

the **Westerly**

FREE monthly community magazine for Massey to Hobsonville Pt

PROPERTY MARKET REPORT

HELPING MUMS RETURN TO WORK

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

CELEBRATION OF YOUTH LEADERS

Circulation is 16,000 print copies.

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

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

May 2017

Intro

Ideas often come from unexpected sources. One morning our usual teacher was unavailable, so one of the maths teachers took our Greek class. He didn't teach us any Greek, but he did encourage us always to take advantage of any opportunity to volunteer for a task or try something new, and that advice has stuck with me ever since.

Hopefully you will find new opportunities in this month's Westerly, or some activity to try out. Firstly we congratulate Goldberg Kopa and the other Hospice West Rangatahi volunteer youth ambassadors for their achievement and example in providing community service in West Auckland. Other volunteers in the magazine include Girl Guide leaders, the Waitakere Volunteer Fire Brigade and Mike McCarthy as NZ Community Cricket's Volunteer of the Year. So there are many opportunities out there.

There are plenty of activities to choose from. Massey hosts exercise classes, go swimming in Waitakere city, dance the evening away in West Harbour, buy a bike or try trampolining in Westgate. Have you considered powerhooping? Exhausted or injured after the action? Maybe you need some massage therapy, a retreat to a spa, a new pillow or a session of chiropractic or osteopathic treatment. Perhaps the problem is arthritis or iron deficiency? Check out our Health section. Take care of your property while you are out burning the calories - SNAP into gear and read Massey Police's tips.

Perhaps something less energetic would suit you. Read about how mums are being helped to get back to work. Take a class to hone your computer skills, or pop down to the Farmers Market at its new site, and walk to the nearby Rifle Range Amphitheatre. Don't miss the food and drink venues to be enjoyed. Pick up ideas for your pets. Keep up with what's going on in the local property market and see how you can enhance your home and garden. This month we come indoors to the kitchen for the Tradie of the Month. There's also advice about trusts and EPAs.

All in all I hope you will feel inspired as you read through this month's magazine.

John,
Editor



the Westerly

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Community notices

Bike Barn Westgate

Bike Barn Westgate, is one of 20 Bike Barn stores located right throughout the country making them part of New Zealand's largest bike and bike accessory retailer.



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Celebration of West Auckland Youth Leaders

The Hospice West Rangatahi volunteer youth ambassadors have something to smile about. The Minister of Youth Affairs, the Honourable Nikki Kaye, and the Minister for Pacific Peoples, Alfred Ngaro made a very special visit to induct our



first 11 youth ambassadors into the leadership programme at Hospice West Auckland's Living and Learning Centre.

For Goldberg Kopa, Hospice West Rangatahi youth ambassador and Kelston Boys High School Sports Captain, meeting two of our national leaders was a surreal experience.

"We were promised real world experiences but never in my wildest dreams did I think we'd be recognised by the Minister for our role in community service. This is definitely a day to remember."

Also in attendance to celebrate the support young people can

provide to West Auckland communities were proud parents, West Auckland high school principals, Hospice West Auckland trustees and senior staff members.

Hospice West Rangatahi is a springboard for youth to engage and grow outside the traditional classroom context and make positive change in our communities. In addition to being of service to their community, each ambassador receives access to high profile events and workshops and engages youth to develop their personal leadership, intercultural communication skills and a deeper understanding of grief, loss, depression and loneliness.

The programme runs throughout the year and students are welcome to apply at any stage. Register your interest today and contact Amy Zhou, Hospice West Rangatahi Coordinator, via email amy@hwa.org.nz or call 021 774 955.

Exercise classes at Massey Birdwood Settlers Hall

You can learn self-defence, and play indoor bowls at the Massey Birdwood Settlers Hall. You can also get fit.

On Tuesday nights from 7pm Pilates classes take place, with Tanya as the instructor.

You can contact Tanya on

021 023 79150 or Tanja_Talyancich@hotmail.com. The classes are very popular and both men and women participate.

The other exercise class is held on Fridays from 9.30am till 10.30am in the morning. The Fitness League run a class, mainly for the mature lady. Brenda is the instructor and word has it that these classes are more than just exercise but also a great date on the social calendar for the older ladies that live in Massey and the surrounding districts. The photo shows Brenda taking a Fitness Class through a hoop routine.



GirlGuiding NZ

GirlGuiding NZ has been celebrating 60 years of biscuit sales this year. Each year the girls and their volunteer leaders are out in their communities selling the kiwi favourites to raise much needed funds for the charity.

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It's a great chance for the members to get out in the community, teaching the girls sales skills and giving them practice at handling money and eftpos machines.

All of the groups nationwide are led by volunteers and we are always keen for any time or skills you may be able to offer the girls. Check out our website, www.girlguidingnz.org.nz for loads more info on what we get up to and how you can join in the fun! Here we have the Titirangi Guides selling their biscuits at the RSA Club and the Pippins selling at New World New Lynn. Many thanks to everyone who has purchased biscuits and supported the girls this year.

2nd birthday for Flippin' Fun trampoline park

On April 1st, Flippin'Fun, Westgate will have provided awesome fun for families, friends and groups of all kinds for two years. In this time, Flippin' Fun is proud to have assisted a great many local schools, sports clubs and community groups with their various fund raising activities and great relief for parents of energetic kids! Trampolining, acknowledged as being one of the best ways to exercise your body, is great for all ages. Sports teams, Scout groups, church groups, youth organisations, corporates, stag or hens nights or just a group of friends looking for something awesome to do, all come to Flippin' Fun for an amazing time. Also offered are Pre-school, Flip Fitness and Flip Class sessions. As a venue where kids can burn off that extra energy Flippin'Fun can't be beaten so visit their website www.flippinfun.co.nz for more information or call on 09 833 6880.



Greenhithe School 125th Anniversary & Reunion celebrations

We invite all past pupils, staff, families, friends and the community to join us ~ catch up with old friends, share memories and create new ones.

Labour Weekend: Friday 20th - Saturday 21st October 2017

Register your interest on our Eventbrite page: www.eventbrite.co.nz - "Greenhithe School 125th Anniversary & Reunion"



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Email: reunion@greenhithe.school.nz / Website: www.greenhithe.school.nz.

British government announces new 25% tax penalty

Pension transfers by UK residents to QROPS (Qualifying Recognised Overseas Pension Schemes) not in the European Economic Area are now liable for a 25% tax charge.

However, the potentially good news is that there are some exceptions to the new ruling – notably, if the QROPS and individual are both in the same country. Tony Chamberlain from GBPensions explains. "If you are a New Zealand tax resident and you transfer your UK pension to a NZ QROPS, you are exempt from this tax penalty."

GBPensions encourage British ex-pats and returning Kiwis to investigate their pension transfer options.

A pension transfer to a SIPP or NZ QROPS may not be relevant or appropriate in all instances. The decision whether to transfer or not is complex, and it is important to consider the benefits, risks and disadvantages before determining if a transfer is suitable. Freephone: 0800 427 693 (0800 GBP NZD) www.GBPensions.co.nz.



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Safercommunities

Protect your property

In recent times we have seen building and construction sites targeted for tool thefts.

In the last month we have run two free events for tradespeople and residents in the Hobsonville Point area to have their tools and property engraved for free and also provide the safer plates non tamper screws. Without the wonderful support from Neighbourhood Support and Community Patrols I would not be able to run these events in your community. So join up to these two groups and you will also be working closely with your local Policing team.

It is important to look after your own property whether it is in your vehicle, in your home or in your shed always keep them locked and alarmed and keep any valuables out of your vehicle – if you don't have a choice – KEEP THEM OUT OF SIGHT.

For tools and valuable items record the serial numbers and have them engraved (with an identifiable number such as your Driver's Licence) to assist Police in returning these items to you in case they are stolen or misplaced.

To assist in the recording process record your property on www.snap.org.nz SNAP (Serial Number Action Partnership) is an initiative of the New Zealand Police, aiming to prevent New Zealand burglary and property offending, and make it harder for criminals to sell stolen goods in New Zealand. The initiative helps to protect property in a number of ways.

The SNAP website (www.snap.org.nz) allows you to enter and maintain details of all of your important possessions or assets. You can then access this asset list from anywhere, anytime. If your items are stolen, you can instantly retrieve your asset list details, and forward these on to the Police and your insurance company.

If you would like your tools engraved for free please pop into the Massey Police Station between 8am - 4pm Monday to Friday and we can help you out.

Facebook / Social Media - I know there are a lot of you out there expressing local community concerns on Facebook, please note that Police do not monitor Facebook. Please report the matter to Police so we can assist. Being a community member is not just about talking the talk on social media but walking the walk. Actively being part of your community and taking responsibility to assist in creating a safer community together.

There are several ways you can do this like joining your local



Neighbourhood Support team, contact Sharon or Louise 09 838 0132 to get involved in this.

If you want to make a difference in the wider community join the Community Patrol Group. Give Maree a call at the Massey Station 09 832 4099 or pop in to get your tools engraved, and have a chat to Maree about joining your local Community Patrol group - it's a great way of really making a difference in our community.

Waitakere Volunteer Fire Brigade

Winter is fast approaching so make sure your fire place chimney has been cleaned and your electric blankets are in safe working order.

Every house needs an escape plan that has been practised as you never know when you may have to leave your house in a hurry.

- Make sure that everyone knows the sound of the smoke alarm and what to do if a fire occurs.
- Identify a primary escape route out of every room, and then pick a secondary route in case the first is blocked by fire.
- Ensure doorways are not obstructed.
- Select and indicate a meeting place outside of the home (eg the letterbox).
- Call 111 and ask for the Fire Service from a neighbour's home or mobile phone

We are still facing difficulties finding and accessing properties. When you call for assistance the responding fire crew can easily find your street but finding your house can be difficult. You can help by making sure your letterbox has the correct street number clearly displayed. At night turn outside lights on so your house is clearly seen and send someone to the drive entrance to meet the fire crew.

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

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

Keep safe, Denis Cooper - Officer in Charge, Waitakere Volunteer Fire Brigade.

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People:places

Helping mums return to work



Photo: Rebekah Fraser. Photo by Kelly Newland. Rebekah Fraser knows first-hand the challenges experienced by mums transitioning back to the workplace after having their kids.

Now she's using that experience to help others, running her own coaching and consulting business The Back to Work Coach. The Hobsonville mum, pictured left with client Jacqui Griffin, was offered a part-time coaching contract when daughter Libby was four-months-old.

A qualified teacher, she has a Master's degree in psychology, is a behaviours and motivators analyst and an International Coach Federation accredited coach.

