enchanted

Set up your very own enchanted wonderland right in your own living room! Our DIY Tee Pee package offers you an affordable birthday solution. Only \$199 - You will get; 5x Tee Pees - extra tee pees (\$30 each), Streamer bunting, Mink blanket with duvet cover each, Blow up mattress and bedding, Night lights, Fur rugs, Soft toys, Decorative cushions, Lap tray, Cherry Blossom flowers for Tee Pees, Gorgeous cushions and Pump.



Instructions - set up takes approx 45min-1hr

We get everything ready for you to pick up and set up your own Enchanting Tee Pee Slumber Party.

We also have the Magical Mermaid theme available!

Wanting more for your party? Add on DIY Pampering station for \$80.

Foot soaks with unicorn bath sprinkles, unicorn fluff cleanser, masks and hot chocolate moisturiser!

Plus you get to keep the gorgeous products from The Bon Bon Factory!

Interested? Send us a message at info@littlemissenchanted.co.nz.

The Mobile Car specialists

What's the difference in results, between a DIY'er who polishes his/her car themselves, compared to having it professionally corrected and polished?



Answer: It's kind of like someone who attempts to give them self a haircut vs having it done at the hairdressers. Seriously. From a distance it might look pretty good - however, get up close, and under lighting and you can see the home-handly-job clear as day.

How we transform people's cars is night and day compared to what the average person can do for their own pride and joy.

Prices range from \$189 +gst for sedans and \$199 +gst for SUV's. Our other services include:

- Removal of small to large dents in your car panels

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Massey craft market

Mark the last Saturday of the month for a visit to the Massey Craft Market held in the Massey Birdwood Settlers Hall between 10am and 2pm.



The Market is coming up to a year old and is fast gaining a reputation as the place to be if you want to buy special gifts for your friends and family. Whether it be a birthday, the birth of a new born baby or a special thank you gift, the market has it all.

You can talk to the craft makers themselves who often have a great yarn to tell about what they have made.

Crafts such as cards, jewellery, soy candles, crystal, knitted baby clothes, woodcraft products, bags of all different types, girls' dresses, skincare products, waterbombs, jams and pickles and much more are available.

Food trucks are outside the hall.

The market is run by Paul and Nichole Webb.

House of Travel Hobsonville

At House of Travel Hobsonville we had a really fun month including a special day taking 30 people around the Royal Caribbean Ship, Radiance of the Seas. They all won their place in a Competition we ran back in November last year to help raise



money for local primary and secondary schools.

We have some other exclusive Competitions coming up this year too. The best way to keep up to date is by following us on our Facebook page or by getting in contact. Over the last 12



MURIWAI GOLF LINKS

Andrew Jackson
General Manager

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P O Box 45 Waimauku 0842, Auckland , New Zealand

months we have given away lots of cool prizes including a trip to Samoa, multiple gift baskets, invites to exclusive cocktail parties, our famous birthday party and ship inspections to name just a few.

At House of Travel Hobsonville, we're on a mission to help you create better holidays. We use our industry partnerships and buying power to score you the best deals under the sun. So why DIY when we can DI together?

Mike (Buzz), Sam, Tania and Bev at the House of Travel Hobsonville 09 416 0700 Hobsonville@hot.co.nz.

Hey mums, school's back!

School's back, which means routines and commitments and rushing. A whole lot of rushing, and maybe a bit of stressing. Oh who am I kidding, a whole lot 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. Not deadlines, being late for after school activities, if dinner is late or bed times broken. It's family. Precious family. Loving and supporting each other but most of all cherishing our time spent together.



At Precious Imprints Personalised Jewellery I custom make jewellery for you that is inspired by the people, places and things you love. This not only creates a tangible connection for you to these things, but also when times are hectic, reminds of what matters most to you.

Visit my website www.preciousimprints.co.nz and create your very own little "reminder" today.

March at Silo Park

Silo Park's eighth season is ramping up with blockbuster movies, our first rescued produce food event and more! Silo Park Event Manager, John Sutton, says this summer is one to remember. "Our great line up, paired



with gorgeous weather and an awesome crowd has ensured a rad start to Silo Park's eighth season and we're not slowing down. We're celebrating the last month of Summer with even more good vibes," he says.

Weekends start on Friday at 5PM with the Silo Bar and an abundance of food trucks followed by Silo Cinema. Each Friday night at 8.30PM, a different film will be projected onto one of the silos for all to enjoy. Silo Cinema features blockbusters (Mission: Impossible - Fall Out, Ocean's 8, First Man), a popular indie film (Lady Bird) and another People's Choice (public vote between Wonder Woman, Terminator 2, Dumb & Dumber or Mean Girls). Proceeds from popcorn sales at Silo Cinema are donated to The Auckland City Mission.

Saturdays and Sundays in March continue to feature bespoke events with a rotation of DJs, community performances and hands-on workshops. New events to add to your summer calendar include a first for Silo Park; Kiwi Harvest; Kai with (re)Purpose, and the re-turn of Dog Day Afternoon.

KiwiHarvest; Kai with (re)Purpose will see five local food truck favourites transform kai rescued from KiwiHarvest into delicious meals for you to enjoy! A percentage of all sales will go to KiwiHarvest to help them rescue more food and help nourish communities across New Zealand. For a full calendar of upcoming events visit silopark.co.nz or facebook.com/silopark.

A special thank you to Panuku Development Auckland and Fresh Concept for making it all possible.

We need leaders!

Scouts is a volunteer organisation and without leaders this 111 year old organisation would not exist!

So, how do I become a leader?

Firstly you must be 18 years or over and there is no age limit.



Then you need to meet Police vetting requirements, in a similar way that parents need to before attending School camps.

Once you are qualified to lead (warranted), you will have the opportunity to take part in a wide range of training courses to build on your skills and experiences. Things such as, but not limited to, camping skills, kayaking skills, knots, bush craft, outdoor first aid, games and much more.

So, "what's in it for me" I hear you ask. Being a leader is also a huge confidence builder, it gives people skills that help them interact, stretches people's perception of what they are capable of and reminds them that they are logical, competent individuals. What sort of people become Scout leaders? Not a tough question, we have parents, Scouts that have progressed through to Rovers and want to share their knowledge with a younger generation and people from all walks of life, especially trainee teachers who find it a great place to apply practical and hands on skills from their training.

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If you are interested in becoming a leader, or have children that are interested in knowing more about Scouts, then head to www.scouts.org.nz, or email me below.

Watch out for us at the Kumeu Show, pop in and say hello and take part in one of our activities.

Craig Paltridge - Waitoru Zone Leader, email Zl.waitoru@zone.scouts.nz.

Want to try karate?

Taupaki Dojo is a long established family friendly place for children and adults to learn traditional Goju Ryu karate.

Under the guidance of accredited instructor Sensei Bryan Williams, 5th dan Black Belt, you will learn a style of karate that trains the mind as well as the body. Emphasis is placed on learning practical self defence skills, building strength, co-ordination, endurance and flexibility which drastically improve fitness and confidence levels.

Goju Ryu can be practised by anyone, regardless of build, gender, age or athletic ability and whatever your physical condition. No previous proficiency in sport is needed, rather a commitment and a desire to progress.

We are members of Jundokan New Zealand (an official branch of Jundokan Japan) a non profit organisation established to promote the practice and study of Goju Ryu (hard & soft style) karate in New Zealand. Our training fees are kept as low to encourage continued participation, with any profit returned to the club for the benefit of the students.

Anyone can open a Dojo but not everyone is qualified to teach you or your child. Taupaki Dojo is a member of an Internationally recognised Karate style with a traceable lineage to Okinawa. Bryan Williams - Sensei, is an accredited instructor. This means your grade and certificate will be recognised by Jundokan worldwide.



KARATE

TUES & THURS TAUPAKI HALL

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ADULTS 7-8.30PM

more info

TAUPAKIKARATE.CO.NZ

TAUPAKI GOJU RYU KARATE 09 412 9768

Our recent open night resulted in an increase in student numbers however we still have spaces available and welcome new members at any time of the year. Just come along to a class and try it out. We offer a two week free trial so why not come and see what we do?

Taupaki Hall (Opposite Harry James Reserve, Taupaki Road, Taupaki) on Tuesday & Thursday Junior training (7+) - 6-7pm Senior training (ages 13+) - 7-8.30pm. Contact julia@bwainsolvency.co.nz or 09 412 9768. www.taupakikarate.co.nz.

Portable pump track arrives in Massey

Thanks to funding from Transpower CommunityCare Fund, the pupils at 4 local schools have the opportunity to bike, scoot and skate at school on a modular 29ft pumptrack.

The pump track is easy to relocate and will be moved between Don Buck School, Birdwood School, Lincoln Heights School and Massey Primary term by term so that the maximum amount of local school children have the opportunity to use the track. Biking, skating and scooting are healthy fun forms of exercise and it is a joy to hear the children's laughter and see their confidence grow as they ride on the pumptrack.

Transpower and its CommunityCare Fund assist communities affected by their assets and we are grateful that they are supporting our local schools and our tamariki; investing in the health and wellbeing of the children by creating an active space to keep them fit and social.



Turning the tide walk

Hundreds of people are expected to turn out next month for an epic 17-kilometre walk down Muriwai Beach in support of a family-violence free northwest Auckland.

It's the third year of the Turning the Tide Fundraising Walk

organised by the local women's refuge, Kia Timata Ano Trust.

The event on Sunday 28 April sees walkers register at Muriwai Surf Lifesaving Club, then bus to Rimmer Road access of the beach near Helensville and walk back to the Surf Club along the beach.



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There's also a shorter 4-kilometre option for those who want to support the cause but aren't up to the full distance.

Last year's event raised \$16,000 which, along with a grant from SKYCITY Auckland Community Trust, allowed the refuge to employ its first male advocate.

Funds raised this year will go towards running support groups and programmes for both men and women.

Tickets are available now at www.turningthetidewalk2019.eventbrite.co.nz.

Learn French and Spanish

ABC Language Tuition offers Adult French and Spanish Language classes during the day or evening.

All classes are at the Kumeu Arts Centre.

Beginner and Intermediate level are offered. All classes are taught by native speakers.

Small classes and a fun learning environment.

ABC Language Tuition also offer After school language classes at Waimauku, Waitakere, Riverhead, Taupaki school and HPPS.

Book your spot now www.abclanguage.co.nz or 027 490 4321.



helloworld

Ever dreamt of standing in admiration of the Great Pyramids of Giza, standing on the battle grounds of our fallen New Zealand soldiers in El Alamein, sailing away the days on the Nile or floating in the Dead Sea?

In March 2020 you can have this once in a lifetime experience in the comfort and safety of a small group escorted tour from Auckland with helloworld Hobsonville.

The tour is operated by Insight Vacations and offers 10 nights in 4 – 5 star accommodation, 1 night in a Luxury Camp and 4 nights on a Nile Cruise.

Main highlights of the tour are;

Sightseeing in Alexandria, El Alamein cemetery & war museum, Giza Pyramids, Sphinx, Khan El Khalili Baazar, Karnak & Luxor Temples, Valley of the Kings, High tea at the Old Cataract Hotel, Abu Simbel Temples, Jeep Safari in Wadi Rum, UNESCO World Heritage Site of Petra and a stay at the Dead Sea.

Twin share and single prices are available, group size is minimum of 10 and maximum of 14 so space is limited.

Contact hobsonville@helloworld.co.nz today to express your interest. Or call us on 09 416 1799.

Bridgestone Westgate

The children are back to school, the holidays are over and its back to the busy-ness of driving children around West Auckland to their sports and hobbies.

It is now a good time to check the tyres on the car; checking your tyres and the tyre pressure helps identify bulges, uneven wearing and slow leaks – if you spot something you are not sure about or need to check what pressure you should be running the tyres on feel free to pop in to see the boys at Bridgestone Westgate, 1 Cellar Court, (the big red building behind McDonalds) or call on 09 833 8555.

Remember we can quote you on any and all tyre we provide you with honest advice, many times we are able to help you get a long safe life from your tyres.

Massey Birdwood Settlers Association Inc.

Our hall is situated on the corner of Red Hills Road and Don Buck Road in Massey and is the of home to; -

- Massey Craft Market – last Saturday of the month from 10am to 2pm
- Redhills Community Kindergarten - phone 09 833 6401.
- Massey Indoor Bowls – Wednesday nights from 7pm
- Massey Housie – Friday nights from 7pm
- Waitakere Cake Decorating Club – second Saturday of the month
- Massey Birdwood Settlers Association (your local resident and residents and ratepayers' group)

For information about the hall and Massey you can contact our Secretary John Riddell on 09 833 6972, email masseybirdwood@gmail.com, check out our website www.masseybirdwoodsettlers.org or our Facebook page www.facebook.com/masseybirdwoodhall.