"Despite being off work such a short time I was amazed at the amount of confidence I lost," Rebekah says.

Doubting her ability, Rebekah wondered what she was doing as she entered her workplace on her first day back. She was concerned colleagues would view her differently and was worried she wouldn't perform to standards when under pressure. Rebekah struggled to sort childcare to suit the family's needs, and in coping with tiredness while doing a job requiring positive energy.

Used to doing much herself, Rebekah also had difficulty asking for help from her partner and family.

She soon learned to "delegate, negotiate and orchestrate".

Rebekah felt a need to help other women too.

"My passion is equipping women with the skills, strategies, self-confidence and self-awareness to achieve the goals which are most meaningful to them."

So began The Back to Work Coach programme, supporting mums wanting to return to work – either after their maternity leave or time off as a primary care giver.

"Mums consistently tell me their biggest challenges about transitioning back into the workforce fall into two categories," Rebekah says.

"One is those things which relate to their thoughts and feelings about themselves, and the second is the practicalities of making it all work."

A survey of 88 mums said their biggest challenge was dealing with "mother's guilt" (60 percent). They were worried that

returning to work would negatively impact on their children. Mums were also concerned about missing out on their children's developmental milestones. Thirty-two percent said their biggest challenge related to feeling overwhelmed about trying to juggle everything to get a realistic work and life balance.

Asked 'what would make the biggest difference', the mums said they wanted tools to deal with the stress and anxiety they felt about making everything work. They also sought strategies to increase self-confidence and belief, ways to get more sleep and maintain higher energy levels, increase motivation and improve their tolerance.

On returning to work, mums cited challenges with household logistics, organisation and time management (42 per cent), finding flexibility within a job, and sourcing the right childcare for them.

Some wanted help with communication, especially doing so assertively.

"Our coaching programmes are designed to address the issues most relevant and meaningful to every mum we work with," Rebekah says. "We work together to identify the key challenges for that mum and design a plan to overcome and or manage them. Mums may choose to work one-on-one with a coach, or as part of a coaching group sharing their knowledge and ideas. They also support each other, not only during the coaching journey, but once back at work as well."

Programmes are from six to 12 weeks duration.

Last year, Rebekah started The Sisterhood Scholarship, offering a free 12-week programme to a local woman wanting to return to work.

She welcomes applicants from readers in this magazine's distribution area who intend resuming paid work within the next three to six months, and who are experiencing some degree of anxiety about it

Email rebekah@thebacktoworkcoach.com or call her on 021 884 845 for an application form before May 12.

The successful mum will be contacted by the end of May.

Meanwhile, Rebekah is training for a charity boxing match to raise funds for The Key to Life Charitable Trust, aiming for zero suicide in New Zealand.

"Three families lose a loved one to suicide every two days in New Zealand," she says.

The IT Heavy Hitters Charity Fight is on May 13 at the Auckland Boxing Association from 7pm.



InBrief updates:events

helloworld Hobsonville

I recently visited Tahiti for 8 days. We spent two nights in Papeete, 3 nights in Bora Bora and two nights in Moorea, and saw many hotels. What I learned was that, Papeete is a stopover destination for travellers to continue on to an outer island or join a cruise.



Moorea is an adventurer's paradise with lots of land and sea based activities for travellers to choose from and due to its affordability, would be the main destination for New Zealanders. In Moorea we did an Island Tour which was really fun, there is a choice of adventure vehicles or in the back shuttle bus. Moorea is a great place to swim with the sting rays and sharks in the crystal clear water which is only waist deep, initially this is scary but it's a real buzz when you get used to it.

Bora Bora (my absolute favourite of the three) and is the most photographed. It is a breath-taking refuge for couples to escape to and enjoy a romantic holiday in absolute bliss. It is also great for families whose pockets are deep enough. There are a couple of cheaper options but the 5 star resorts reign supreme. Being only a hop, skip and jump away it is a must see on every Kiwi's bucket list.

Hayley Miles is based at helloworld Hobsonville 09 416 1799 or email Hayley.miles@helloworld.co.nz.

Seniornet West Auckland

We had a great open day in March and it was nice to meet some

of our Westerly readers who braved some wet and wild weather to call and see us.

We are very pleased to have two new Tutors who have joined our group and we can now offer classes using Apple Mac Computers and also Galaxy phones. We will be running various classes and workshops in the coming months so please ring Pam she will be happy to advise the right one for you.

If you have taken lots of photos over the summer why not put them into an album instead of being hidden away on your phone or camera. We run a great workshop using Snapfish. This is a free download and the workshop will guide you through it. Please keep an eye on our website www.seniornet-west-auckland.org.nz for other classes available. We do have people waiting to start Windows 10 so please put your name down with Pam, leave a message and she will get back to you.

Please ring Pam our Course Co-ordinator on 09 827 2156 to make enquiries or book classes. These are held at 67 Henderson Valley Road, Henderson. We have a monthly meeting at the Kelston Community Centre, cnr Awaroa Road, Kelston, on the 3rd Tuesday of the month at 10 am the next one being on the 16th May. We have a guest speaker and morning tea, so look forward to seeing you there.

Hobsonville Point Farmers Market

As some of you are aware, the Landing at Hobsonville Point, now known as Catalina Bay has been sold to HLC's development partner Willis Bond & Co. As part of the development process, we have had to relocate our market to



the Fabric Bay temporarily. As a result of this move, our market has had to downsize somewhat to fit into the new building.

While this move is not ideal for the market, we do have a long-term plan at Catalina Bay. With assistance from Willis Bond, we will be moving to our long-term home in the building located at the bottom of the concrete steps.

Moving forward, this building will better suit our long term goals and give us the ability to operate extended hours while developing a broader and more sustainable market for the entire community.

We would like to ask you to continue supporting us through this transition period to ensure that we grow to a market we can



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Ivy Cottage parties

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It's all about making your child's day extra specially magical and allowing you to sit back, relax and watch the children having a wonderful time ~ We look forward to seeing you soon.

Book or enquire online: www.ivycottage.co.nz / Email: fairies@ivycottage.co.nz / Facebook: www.facebook.com/IvyCottageParties.

Finding the perfect pillow

Ever stayed in a luxury Hotel and delighted in the soft feather pillows? Ever wondered where to buy them and what makes them so good to sleep on? Sleeping on a feather pillow is far superior to any man-made fibre or foam pillow that we know of, for two main reasons. Man-made fibres must have a "spring" built into them so the pillow bounces back into shape after use. This means that as your head pushes down on the pillow the "spring" pushes back against your neck and head - the consequence is that the muscles can simply never relax as you sleep. The second reason to steer clear of man-made or foam pillows is that many of them contain toxins which can be released when your warm head is put onto it. Google "Foam used in bedding" to get some idea of the effect this can have on some people.



Our hotel pillows are made to the exact specifications of some

of the world's largest hotel chains. We call it 'pillow within a pillow' construction. First we make a smaller all-feather filled pillow and then wrap another pillow around the outside of this which we fill with 50% duck down and 50% duck feather. This creates a pillow with a soft outer layer wrapped around a firm core. By then varying the amount of fill inside, we can produce two qualities, either firm or soft.

These pillows are available freight-free by mail order at www.duvetsandpillows.co.nz or are available in at Home Fabrics, 28 Hurstmere Rd, Takapuna for only \$145.95.

For the kids too

When you wear jewellery that is inspired by the people you love, it gives not only you, the wearer, a sense of comfort and connection to those people, but it also give those people a sense of connection to you too.



When I wear my "Initial Love" pendants, it's not just about me keeping my children close, they totally love seeing their initials hanging around my neck. They will often talk about the pendants and even play with them, given the chance. I am sure this reaffirms to them how much they are loved and reminds them that they are always in your thoughts and in everything you do.

Visit my website www.preciousimprints.co.nz to view my range of personalised and symbolic earrings, rings, necklaces, key rings and more. Also feel free to email me jo@preciousimprints.co.nz if you have an ideal you would love to see turned into a piece of jewellery.

Rifle Range Amphitheatre opening

Hobsonville Point residents swarmed by foot and bikes to the much anticipated opening of Hobsonville Point's own outdoor Amphitheatre on Sunday 19th March.



The former Rifle Range near Bomb Point/Te Onekiritea Point got a substantial makeover, with the existing building retained. The space has been designed with youth in mind and includes a permanent table

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tennis table and public toilets.

The grand opening was supported by music and dance performances from the Hobsonville Point Secondary School, Dance Pointe and local band Hobby Hipsters.

"It was nice to see so many residents and visitors enjoying this new venue" says, Kathleen Waldock from the HLC, who led the organisation of this event along with students from the Hobsonville Point Secondary School. A thank you also to AVJennings who sponsored the event.

In the future "Rifle Range" can be used as a community venue through the Auckland City Council.

Waitakere City Masters Swimming Club

Waitakere City Masters Swimming Club is a group of local swimmers based in West Auckland. Open to people of all ages from 20 through to 120 for competition and fitness, the club is a friendly bunch of swimmers who train every Monday, Tuesday and Thursday.

Members of the club enter various age group swim meets throughout the year as well as sea swims, and are currently training for the World Masters Games, which will be held in Auckland in April.

The club isn't all just swim, swim, swim though; they also meet up for social events such as quiz nights, meals out and more throughout the year. If you're interested in joining a fun, friendly and local swimming group that offers so much more, contact the club secretary Paulette at waitakerecitymastersswimmers@gmail.com.

New to Little Miss Enchanted Tween Wonderland SPARTies.

Follow us down the rabbit hole and let our hostesses pamper your girls in our wonderful Wonderland Spa Room.

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lovely pampering time for your Little Miss and her bestie.

We also offer Mother and Daughter Spa Package. Enjoy aromatic foot soak while indulging in milkshakes or herbal tea and



nibbles. Mother receives a relaxing half hour facial with hand and décolleté massage. Daughter receives lovely mini manicure with nail art and a 10 minute facial. Spend some bonding time together while being pampered.

For more information visit our website www.littlemissenchanted.co.nz or email us info@littlemissenchanted.co.nz or call 0800 LIL MISS.

Get your dancing shoes on

The West Harbour Tennis Club is hosting a Rolling Stones Tribute Show with Brown Sugar, a great band playing Rolling Stones covers, to take you back down memory lane.



Not to be missed, mark Saturday the 13th of May in your diary. Doors and bar open at 6.30pm with band starting at 8.00pm. Food also available for purchase. Tickets \$20 available through Eventfinda (search Rolling Stones), or contact Tony from the West Harbour tennis club for further information on 027 662 3428. Limited door sales on the night at the club located at Picasso Drive, West Harbour.

There's a great dance floor space at the club, for those ready to re-enact their "moves like Mick Jagger!" A fun night to be had by all. So come along and enjoy yourself, and get to know some of your local friendly club members as well, during the annual senior prize giving which will happen prior to the show, at 7.00pm.

EmbodyBirth™ Pregnancy and Birth Preparation workshops

The profound EmbodyBirth™ one day workshops will be running in Kumeu, starting this June.



These workshops include mindful movement for birth, gentle pre-natal yoga, meditation, holistic birth education, sharing and support. The techniques used help prepare and can help to have a more conscious, rewarding experience of birth. "So many of us women have anxieties around birth" says teacher Maree Delmar, who is a mother and also has five years' experience teaching pre-natal yoga here in Kumeu. "EmbodyBirth™ can really help to deal with anxiety and also trauma from any previous difficult births". The mindful movement is based around the ancient art of belly dance, which actually began as a birth dance. "It is incredibly strengthening for the birthing

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Auckland

muscles" Maree says "and also you get to learn how to use those muscles and move your hips before going into birthing. It also helps to tune you in with your instincts, which is where we need to be to allow birth to happen". The movements used however are very slow and basic and no dance experience of any kind is necessary. Dates for Kumeu are the 10th of June or the 5th of August, \$89 earlybird. Contact Maree to book (limited places) embodybirth.maree@gmail.com or 021 022 93012.

Peace Poppy project - ANZAC DAY 2017.

For the third year in a row, residents of Hobsonville Point participated in the installation of roughly 1800 Peace Poppies in commemoration of ANZAC day.



Come rain and shine - Hobsonville Point Early Learning Centre, residents from the Waterford Retirement Village and other community members showed up at Hobsonville Point Park to help install a vivid red square for all to enjoy.

The Peace Poppy Project began in 2013 and is the brainchild of West Auckland artist Cristina Beth. It seeks to remember and honour those who have served. Over the past three years, Hobsonville Point residents and students at Hobsonville Point's two schools made the poppies installed this year.

If you live in or near Hobsonville Point, come along to help with the deinstallation on 27 April between 10 am and 10.30 am and take a peace poppy home as a symbol of peace and a reminder of those who served.

Auckland Kindergartens

Children are encouraged to explore their surroundings. The tamariki at Don Buck Kindergarten have taken a strong interest in insects and bugs recently. Bug hunting encourages children to explore their backyard that leads to adventures and imaginative play, and instantly connects them to their natural world. They get excited about their find and share their observations. Activity includes going outside and looking for bugs at different places - flowers, piles of leaves, on the bark of trees, underneath slides and walkways, different parts of the playground and looking under rocks and stepping stones. Bug homes, spider webs, cicada shells, vacated cocoons, dead bugs



homes, spider webs, cicada shells, vacated cocoons, dead bugs

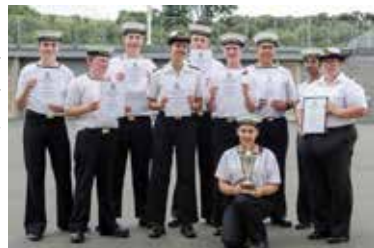


MAKI STREET, NORTHWEST SHOPPING CENTRE

- all make for a thrilling find. When you hear squeals and shrieks of excitement you can tell bug hunting is fun.

TS Bellona Sea Cadet Unit

After 30 years a Northern Area Cadet unit is triumphant in becoming the number one unit in the country. Not only is it 30 years since a Northern Area Unit has won the National Sea



Cadet Corp Regatta, held at the Navy's Tamaki Leadership Centre in Whanaparaoa, but the first time TS Bellona has taken out the title, competing against TS Talisman from Nelson and TS Taupo from Wellington. Based in Hobsonville, the unit which services both the North Shore and West Auckland communities for ages 13 - 19, competed in a timed confidence course, pulling race, Crown racing, Feva racing and seamanship evolution. The units were also tested in dry rigging, mast construction, first aid, CASEVAC (Casualty Evacuation) and drill.

This a busy and exciting time for the unit, having already won this years Navy League Regatta, Regional SCC Regatta, National Regatta and now preparing for the ANZAC Day commemorations in Browns Bay. TS Bellona will be proudly providing the cenotaph guard for the dawn service.

The unit is also proud to celebrate their Warrant Officer Tayla Wong-Lithgow having been awarded the Chief of Navy scholarship this year for her University studies.

TS Bellona parades every Thursday evening out of the Hobsonville Yacht Club.

Photograph: Left to right - ABCDT David Button (17), ODCDT Tristram Wheeler (14), LCDT Ethan Fairweather (16), WOCDT Wong-Lithgow (19), LCDT Lane Halloran (16), POCDT Tommy Cook (17), LCDT Fohe Puamau (16), ABCDT Sidhika Devkarren (15), LTCDR Rachael Lyons. Kneeling: ABCDT Nani Puamau (13).

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say hi!**

Don Buck Kindergarten



Right on your doorstep is a special place where teachers, parents and children come together to build an amazing community.

A community where...

- Qualified teachers nurture your children's interests and natural curiosity
- Large outdoor spaces give your children lots of room to explore
- It costs less than you might think with 20 hours ECE fee subsidy options available for 2-5 year olds

We are Don Buck Kindergarten. Part of the Auckland Kindergarten Association who has been behind the development and learning of children since 1908.

Spaces available now!
Enrol at Don Buck Kindergarten
124a Don Buck Road, Massey,
www.aka.org.nz or
call 09 832 4899 today.

area property stats

Suburb	CV	Land Area	Floor Area	Sale Price	
Herald Island	900,000	809M2	220M2	1,680,000	
	860,000	809M2	60M2	1,057,000	
	920,000	809M2	30M2	1,150,000	
Hobsonville	760,000	275M2	206M2	1,005,000	
	720,000	200M2	166M2	1,045,000	
	690,000	1508M2	110M2	1,260,000	
	870,000	759M2	226M2	1,230,000	
	760,000	253M2	202M2	1,210,000	
	720,000	168M2	173M2	999,000	
	480,000	129M2	84M2	780,000	
	730,000	204M2	184M2	900,000	
Massey	680,000	501M2	175M2	940,000	
	410,000	550M2	120M2	661,000	
	550,000	814M2	100M2	760,000	
	475,000	893M2	90M2	670,000	
	385,000	386M2	80M2	605,000	
	450,000	674M2	160M2	761,000	
	350,000	352M2	79M2	570,000	
	490,000	827M2	161M2	924,000	
	470,000	476M2	120M2	705,000	
	610,000	511M2	230M2	850,000	
	630,000	611M2	220M2	930,000	
	475,000	981M2	100M2	722,500	
	465,000	609M2	80M2	825,000	
	425,000	943M2	115M2	675,000	
	430,000	478M2	90M2	550,000	
	550,000	1930M2	80M2	660,000	
	430,000	678M2	90M2	685,000	
	540,000	562M2	130M2	735,000	
	610,000	614M2	190M2	787,000	
	455,000	938M2	100M2	730,000	
	495,000	702M2	90M2	672,500	
	430,000	465M2	76M2	565,500	
	390,000	809M2	120M2	655,000	
	235,000	549M2	30M2	758,000	
	430,000	643M2	99M2	648,000	
	510,000	1152M2	140M2	881,000	
620,000	777M2	250M2	930,000		
450,000	660M2	100M2	684,000		
430,000	809M2	90M2	770,000		
550,000	943M2	160M2	910,000		
455,000	708M2	90M2	660,000		
Royal Heights	460,000	744M2	130M2	822,000	
West Harbour	620,000	682M2	140M2	898,888	
	590,000	726M2	160M2	970,000	
	490,000	628M2	130M2	830,000	
	550,000	375M2	150M2	710,000	
	580,000	572M2	90M2	788,000	
	770,000	677M2	140M2	945,000	
	510,000	660M2	140M2	682,467	
	510,000	194M2	152M2	816,000	
	Waitakere	470,000	898M2	75M2	670,000
		540,000	938M2	134M2	785,000
Whenuapai	560,000	1452M2	110M2	850,000	

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Graham McIntyre
Brand & Territory Owner

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

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

Market report with Graham

You'll be seeing more real estate signs up, and they will be around for longer periods with days on market averaging fifteen weeks. If you are considering a move in this market we suggest you get all your ducks in a row, ensure you understand the true and current value within your property and be considerate to your agent and the purchasers showing interest. Fewer buyers and some relaxing in values in some areas especially the residential and apartment market with investors seeking out good value stock. Let's have a look at sales over the month: Herald Island Residential \$1,057,000 to \$1,680,000. Hobsonville Residential \$665,000 to \$1,260,000. Massey Residential \$550,000 to \$1,168,000. Royal Heights Residential \$443,500 to \$1,035,000. West Harbour Residential \$682,000 to \$1,680,000. Waitakere Residential \$670,000 to \$785,000. Whenuapai Residential \$850,000 to \$1,900,000. So whatever you decide and when you decide, it costs nothing to give us a call, or get us around, for a discussion about how we support you through the marketing and decision making process associated with selling your home or investment. Great thing with Mike Pero Real Estate is that you could save thousands in commissions and receive our complimentary multi-media marketing package including TV and Magazine exposure at no cost to you. Give me a call directly on 0800 900 700 or go to www.grahammcintyre.co.nz. Licensed REAA (2008).

Is your roof leaking?

Is your roof leaking? Rust holes? Now is the perfect time to get work done on your roof before winter, ensuring your home or business stays dry over the winter months. If you've been thinking about getting work done on your home or business why not give us a call to arrange a free quote. The Precision Roofing team are specialists in all aspects of roofing, meaning you only need one company to cover all of your roofing needs. We are a family owned and operated company based in Auckland. With over 15 years' experience in the industry, we have all your needs cov-



ered. 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 pays attention to detail, so all our work is Precision quality.

Our services include; colour steel roofing, tile restoration, gutter and downpipe replacements, and repairs. We can also install insulation while re-roofing, saving you time and money and ensuring your home stays dry and warm. 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 roofingprecision@gmail.com or visit www.precisionroofing.co.nz.