If the budget was blown over the holidays we have joined the "part pay" team – it is a lay by system which lets you spread the payments over 4 payments without you paying any interest or fees on the purchase.

Bridgestone Westgate; locally owned, family business, over 20 years at Westgate, keeping you safe on the road.

A little bit of everything

Music in Parks returns to Hobsonville Point on Saturday 23 March from 1pm - 4 pm at Hobsonville Point Park, Buckley Ave. Once again Auckland Council brings us this event with their supporting partner MediaWorks New Zealand.



Can't decide on your favourite style of music? Try a little bit of everything.

With a unique blend of punk-meets-rock n roll, Dead Beat Boys live shows are unmatched. Led by James Fitz, carrying New Zealand's longest mic lead in hand, Dead Beat Boys fuse punk intensity with classic-rock riffs performing a show uncontainable by the stage.

Joanne Slagel is definitely young, certainly talented, and possibly the best musician you'll see until the next one! She deftly picks and strums her way through songs ranging from toe-tap-ping to eye-misting.

Joined by Daniel Armstrong & The Monsoons, who are busy. Busy making songs that you've probably heard a million times, and that's OK! Because who doesn't love familiari-ty?

Genre: Rock, Pop, Alt

Accessibility: Very limited event mobility parking, but there is a drop-off point at event entry. Accessible toilets available.

Auckland Council supports zero waste. Avoid polystyrene and plastic (wrap and bags) when bringing food on site. Consider

re-useable or recyclable packaging. All Auckland Council sports fields, parks and reserves are smoke-free areas. Websites: Music in Parks. Facebook Page.

Silo Park

Silo Park is partnering with our friends at KiwiHarvest to bring you Kai with a (re) Purpose. This will be our first food event dedicated to utilising rescued food! KiwiHarvest is an organisation dedicated to rescuing New Zealand's perishable food. The non-profit collect good, surplus fresh food from commercial outlets and distribute it to those in need.



In March, five local food truck favourites will transform kai rescued from KiwiHarvest into delicious meals for you to enjoy! A percentage of all sales will go back to KiwiHarvest to help them rescue more food to help nourish communities across New Zealand.

Confirmed food trucks include Pie Piper, Judge Bao, Hangi Master, Rolling Pin, and Lalele Organic Gelato who will serve different dishes with a positive focus on avoiding food waste! Come along to eat and learn about avoidable food waste. It will be a flavoursome and fun day for all to enjoy.

Due to the nature of food rescue, KiwiHarvest and the food vendors cannot determine what will be on the menu until the week of the event.

Visit www.silopark.co.nz for more info. Please note that all Silo Park activities are dependent on good weather, so check the website or Facebook page for any updates.

Massey local comes top in New Zealand in Cambridge exams

ACG Sunderland student Junheng (David) Li is the top IGCSE student in New Zealand following his extraordinary set of Cambridge exam results, which included a perfect score of 200/200 in IGCSE Mathematics (Without Coursework).



Cambridge International is a globally recognised curriculum that ACG Sunderland provides as an alternative to NCEA. The award is based on the best marks across five IGCSE subjects. David, who lives with his parents in Massey, came Top in the World

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in IGCSE Maths (Without Coursework) and Top in New Zealand in IGCSE Physics. He also received A* grades (90% or above) in Chemistry; Biology; Music; English First Language; and Spanish. A keen scuba diver who plays piano in the school jazz band and competed in rock quest with school band Hex, David started at ACG Sunderland in Henderson in Year 9. While he had hoped for good results in his exams, he had low expectations. "I push myself hard sometimes and just don't know what to expect." He is interested in studying Pathology at university having witnessed family members affected by cancer and wanting to learn about the intricacies of the immune system.

Principal Nathan Villars said David was a wonderful ACG Sunderland student. "He is very hard working, highly motivated across all his interests – academics, music, and supporting the chosen charities for the year. He gives his time freely, tutoring younger students at lunchtime, too. He really is an all-round high achiever."

In addition, Hengyang Li (Leo), Year 12, was Top in World in IGCSE Design & Technology. This is the second Top in World result the school has received in this subject in recent years under teacher Cecilia Faumuina.

ACG Sunderland is an independent school for preschoolers through to Year 13, located in Henderson, West Auckland. Underpinned by exceptional learning and teaching, traditional values and individualised care, the school offers the internationally recognised Cambridge curriculum and extensive extracurricular and leadership opportunities.

Dame Malvina Major Foundation is coming to Summerset

The Dame Malvina Major Foundation has partnered with Summerset to bring concerts featuring New Zealand's up-and-coming performing artists to Summerset at Monterey Park. The artists will cover a span of genres, from opera to songs from your favourite musicals and golden oldies. Through the Summerset Concert Series, the foundation raises money for young artists to continue their education in the arts and follow their creative pursuits. Tickets to the Summerset Concert Series are \$40 and are available to the public, so this is an ideal opportunity to spend an evening with friends and family, or to check out your local Summerset village. Tickets may be limited so please check with reception on 09 951 8920; the price includes refreshments. Saturday 16 March at 6.30pm



Summerset at Monterey Park 1 Squadron Drive, Hobsonville.

Gym kids

Looking for options to entertain the kids during the school holidays? Try our Holiday programme or Free-Play sessions at Gym Zone.



Our popular Gym Kids holiday programme will be running at Gym Zone Hobsonville for the April holidays. Children from 4.5 - 11yrs will have a fantastic time with us learning new gymnastics skills and having fun with great games, art and craft activities and making new friends.

Free-Play is now open at Gym Zone! Come along and try out our huge foam pit, trampolines, tumbling track and gymnastics equipment. 1hr sessions are open on Saturday Term 1 and Sunday will be open again as well for Term 2. For more info go to the programmes tab on our website. Gym Zone – The home of Gym Kids. Read more at www.gymzone.co.nz.

Kip McGrath Education Centres

What parents say - "I would like to take the time to really thank you for the help you have provided our son. He has excelled dramatically since being under your wing. You have given him the confidence in reading that he really needed."



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

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

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

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

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

Kip McGrath Education Centre Westgate Ph. 09 831 0272.

Special thanks

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

| | |
|------------------------|-------------------------|
| Countdown Westgate | Countdown Royal Heights |
| The Warehouse Westgate | Luckens Road Dairy |
| Mitre 10 Mega Westgate | Massey Leisure Centre |
| Countdown Hobsonville | Whenuapai Dairy |
| Countdown North West | Hobsonville Point Dairy |
| Mike Pero Hobsonville | Season's Market Massey |

STUDIO SIXTEEN *Pilates*

Looking for reformer pilates without that clinical feel?
Our brand new fitness based studio has just opened
in Waimauku Village!

Bookings essential via the MindBody App or on our website

Property:Advice

Property market report

The New Zealand property market has been manipulated, pulled and tugged to penalise investors and restrict kiwi buyers that wish to trade up the property ladder. Although frustrating and some of the side effects are increased homelessness cause by fewer mum and dad investors over time it has an uncanny way of migrating back to a normalised market before spring-boarding off again. We are within a normalised market and although many will dislike the increase in days on market we are not seeing big numbers of homes on market nor a complete evaporation in buyers. Things change very quickly in real estate.

Market figures:

| | |
|--------------|--------------------------|
| Hobsonville | \$710,000 to \$1,245,000 |
| Massey | \$510,000 to \$911,000 |
| Swanson | \$925,000 |
| Waitakere | \$860,000 to \$1,500,000 |
| West Harbour | \$615,000 to \$1,100,000 |
| Whenuapai | \$1,050,000 |

Whether you are looking to improve your property, sell, or buy, I would like to talk with you about making the best decision possible in a changing market. Every day I am assisting people just like you to make decisions that are based on fact, extensive transaction reports and thorough discussion. You will feel a great deal of peace-of-mind and certainty by having your very own property specialist available to you seven days a week. Call 0800 900 700, Text 027 632 0421 or email graham.mcintyre@mikepero.com or for more information go to www.grahammcintyre.co.nz. - Mike Pero Real Estate Ltd Licensed REAA (2008).

Precision Roofing

We are a family owned and operated company based in Auckland. With over 15 years' experience in the industry, we have all your needs covered.

Precision Roofing pursues providing high quality work at a reasonable price. We use the highest quality materials to meet your home or businesses requirements as we understand that Auckland is prone to variable weather conditions. Our team gives attention to detail, so all our work is Precision quality.

The Precision Roofing teams are specialists in all aspects of roofing, meaning you only need one company to cover all your roofing needs.

Our services include; colour steel roofing, tile roof restoration, replacement of gutters and downpipes, and we also provide re-

pairs on all of the above.

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. Precision Roofing and Spouting - phone 0800 002 222, email info@precisionroofing.co.nz or visit www.precisionroofing.co.nz.

Agreeing on relationship property settlement

It is always a pleasure to hear about people who separate amicably without the need for a lawyer to resolve their children's needs and property without conflict.

Even so, when one wishes to buy the other out of their property there still must be some document prepared as a legal basis for the transaction in place of a sale and purchase agreement between the parties. A simple relationship property agreement recording the basis of the transaction becomes the legal basis of the transfer of the property from one to the other for the lawyer and the authority for the bank to approve the loan application. This agreement should not be seen as a sign of conflict but a necessary document to transfer property between them.

Contact Gareth, Linda and Jennifer at Belvedere Law www.belvederelaw.co.nz / linda@belvederelaw.co.nz.

Using Kiwisaver to purchase first home

If you are a first home buyer and you have been in Kiwisaver for more than 3 years then you may qualify to withdraw funds from your Kiwisaver to help buy your first home. The first thing you need to know is that you have to have a contract to purchase in place.

There are two scenarios:

- You need the funds to pay the Deposit to the Real Estate Agent; and/or
- You need the funds to pay the balance of the Purchase Price on Settlement Date

In the first scenario you need to get moving on your application as soon as possible after your offer has been accepted. You will need to download an application pack from your Providers website and fill it out. Part of the application form is swearing a Statutory Declaration – you can do this in front of your Solicitor

Graham McIntyre
LICENSED SALESPERSON
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M 027 632 0421
F 09 412 9603
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327 Main Road, Kumeu, Auckland
2 Clark Road, Hobsonville, Auckland



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or a Justice of the Peace.

In the second scenario your solicitor can only send your application to your Kiwisaver Provider after your contract has become unconditional. So in this case you could wait until you are unconditional to get your application organised. Just remember your Kiwisaver provider will usually need 10 business days to process the application so this needs to be organised about three weeks before settlement date.

If you are using your Kiwisaver you will have to purchase the property in your individual name (i.e. cannot nominate a trust or a company to be the purchaser).

ClearStone Legal incorporating Kumeu-Huapai Law Centre can assist you in buying your first home. Telephone 09 973 5102 if you have more questions about buying property or using your Kiwisaver.

How I can help with your investment loan

Kiwis have always had a love affair with investing in bricks and mortar and the benefits are obvious. Property represents a tangible and reliable investment and when there are favourable interest rates it's relatively cost effective to manage. Mortgage brokers understand how important it is that investors get the right investment loan – that's why Mike Pero Advisers have access to a wide panel of lenders that cater to most borrowers. From standard investment loans to out of the box solutions – there's something at Mike Pero for almost everyone.

Important things to know about deposits

Where you want to buy and who you borrow from may dictate the size of the deposit you need. For most, the minimum deposit is 30% of the value of the property. However, the good news is that if you have a smaller deposit, there are other options available outside standard bank loans. So, whatever your situation, it's worth talking with a Mike Pero Adviser to explore all the possibilities.

A gifted deposit can help your portfolio

Although traditional lenders typically like to see borrowers save for their deposit over an extended period of time, Mike Pero also has access to those lenders that accept savings from other sources as a deposit. So, if you've recently inherited money, or sold one of your family vehicles, or even been gifted money – the choice becomes yours whether to use these funds to build your investment portfolio.

Invest in living the coastal lifestyle

Most Kiwis dreams of owning a holiday house by the beach. It opens up the ability to spend weekends away from the hustle and bustle of the city and provides an option for retirement further down the track. However, for an investor, buying property by the coast is a major decision. If you want to use it regularly then you can't put tenants in it and even if you do rent it out, a

location could mean the rental market may not be as strong as a city dwelling. More and more, Mike Pero is seeing couples use the equity in their city home to help purchase coastal property. So, if this sounds like your dream and you need help crunching the numbers, then connect with your local Mike Pero Adviser today and get moving.

Build the right team around you

They say one of the most valuable things to investors is their support team. Not surprisingly, Mike Pero Advisers are often the first specialists that investors team up with when starting their investment property portfolio. So, if you are looking to invest in property and haven't yet connected with your local Mike Pero Adviser, make a call today!

For further details feel free to contact Ivan on 09 427 5870 or 0275 775 995 or email ivan.urlich@mikepero.co.nz

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

West Harbour Lawyers

Gina Jansen Lawyers are new to West Harbour so we are your new local law firm. We are a boutique law practice, but we can help our clients with most legal matters, so please feel free to enquire with us first by phone, email or simply by visiting our website at www.ginajansen.co.nz. Our legal team (made up of experienced lawyers and legal executives with 20 plus years' experience) can appear in any Court for debts, bankruptcies, liquidations, criminal prosecutions or limited work licences; deal with Inland Revenue for tax debts, audits or disputes; advise small to medium businesses about business planning, property leases, commercial purchase; prepare relationship property agreements for couples; and assist with the purchase or sale of your house(s) or the refinance to a new Bank. In the short time we have been in West Harbour, we have quickly established a solid network of local and highly reputable mortgage brokers, accountants, Banks and real estate agents that we hold in high regard and are delighted to work with/refer our clients to. This takes the hard work out for our clients trying to find professionals to use in the jigsaw puzzle that can arise in trying to solve legal problems. Members in our network are professional, ethical and hardworking business people we are more than happy to stand by. We look forward to helping you with any legal matter, so call us now at Gina Jansen Lawyers 09 869 5820, or email gina@ginajansen.co.nz or visit our website at www.ginajansen.co.nz for more information.





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f i o

• PROPERTY • COMMERCIAL • TAX •

area property stats

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

| Suburb | CV | Land Area | Floor Area | Sale Price |
|--------------|-----------|-----------|------------|------------|
| Hobsonville | 970,000 | 143M2 | 220M2 | 950,000 |
| | 1,300,000 | 349M2 | 253m2 | 1,245,000 |
| | 1,170,000 | 541M2 | 218M2 | 1,020,000 |
| | 860,000 | 620M2 | 160M2 | 885,000 |
| | 875,000 | 187M2 | 181M2 | 926,000 |
| | 1,060,000 | 202M2 | 186M2 | 1,070,000 |
| | 790,000 | 235M2 | 106M2 | 776,000 |
| | 1,200,000 | 299M2 | 230M2 | 1,105,000 |
| | 690,000 | 100M2 | 92M2 | 710,000 |
| Massey | 880,000 | 522M2 | 215M2 | 760,000 |
| | 640,000 | 490M2 | 101M2 | 710,000 |
| | 550,000 | 354M2 | 79M2 | 620,000 |
| | 605,000 | 611M2 | 90M2 | 636,000 |
| | 790,000 | 701M2 | 150M2 | 750,000 |
| | 740,000 | 414M2 | 140M2 | 510,000 |
| | 590,000 | 0M2 | 90M2 | 615,000 |
| | 530,000 | 850M2 | 80M2 | 590,000 |
| | 640,000 | 1142M2 | 105M2 | 689,000 |
| | 745,000 | 823M2 | 145M2 | 863,000 |
| | 760,000 | 660M2 | 130M2 | 732,000 |
| | 560,000 | 3950M2 | 90M2 | 640,000 |
| | 900,000 | 0M2 | 170M2 | 720,000 |
| | 950,000 | 803M2 | 150M2 | 835,000 |
| | 830,000 | 0M2 | 250M2 | 911,000 |
| | 710,000 | 817M2 | 70M2 | 800,000 |
| Swanson | 1,080,000 | 1638M2 | 210M2 | 925,000 |
| West Harbour | 660,000 | 0M2 | 90M2 | 655,000 |
| | 1,050,000 | 734M2 | 160M2 | 915,000 |
| | 1,030,000 | 0M2 | 210M2 | 835,000 |
| | 620,000 | 0M2 | 90M2 | 615,000 |
| | 920,000 | 761M2 | 120M2 | 1,100,000 |
| | 890,000 | 780M2 | 120M2 | 710,000 |
| | Whenuapai | 1,150,000 | 315M2 | 242M2 |

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.

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

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WAIMAUKU SINGLE LEVEL - 5 ROOMS, 2 LIVING AREAS 5 2 2

By Negotiation

3 Waimauku Station Road, Waimauku
By Negotiation

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



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www.mikepero.com/RX1750761



FAMILY PERFECT! CHARACTER, SUN & SEA VIEWS 4 2 1

By Negotiation

5 Seaview Terrace, Mount Albert
By Negotiation

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



Cherry Kingsley-Smith
021 888 824

cherry@mikepero.com

www.mikepero.com/RX1736226



KUMEU - HUAPAI - EASY LIVING BRICK AND TILE

4 2 2

Set Date of Sale

8 Remana Crescent, Huapai

Set Date of Sale - 4pm, Tuesday 19th March 2019 (unless sold prior).

Distinctively different with an emphasis on open plan living, alfresco entertaining and secure spaces. The home boasts over 200sqm of home which enjoys the best of open plan entertainers living which opens out to a fully usable and fully fenced back yard. The four bedrooms and bathroom are all off a central hallway which ties into the double garage providing options for storage or an indoor play area. Set on 743sqm section it has ample space to play and create while being easy to manage and maintain. Flat site with a grassed lawn area and option to park a boat, caravan or motorhome. A short drive to schools, shops, transport links and parks.



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HERALD ISLAND BLISS, SUN AND WATER VIEWS

4 2 2

Set Date of Sale

12 Twin Wharf Road, Herald Island

Set Date of Sale - 4pm, Tuesday 19th March 2019 (unless sold prior).

This sun trapped, beautifully refurbished home offers a large 270sqm open plan home catering for a family that enjoys quiet spaces, easy living and beautiful outlooks. Upstairs you will find the master bedroom with wardrobe, overlooking great water views, separate bathroom, second double bedroom and extra large third double bedroom. Ground level offers a fourth double bedroom with mezzanine accessed by the ladder on the wall and a big office space or fifth bedroom, main bathroom with separate toilet and laundry area. A spacious open plan, modern kitchen and dining area, and separate living areas, opens up to alfresco wrap around decking. Stroll down and relax to the outdoor seated timber area, amidst the lawn and garden. Situated on a large 842sqm section. With an internal access double garage.



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B&B OR MULTI-GENERATIONAL FAMILIES

5 5 3

By Negotiation

12 Amber Place, Waimauku By Negotiation

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

www.mikepero.com/RX1675880



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027 632 0421

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HIGHLY MOTIVATED - AFFORDABLE IN WAIMAUKU

4 3 2

By Negotiation

16 Denehurst Drive, Waimauku By Negotiation

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

www.mikepero.com/RX1575586



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Cherry Kingsley-Smith
021 888 824
cherry@mikepero.com



WHENUAPAI - AFFORDABLE SEMI-RURAL LIVING

3 1 1

By Negotiation

17 Kauri Road, Whenuapai By Negotiation

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

www.mikepero.com/RX1778553



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



AFFORDABLE CUL-DE-SAC LIVING - HOBSONVILLE AREA

3 2 1

Set Date of Sale

38A Sailfish Drive, West Harbour

Set Date of Sale - 4pm, Tuesday 19th March 2019 (unless sold prior).

Located a small drive from Westgate, NorthWest Shopping Centre and Hobsonville shop's, the location is absolutely brilliant while the cul-de-sac position delivers safety and solidity. In zone for Marina View, Hobsonville School and Hobsonville Point Secondary School. On offer is a gorgeous fully refurbished, brick, weatherboard & tile three bedroom single level home, with all rooms off a central hallway and uncompromised alfresco to expansive and usable decking. Modern open plan kitchen and dining area opening out to alfresco to expansive decking. Master bedroom with wardrobe, en-suite and two double bedrooms. The internal access double garage offers options to be used as a rumpus, workshop, games room or traditional storage. The yard is fully fenced and very safe for children and pets.

www.mikepero.com/RX1805391



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



VACANT, AFFORDABLE, FAMILY HOME - WEST HARBOUR



By Negotiation

56 Fitzherbert Avenue, West Harbour
By Negotiation

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

www.mikepero.com/RX1733165



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



SUN, SURF AND STYLING - AFFORDABLE IN MURIWAI



By Negotiation

78 Motutara Road, Muriwai
By Negotiation

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

www.mikepero.com/RX1715709



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



LIFESTYLE, BIG BARN - WAIMAUKU, HELENSVILLE FRINGE 3 2 2

By Negotiation

125 Alf Access Road, Helensville
By Negotiation

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

www.mikepero.com/RX1662304



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



SUNSHINE, SURF AND SIMPLICITY - BETHELLS BEACH 1 1

By Negotiation

208 Bethells Road, Bethells Beach
By Negotiation

If you have a passion for quality, character and a unique living space, this is one classic Kiwi Beach Bach. Situated a small walk from Bethells Beach and coastal walkway, including the renowned Hillary trail. A one bedroom, one bathroom beach bach with a rustic and real feel. Recently renovated and much loved you will find a spacious open plan style living arrangement with polished concrete kitchen tops and solid timber cupboards. Upstairs is a mezzanine bedroom where you can listening to the breakers and watch the stars through the roof skylight and wake to the sound of Tuis in the morning. The outdoor lifestyle here is awesome, many a party has been had making good use of the pizza oven. Set on 1100 square meter section, and spectacular views of the wetlands up and down the valley.

www.mikepero.com/RX1788062



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



TAUPAKI LIFESTYLE HOME NEAR KUMEU

5 6 3

By Negotiation

296 Taupaki Road, Taupaki By Negotiation

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

www.mikepero.com/RX1730148



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



APARTMENT BLISS, SPACIOUS PENTHOUSE WITH SEA VIEWS

2 2 2

By Negotiation

305D / 160 Hobsonville Point Road, Hobsonville By Negotiation

Fall in love with this immaculate, sunny and spacious top level corner apartment, North facing with incredible sweeping views over the park and across the Inner Harbour, from Herald Island to the Sky Tower. This is the premium Brickworks apartment. Built with the largest floor plan at 111m² and an edgy modern design with a high vaulted ceiling, large well appointed kitchen, ample storage, butlers pantry/laundry, fully tiled main bathroom and ensuite. Relax and enjoy the views and breeze from the unique twin decks, located off the living and master bedroom, ideal for that early morning cup of tea as you watch the sunrise or superb alfresco dining. A gated carpark provides security for two carparks and access to your storage locker and bike room. Lifts and stairs allow easy access.

www.mikepero.com/RX1807931



Cherry Kingsley-Smith
021 888 824

cherry@mikepero.com



TRANQUILITY, PEACE & QUIET - ENTERTAINER'S PARADISE

4 2 2

By Negotiation

433 Wairere Road, Waitakere By Negotiation

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

www.mikepero.com/RX1713683



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



THE PERFECT LIFESTYLE PROPERTY

4 2 2

Asking Price \$1,550,000

535 Peak Road, Kaukapakapa Asking Price \$1,550,000

This property enjoys north facing panoramic views of the surrounding countryside. A spacious 252 m2 four large bedroom home provides plenty of room. A large open plan kitchen with breakfast bar opens out to the dining area and the lounge, there is also a large media/family room which opens out on to the two level deck. This house has great indoor/outdoor flow, there is a spa pool inset into the lower deck. This home is complimented with a high quality renovated kitchen with marble benchtops and a modern bathroom and ensuite. There is a well appointed sleepout for when guests come to stay and a large double garage which includes a workshop. There is plenty of grazing on this 3.1 ha property (7.66 acres) with four paddocks a set of yards and a loading ramp.

www.mikepero.com/RX1803721



Lyndsay Kerr
027 554 4240

lyndsay.kerr@mikepero.com



HELENSVILLE LIFESTYLE PROPERTY ON 1.8 HECTARES

3 2 2

By Negotiation

707B Inland Road, Helensville By Negotiation

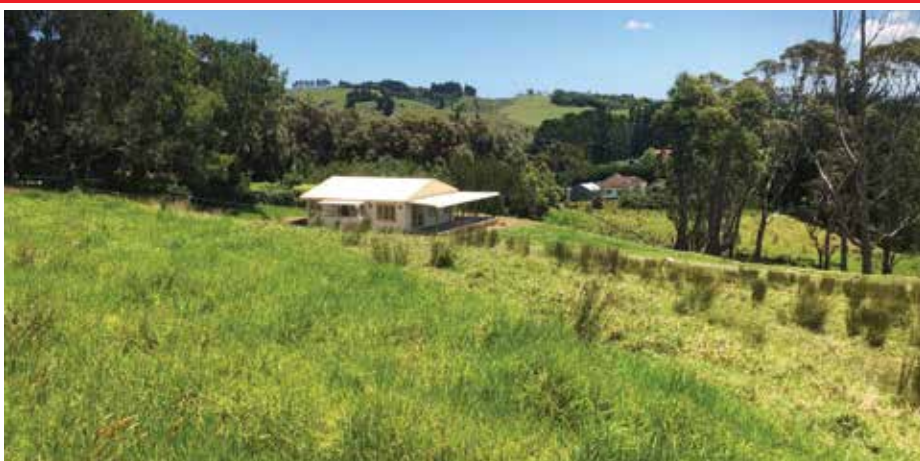
Private, sun-soaked property in a quiet glade South East of Helensville Township. Offering the perfect retreat for a family to create the good-life, with ample space for gardens to complement the already impressive orchard. An impressive open plan entertainer's home that provides space and harmony with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

www.mikepero.com/RX1732363



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



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

2 1

Asking Price \$1,095,000

1742 South Head Road, Shelly Beach Asking Price \$1,095,000

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

www.mikepero.com/RX1762863



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

Hot:Property



Herald Island offering sunshine and sublime water views

A stunning two level property, situated a small walk away from Christmas Beach, the Herald Island Wharf, Boating Club and reserve. Herald Island enjoys a lovely, uncompromised community feel around the Island offering community support and camaraderie. This sun trapped, beautifully refurbished home offers a large 270sqm (approx) open plan home catering for a family that enjoys quiet spaces, easy living and beautiful outlooks.