Having your cake... and eating it

Using a rental property to pay down your personal home loan. As a Mortgage Advisor, I've seen a number of my investor clients use their rental properties to pay down, or pay off their personal home loan. You may think this is nothing new; however this has been done without having to sell their rental property. Basically my clients have done this in two ways. In this article we will cover off the first strategy, with the second strategy to come next month. Strategy One: Moving an Investment Property from Personal ownership to a Company. A lot of people have purchased investment properties under their personal names. If so, your accountant may suggest having the property valued, and then moved into a company, where you are the sole directors. For example Jack and Jill own two properties, the house that they live in, and a rental property purchase 6 years ago. The rental was purchased for \$300,000, and with capital gain over 6 years, the property is now valued at \$500,000, so a net gain of \$200,000. Once the rental is moved into a company, the gain is then used to pay down their personal home loan by \$200,000. The clients end up with \$200,000 more in tax deductible debt, which allows greater tax efficiencies. Things to watch out for when moving properties into a company or changing ownership. 1) When a property changes ownership, the loans involved with that property will need to be floating. This means you could have to break some of your loans, and lose the interest rates that they are fixed at. 2) Breaking a loan could result in a break fee. Talk to your accountant but these fees should be tax deductible. 3) To generate a new loan, the bank will need a full application,



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ensuring you have enough income and equity for the proposed restructure. Bank criteria is subject to change, so what was approved 2 years ago, may not work today. 4) A conveyancing lawyer will be needed, so budget for their cost. 5) Allow 1-2 months for the restructure, and be mindful that interest rates can move up or down during the process. 6) Moving your investment property into a company, may also trigger depreciation claw back. 7) Watch out for capital gains tax, especially if you have owned the property for less than two years. It's essential that a professional accountant is used before, and during the process. For further details or feedback feel free to contact Ivan on 09 427 5870 or 0275 775 995 or email ivan.urlich@mikepero.co.nz Ivan Urlich is a registered financial adviser specialising in mortgages, his disclosure statement is available free of charge on request.

Industrial market

Industrial property's latest stellar run in capital appreciation reflects just how strong underlying fundamentals are. The undersupply of good quality properties for investors and owner/occupiers to purchase being the only reason that record sales turnover is not being achieved. Tenants are also operating in a challenging environment with available space near record lows. Alleviating some of the pressure is the completion of new supply and the consequential tenant 'churn' providing new leasing opportunities. The lift in the total stock of industrial properties may also be a feature of 2017 that increases sales opportunities and lifts turnover rates. While the New Zealand economy remains strong, all eyes are focussed on global markets to gauge financial and political instability that could change the sector's current positive outlook. Well-signalled indications are inflation and interest rates will rise slowly, albeit from all-time lows. Purchasers will re-evaluate their risk levels, which will likely make for a confident, but cautious sector over 2017. Transactions - The record low-interest rate environment in recent years has fuelled investment activity in real estate given the limited number of high-yielding alternative direct investment opportunities. The accompanying chart highlights how the industrial sector has attracted a significant number of purchasers (both investors and owner-occupiers), but the aggregate value of property sales remains well below its other commercial sector counterparts. Ultimately buoying industrial sales activity has been very lucrative returns. Incremental rental gains combined with firming yields have seen capital values rise by more than 10 per cent per annum over the past two years. This has understandably tempted a number of investors into buying and selling. However, keeping the sector from a 'rush of activity' is a common theme – the undersupply of good quality properties for investors and owner/occupiers to purchase. Potentially alleviating the situation in 2017 is a lift in new supply, and some

investors may tread more cautiously due to interest Investors consider fundamentals over the next 12 months are rock solid, remaining the most optimistic of all commercial sectors in New Zealand. Sales activity has been robust in recent years, but the lack of available stock to purchase may reduce sales volumes in 2017. The three main centres of New Zealand: Auckland, Wellington and Christchurch, show similar market conditions with low vacancy, increasing rents and firm yields rates rising. However, given the positive economic outlook and the recurring 'demand outweighing supply' theme, we expect experienced and well-established investors will see the current market dynamics as a timely opportunity for a prolonged period of activity. Auckland specific - Demand - Overall vacancy has increased fractionally to 2.4 per cent, from 2.2 per cent 12 months ago. However, this is the second lowest rate since our survey began over 20 years ago. Overall vacancy has been below three per cent since 2014. Prime and secondary vacancy rates have both increased, but only fractionally. Prime vacancy is at 1.7 per cent, while secondary vacancy is at 2.6 per cent. The rise in vacancy is a reflection of the increase in supply, particularly in speculatively led developments, rather than slowing demand. Supply - Total supply in the Auckland region has increased by 162,000sqm with approximately 35,000sqm of secondary stock temporarily removed due to refurbishment. Demand remains high especially for new premises as indicated by the speculatively led developments. Developers will try to keep pace with the demand, but areas with limited land supply will feel the impact, especially through rising land prices. Preliminary results from our vacant land survey indicate that land absorption rates reached 82 hectares in the past year, one of the strongest rates since 2007. The Unitary Plan will provide for more industrial vacant land, however, much of this is likely to be controlled by only a few select parties. Rents & Incentives - Industrial combined (warehouse and office space) rents reached \$140/sq.m and \$109/sq.m for prime and secondary sectors respectively. Rental growth rates slowed in the last quarter of 2016 in comparison to the first three-quarters of the year. However, this reduced growth rate was still higher than the long-term average of 2.7 per cent per annum and 2.3 per cent per annum for the prime and secondary sectors respectively. Both prime and secondary rents grew over five per cent in each of quarters two and three, then settled near 3.7 per cent and two per cent respectively in quarter four 2016. Rents are likely to keep rising, but new supply and this recent surge in rents could constrain further growth over the next few years. Yields, Capital Values and Land Values - Investors will be keen to seek out opportunities due to the sector's underlying strength, but yields are closing in on the cost of debt. Average prime yields are now at 5.8 per cent. Tighter lending conditions may also inhibit some investors over the year ahead. Land values across Auckland have increased by just over 11 per cent in the past year, reflecting the strong levels of demand and the rent and yield profile.

Graham McIntyre
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REFURBISHED 4 ROOMS, PRIVACY ON 2600SQM IN WAITAKERE TOWNSHIP 3 2 1

Offers Over \$850,000

2A Northfield Road, Waitakere
Offers Over \$850,000

A beautifully presented, 2600sqm with a fully refurbished and modernised three bedroom plus sleepout home. A new kitchen, bathroom and laundry certainly delivers the oohh aaaah factor. Open plan living and entertaining out to alfresco decking with a distinctly private and serene backdrop. The home enjoys an easy-living style including a study nook, a large sleepout and double garage with ample storage. Good transport links including train from Swanson and School bus close to drive. Seeking some semi-rural space and peace, then forget Titirangi and Waitarua, this property may be just the ticket. 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/RX1092569



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027 632 0421

graham.mcintyre@mikepero.com



FREEHOLD CONVENIENCE AND SECURITY FOR OVER 55'S 2 1 1

By Negotiation

13 / 18 Williams Road, Hobsonville
By Negotiation

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

www.mikepero.com/RX1016323



Steve Cotter
021 171 3941
steve.cotter@mikepero.com



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MODERN - MASONRY OVER BRICK IN WAIMAUKU

3 2 2

By Negotiation

25 Buttercup Place, Waimauku By Negotiation

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

www.mikepero.com/RX952890



Graham McIntyre
027 632 0421

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AFFORDABLE, SUNNY, SEMI-RURAL LIVING - WAITAKERE

3 1 1

By Negotiation

29 Bethells Road, Waitakere By Negotiation

This spacious sun drenched family home offers significant value to a family wanting the very best of fun, function and features. A home that gets all day sun, with large open plan lounge and dining linking seamlessly to elevated decking with rural views. Three bedrooms, fully renovated bathroom upstairs and a workshop, study or office with carport and garage downstairs. Internal access makes this house function well and provides options for a growing family. Set upon 1014 square meters the land is fenced and has secure parking for a boat, trailer or motorhome, plus raised bed gardens. A stone throw to Waitakere Primary School and neighbouring parks the home delivers space in a location that is easy to get to convenience shopping, transport links, walking tracks and wide open spaces.

www.mikepero.com/RX1116908



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



ULTIMATE LIFESTYLE PROPERTY

6 2 4

Offers Over \$1,600,000

45 Ararimu Valley Road, Waimauku
Offers Over \$1,600,000

This lifestyle property ticks all the boxes. Set well off the road amidst beautiful grounds just 5 minutes from Kumeu you will enjoy the peace and serenity this unique property has to offer. There are two centrally heated homes, the main house is 210m² with a uniquely large, second dwelling of 170m². If you wish to renovate you can live next door. The gardens which back onto the Ararimu Stream are very mature with stunning specimen trees and a wide variety of fruit and nuts just waiting to be harvested. There is a planting plan available. Ducks wandering around the pond add to the rural charm this home provides. An unlimited crystal clear water supply is provided by an artesian bore. This water is bottled under a number of brands further down the valley. You can swim in it in the large heated pool.

www.mikepero.com/RX892144



Lyndsay Kerr
027 554 4240

lyndsay.kerr@mikepero.com



HILLTOP RETREAT - VIEWS OVER CASCADE FALLS 3 2 2

Offers Over \$1,147,000

45 Jonkers Road, Waitakere
Offers Over \$1,147,000

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

www.mikepero.com/RX1006917



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graham.mcintyre@mikepero.com



ELEVATED EAST FACING ON 809 SQM - KUMEU

4 1 2

Offers Over \$949,000

49 Matua Road, Huapai
Offers Over \$949,000

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



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www.mikepero.com/RX1033818

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MASSEY - FULLY REFURBISHED 4 ROOM - MOVE IN TOMORROW.

3 1 1

By Negotiation

72 Gallony Avenue, Massey
By Negotiation

Set on 474 square meters overlooking Emerald Valley Park, this fully refurbished three bedroom plus sleepout/office delivers great space on the outside and the inside. New kitchen and very well presented bathroom and separate laundry area. Open plan living and dining with sliders to north facing decking, the home delivers options for the whole family. Fenced for pets with a single garage and off-street parking, this is a home that will suit purchasers looking for a pleasing bush and pasture outlook, peace and quiet and easy living over one level. The CV on this property is \$410,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



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www.mikepero.com/RX1118896

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AFFORDABLE LIFESTYLE, 1 HECTARE, TENANTED

3 2 1

By Negotiation

78 Mairetahi Road, South Head
By Negotiation

Positioned to capture all day sunshine and rural views across rolling pasture. This three bedroom traditional bungalow is a no-nonsense kiwiana home with rich native polished floors and through large slider access to extensive entertaining deck. Recently refurbished kitchen and bathroom with separate laundry. The home has a new roof and has also been recently re-wired. Simple access off Mairetahi Road with extensive off road parking including a double skyline garage. Large scope here for the good-life, a short drive to top golf link, harbour boat ramp, café, forestry, school, parks and reserves. The CV on this property is \$460,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



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LARGE EXECUTIVE HOME IN WAIMAUKU

4 2 2

Set Date of Sale

81 Freshfields Road, Waimauku

Set Date of Sale 5pm, Monday 8th May 2017 (unless brought forward).