Upstairs you will find the master bedroom with wardrobe, overlooking great water views, separate bathroom, second double bedroom and extra-large third double bedroom. Ground level offers a fourth double bedroom with mezzanine accessed by the ladder on the wall and a big office space or fifth bedroom, main bathroom with separate toilet and laundry area. A spacious open plan, modern kitchen and dining area, separate living areas. A large open plan lounge with fire place, opens up to alfresco wrap around decking.

Stroll down and relax to the outdoor seated timber area, amidst



the lawn and garden. Situated on a large 842sqm section. With an internal access double garage and room to park in the driveway this property has it all! Life is easy here, nothing to do but listen to nature and enjoy the views. If you love the feel of the Bay of Islands or Marlborough sounds, you will love it here! Close to the Motorway onramps to access the North or West, the central Hub to Kumeu, Riverhead, Westgate, Albany and Hobsonville Point. With Whenuapai Primary School nearby.

Contact Graham McIntyre on 027 632 0421, 0800 900 700 or view www.grahammcintyre.co.nz - Mike Pero Real Estate Ltd Licensed REAA (2008).



Home:Garden

North Harbour Landscapes

Originally started in September 2016, we specialise in decks, fencing and retaining walls. We also do minor excavation work.

We are currently based in Whenuapai, and cover a fair distance whether it be out south or up north.

If you wish to see some of our work, feel free to check out www.facebook.com/nhlsapes. For any enquiries please flick us an email at northharbourlandscapes@gmail.com or give Ricky a call on 021 572 237.



Native garden

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

New Zealand natives can be used in traditional garden designs of hedges, or foliage colour, flowering displays, or architectural form such as the unusual *Pseudopanax crassifolius* commonly known as the Lancewood. The subtropical display from Nikaus, coloured flaxes, *Pittosporum cornifolium*, ferns, many ground-covers, coloured Tea tree, *Astelia*, and *Cordyline Showoffs* are some of the many options available. There is a suitable native



plant for every kind of garden style you may desire. The added bonus with many of the natives is the food for our native birds who are attracted to the nectar or berries. It is hard not to enjoy watching a Tui feeding from a Kowhai tree, or flax, or marvelling at how a large wood pigeon is able to balance on the smallest of branches and enjoy the berries from a Karaka tree or Puriri. Awa Nursery has hundreds of different plants to choose from, many in multiple sizes, whether it be a New Zealand native, or exotic. We are bound to have something to suite the theme you have in mind. With Autumn nearly upon us, it's a great time to plant.

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.



No job is too big or too small for Laser Plumbing & Roofing Whenuapai! Whether you have a dripping tap or a blocked toilet, our experienced and friendly Maintenance Plumbers, Dave and Nathan will be there when you need them. With years of experience, Dave and Nathan are very thorough and meticulous, and never leave any mess behind! You can rely on Dave, Nathan and all our Laser Plumbing staff to offer complete plumbing solutions.

Laser Plumbing & Roofing Whenuapai are also 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. And you will always receive our 'Totally Dependable' service, guaranteed.

Open five days a week from 7am-5pm, Laser Plumbing & Roofing is located locally at Unit 4/3 Northside Drive, Whenuapai. Give us a call today on 09- 471-0110 or visit our website whenuapai.laserplumbing.co.nz for more information.

GK Creations

Greg from GK Creations has been a part of the Huapai/Kumeu community since 1979. He began GK Creations 15 years ago and has been proudly landscaping and maintaining properties ever since. Greg and his team specialise in giving you back your time! Living where we do, we know there is so much fun

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to be had. Let GK Creations do the hard work so you can do more of the things you love. To book a no obligation free quote give Greg a call 027 579 0001. A few of the services we can help you with include: Landscaping (hard and soft), Premium garden maintenance, Low maintenance garden solutions, Pre-sale property preparation, Planting and Privacy screening. For a full list please see our website www.gkcreations.co.nz, If it's outdoors - we do it!

NaturalFlow power free sewage treatment

The NaturalFlow wastewater system is revolutionising domestic water waste and sewage treatment processes in New Zealand.



Using power-free aerating processes – as opposed to mechanical pumps – NaturalFlow harnesses Mother

Nature's recycling processes, in an enclosed eco-system that stimulates the natural forest floor.

Nature is one huge recycling mechanism. The NaturalFlow system utilises these recycling mechanisms of nature by, harnessing its forces that have been quietly working together for thousands of years to break down and decompose waste all around us, and positions them in an enclosed eco-system module that simulates the natural forest floor. It will treat and break down your wastewater – just as nature does – and then reintroduce it into the environment when it is perfectly safe to do so.

Waterflow NZ spent more than a decade researching and developing the NaturalFlow system before integrating it into the New Zealand market. Home owners from Cape to Bluff now have access to advanced water treatment solutions that are synonymous with clean, green 21st century ideals.

Phone 09 431 0042 or email dean@waterflow.co.nz, visit www.naturalflow.co.nz.

Time is precious

Back to work? Kids back at school? Sitting in that crazy traffic on State Highway 16? How will you get the time to fix that door, wall or floor? From that well used deck for much loved summer barbeques or the back door, what about the fence that needs dog proofing for that new puppy?

To all those repairs that need to be fixed, to the final touches on the renovation, and to the tricky jobs that are best solved by the experts, locally owned and operated, Fixy was born from a desire to help people with fixing, repairing and creating solutions

so, people like you, can get more done in their day.

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

Owner Sean Doherty has been in the construction and landscape industry for over 20 years in New Zealand, Australia and Europe. You can be sure that quality workmanship is efficiently delivered. Our clients can rest with the assurance that the job is done quickly, professionally and cleanly. We are ready when you need us.

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

Fixy is a family run company, and operated by fully qualified professionals.

We love creating solutions. On time, and on budget.

fixy.co.nz 022 182 2715 09 810 9080 sean@fixy.co.nz

Kumeu Garden Hub

Sale time at the Kumeu Garden Hub. Lots of specials, end of lines, we are making space for new stock. Autumn is great for planting so get ready! 299 Main Road, Kumeu, next to Carriages Café. Plenty of parking right outside.. Phone: 09 412 9002, Email: kumeugardenhub@xtra.co.nz. Opening hours: 8.30am to 5pm seven days a week.



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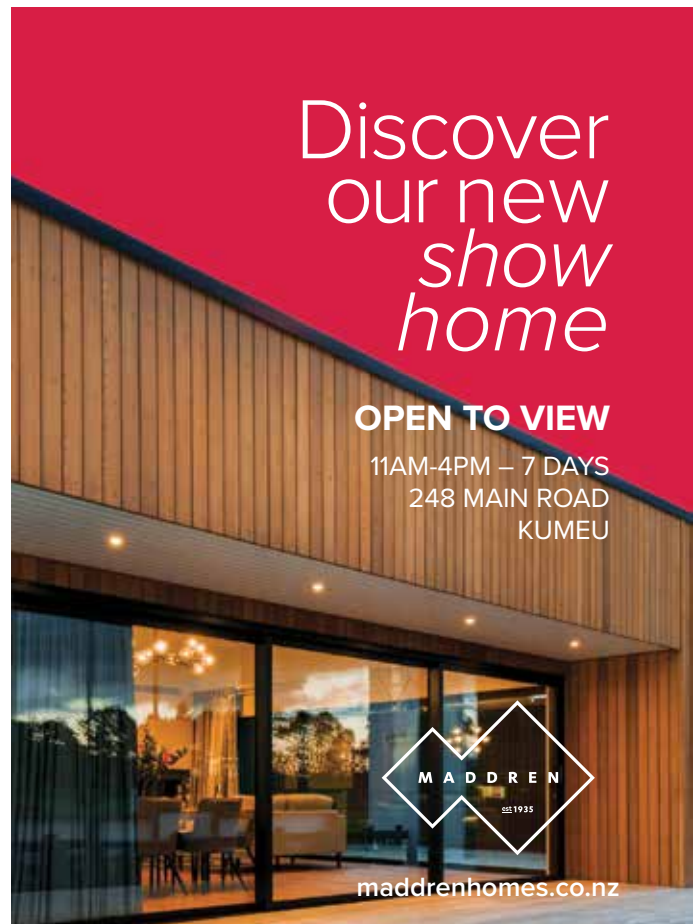
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Central's Tips

March 2019



It's time to sow root vegetables like carrots, beetroot and parsnips and do some garden maintenance after the hot, hot summer months. Prune hedges and topiaries, de-thatch your lawn and re-sow bare areas. Pumpkins, melons and grapes and figs are starting to ripen - yum!



Keep melon and pumpkin bases dry

Make sure your melons and pumpkins are on a dry base - a layer of straw is good for preventing moist soil from rotting crops

In the Veggie Patch

- **Rejuvenate the vegetable patch** by taking out spent crops and vines such as corn and tomatoes.
- **Directly sow** carrots, beetroot and parsnip now into the vegetable patch
- Good time to **plant herbs** such as parsley, coriander and winter savory
- **Ripening melons** and **pumpkins** need a dry base to sit on, such as straw
- **Cover figs** and **grapes** with bird netting



Feed citrus trees

Ripening citrus fruit are gross feeders, so keep fertilising. A layer of sheep pellets now will assist. Regular watering will ensure plenty of juice in the fruit.

The rest of the Garden

- **Prune hedges and topiaries** - lightly dig some compost around the stems
- **Stop dead-heading and feeding roses** - leaving on stems lets them 'harden up' for winter and signals time for dormancy is coming. Plus, pick up any diseased foliage as it begins to fall
- **There's a big range of bulbs at the garden centre right now** - most can be stored in paper in the 'fridge' to help them break dormancy - ready for planting in April
- **Plant winter flower seedlings** like pansy, viola, poppies and snapdragons
- **Plant new trees and shrubs** so they can have time to establish over the cooler winter months
- **De-thatch your lawn** and **over-sow thin** areas of the lawn, with **Prolawn seed** and **Turfmaster Starter**
- Continue to **feed and water citrus trees** - it's particularly important as the fruit is ripening

Project for March

Condition your soil with compost

Regular applications break up clay and offer valuable nutrients to plants. Get a trailer-load from Centrals - your garden will love you for it

See our tips here centrallandscapes/products/living-earth-organic-compost





We dig compost.

Revitalise your soil and help your plants grow.

Talk to our friendly Central Landscape Supplies team at Swanson about reconditioning your garden after the long, hot, hot summer.



Visit your local yard: **Central Landscape Supplies Swanson**

Open Hours: Monday - Friday: 7am - 5pm, Saturday: 8am - 4pm, Sunday: 9am - 4pm
www.centrallandscapes.co.nz • 09 833 4093 • 598 Swanson Road, Swanson

Build:New

The nuts and bolts of a Maddren build

Anzor literally supply the stainless steel nuts, bolts and connection hardware for Maddren builds, and now also Maddren Homes TOM (Tradie of the Month). Antony Burke has been with Anzor for 3 years and in that time has built up a strong relationship with Maddrens. His service is second to none and he will drop everything to help if an urgent call goes out. His extensive product knowledge and willingness to be there when we need him, makes him this month's deserving recipient of our Tradie of the month and voucher from proud sponsor Western ITM. Keep up the great work Anthony



Signature Homes guarantees

Signature Homes offers a number of comprehensive guarantees to give you peace of mind during your house build and af-

ter the keys are handed over. Find out more about what they are and how they work. Signature Homes offers an independently bonded building guarantee for completion of a client's home as set out in the building agreement. The programme gives our clients more protection than any other in New Zealand and covers not only home completion, but other aspects including weathertightness, structural and non-structural defects. These guarantees are indemnified by RIL (Residential Indemnity Ltd), a company set up solely to underwrite the guarantee. RIL is independent from the Signature Homes Franchise Builder who you contract to build your home.

Other building guarantees have set limits in relation to the total amount that can be paid out for loss of deposit and/or non-completion, and some have excesses to pay on any claim. This means that the difference in the claim limit set by the guarantee company and the actual costs to complete the home then need to be paid by the client. RIL's Home Completion Guarantee has no set limits around how much any client can claim. Should there be a problem, RIL simply guarantees to finish the home as per the building agreement – at no extra cost to the client. There are no excesses to pay on any claim made against RIL's Guarantees. When do the guarantees start and finish? The loss of deposit and completion aspects of the Comprehensive Guarantee Programme come into effect from the date your application is accepted by RIL (usually within two weeks of your building agreement becoming unconditional) and the cover remains in place until the practical completion of your home. Non-structural defects are covered for two years and structural and weathertightness defects are both covered for a period of 10 years from Practical Completion.

Are the guarantees transferable to the next owner of the home? Yes they can be repeatedly transferred at no cost, unlike many other building guarantees. Are there any conditions or general

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exclusions I need to be aware of? Yes – such matters as landscaping, materials supplied or work performed by others, acts of God etc. These are similar to other insurance policies and guarantees, and are covered in the terms and conditions of the guarantee document. Phone 0800 020 600 or one of our showhomes for more information.

Working with G.J. Gardner Home's Rodney West

If you've ever thought of building but not sure where to start, G.J.'s have made it fun and easy with our innovative designs and very experienced New Home Consultants that will work with you every step of the way towards your new home. We've put together our top 10 list of just some of those tips and ideas. Bring us your wish list - Plans, scribbles, a scrapbook or just a mind full of ideas. We'll listen and show you the possibilities of your new home. Let's check out your section or find you one that suits - We'll take a look at your section, and what it means for the design of your home, or help analyse and find land options that will suit you and your needs. We can also organise the land reports you need. Decide what kind of home you want – prepare to be inspired! Be inspired by our wide array of plan ranges, these plans can also be simply adapted and modified without great expense. Meaning plans can be customised for your section without the need for extensive additional designs and costs. We often build from original designs, created by architects, and can also assist in developing plans from rough concept scribbles. Plans, specifications and quotes - Most of our existing plans are pre-priced so you can quickly get an idea of the home you can have within your desired budget. Our prices

show precise details, so you know exactly what's provided, or we can price your design in 24 hours. We can add or delete, it's all possible. Finance, contracts and paperwork - Your local G.J. Gardner team will liaise with your lawyers, banks and other advisors to ensure all paperwork and any issues are dealt with. Permit, consents, and red tape - we deal with councils and building authorities every day, so we make sure we are familiar with local requirements. We can take charge of all the paperwork and help with prompt approvals. Fixed Price - Once your plans have been finalised, we will provide a comprehensive set of specifications so you know exactly what materials, fixtures and fittings will be used in your home. Most importantly, we will provide a fixed price under the terms of our building contract so you know exactly where you stand. Detailed timeline: Your G.J. builder will also provide a detailed timeline so you know what will be happening when, along with a pre-agreed move in date. Warranties and guarantees: Building with G.J. Gardner Homes carries both Public Liability and full contractors indemnity insurance, alongside an industry leading build guarantee provided through Certified Builders. This independent guarantee covers loss of deposit, non-completion and defects, underwritten through Lloyd's of London, an A+ (strong) rated insurer. Trusted quality - G.J. Gardner builds more homes in New Zealand than any other builder, and our reputation for quality, integrity and reliability is second to none. Trusted service and proven performance: It's a fact that in the last 20 years no builder has built more homes and delighted more Kiwi's than G.J. Gardner Homes. We leave nothing to chance including getting your feedback. At the end of the day, it's what you say and how you feel about us, your new home and the experience that counts. Phone 09 412 8917 or come and meet the team today at our two showhomes.

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Food:Beverages

The Beer Spot opens

Fresh from winning the Westpac Auckland Business Award for Best Emerging Business – North/West, The Beer Spot has opened a second branch - at 321 Main Road in Huapai.

"We need to build more taps,

covering more areas for over 200 amazing New Zealand brewers who struggle to get retail tap space," says Jason Payn, formerly of Huapai and Helensville.

Payne is one of the founding partners of The Beer Spot in Northcote and a director of the company.

"It's amazing that great beer is still not as appreciated around our country as wine is. The process is just as complex and brewers can get some incredible flavours from four simple ingredients," he says.

Often touted as 'craft' beer, The Beer Spot has a different approach.

"We don't use the 'craft' word," says Jason, pictured with co-founder Laurence Van Dam of Whenuapai. "We believe that word is for the brewers. They are the true craftspeople. During our research phase, we found the 'craft' word was a barrier to market for 'mainstream' beer drinkers.

"Folks often drink the same beer as their mates or dads. We're here to encourage people to be brave, try something new and realise the opportunities and flavours you can experience with great beer.

"There's a beer for everyone. And, of course, we have a great selection of wines and spirits too."

The Beer Spot Huapai has the same set up as Northcote.

'The Tap 40' features 40 constantly changing beers from all over New Zealand and there's a different food truck each week on site.

"We think a collaborative approach to business is a helpful one," Jason says. "Small breweries and food trucks work so hard to bring you a good experience; our job is to give them a place to do that."

The Beer Spot is family and dog friendly too and is happy to support local schools, organisations and sports teams with fundraising and sponsorship.

"Having served on boards of trustees and charitable organisations, I completely understand how difficult it is to fundraise from communities already under pressure.



"We're not a party bar," Jason says. "Liquor has a pretty bad social stigma and we're working hard to change that."

"We run reduced hours, don't have any screens, jukeboxes, pokies or pool tables. The idea is to come in, grab a great beer and talk with each other.

"We'd like to think The Beer Spot is a great place to conduct 'beersness'."

Jason says he'd like to see The Beer Spot in five places around Auckland by 2020.

Beer yoga at Hallertau Brewery

Get ready for an intentional vinyasa yoga sequence with a tasty Hallertau brew or kombucha bottle as a prop for our practice. This is a lighthearted yoga class that is open to anyone who wants to have a refreshingly good



time balancing body, mind, and taste buds with a beverage in hand. Hosted only once a month! Get on in for a workout that ends with dinner in the Biergarten.

BYO-mat or towel. \$10 for the yoga, \$5 each drink. Please bring cash!

The Herbalist craft beer

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

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

Manuka Ale, 5.4%

This highly refreshing ale is finely infused with manuka leaves, fennel seeds and burdock root.



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Visit www.theherbalist.co.nz; facebook.com/theherbalistcraft-beer.

Improving family mealtime

Every parent feels pressure to be providing their child with nutritious meals and getting them to eat their vegetables. Unfortunately, this pressure felt by parents passes down as pressure on the children to eat. A meal time battle ensues, becoming a daily stress for everyone involved.



A key way to help your child grown into a happy confident eater and learn to love a wide variety of foods is actually to remove all pressure at the dinner table. What does this mean? It means ditching phrases such as "just have three more bites" and "no pudding unless you eat your peas". Instead, dinner table conversation could include anything but talk about how much food everyone should be eating. Imagine how much more pleasant this family time could be, without having to monitor and negotiate over children's intakes.

Removing pressure, along with other improvements to the eating environment is much more likely to lead to healthy relationships with food and eating for the child as they grow towards adulthood, as well as much happier family meal memories.

Interested in learning more about reducing stress around meals and improving family meal times? Registered Dietitian Jacqueline Tyler is available in Hobsonville. Contact hello@bodybalancenutrition.co.nz or make a booking via www.bodybalancenutrition.co.nz.

Try this tasty Duck & Mango Salad

Serves 2

280g duck breast, oven roasted until nearly cooked, rest/cool and slice.

1 Mango peeled and cubed.

For the salad, mix together:

¼ cabbage, finely sliced

¼ lettuce, finely shredded

1 large carrot, grated or shredded

½ cucumber, julienned

100g bean sprouts

3 sprigs coriander, chopped

1 red or Spring Onion, finely sliced

¼ cup almond flakes

Dressing

¼ cup white wine vinegar

¼ cup castor sugar

2 Tbsp sesame oil

¼ cup olive oil

1 Tbsp soya sauce

1 Tbsp fresh ginger, grated

1 clove garlic, crushed garlic

Shake ingredients together in jar and pour required amount over salad when you are ready to eat. Add the duck and cubed mango.

Any leftover dressing can be stored in the fridge for your next salad.

Season and top with NoShortcuts Plum Chutney; order online www.noshortcuts.co.nz.

Harvest at Soljans Estate Winery

It's a busy time of year for us at the moment! After such a great summer we will be harvesting our grapes in Kumeu in the next few weeks, just waiting for the right moment to pick to get the best ripeness possible! Come along



whilst the sun is still shining to get to know a little bit more about our family and our wine making, with a tasting in our cellar door followed by a stunning winery lunch in our café. Find out more on our website www.soljans.co.nz



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Petstips:advice

Health advantages to having pets in the workplace

Many of us know the benefits of owning pets, companionship, exercise, unconditional love to name a few but did you know that studies show that dog owners are less likely to suffer from depression than those without pets. They have lower blood pressure in stressful situations and playing with animals can elevate levels of serotonin and dopamine, which calm and relax you. One study found that when people with borderline hypertension adopted dogs from a shelter, their blood pressure declined significantly within five months. Test results also show pet owners have lower triglyceride and cholesterol levels (indicators of heart disease) and the list goes on.



So do these benefits transfer to the workplace? According to a research study in the US there are three major benefits for bringing your pet into the workplace.

1. It reduces stress a 2012 research study published in the International Journal of Workplace Health Management states that: On-the-job stress levels fell among a group of employees when they had their dogs at work with them.

2. It encourages longer working hours. Employees don't have to rush home to check on their pet. Studies show that organisations that allow pets in the workplace have employees who are willing to work longer hours and that absenteeism fell.

3. It improves working relationships amongst employees. Suddenly that person with bad manners and smelly breath becomes someone you can talk with when they bring their cute puppy into work.

One Auckland company have really stepping up and as part of their staff training brought in experts to run 6 classes and put over 300 of their employees through a Canine Body Language course. Not only was it fun and educational but it was a really positive and forward thinking educational programme for their team.

With the new Health & Safety at work act 2015 it highlights that the PCBU is responsible for risk assessment and have to either eliminate or minimise risk. So it becomes more important that companies have the buy in of their staff and training to mini-

mise the risk around dog bites. For more information or if you wish to discuss Canine Body Language email jo@dogsafeworkplace.com or go to www.dogsafeworkplace.com.

Kanika Park Cat Retreat

Cat Nap Facts from modern-cat.com. We all know that cats love sleep. Here are five fun facts that help to explain their sleep cycles and habits!



1. When cats doze their bodies are rigid, ready to wake up and react!
2. Kittens do not go through the dozing part of the sleep cycle, they go straight into deep sleep, for their first month
3. Your sleeping, twitching kitty IS dreaming! Very likely chasing dream mice
4. Cats record smells and sounds during most of their sleep cycle so they can detect any anomalies in their environment while they sleep

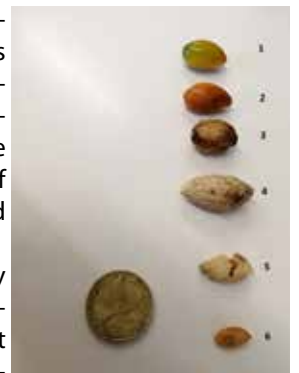
5. While cats are normally awake during dawn and sundown, they tend to adapt to their favourite people's schedules so they can be awake when their humans are up and around

At Kanika Park Cat Retreat your pussy cat can doze as long as he wishes. We have individual suites, air conditioning, music. Full article is on our Facebook page, For further information contact 09 411 5326 or info@kanikapark.nz.

Warning on karaka berries

Karaka trees are native to New Zealand and are prevalent in many parks and forest areas (including Hobsonville Point). The berry kernels, however, contain virulent poisons, that are yet to be fully described in terms of their individual effects on dogs and humans.

Most warnings online will show only photos of the berries, brightly coloured and hard to miss. In reality, it is hardly ever these bright yellow/orange/green berries (labelled 1 and 2) that you will see on the ground, but the rotting or decaying outer husks (labelled 3 and





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4). These can sometimes be partially covered in some remaining orange flesh, but more often than not they look very dry and seemingly dead.

The powerful neurotoxins are in fact contained in the inner kernel/seed, shown here (label 5) inside the soft outer husk, and at label 6, removed from the husk. Even when the outer husks seem dry and old, the toxin will still remain strong. The outer husk is very thin and can easily be chewed through by a small dog.

If your dog ingests ANY part of a Karaka berry, fleshy fruit, husk or seed, take them to a Veterinarian immediately and without delay. If taken soon enough, the dog can be made to vomit and hopefully the effects reduced.

Hopefully these images will help dog owners to identify the husks on the ground, as well as the fleshy fruit that most people associate with toxicity. Credit Lauren Prior. www.unitec.ac.nz/about-us/contact-us/practice-pathway-groups/environmental-and-animal-sciences

Everlasting memories of your pets.