Open plan living at its best, designer kitchen, family room, formal lounge. Cozy wood burner and heated bathroom floors. Four double bedrooms master with on suite, walk in wardrobe and separate office or nursery. Large family bathroom including spa bath. Entertaining is a breeze with an alfresco patio dining area set off the kitchen and a further entertaining area set off the dining room for viewing those enticing Muriwai sunsets. There is an extra large carpeted double internal access garage, with off street parking for a further two more vehicles plus a boat. A short walk to the highly sought after Decile 10 Waimauku Primary School and convenient Waimauku Shopping Centre.



Ian Sneddon
027 209 0789

ian.sneddon@mikepero.com

www.mikepero.com/RX1085707



ELEVATED STATELY BUNGALOW - WAIMAUKU

4 4 2

Offers Over \$1,095,000

132 Hinau Road, Waimauku
Offers Over \$1,095,000

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



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www.mikepero.com/RX1034803

Mike Pero Real Estate Ltd. Licensed REAA (2008)

www.mikepero.com



PRIME INVESTMENT OPTION - HOUSING NZ LEASE

4 2 2

Offers Over \$695,000

211 Metcalfe Road, Ranui
Offers Over \$695,000

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



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DELIGHTFUL RIVERSIDE LIFESTYLE PROPERTY - TAUPAKI

8 4 4

Set Date of Sale

339 Waitakere Road, Taupaki

Set Date of Sale - Tuesday 23rd May 2017 (unless brought forward).

Two full sized consented character dwellings fully renovated, total bedrooms 8, both with extensive decks garaging and range of accessory buildings offering significant incomes. Set 5 acres apart for privacy and seclusion. Alfresco at its best! Flat fully usable 4 hectares (10 acres) land, fully fenced, excellent pasture and plenty of water supply, from bore tank or river options. Close to Kumeu, and only 25 minutes to Auckland City and Albany. Close to North West Mall, parks, primary and secondary schools, convenience shopping and transport links. The CV on this property is \$1,275,000. 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/RX1116907



Graham McIntyre
027 632 0421

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COUNTRY RETREAT IN WAITAKERE

2 2 1

By Negotiation

423B Wairere Road, Waitakere

By Negotiation

Fantail Ridge is set in a private glade amongst Kereru, Fantail 's, Tui 's and Morepork 's. The home is a large 150sqm with a contemporary style delivering open plan space, two upstairs rooms offering real options to add your own style to this character home, that has attention to detail, with the craft of a boat builders touch. Set in 4 hectares of bush, a real must see for nature lovers, this lovely child and pet friendly property links naturally to parks and conservation lands aligned to the Waitakere Foothills. Coming home to this property every night is really going to unwind you before you reach the door, delivering ease of living quaint and quiet, it really is a magical setting. A small drive to Waitakere and Swanson Villages, Train and Bus Services, Waitakere Primary School and Bethells Beach.

www.mikepero.com/RX939232



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027 632 0421

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Ian Sneddon
027 209 0789

ian.sneddon@mikepero.com



HILLTOP LOCATION OVERLOOKING HELENSVILLE AND PARAKAI

3 2 2

Offers Over \$997,000

525 KIWITAHI ROAD, HELENSVILLE
Offers Over \$997,000

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

www.mikepero.com/RX1065529



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027 632 0421

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ELEVATED LAND IN RIVERHEAD - COATESVILLE

Offers Over \$839,000

731A RIDGE ROAD, RIVERHEAD
Offers Over \$839,000

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

www.mikepero.com/RX1055369



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



BARE LAND IN WAIMAUKU / MURIWAI VALLEY - 1.2 HECTARES

Offers Over \$849,000

School Road, Waimauku
Offers Over \$849,000
Viewing by appointment

Rolling hills with wire and baton boundary fencing, a pocket of established trees and multiple building platform options. The land has a commanding rural outlook to the west and is genuinely usable for grazing. Water is tank and waste is septic at purchasers care. The land is located close to a rural school bus route, close to convenience shopping and to Muriwai Beach and Coastal Reserve. Schooling is Waimauku Primary in Muriwai Road. Make the move to a better environment, make your home your way.



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AFFORDABLE LAND - ELEVATED - WAIMAUKU

3 3 1

Offers Over \$1,197,000

122 McPike Road, Waimauku
Offers Over \$1,197,000

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



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www.mikepero.com/RX1037756

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Home:garden

Attracting birds to your garden

Many a gardener is a nature lover as well, and one of life's pleasures is seeing your garden provide food and shelter for native wildlife year round. Whether you have a large garden or small, there are



plenty of plants to attract and feed the birds especially during winter and spring when birds such as tuis and our native wood pigeon will travel long distances in search of food. Food sources are scarce during the winter, so even if you planted a couple of different varieties of plants for the birds, and your neighbour planted a couple more, soon you will have birds visiting throughout the year.

Awa Nursery has a range of plants to help you on your way to creating a food haven for the birds. Kowhai, titoki, karaka, flax, wineberry, corokia, cabbage trees, fuchsia procumbens, putaputaweta, coprosmas, griselinias, rewarewa, pittosporums, pseudopanax, puriri, tea tree, kawakawa, lacebark, mapou, muehlenbeckia, and pohutakawa are some popular natives to encourage the birds, providing nectar, fruit or seeds. You can also encourage insects for birds to feed on by providing a good layer of mulch or leaf litter on your garden.

Large or small there is bound to be something that will fit in your garden to help feed the birds. Come and see us at Awa Nursery to add your garden to the many that enjoy the birdlife. Phone 09 411 8712 or visit www.awanursery.co.nz.

UHY Haines Norton

If you are planning on purchasing a new property, did you know that a useful way to keep your current home as a rental property is using a structuring technique that involves selling it to a "Look Through Company"? Look Through Companies (LTCs) are a common structure for people who want to move out of their family home, turn it into a rental property and update to a new home. Under this structure there is often a tax refund generated, as well as being a viable option of capital gains on two properties instead of one. If you would like to learn more about LTCs and other property structuring options, contact Mark and the team at UHY Haines Norton on 09 412



9853 or call in to 329A Main Road in Kumeu.

Trusts & corporate trustees

It is increasingly common for personal trustees of a family trust to appoint a company as a trustee. This does not change the trust in any way except that the trust decisions are carried out by resolutions of the company directors and shareholders on behalf of the trust. One advantage of a corporate trustee is that it avoids some of the expense associated with changes of personal trustees which may happen over time. This includes the expense of a refinancing or transfer of land which is usually triggered as a result of the personal trustee either retiring or being newly appointed. Secondly, a company will continue existence notwithstanding the death of a director or shareholder. Third, there is almost always a degree of personal liability if you undertake obligations as a personal trustee and accordingly personal trustees can be hard to find.

However, it is important to make sure that the trust deed allows a single corporate trustee and some cases an amendment to the trust deed may be required. Appointing a corporate trustee is something best handled by a lawyer with experience in trust matters. Luke Kemp - Kemp Solicitors, phone 09 412 6000 or email luke@kempsolicitors.co.nz.

All Handyman Works

All Handyman Works Ltd has the expertise and knowledge of 14-30 years' experience in the field of lawn mowing, gardening and general handyman tasks. We cover lawns, garden maintenance, section clean up, painting, water blasting and most handyman tasks. We do wooden furniture repairs and restoration. Contact Paul today on 021 233 3897 or visit www.allhandymanworks.co.nz.



Lifestyle property/farm supplies

Western ITM in Kumeu specialise in the stock and supply of lifestyle block/farm supplies: fencing materials; metal & wooden farm gates & gate hardware; electric fencing & Strainrite fencing tools; water troughs (round/rectangular). Zilco horse rug range



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& PurePine shavings. Visit www.westernitm.co.nz today for a free online quotation. Try us, you'll be impressed. Western ITM - 154 Main Road Kumeu. Phone 09 412 8148 - open 7 days.

Entrance and driveway transformed into a beautiful entranceway

As everyone knows, first impressions count. This starts, not at the front door, but at the entrance to the property. When clients asked for a makeover of their entrance and driveway of 120 metres, they had 'low maintenance' as a prerequisite. The driveway had been kept under control mainly with a weedeater, however it still presented as a high maintenance job and it always looked messy. We used the crane truck to remove dead or ugly trees. The digger was used to shape the bank, to remove waste and to create a swale. Stone and mulch was brought in using the crane truck and bin system for efficiency. Interesting pieces of drift wood and large boulders were placed to create the look of a natural river bed downhill. The entrance reconstruction involved replacing the old fence and gates and continuing the river boulder theme. The result; happy clients with a permanent attractive entrance and driveway they love. To view more on this project www.sustainablelandscapes.co.nz/low-maintenance-country-drive-2/ or talk to us, 027 543 0288.



Do You Need an Enduring Power of Attorney?

The brand new Enduring Power of Attorney forms have just come out from the Ministry of Social Development. Now's a good time to think about who you would like making decisions for you if you can't.

Enduring powers of attorney (EPAs) ensure you have the right person looking after your affairs while you are in the land of the living, but not able to make decisions for yourself. EPAs are something that will make it easier for your loved ones to help you if you are incapacitated by illness, an accident and are no longer 'mentally capable' of making important decisions for yourself.

Without an EPA put in place while everything is ok, your family would have to go to Court to get the power to make sure your bills get paid, and to make important care decisions for you.

EPAs are a simple document to put in place. Some of the benefits include:

- getting to choose someone you trust and having the chance to

talk to them about it now;

- you can provide for them to consult with others before making decisions, or provide someone else with information about the things they do;
- you can have one person who makes decisions for your personal care and welfare, and one or more others who deal with your property.

New, easy to follow EPA forms have just come out, and the Ministry of Social Development's snazzy looking website Super Seniors has lots more information about EPAs, advice, and the forms themselves. The link is www.superseniors.msd.govt.nz/finance-planning/enduring-power-of-attorney/

EPAs can be revoked at any time by giving your attorney (the person you appoint) notice, and if you have a temporary period where you are incapacitated, you can take back the reins. Your property EPA can come into force before you are mentally incapable if you want it to e.g. if you would rather not have to worry about paying bills and you have a son or daughter who would happily take care of that for you.