Put yourself in my shoes for a second. You have been booked as a photographer to capture beautiful professional photos of a beloved pet rabbit. It is elderly and unwell, deaf and blind. Woah! That is both a massive challenge, as well as a big responsibility! You are tasked with creating photos that a family will cherish forever. This was a scenario I found myself in just last week. I love the challenge and appreciate



ciate how rewarding these photo shoots can be.

A large amount of the photoshoots I do are for elderly pets. There is nothing more special than capturing special moments and memories of your pet through photographic art, especially when they are in their golden years. I just love photographing the different aspects of their personality, their quirks, and cutest qualities.

Another photo session I recently did was for Jipsy (pictured). She is an elderly girl, and although she is still the happiest wee thing, her health is declining due to old age. She is her mum's entire world and we had the best morning at the Auckland Botanic Gardens finding gorgeous photo opportunities and letting Jipsy have a fabulous time. The experience and memories of the photo session itself is almost as valuable as the resulting photos (which turned out beautifully).

I can't stress enough how special it is to have quality photos of your pets. They are our family after all. If you are wanting some photographic art of your own pets, don't hesitate to contact me for a chat. I am based in Taupaki, but travel all over Auckland as a specialist in on-location photography utilising natural light. All of the information about packages and pricing is on my website, along with a gallery of some of my favourite work. www.dogandco.nz.

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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@googlegmail.com.

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Health:Beauty

Club Physical

After numerous tussles with my son, we often quoted a well-drilled martial art coaching tip to each other, "Control the head....control the body". Meaning, you lock the opponent's head in a disarming position and it's very hard for them to retaliate with the rest of their body. It's a similar thing with your New Years' Goals. If your body feels too tired to exercise, tell your mind, "Do it anyway". Most often, you will GAIN back that energy within minutes.

Your mind can often trick you into 'thinking' that you are too tired to exercise or that you just cannot do it. Don't listen to it. Take command.

You can use the focused energy of your mind for POSITIVE CHANGE. Your mind is far more powerful than you might imagine. Master your thinking and your New Years' Goals will become real. Remember, 'Control the head, control the body'.

Paul – Club Physical, phone 027 291 7989 or email paul@club-physical.co.nz



Heat wave, hydration and headaches

We are in the peak of our summer and it has been scorching hot! Many people have to be careful when outside as overheating may cause headaches and heat strokes. It is important to cover the head and have adequate hydration to avoid the risks. Especially when



working and sweating outside. Sometime, however, the headaches become repetitive and might happen even without being in the heat. That could indicate a separate issue, such as tight neck muscles, stiff cervical vertebrae or one of the many other causes of headaches. Some of those can be easily treated by neck stretching and osteopathic manipulation, while others might require further investigations. Definitely don't delay to

see a health practitioner if your headaches are severe and are accompanied by other symptoms, such as palpitations, visual disturbances, tingling or numbness in body part and so on. Come to Family Osteopathic Clinic and we will help to identify the cause of your headaches and help to manage it. For an appointment call 09 416 0097, 39 Hobsonville Road, Hobsonville.

Stay cool and enjoy the view


Summer is in full swing with heatwaves sweeping across the country, it's the perfect time to update your sunglasses to the latest styles. Here at Westgate Optometrists we offer a wide range of solutions for all of your sun



protection needs. Sunglasses are a great fashion accessory, but their most important job is to protect your eyes from the sun's ultraviolet rays. This season's sunnies are here and there's a style to suit everybody. Brands include Kate Sylvester, William Morris, Barkers, Adidas and more – all can be paired with our polarised prescription lenses for single vision and progressive lens wearers at competitive package prices. Stay cool and enjoy the view this summer. Stop by to check out our range and have a chat to our friendly team, we're just around the corner from Robert Harris Café and opposite the ANZ. Phone: 09 831 0202 Website: www.westopt.nz.

Kelly's Mobile Hair Salon

That is right I come to you! Hi. I am Kelly, fully equipped with a chair, basin, towels and full colour range giving you that fantastic new look that you always wanted. I have been hair dressing for 15 years and work from Te Atatu out to Kaukapakapa all the way over to Army Bay and everywhere in between. I love styling and colouring hair, doing before and after makeovers. I also make it easier for you as you can relax in your own house, while we gossip about the day's events, even if you have children about. I am available

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Monday to Saturday and do 3 late nights Monday, Wednesday, Friday until 9.00pm. Find me on Facebook and send me a message to make an appointment or phone Kelly: 0276371243. For all your hair needs, ladies cuts, foils, colour, keratin smoothing treatment and special occasion hair ups.

NorthWest Physio+

Interested in trying reformer Pilates? One of the best things about the reformer is its versatility. The reformer machines use spring resistance which is great to allow us to modify each exercise to make it the most efficient for the client, whether you are a beginner or after a more intense workout. Exercises can be done in a variety of position including lying, sitting and standing which therefore means we can adjust each exercise to accommodate individual needs such as injuries which may restrict other forms of exercise. Pilates is a great way to get moving in a safe way while developing strength, flexibility and balance with dynamic movement. Due to the variety of exercises we can perform on the reformer you will leave every class feeling like you have had a full body work out.



NorthWest Physio+ has a variety of Reformer Pilates classes including pregnancy. Visit our website www.northwestphysio-plus.co.nz for more details.

Osteopathy is now at Top Notch

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



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registered and of course, we still have our qualified therapists in therapeutic, sports and relaxation massage. So if you need an osteo treatment or just a relaxing massage, give our team a call on 09 212 8753 or 021 181 8380. To celebrate we are offering \$10 off your first treatment with Top Notch.

The secret weapon of elite super rugby players is?

Fish Oils!

The winter sport season is starting to gear up (excuse the pun). If you play a sport, you may be interested in a recent study in the European Journal of Sport Science. They took a group of Super Rugby players and gave some of them low dose fish oils (551mg/day each of DHA and EPA). They found the following beneficial effects: Less muscle soreness, Less fatigue and Better jump performance.

What About Ordinary People?

Fish oils are even more important in the general population than in elite rugby players. This is because the short-term controlled stress of rugby training is less damaging than the prolonged and uncontrollable stress that a modern lifestyle dishes up.

If you eat the right fats (like fish oils), your body is more likely to produce a balanced amount of inflammatory and anti-inflammatory immune cells. Many modern diseases are either caused by or made worse by inflammation in the body. Taking fish oils turns down this inflammation, and therefore reduces your chance of getting an inflammatory disease, such as: Heart disease, Arthritis, Asthma, Mood and brain disorders and Skin disorders (like eczema).

There are not many people that would not benefit from taking fish oils.

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Let me give you a few key benefits of fish oils to put into perspective for you just how powerful they are.

Fish oils may lower blood pressure and reduce your risk of having a heart attack or a stroke. If you do have a heart attack, you are 50% less likely to die from it. This is because fish oils may reduce the likelihood of abnormal heart rhythms. That is a pretty amazing statistic – 50%!

In children, attention span and learning has been shown to improve dramatically with the use of fish oils. There have been studies that show art work produced by young children before and after supplementation with fish oils. The improvement is huge. You would not think that it was the same child who had drawn each picture.

Quality Warning:

A word of warning about the quality of fish oils. While good fish oils are good for you, bad fish oils are bad for you. You don't need to spend a fortune, but you do have to know what to look for. Ask the team at Massey Unichem Pharmacy 396 Don Buck Road which fish oil is the best for you and your family, or make an appointment for a one-on-one consultation with Martin 09 833 7239.

6 week ladies only challenge

Lets 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 Years resolutions and not long after it has started "I CANT" sets in.

Kumeu Gym Ladies only New Year New You Challenge is here to help remove these common misconceptions, to change these "I CANTS" 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 all while getting fit in a fun and safe environment.

Check out our website www.kumeugym.co.nz or our Facebook page or call us on 09 412 8932 for more details.

Register now - Challenge start date is Saturday the 30th March, weigh in dates are Saturday 30th March, Monday 1st, Wednes-



NEW YEAR, NEW YOU!

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LADIES ONLY**

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**Starts Sat 30th March
www.kumeugym.co.nz**

day 3rd and Friday 5th April. Limited spaces.

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Summer is here, and what a difference in brightness between indoors and outdoors! Reduce discomfort and eliminate the need to always carry two pairs of glasses with Transitions® Light Intelligent lenses™.

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There's another great reason to enjoy the adaptive protection of Transitions lenses for your next prescription: When you purchase Transitions lenses during February, March or April you go into the draw to win a \$3,199 M1-MTB e-Green E-bike.

Book your appointment at For Eyes in the Kumeu Village today: phone 09 412 8172.



Ongoing hand pain?

Have you had an injury to your wrist, finger or hand from sport?

- Hand, finger and wrist injuries are very common in sports
- Common ball sport injuries include finger, wrist sprains or fractures.

• Have you had an injury to your hand, wrist or finger that you thought that you would just "shake off and get better"? Is it taking a longer time to recover than you thought?

Hand therapists are specially trained physiotherapists / occupational therapists that specialise in treating any injury from the elbow to the finger tips. We can complete a thorough assessment to diagnose your injury and advise you on the most effective treatment methods. We can arrange for x-rays to be com-



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pleted if necessary and provide you with appropriate splints and exercises.

We can help you get back to playing the sports that you enjoy. Your hands are important!

Call us at the Hand Institute today to make an appointment. We have two convenient locations in Huapai and just off Constellation Drive on the North Shore. We are fully ACC registered. Huapai Clinic, 321 Main Road, Huapai - phone 09 412 8558. Rosedale Clinic, 5 Home Place, Rosedale - phone 09 478 8438.

Shoe Talk's tips for dry feet

If you have dry feet and caluses the following home tips could be used to reverse this:

- Vinegar Soak - once a week fill a basin with warm water, a small amount of dish washing liquid and one cup of vinegar, soak your feet for half an hour, then rinse well and massage in your favourite moisturiser. If you do not like the smell of vinegar you can replace this with half a cup of baking soda
- Socks and Lotion - if your feet are very dry, then every night for a week apply a generous amount of lotion just before bed and then put a pair of socks to protect your bedding, after a week your feet will be a lot smoother.

If you have dry and cracked heels then:

- Have a shower to soften the skin and then using a pumice stone gently scrub at the dry skin, rinse your feet, dry your feet off and apply a moisturiser
- Make sure your heels fit in your sandals or scuffs correctly, if the edge of the heel of the shoe is making contact with the heel of your foot it will cause dry skin
- If you have badly cracked and dry heels, wrap your heels in a quality duct tape and then put socks on, keep this on for a couple of days, take off and then shower and scrub your feet with a pumice stone and apply lotion. Repeat if needed.



Are you experiencing ongoing stress?

Are you older than 40? Do you get headaches frequently? You may be on your way to higher blood pressure. A way to avoid getting there is always the same answer to health, nutrition, exercising your heart and stretching out tension, hydration and finding time to relax and destress. We can help you at West Auckland Massage, as giving a good Relaxation is beneficial to release endorphins, and reduce the stress hormones in the blood. It also helps relax contracted muscles, and helps get the

Shoe Talk™ we talk shoes

Mens and Womens Footwear that fits the Kiwi foot, including wide widths! Every-thing from flats to heels, sandals to casual styles, even wide-calf boots. Stockists of the uber-comfortable Propét Walking Shoes and the fashionable Walking Cradles range. Specialist footwear is also available and footwear for troublesome feet issues too!

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blood back to the heart as well, reducing the pressure. Talk to us now about our prepaid discounted packages to get started on a regular massage. Rebecca West Auckland Massage www.westaucklandmassage.co.nz.

What orthodontics can do for you

Having a nice, straight white smile is the dream for many people; it boosts self confidence without being shy to laugh, talk or eat comfortably. Also having well aligned teeth means it's easier to clean and maintain the healthy smile that you have for years to come.



Orthodontic treatment could benefit people, whether using a more comprehensive approach like custom designed braces or simple cosmetic alignment of mainly the front teeth.

In designing your new smile, we look into assessing your growth, your bite, and how your muscles, joints and teeth work together so we can prepare a plan that suits your individual needs.

Using the latest in digital technology and orthodontic software, today we can better prepare computer predictions of how teeth could move into their final beautiful and functional position.

So give Kumeu Dental 09 412 9507 a call and we would be happy to book you a consultation to share our knowledge and answer your questions. Happy Smiles everyone from the Kumeu Dental family.

Why practice yoga early in the morning?

Starting your day with a yoga practice will warm up your digestive system and help nutrients move more easily through the body, causing your body to metabolise carbs and fats quicker. An hour of conscious breathing and mindful movement will help shake the sleep from your eyes, and will focus your energies for the day.