There are other safeguards too in that your attorney's overriding concern must be the promotion and protection of your welfare and best interests. They must try and encourage you to make your own decisions to the extent you are able and seek your advice where possible.

There are limits to what your attorney can do under an EPA – such as refuse consent to standard medical treatment or a procedure intended to save your life, adopt out your children (whew), or make a decision about your marrying or getting a divorce. If you would like to make decisions now about future medical treatment, say if you are in a serious accident, you can look at doing an Advance Directive, which is a non-binding expression of your wishes that may help your family and doctors making difficult decisions about your care. You can find an example of Advance Directives on the New Zealand Medical Council website.

EPAs have to be signed in front of a lawyer, a suitably qualified legal executive, or an authorised officer of a trustee corporation and that witness needs to give you advice on the effect and implications of the document you are signing.

It's all pretty straightforward though, and you can even download the forms and advice first so you know exactly what you would like to do before you go and see your lawyer.

Henderson Reeves offers a special package for EPAs (one property and one personal care and welfare for one person \$450, or \$700 for two people, both plus GST and any disbursements). We also offer great discounts if you are doing EPAs and wills together, and a 10% discount for Super Gold Card members.

Taina Henderson and Shelley Funnell are your local, friendly and entirely mobile lawyers with the backing of a full service law firm of over 30 years standing. We'd love to hear from you.

You can contact us on 09 281 3723, or Taina on 027 537 9222 and Shelley on 027 537 9221.



Chris Ridley 021 488 274 or chris@streamlineelectrical.nz

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329A Main Road, Kumeu t: (09) 412-9853 e: kumeu@uhyhn.co.nz



Dan's Tips

May 2017

It's time to replenish the garden beds with fertilisers and mulch and plant some of our favourite fruits - citrus, blueberries and feijoas.

Plus, sharpen those pruning tools!

Growing Food

- **Perfect time to sow broad beans** – in a warm area of the vegetable patch, that will see some sun over winter; but don't put them where your last legume (bean or pea) crop was – crop rotation works best.
- **Also good to plant some of our favourite fruits:** Citrus, blueberry and feijoa bushes, not to mention the sub-tropicals - avocados, bananas, mangoes and guavas – do choose frost-free areas for planting the latter.

Lawns

- **Mow less often** – a late over-sow of bare patches can be attempted in warmer areas.



Plant fruiting trees and plants

Citrus, blueberry and feijoa bushes are ready to be planted. Also avocados, bananas, mangoes and guavas can be planted in frost free areas.



Sow broad beans

Plant broad beans now in a warm, sunny part of the garden.

Other Work

- **Replenish Garden Beds:** raised beds are intensively worked gardens: replenish depleted organic matter and fertilisers by adding more Living Earth Garden Mix.
- **Sharpen:** It's time to sharpen tools for pruning. It's amazing what the local tool sharpening service can do – get rid of rust, replace the springs on your favourite pair of secateurs and of course, sharpen blades.
- **Flowering polyanthus love dried blood** – yucky but true!
- **Weed and mulch:** Tuck the garden up for winter, by getting rid of weeds and layering a thick (50-100mm) layer of BLACKGOLD Mulch around your garden.



Sharpen pruning tools

Sharpen those pruning tools - get rid of rust, replace springs and get those blades nice and sharp!



Get your outdoors ready for Winter

Time to clear up all those fallen leaves, spread mulch and fertilise plants and gardens and tidy up before winter sets in.

At Central Landscape and Garden Supplies Swanson we have a large range of planting soils, barks and mulches to get your outdoors all ready for winter!

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**

Matua Residential Estate

Matua Residential Estate achieves the perfect balance of a relaxed rural lifestyle, with all the conveniences of modern living. The subdivision borders Huapai domain - two minutes' drive from Huapai township. Huapai is Auckland's most historic wine area, with amazing beaches, natural thermal pools and adventure sports activities nearby. Just 10 minutes away is Westgate Mall (soon be one of Auckland's biggest malls) - with a movie theatre, restaurants, ten pin bowling and of course, a huge array of shops. Four bedroom, family focussed homes: Every aspect of modern family life has been carefully considered in these superb single level homes - set on spacious sections, with two car garaging. Family life will centre on the large open plan kitchen, dining and living area. Jalcon's land and house packages at Matua Residential Estate are all at fixed prices - no surprises, no budget blowouts! And if you make a purchase within the next month you can choose your roof style between mono-pitch and gable styles. Maximising outdoor living: Enjoy two enticing outdoor living spaces: the first features an expansive, protected deck and the other is west-facing; perfect for evening entertaining and catching the last rays of sun. The architecture was influenced by barn and hangar design, to complement the surrounding rural landscape. Trust - we've built our business on it: Jalcon is family-owned and managed. For over 20 years we have been trusted to build homes of quality - Jalcon has built homes for over 1,600 families. We take great pride in our design

and workmanship... First and foremost it's about quality - inside and out. Discover how easy it is by calling 0800 52 52 66 to talk to one of our sales consultants or you can find out more by visiting our new Showhome in Huapai for details of this home and to see other quality built Jalcon homes and designs.

Visit Jalcon's latest purpose built Matua Residential Estate, Huapai show home and discover the Jalcon way. 2 Eric Farley Drive, Huapai. Open Wednesdays - Sundays 12 - 4 pm. www.jalcon.co.nz.

Captivating Kauri Grove

Our Kauri Grove sites have been incredibly popular. Understandable when you consider what is on offer. This location is perfect for young and old alike. Close proximity to the local sports grounds, shops, cafes, library, vineyards, outdoor pursuits, the list is endless.

To celebrate the success of the area, we have on offer an opportunity to customise your dream home on a flat 601m2 site in this delightful community. We have put some ideas to paper to get the creative juices flowing but you are welcome to bring your own ideas to this lovely site. You can choose your own personal touches for your new home, from modifying the floor plan through to colour choices, claddings, fixtures and fittings. And



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The perfect mix of location and lifestyle

Kauri Grove | Huapai From \$998,000 | House 175m² | Section 601m²

3 | 2 | 2 | 2



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to top it off, for the month of May, we are offering a free upgrade of your home appliances.

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Contact us today 09 412 9010 or pop in to 80 Main Road, Kumeu.

Tradie of the month

On behalf of all the team at Maddren Homes we would like to congratulate Gemma from kitchen designers Fluid interiors.

Gemma and the team are amazing to deal with and I think our clients recent feedback in dealing with the company and in particular with Gemma really speaks for itself.

"We just wanted to say how much we have enjoyed working with Gemma at Fluid Interiors. She is an extremely talented interior designer who quickly picks up on a client's vision or ideas and executes it in a patient, practical manner. She is sensitive to her client's budget without restricting the options and scope of ideas she presents. All of this is done with exceptional customer service, flair and attention to detail. We would highly recommend her to any of your clients wanting something special in their home.

She is amazing!! Thanks for sending us there".

"A short note to say thank you for the introduction to Fluid Design.

Gemma who has been in charge has been very good to deal with, understanding of things we put forward, very accommodating of us wanting to supply timber, and she was happy to



involve Steve when needed for technical advice, She never once got grumpy at us for changes we made. She is simply awesome". Thanks again Gemma and everyone at Fluid Interiors for the continual hard work and quality you provide our customers, it's much appreciated.

Healthier family homes with Compass

One of the most common allergens in NZ homes is mould. In a conventional home mould can grow in places where little sunlight and high humidity levels are present, such as bathrooms, wardrobes and 'basement style' living areas, affecting the health of your family.



In a concrete home, the solid concrete walls provide a healthier family environment, as they contain no organic material, such as wood or paper products, to harbour mould spores. The naturally waterproof and superior weathertight nature of the concrete, coupled with the highly efficient thermal mass system, keeps the culprits of mould growth at bay.

Chat to us about how to protect your family against the presence of the common allergy trigger, mould, on your next home build.

For more information contact scott.gordon@compasshomes.co.nz, or visit our show home - 3 Larmer Drive, Huapai, www.compasshomes.co.nz.

"Old hands at building award winning new homes"

- R.S.



Food: Beverages

The Flagship

Treat Mum to a meal at The Flagship this Mother's Day! We're open for brunch, lunch and dinner, and Mum can enjoy her meal overlooking the spectacular views of the Waitemata Harbour. Call us to book your table 09 416 6173. Located at 16 Clearwater Cove, West Harbour.



Get your booch on

Some call it mushroom tea or the "elixir of life," but no matter what you call it, kombucha is one of the hottest trends in health beverages. The fermented tea has been around for more than 2500 years and has a rich anecdotal history of health benefits such as preventing and fighting cancer, arthritis, and other degenerative diseases.

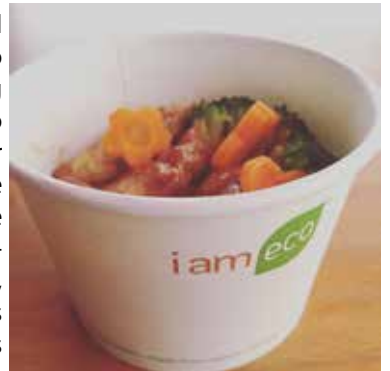


Scientific evidence may be lacking, as there is little incentive for a pharmaceutical company to make a profit from such a modest beverage. Nevertheless, regular kombucha drinkers claim it aids digestion, sleep, weight loss and detoxification; stimulates the immune system, stops hair loss and improves liver function. The fermented beverages are high in acid and contain

sugar, vinegar, B vitamins, antioxidants (from the tea), and trace amounts of alcohol (a natural consequence of fermentation). Kosmic Kombucha NZ is a locally, hand-crafted small batch brewed business which offers four refreshing flavours; Lemon Ginger, Original, Apple Cinnamon and Berry. You can find them at The Hobsonville Point Farmers Market ever weekend from 9 to 1, or you can place an order at www.facebook.com/kosmic-kombuchanz.

Peko Peko Japanese Takeaway

This is our kid's size bowl and our first baby step to go eco-friendly. We are trying step by step to use more eco friendly packaging for our takeaway containers. As we are here in New Zealand, we would love to protect our environment for our children, there are lots of inspirations nowadays. We appreciate your ideas and reviews of what more we could do for our environment. So please visit our Facebook page to check the latest update for this! We are a little food truck located at Passion Produce vegetable shop car park on 92 Hobsonville Rd. Phone order recommended 022 431 3462.



Looking for a venue for mid-winter celebration?

Soljans Estate Winery Café and Function Centre is perfect for groups of all sizes and celebrations. We are dedicated to offering a vast range of menus, served with a high standard of service while ensuring all dishes represent excellent value for money.