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

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

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Hobsonville:Point

Salty River Farm – farmers market Catalina Bay

Welcome to the **Hobsonville Point** Page for March. Our story writer Sue Heggie (heggies@xtra.co.nz) shares with us her favourite Friday routine and wonderful local produce from the market. Amazing photography is supplied by our resident photographer Leanne Silver (leanne@argent.me). I am your local real estate specialist and delighted to sponsor this page. For a free no obligation appraisal of your home, please contact me, Cherry Kingsley-Smith on 021 888 824 or cherry@mikepero.com.



To market to market to buy a fat hen's egg...and a lot more besides

Salty River farm is part of my favourite Friday routine. I wander down to the market around 11:30 and pick up my produce for the week. I'm greeted by Daryn or Louise with a friendly hello and if they are tired from an early morning start gathering their fresh vegetables for the day, they don't show it.

Their lettuces are legendary, massive fresh leaves and I can vouch for them lasting over a week just in a glass of water. In the old days I could guarantee picking one up at any time of the day, but they have become busier and busier. Louise adds that extra culinary touch with boxes of beautiful edible flowers and herbs and nearly everything is wrapped in simple paper or cardboard.



Salty River Farm is located 1 hour north of Hobsonville Point where Daryn and Louise live with their two teenaged boys. Joe and Sam both help at the market and with their own agricultural specialties at home. Daryn's parents also help out and are based on the farm in their own cottage.

Leanne (photographer extraordinaire) and I were privileged to take a visit to the farm one hot sunny morning in February. In short, it is idyllic. Salty River farm is so-called because it sits between two arms of the Kaipara and hence the saltiness of the river.

I say idyllic ... as long as I don't have to do any of the work. It is the sort of thing people who have no idea what is involved, fantasise about. Picture perfect cottage, cute goats on the hillside, photogenic farm dog, row upon row of lettuces at various stages, a perfect pumpkin patch. But I can see the enormous effort that goes in to maintaining the quality produce. Daryn is obviously an inventor and as we tour the farm, he points out his own irrigation invention for the hydroponics, and shows a special devotion to



his pumpkin patch. The family are clearly close and Daryn and Louise are constantly coming up with new ideas and products and are always open to feedback from their customers. These days you can order on their FB page www.facebook.com/Salty-River-Farm if you think you might miss out. They are now also supplying some of the HP cafes and restaurants, so it's good to know that the locals are keeping it local.



On our departure, having patted Jeannie and said our farewells to the goats, Daryn and Louise presented us with jars of their delicious mild chilli "jam" topping and a jar of pickled courgettes. They go with everything; bread, crackers, potatoes, fish, meat, salads.

Salty River Farm also stocks other artisans' great products. They have the most delicious seed crackers handmade in Torbay. They are a bit like crisps because once opened I just must eat the lot. (It's not just me, I surveyed others and have had that behavior confirmed.)



One other product that the farmers stock is a lovely olive oil, Bella Olea, from the Wairarapa, and the best part is you can bring your own container and fill it for a much cheaper price. A new addition to the farm stall is Jalokia's hot sauces. Jay from Jolokia Farm is the grower of the notori-

ous Bhut Jolokia Chilli (Ghost Pepper) and maker of hand-crafted Hot Sauce, BBQ Sauce, & Wing Sauce. NO ADDED WATER...EVER.

The other great news is that this simple pleasure is now available 5 days a week as the market hours are now: Wed and Thurs 10 am -5 pm, Friday 10 am -7pm, Sat and Sun 8:30am -2 pm.

Daryn and Louise have been loyal to the Catalina Bay market from day one and we hope they remain for a long time to come.

Carrying home a reusable bag of delicious produce from Salty River Farm is one of life's simple, joyful pleasures. My trusty photographer muttered about the light not being perfect. We both know it is just an excuse to escape to the country once more.



Area:Columnists

70,000 First aid kits to be donated to West Auckland Households

A new charitable initiative is set to help address the rapidly increasing number of injuries caused by accidents across West Auckland households each year.

The number of accident claims in the Auckland region has increased 35% over the past decade, with the cost to treat active claims now approaching \$1bn annually.

According to new data from ACC, more than 339,000 claims were received for accidents in Auckland homes last year. Homes are the most likely place to have an accident with almost half (46%) of the more than 740,000 injuries across the region occurring there - significantly ahead of sports & recreation areas, public roads and commercial/industrial workplaces.

Soft tissue injuries such as sprains and contusions are the most commonly reported followed by lacerations and fractures or dislocated joints. There have also been more than 8,700 claims for burns and 282 amputations in the past 12 months.

Injuries to children aged under 15 made up almost a third (29%) of accident claims in the region with an additional 12% among those aged 65+.

More than three quarters (76%) of accident claims originate in Auckland City, with Manukau and North Shore cities on 6%, Rodney District on 5%, Waitakere City on 4%, Franklin at 3% and



the remaining 1% in Papakura.

West Auckland households will now benefit from a new charitable initiative which will see 70,000 first aid kits provided at no cost to all homes in the region from February.

The comprehensive kits are designed to help treat some of the most common forms of injury and will be donated to the region by 'The Trusts' West Auckland at a cost of more than \$680,000. Trusts CEO Simon Wickham says while there has been an overhaul to the health & safety regulations that cover our place of employment, our home remains the most likely place an accident will occur.

"Auckland's population is around 1.66m which means in the past year there was a injury claim for every 2.2 people in the region - and this is just a measure of the accidents for which a claim was filed.

"In West Auckland alone last year there were more than 24,000 ACC claims with over 14,000 of these occurring in a residential dwelling.

"Included in these injuries were upwards of 17,000 soft tissue injuries such as sprains and 4,800 lacerations.

"It is our hope that the offer of a quality first aid kit at no cost will mean thousands of people in the West Auckland region will now be better equipped to deal with an accident if it occurs in their home," he says.

Wickham says The Trusts have also supplied free smoke alarms to households in their catchment area and have donated millions of dollars to local charities.

He says the cost to treat active injury claims in Auckland has risen 43% to \$988m in the past decade with an increase of \$88.4m in the past year alone.

West Auckland households will receive a voucher in the mailbox from February 4 with instructions on where they can be redeemed from for a first aid kit.

Anna Jeffs

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Greenhithe football grows up!

Greenhithe Football Club was founded in 1983 to "foster and control the game of Association Football in Greenhithe and surrounding areas". In 2018 we celebrated our 35th Anniversary with the introduction of 5 Senior teams (including one Senior Women's team), plus we gave the club a fresh new look.

Greenhithe's focus as a football club has traditionally been on



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Junior football, and this was reflected in the club name ("Greenhithe Junior Football Club") until early 2018, when we dropped the word 'Junior' from our name. Our new name reflects the club's intention to become the favourite football club in the Upper Harbour region for players of all ages.

The club has experienced tremendous growth especially in the last few years and boasted 500+ playing members in 2018. Over the last five years, we have seen a significant investment in both professional coaching and raising the capability of our volunteer coaches. The trend of talented players leaving the club has been reversed, and we anticipate at least 5 teams playing metro/conference football in 2019, including a 13th grade & 14th grade Premiere girls team. We're anticipating the Senior section to add a further 4 teams this season.

The rapid growth of the club has been a catalyst for change in other areas. You may have noticed the club's new logo proudly displayed on our amazing new kit, and you can now find us on Facebook too! We're seeing a significant increase in demand for equipment and resources, and so starting in March 2019 we're seeking sponsors to help the club cater to these needs #sponsorGFC. It's a great opportunity for businesses and families to extend support for the club we all love. If you'd like to know more about how you can be involved as a sponsor, please email us at admin@greenhithefootball.org

Throughout this growth and change, Greenhithe FC will remain a family focused club with strong ties to the community. This is endorsed in our slogan - "Local Football played at its best". If you'd like to know more about the club, find ways to get involved, or for any general enquiries, please contact Karyn at admin@greenhithefootball.org The 2019 season is open - registrations close at the end of February so visit our website and sign up now www.greenhithefootball.org.

The myth of "falling behind" in preschool

In this second part of this article we look at further ways to nurture children's development.

1. Being playful with language - Use rhyming words "Ruby duby scooby zooby" Emphasise sounds "sssss snake" "I wonder what else starts with that sound?"

Make funny sounds "eeeeee" "ooooooo" see if your child can imitate you (this will encourage them to listen to the subtlety of language)

Play 'I spy' something beginning with (sounds).

2. Have access to a variety of utensils to scribble/draw with - Provide pencils, crayons, markers, pens, paint (if practical) to help your child express themselves. When tamariki have access to a variety of different media they learn, and gain confidence in different forms of communication and expression.

The first stage of drawing is scribbling (typically lasts up until 3 years of age) at this stage your child is not drawing anything so don't bother asking "What is it?" It is the process not the product that we can comment on. "Look at the lines you are making—there are so many of them!"

Avoid closed questions such as "What colour is it?", instead just ask, "Tell me about your picture". Closed questions in early childhood restrict divergent thinking and tend to make children less likely to take risks with their language.



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3. Use your child's name and their portfolio book as a literacy artefacts - When your child signs in at New Shoots let them do as much as they are capable of doing for themselves. Talk about how many letters are in their name. Compare their names to others names. Your child's name is often the most meaningful literacy artefact in their world.

Bring your child's portfolio home and read it with your child. Write down what they say when they read it.

Have their name at home in a variety of places – make a puzzle out of the letters of their name and help them put it together in order

4. Tell stories and read books - Storytelling and nursery rhymes are a fantastic way to build your child's vocabulary, imagination and literacy foundation.

Ask questions to develop comprehension and critical thinking. The best questions are the ones you do not know the answer to, ie: "I wonder why the fox tried to eat the gingerbread man?" "Would you have eaten it?" "Why not?"

Relate the pictures to the words "What's happening in that picture?" or "What can you see?"

For older children ask them to retell the story while you listen

5. Get physical - The most powerful tool for fostering the growth and development of neural connections in your child's brain is physical movement. That's right, MOVEMENT. Without good balance and stability children may struggle with later formal learning such as reading and writing, because they are still trying to keep their body in balance.

The next time you worry about your child being "left behind", remember that the age your child learns to read and write, know their colours or memorise their numbers, has no bearing on their long term development or success.

Written by Kelly Warren for New Shoots Early Childhood Centres Westgate 1 Kawakawa Place 09 869 3977, Hobsonville 102 Hobsonville Road 09 869 3997, Whenuapai 1-9 Maramara Road 09 869 6050. www.newshoots.co.nz.

SeniorNet West Auckland

We are having an "Open Week" from Monday 25th March to Friday the 29th March. An Open Week means that classes are open to all, so that you do not have to be a member of SeniorNet to attend. It is a great chance for anyone to see what we do and experience our classes first hand. The cost is just \$10 for a 2

hour session. This year we will be covering Windows 10. G.Mail, Galaxy Phones, Snapfish, Facebook, Intro. to iMacs, iPad apps, to name a few. For the full program and times please see our web page www.seniornet-west-auckland.org.nz. You will need to book for these classes by ringing our Course Co-Ordinator Pam on 09 827 2156. We hold the classes at our Learning Centre in the Henderson RSA, 66-70 Railside Ave, Henderson. Please check the website for details.

We are still holding our Help Session on Tuesday the 26th March between 10am and 12 noon.

For those who missed out on the Messenger workshop last month we will be running an-other one soon, again watch our website for details. If you have any queries our office phone number is 09 837 7600, please leave a message and we will get back to you.

We have our monthly meetings on the 3rd Tuesday each month at the Kelston Community Centre, Cnr Awaroa Rd. Kelston. From 10 am guest speaker and morning tea. Entry by \$2 raffle ticket. All welcome you do not need to be a member of SeniorNet. Also our regular Help Sessions on the 2nd and 4th Tuesdays of the month. Our Tutors are really enjoying the challenges at these sessions. If you need help with your Tablets, phones or computers please come in and see us. Android and Apple both covered.

Paula Ryan opens company store

After 20 years of manufacturing in New Zealand, Paula Ryan has opened a store at the NorthWest Shopping Centre. "This decision is timely", says Paula, "as Auckland is growing at a speed of knots. The main Auckland



area is served well with our concept area at Smith & Caughey's in Queen Street and Broadway Newmarket, however the North Shore and North West areas are developing and there are many women buying and building in these areas."

The Paula Ryan collection is well known in New Zealand and Australia. It was created just over 20 years ago and is centred around quality jersey knit fabrics which are made into classic garments with a twist. Two of the fabrics are sourced from Italy while the Merino is from New Zealand. The collection is one of only a handful of collections which are made in New Zealand with only very complex garments being sourced beyond New Zealand shores.

Paula Ryan is no stranger in New Zealand. A well known fashion authority, she was the founder of Fashion Quarterly Magazine and later the Simply You publications.

The new store is elegant, comfortable and spacious and has been designed with a fashion runway as Paula plans to host fashion seminars, workshops and fashion parades. "Women



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love a day or evening out to talk about styling ideas and advice, and I look forward to hosting events focused and themed for women to enjoy within our store on a regular basis."