Soljans has long been a popular spot, with loyal customers returning time after time to enjoy the Soljans experience. Soljans offers the perfect vineyard setting for all functions ranging from

THE GALLERY

Cafe & Japanese Restaurant

Dine in & Takeaway
(10 free dumplings when you spend over \$40)



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weddings to corporate conferences and private parties such as birthdays and anniversary celebrations. We provide flexible facilities to cater for your requirements, guaranteeing an enjoyable and stress-free function. Get in quick as available dates fill up fast. For more information and function reservations please email our functions co-ordinator, Brittany Willemse, at functions@soljans.co.nz or to book a table in the café please call 09 412 2680 or visit our website www.soljans.co.nz.

Hallertau

Autumn is one of our favourite times of year at Hallertau and that's because it's hop season. If you've dropped by the Brewery recently you may have noticed a burst of green from the hop plants climbing the walls, accompanied by the sweet scent of fresh hops in the air.



To celebrate this annual event the brewing team have conjured up the limited batch Riverhead Fresh Hop Berliner beer. It is a unique beer made with the whole hop plant not just the flower. More than 30 hop plants from the Hallertau garden went into the brewing process.

Their interpretation of how it tastes ... citrus and a hint of hop plant on the nose. Zingy lemon sherbet on the pallet finished off with a very mellow sourness. Easy quaffer!

So with the dying days of summer upon us, now is a great time to cosy up in the Hallertau Biergarten and enjoy a the Riverhead Fresh Hop Berliner beer before it disappears like the autumn leaves.

Spaceman Coffee

Spaceman Coffee is a New Zealand based fair trade organic coffee roasting company located in West Auckland. We specialise in small batch roasted coffee bean blends and single origin roasts. Once the beans are roasted they are left to rest for up to 5 days to allow the flavours to develop and excess gas to escape before being packed in waxed lined brown paper bags with a built-in wire tie to lock in the freshness.



Come down and meet the founder, Daniel King at his Spaceman Coffee Stall at the Hobsonville Point Farmers Market every Saturday and Sunday 9am - 1pm. Ask us about our coffee subscription where you can have your coffee delivered to you on a regular schedule. Like us on Facebook and follow us on Instagram and Twitter. www.spaceman.co.nz.

The Riverhead

Set goals and reap the rewards...even if they're not what you expect.

Setting goals is something that I do. Often they are somewhat outrageous. I won't go in to more detail but I often set myself up for situations that once at the point of delivery, I wonder why on earth I've pushed myself so far out of my comfort zone.

Recently, while I was participating in a sport I'd not participated in previously, I met an ex-Olympian who still participates. Yes,

The Riverhead's Rituals

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

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

Wednesday Night **Quiz Night** A great night for friends, family, young & young at heart with prizes to be won! *Bookings Essential.* | from 7.30pm in
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Thursday Night **Two for One Pizza's** Dine in only | from 5pm in
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Friday Night **Cocktail Night** Why go all the way to town? | from 5pm

Saturday Night **Rugby on the BIG screen** | from kick off time in
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we were competing in the same competition and she gave me the best advice....

Remember to smile while you're waiting for the gun to go.

I tried to remember that while my nerves were pulsating through my entire being and sure, it helped get those butterflies to fly in unison. Didn't help so much with the final result, but hey, it's all about the experience. Thanks, Philippa Baker.

Be positive and take time out to enjoy life... time at The Riverhead isn't wasted time.

Spiced Feijoa crumble cake

Ingredients

125g melted butter
1 to 1½ cups chopped feijoas
1 cup sugar
1 egg
1½ cups flour
1 tsp salt
1 tsp baking soda
2 tsp cinnamon
1 tsp all spice

Crumble topping

1½ Tbsp butter melted
¼ cup rolled oats
¼ cup brown sugar
1 tsp white sugar

Method

1. Line 20cm round cake tin or a loaf tin
2. Melt butter, remove from heat and cool.
3. Beat sugar and egg.
4. Add melted butter and feijoas to egg and sugar mix.
5. Fold in dry ingredients.
6. Pour batter mixture into lined cake or loaf tin.
7. Combine crumble topping ingredients and sprinkle evenly over mixture.
8. Bake at 180 C for 30 – 40 minutes. Test cooked by: a) poking skewer in centre – no batter sticking, or b) pressing lightly in



centre of cake – it's ready when cake springs back.

9. Serve warm or cold with cream or yoghurt.

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

The Herbalist Craft Beer

The Herbalist Craft Beer is a small local craft beer business run and operated by Rebecca and her husband Grant.

The idea of making beer with natural herbs is nothing new. Over 200 years ago Captain Cook brewed one of the first beers in New Zealand, a Manuka beer made with manuka, rimu and molasses.

Following along with these traditions Rebecca has utilised her knowledge as a qualified medical herbalist to create a range of tasty and easy to drink craft beers, infused with herbs and brewed with non-GMO New Zealand barley and hops.

Manuka Ale, 5.4%

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

Rosemary and Liquorice Ale, 5.4%

Infused with a hint of rosemary and liquorice to excite the taste buds and pairs to lots of foods.

Nettle & Bilberry Lager, 5.3%

Well balanced and layered with subtle and interesting flavours.

Local stockists: The Trusts, Fresh Choice, Waimauku, The Bottle-O Huapai, Black Bull Liquor Kumeu, Boric Food Market, Soljans Estate, Hobsonville Kitchen, 4 Square Parakai.

Visit www.theherbalist.co.nz; facebook.com/theherbalistcraftbeer.



Mother's Day tea

Looking for a special gift for Mother's Day this year, Harney Teas has the answer. Why not include a tin of Fine Tea with the chocolates and flowers?

We have a blend for every mothers' taste and tea for any time of her day; a pick me up in the morning, relaxing in the evening or over a catch up with a friend.

For our local customers, we would like to offer you a very special Mother's Day promotion. With any purchase of two of our 20 count tins, including favourites such as Paris, Hot Cinnamon





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or Peppermint, you will receive a FREE Tagalong tin of Mother's Bouquet. This is a beautiful, caffeine-free tea of chamomile flowers, rosebuds, cornflowers, orange peel, and infused with citrus flavour. A blend created in honour of all Mothers. Our Showroom is located at 1/10 Loft Place, Kumeu, open Mon-Friday 9:30-4:40pm. Valid to 12th May.

Quick and Tasty Mother's Day Brunch

Toast some hearty grained bread. Smash avocado onto toast. Spread with NoShortcuts Beetroot Relish. Pop a poached egg on top and you're done! Delicious! Optional - Serve with a side of crispy bacon.



The 'NoShortcuts' range of chutneys, relishes and pickles is proudly Hand Made locally and can be used as a garnish, topping or side dressing and also blended into your cooking as a flavour enhancer.

'NoShortcuts' can be found at Farro Fresh and Nosh food markets or on line at www.noshortcuts.co.nz, Noshortcutsnz on Facebook or noshortcutschutneys on Instagram.

Jesters Westgate Pie Van

Visit Westgate Shopping Centre first thing in the morning and you will see a familiar sight at the Jesters Pie shop, next to Countdown. Tray after tray of freshly made pies being loaded into the Jesters Pie Van in preparation for it's popular daily pie runs. The



van covers a large area, stopping at offices and factories in West Auckland and Albany throughout the work week. On weekends and public holidays it caters for hungry mountain bike riders and tree adventurers at Woodhill forest.

In addition, the Jesters Pie Van is often booked for company organised staff shouts or community events. A recent fundraising event was held at Hobsonville School where hot pies were pre-ordered by the kids and staff and delivered hot to the school over 2 days. A portion of the sales were kept by the school and they raised several hundred dollars from the event.

To have the van call at your workplace or you have an event or fundraising enquiry, call our shop 09 832 6060 and ask for Angelica or Tony.



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We also have a free meeting room available for any charitable or community based groups subject to availability. For inquiries Call us - 09 4126447.

The Fireplace Café Restaurant & Bar- 64 Main Road, Kumeu – www.thefireplace.net.nz or www.facebook.com/TheFireplace-caferestaurant&bar.

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NEW BEER MAKES RED WINE & MEAT PAIRING A THING OF THE PAST

West Auckland News

In breaking news, a new herbal-infused craft beer has been hailed as the new favourite when it comes to pairing red meat at dinner time. THE HERBALIST has formulated a Rosemary & Liquorice Ale using real Rosemary leaves and Liquorice Root (not to be confused with the confectionary form we are used to), along with New Zealand-grown hops and malt, and made in the style of a pale ale. The Rosemary & Liquorice Ale enhances the diner's experience of enjoying their favourite roast lamb or beef, herbed sausages and even Asian-style stir fries. One country woman reports the Rosemary & Liquorice Ale even pairs well with cakes and desserts (good heavens, what next!). Get yours today and join the beer and meat pairing revolution.



The alleged beer making waves in dinner circles. Available at: Fresh Choice Waimauku, The Bottle-O Huapai, Norwest Liquor, Boric Food Market, Sojians Estate & Hobsonville Kitchen.

Petstips:advice

Kanika Park

Kanika Park, the boutique country retreat for cats is officially open for business and to celebrate we are having a Grand Opening special. So why not book your feline baby in to enjoy a stay in one of our 8 deluxe private suites. Book by 31/5/17 and pay \$15.00 a night. Included in the Grand Opening Special are a Spritz Groom and pick up and/or drop off. The booking period is valid to 31st October 2017, with payment due on booking. Give us a call on 09 411 5326 to make a booking and arrange a viewing time.



Dr Bobs Veterinary Clinic

"Where did you say does the cat come from?" I asked again in great surprise. "Plymouth" the lady running the microchip data base replied. I read out the microchip number again after double checking and scanning the microchip of a cat sitting calmly on my consulting table and sure enough it came from the opposite side of the country to where I lived and worked. Timmy had been found in Chester, wandering the streets completely lost. The owner had a 12 hour round trip in her car but at least she got her cat back. If she hadn't had her cat microchipped she would never have seen her cat again.

We never discovered how the cat had managed to travel so far but one possible scenario is cats are very inquisitive and Timmy may have climbed into a removal van to explore the boxes when someone was moving house and climbed out at the end of the journey. Another possibility is Timmy just moved in at someone's house even though they had another owner and moved with them when they then moved home. If you find a lost cat I would recommend taking it to Dr Bobs. We will check it for a microchip free of charge. The same applies to lost dogs and sometimes other pets as well. I have been involved in a Police case involving stolen horses that thankfully were returned to their owner. I once even had a tortoise returned to his grateful owner thanks to the help of their microchip.