Paula's has two upcoming style seminars, on March 14th and 28th between 7 – 9pm. Call now if you would like to register: 09 820 0418.

A new way to report Health and Safety incidents or hazards

Wouldn't it be great if you could use your mobile device to capture and report Health and Safety incidents or hazards, as-and-when they are identified? Well now you can.

Securo have completed the creation of a "Securo Incident Reporting App" for existing and new clients and it's ready for you to use. You can also report new hazards and risks and view your existing risk and hazard register using the app as well. You can also view all your reported incidents using the app.



It is a useful add-on to our existing Securo Online Health and Safety system. The new application works on smart phones / tablets / laptops (anything with a web browser).

You can set up supervisors/staff on the app to report incidents and risks and hazards which is particularly useful for construction companies and similar companies where staff are not confined to a single building or site.

For more information phone Securo Consultant John Riddell on 027 477 9750 or email securo4@securo.co.nz or check out the website on www.securo.co.nz.

What to do when you feel jealous

Everyone feels the stab of jealousy every now and then. It can hit us out of nowhere or some carry it around like a ball and chain. Sometimes certain people or situations trigger it in us. Sometimes its fleeting or we can go through stages of it. We can feel it in relationships and love or we feel it with material things like cars or we feel it about money and another people's lives.

Jealousy is when you look at another's situation or something someone has and put that above yours. It's when we make them better than us. It's a desire for something that you don't have. It's a type of comparing where we always come out second best. It's a debilitating emotion. It's horrible when it happens.

Comparison is the thief of happiness. Theodore Roosevelt said that. Comparing your work or life or stuff will only serve to make

you unhappy. To desire something else can be a positive thing with positive outcomes. But not when we sacrifice a good feeling. Jealousy is called jealousy because it usually is clouded with misery.

But why? It's because of the messages we are giving ourselves in the moment. The reason for our jealousy is not so important – yes it tells us our true beliefs about self - but the important bit is the emotions we feel when it happens. Being jealous or comparing means who we are being that moment is the guy who believes he is not enough. Our brain and chemicals and energy is now all saying - I'm not rich enough, good looking enough, skinny enough. I'm ugly, I'm dumb, I'm not as confident as them, money is hard to come by etc etc. It has nothing to do with the other person, it's your mind and body believing that your life is rubbish. It happens so quickly we are not usually aware of our thinking. We are wiring our brain, body and life to reflect this perspective. Our brains love repetition, so the more we go there, the easier it is to go there! We are creating our lives with our emotions – so being jealous means you stop all positive momentum and start the train rolling in the other direction. Life just cannot work out for someone who has all that going on. The universe goes 'no probs, we will give you more of that'.

We are human, we may always experience the odd moment of jealousy - but use it as a tool to heal a layer of yourself that doesn't feel enough. See if you can become aware of who you are being and nip it in the bud quickly. Don't carry on with the negative bombardment. Remember all the things we don't tell ourselves enough - I'm equal with everybody. When I'm being my relaxed true self, I'm funny and beautiful. I have my own gifts and talents. I am made perfectly. I totally trust the right person is out there for me. Life works out for me in my own beautiful timing. I'm thankful for this body that has got me where I am. I enjoy money flowing to me. I'm in the right place having the right conversations to build my bank account. Life works out for me and my family.

(There are a million positive things to remember about ourselves I could go on and on. Everyone has different words and sentences that make them feel good, it's different for everyone). The key is to feel good. The truth is your deserving simply because you exist. This is the truth to remember – not the other



Luke Kemp
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stuff.

If you want to find out more about your emotions and how you can use visualisation to create more of what you want then come for a session. A session is 2 hours and we can focus on any subject or subjects you like. I usually start with the things you are most unhappy with in life or want change in as you will have more negative thought momentum built up in those areas. anna@thinkyourbest.co.nz 021 555 658.

Waitakere Fire Brigade

Not an ordinary day in the office. The Nelson Bush fire is 2340 hectares with a 23 kilometre perimeter. It is New Zealand's single largest wildfire event and I was fortunate to be able to attend this fire for a week as Field Safety Officer. To date the cost is over 15 million dollars in suppression costs. On an average day there are 300 people involved in the front facing and support facing efforts. As we go to print suppression efforts enter their 20th day. Although only one home was destroyed, land owners have lost millions of dollars of forest, stock, horticulture and infrastructure. The cause of the fire has been determined to be the discing of one of the fields in Pigeon Valley. This is common practice in the area to split the soil and allows for re-seeding or cropping. It is understood that a spark resulted which took hold and the fire ran through the field and up the hill into brush and logging slash. It does highlight the importance of having adequate fire suppression measures in place where you are working. Ensure that given the conditions the fire suppression is scaled up to meet the conditions and the possibility that an accident could result in a fast changing situation. The fire status for Auckland and Northland remains "Prohibited", no fires at all. Please be cautious and considerate. Graham McIntyre, Officer in Charge - Waitakere Fire Brigade.



Film studios a "massive" asset

The thriving Kumeu Film Studios are a key contributor to the Auckland region's economically important screen industry while benefitting the Kumeu district and surrounds.

The industry earned more than \$1.1 billion in gross revenue from production and post-production, the former sector supporting 3500 jobs across 1600 businesses (2017 figures) mainly in the West Auckland screen heartland.

The studios are attracting significant attention worldwide, and high demand for the world-class facilities at Kumeu is likely to see them at capacity for the foreseeable future, says Pam Ford, economic development general manager at Auckland Tourism, Events and Economic Development (ATEED), which operates the Kumeu Film Studios (KFS).

She cites as an example of the value KFS creates, that when major productions are in full swing there can be hundreds of people working on site, many spending discretionary income in the area.

"The productions themselves spend a lot of money directly with local suppliers of materials such as timber for set building, additional security if using locations, rental equipment such as generators, food and beverages for staff on site, and accommodation for visiting crew and cast."

During filming of international shark block-buster *The Meg* at KFS and on the seas around Auckland in 2016, 13,300 accommodation nights were spent in New Zealand.

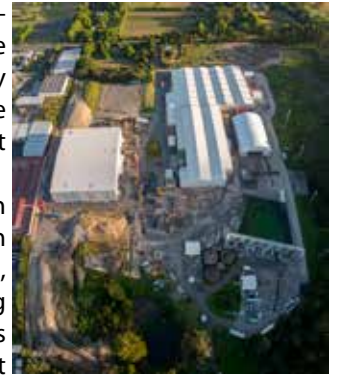
The former Fletchers industrial site and the studios on it are owned by Korean New Zealanders the Ryu family.

The studios were established through an agreement between international studio giants Warner Bros (US) and Gravity Pictures (China), the New Zealand Film Commission on behalf of the Government, and ATEED on behalf of the Auckland Council. ATEED signed a long-term lease with the Ryu family to secure the site.

ATEED manages the studios and recently appointed experienced professional studio managers to ensure its continued smooth running.

The studios' development for *The Meg* included Warner Bros and Gravity funding construction of the first two film studio water tanks ever built in New Zealand - an indoor five-metre deep, 1.3 million litre dive tank with pure heated water; and an outdoor 3m deep, 2.5 million litre ocean horizon tank backed by an 864 sqm green screen wall.

The Ryu's land was ideal for a significant film studio, with ware-





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house buildings for production and costume needs, lots of space, a forested backlot, and proximity to many of our region's key outdoor shooting locations, Pam says.

The original manufacturing buildings have been extensively upgraded for use by production houses, while two new sound stages of 2336.3 sqm each have been added.

The site also features an additional 4036 sqm stage nine to 11 metres high, a 6160 sqm workshop and secondary stage/manufacturing space, a 1215 sqm production offices area with fibre connection and wi-fi-fit out, the two water tanks, a permanent 70.6m by 13m green screen wall with a 920 sqm surface area, and the 12ha forest backlot.

Strong interest is shown in more infrastructure to support the high volume of productions wanting to come to Auckland, Pam says. "This reflects a significant ongoing growth in world demand for studios. KFS is one of many such facilities that is being considered for extension."

Tours of KFS are unlikely.

"While we would love to share the success of KFS with the community and tell them more, we are governed by strict confidentiality agreements with production companies around what is being filmed," Pam says. Health and safety regulations around potential hazards such as the pools and moving machinery also severely limits access.

"We had hoped to host an open day at the site itself. However, back-to-back productions and the nature of the site meant that wasn't possible," Pam says.

Instead, KFS will have a Kumeu Show stand to talk directly to locals.

"We intend to invite a number of the studios' direct neighbours to come along, but obviously welcome the wider community to visit the stand and see some of the great things happening at the studios," Pam says.

"We are keen to develop positive relationships within the local community and build an awareness of the facility and the value that it brings to the region."

The major television series The New Legend of Monkey (Netflix, Jump Film and See Saw Films) and the feature film Adrift (Huayi Brothers, Lakeshore Entertainment, RVK Studios and STX Entertainment) followed The Meg into production at Kumeu.

Last year, the studios were used to film a major feature film for Disney.

The facility has also been used by a number of smaller productions including television series and commercials.

Some included Auckland Council-owned public places where permit fees apply based on the size of the production. A percentage of those fees are then channeled back to the relevant local board where filming took place, with the aim of supporting the local community.

During major productions more than 1000 people can be on site daily.

The Meg, for instance, saw Kiwis form 87% of the 909 crew,

while 14 heads of departments were New Zealand residents and more than 2200 New Zealand extras were employed.

Productions at Kumeu have accelerated the experience and ability of many individuals involved in our region's screen industry, Pam says.

Noise and lighting may impact on immediate neighbours, with traffic management on Access Road sometimes required.

"We really appreciate the community's understanding. Our site manager's goal is to keep dialogue open with our neighbours, and we can assure local residents that we do our best to work with productions to minimise any inconvenience," Pam says. "We believe the studios are a massive asset to Kumeu."

West Harbour Tide Chart

| Date | High | Low | High | Low | High |
|------------|-------|-------|-------|-------|-------|
| Fri 1 Mar | 04:15 | 10:17 | 16:30 | 22:44 | - |
| Sat 2 Mar | 05:14 | 11:15 | 17:29 | 23:43 | - |
| Sun 3 Mar | 06:10 | 12:09 | 18:25 | - | - |
| Mon 4 Mar | - | 00:36 | 07:01 | 12:58 | 19:18 |
| Tue 5 Mar | - | 01:23 | 07:47 | 13:43 | 20:05 |
| Wed 6 Mar | - | 02:05 | 08:29 | 14:25 | 20:47 |
| Thu 7 Mar | - | 02:44 | 09:09 | 15:05 | 21:26 |
| Fri 8 Mar | - | 03:20 | 09:46 | 15:43 | 22:03 |
| Sat 9 Mar | - | 03:56 | 10:23 | 16:20 | 22:39 |
| Sun 10 Mar | - | 04:32 | 11:00 | 16:58 | 23:16 |
| Mon 11 Mar | - | 05:10 | 11:38 | 17:37 | 23:54 |
| Tue 12 Mar | - | 05:50 | 12:18 | 18:17 | - |
| Wed 13 Mar | 00:35 | 06:34 | 13:01 | 19:01 | - |
| Thu 14 Mar | 01:21 | 07:23 | 13:48 | 19:50 | - |
| Fri 15 Mar | 02:14 | 08:20 | 14:41 | 20:46 | - |
| Sat 16 Mar | 03:14 | 09:22 | 15:41 | 21:50 | - |
| Sun 17 Mar | 04:20 | 10:28 | 16:47 | 22:57 | - |
| Mon 18 Mar | 05:26 | 11:32 | 17:55 | - | - |
| Tue 19 Mar | - | 00:01 | 06:28 | 12:33 | 18:58 |
| Wed 20 Mar | - | 01:00 | 07:26 | 13:31 | 19:57 |
| Thu 21 Mar | - | 01:56 | 08:20 | 14:25 | 20:52 |
| Fri 22 Mar | - | 02:48 | 09:13 | 15:18 | 21:43 |
| Sat 23 Mar | - | 03:38 | 10:03 | 16:08 | 22:33 |
| Sun 24 Mar | - | 04:27 | 10:53 | 16:56 | 23:21 |
| Mon 25 Mar | - | 05:16 | 11:42 | 17:44 | - |
| Tue 26 Mar | 00:09 | 06:05 | 12:30 | 18:31 | - |
| Wed 27 Mar | 00:58 | 06:56 | 13:19 | 19:19 | - |
| Thu 28 Mar | 01:49 | 07:50 | 14:08 | 20:10 | - |
| Fri 29 Mar | 02:43 | 08:46 | 15:00 | 21:07 | - |
| Sat 30 Mar | 03:40 | 09:44 | 15:56 | 22:07 | - |
| Sun 31 Mar | 04:39 | 10:41 | 16:55 | 23:08 | - |

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

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