On a number of occasions I have had people say they have adopted a cat as it turned up at their house and must have been lost and "could I vaccinate it or treat it for an illness please". I

always run the scanner over the cat just as a precaution and it is quite surprising how many times the cat already has an owner, often just living a few streets away.

Vets often have a list of missing animals recorded at the practice so the good news is even if you have lost your pet don't despair completely, ring Dr Bobs Veterinary Clinic on 08 411 7575 (Waimauku) and 09 412 7575 (Huapai) to see if anyone has found your pet and if not you can leave a description of your pet with our nurses at the practice with your contact details, just in case someone finds your pet and then we can return it to you. We will also post lost and found details on Dr Bobs Facebook page and local community Facebook pages may help as well. Hopefully your pet will never get lost, but as an extra precaution I recommend if you haven't done so already, ring Dr Bobs and get your pet microchipped. It is an inexpensive, quick and painless procedure having a chip injected under your pet's skin above the shoulder blades and lasts the rest of your pet's life. Dr Ross Milner - B.V.Sc MRCVS, Dr Bobs Veterinary Clinics, Waimauku 09 411 7575 or Huapai 09 412 7577.

Finding an injured animal

Imagine you're on the way back from the shops and you spot a cat lying on the side of the road. You pullover to check on it, but can't see it moving. You need to check if it's alive, but how do you do that on an animal?

If you're shocked that you're not sure what to do don't worry, you're not alone. Even though lots of us have pets many wouldn't know what to do. This article will teach you the basics of helping an animal whether it your own or someone else's.

First thing you need to do is look out for any signs of movement as you're approaching the animal. If the animal moves at all it is alive and you need to get it to the vet.

If there is no obvious movement then focus on whether or not you can see the chest rising and falling, this will show if the animal is breathing. If you can't see the chest moving then try putting your hand in front of their face to see if you can feel their breath. If they are breathing then they are alive so get them to the vet.

If they are not breathing it is time to check for a pulse to see if



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the heart is still beating. Just like us you can feel for an animal's pulse on their neck but they have a lot of extra skin and fur there so it could take a while. The easiest thing to do is to feel for the femoral pulse on the inside of the animal's back leg. If the animal had a pulse then their heart is still beating but you need to get them breathing again so start rescue breathing. If there is no pulse the heart has stopped and you need to start compressions.

Unfortunately rescue breathing and compression can't be explained in this article but attend a Pet First Aid course and you will learn these essential skills as well as many others.

Laura Purkis - www.petfat.co.nz.

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After all you want a sound solution for the issues you are facing, not a band-aid.

If you are busy and do not have enough time for your dog, The-K9Way's professional dog walking & sitting services will fulfil your dog's mental and physical needs.

Book a free phone consultation or free Meet & Greet online at www.thek9way.co.nz or call us now on 021 239 0635.

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"At Raw Essentials, we truly believe raw, meaty bones are the best way to feed your pets - it's what carnivores are designed to eat. Our role is to provide a convenient, easy way to feed your pets a well-planned, species-appropriate diet."

So, if you want to find out more about a raw food diet for your pet, pop in to see the Raw Essentials team at your local store.

www.rawessentials.co.nz.

The dog's walk

Enter winter daylight hours and the 'dog's walk' inevitably becomes a human walk.

Short leash walks along footpaths, saying no to stopping and sniffing, on a mission to get the walk done before or

after work, same boring route....It's exercise yes, but is it a dog's walk? Not really no.

Dogs want the space to sniff and explore, investigate new places, stop and take time to smell the roses!

With the help of a dog walker you can put the 'dog's walk' back in to your beloved dog's winter walking! Off leash, or long leash, with no time restraints, not a footpath or fenced park in sight, changes of routes everyday, exploring, investigating, playing, with space to be a dog! Country Pets dog walking adventures are for the dog. We explore local forest and beach in small groups where your dog gets to run and play and be a dog for a couple of hours a day while you work! Come home to a happy, content dog and reap the rewards. See Country Pets on facebook (previously Paws to Hooves Pet Care) or contact Lisa on 027 380 0265.



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Cats and dogs will heed the call of the wild, and bound into Raw Essentials once they hear what is on offer.

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Health:beauty

To pill or not to pill?

When you go to see your GP for back or neck pain, you would be typically prescribed some pain relief or anti-inflammatories to take. After all, the research evidence shows it works just as good as any other available treatment. A lot of our patients



are reluctant to take them. They believe the pain killers will "mask the pain" rather than fix the problem or they don't want to rely on them. Our advice is if you can function without them, stay off. Try heat, stretches, relaxation. Come and get osteopathic assessment and treatment.

If the pain is quite debilitating, it would be prudent to take medication. There are potential side effects to be aware of though, such as irritation of the digestive system (tummy aches, nausea etc.) and, especially with anti-inflammatories, bleeding tendency (such as nasal bleeds, for example) or allergy. So always take them with some food and watch for unusual symptoms. Once the pain diminishes you can try to lower the dosage and wean off the pills altogether.

Of course, every patient is different, so for more specific advice come and see your health practitioner. We would be happy to assist at Family Osteopathic Clinic, 39 Hobsonville Road, www.familyosteo.com.

Hobsonville Chiropractic Centre

At Hobsonville Chiropractic Centre we place a large emphasis on education in order to prevent injuries. This year we want to include more of our local community in this knowledge by teaching people how to protect their



spine by being aware of how to avoid, limit or counteract the effects of everyday stressors and strains.

Chiropractor Dr. Aimee Strickett has already begun delivering on site education talks to local community businesses. These informative talks have been specifically tailored to the various workplaces after having on site visits and discussions with man-

agement.

The topics covered in these talks include; Protecting your spine through correct posture at work especially with sitting and lifting; Preventing back injuries through simple stretches and exercises; Promoting good healing after injuries.

If your local business would be interested in a FREE spinal health and safety talk please contact the office at info@hobbycc.co.nz or call 09 416 7589.

Do you have a community services card?

How well does your child see? Does he have difficulty reading? Does she squint? Does he rub his eyes a lot?

Did you know that if you have a Community Services Card your child is entitled to at least \$287.50 towards an eye exam and glasses if your child is 15 years or under?

At Hobsonville Optometrists, we specialise in children's eyecare.

Please phone 09 416 3937 to make a morning appointment and allow at least an hour 413A Hobsonville Road, Hobsonville.



The causes and symptoms of low iron

As a GP, I see a lot of patients whose main concern is fatigue. Fatigue is common, and one reason for this may be iron deficiency. There may be many reasons for iron deficiency and today I will talk about some of these.

Poor dietary intake of iron is one cause of iron deficiency. This is not uncommon in vegetarians, whose consumption may be reduced due to a lack of red meat in their diet. Vegetarians should endeavour to eat as many iron-rich foods as possible. These include certain beans, dark leafy green vegetables and peas.

Heavy menstrual periods are another cause of low iron. If you are unlucky enough to suffer from this symptom, your GP can investigate it. Investigation and treatment for heavy periods is very dependent on many factors including a patient's age. Do not ignore this problem.

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Coeliac disease is a condition of the bowel. People with coeliac disease cannot eat foods which contain gluten as this can damage the bowel, causing discomfort and a change in bowel habit, amongst other symptoms and signs. In this instance, the bowel is unable to adequately absorb iron. Gluten is present in many foods including those containing wheat, rye and barley. There is no cure for coeliac disease, and patients with this condition need to steer clear of gluten for the rest of their lives. By doing this the unpleasant symptoms usually settle and the iron deficiency resolves.

If iron levels are low enough, then this will affect the production of haemoglobin. This is the pigment in the blood which makes the blood red, and is involved in the transport of oxygen around the body. If the haemoglobin level drops due to iron deficiency, this causes iron deficiency anaemia, with symptoms including extreme fatigue, dizziness and shortness of breath.

If you are experiencing fatigue or any of the symptoms above, see your GP who will usually complete some bloods. If you are found to be low on iron, the cause of this should be investigated and it can be treated with iron tablets.

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

Massage Therapy for weekend warriors, sporting enthusiasts and elite athletes

As you read this the World Masters Games would have come and gone, but as I write this it is only a few days away and there is still much to be finalised. I am proud to be a part of this exciting event, not as a sporting participant but as a massage therapist to help the athletes in aiding with their recovery.

Many professional athletes and their coaches swear by the benefits of massage therapy – I hear you ask, 'so what are these wondrous effects of massage?'

- Overall mind-set is key to any good performance. Positivity and confidence achieve extraordinary results, but we're all human and everyday stress affects us. Massage therapy has physiological effects as well as psychological benefits and has been shown to reduce anxiety, stress and tension while promoting relaxation. Whilst undergoing this much needed recovery, dopamine and serotonin levels are increased and cortisol (stress) levels are reduced which encourages better focus for the next competition/race or workout.

- Rapid recovery – a well-known fact of any physical activity is the resulting aches and pains, but recovery time does not need to be extended or painful. Massage therapy helps in reducing recovery time as massage dilates the blood vessels which facilitates circulation and oxygenation of fatigued muscles. Massage helps to flush the tissues of the build-up of waste products re-

lated to exercise and improves flexibility and range of motion.

- Minimising inflammation – we all have our go-to workouts or particular sport that helps to clear our minds of daily stress. Depending on the intensity of the activity and the stress load on the body, our joints experience inflammation. Once again, massage therapy reduces inflammation and encourages growth of mitochondria in our body; these are the cells that supply energy-producing units.

- Injury prevention – regular massage therapy can reduce the chance of injury. Massage aids in reducing muscle tension, allowing athletes to monitor their muscle tone and decrease post exercise stiffness. By increasing body tissue awareness helps to prevent injuring fatigued muscles.

While you're focused on putting your body through trials and tribulations to achieve your goals, don't forget to treat yourself to a little tenderness. Call Debbie at Body-Balance Massage & Neuromuscular Therapy to help with the issues in your tissues – 021 120 2175.

Indulgent Mother's Day spa ideas

There's nothing clichéd about giving stress-melting massages, radiance-boosting facials, or classic pedicures, especially when multiple mood-boosting and super relaxing beauty treatments are bundled into one, insanely indulgent, spa visit. Here are some Spa Di Vine ideas to surprise and delight:



The Grape Escape Spa Treatment – While soaking your feet in a heavenly aromatic foot bath, sit back and enjoy a glass of bubbly or juice. Feet are scrubbed with the grape crush scrub and then massaged with organic coconut butter. Then float on to a deluxe facial treatment, which includes a neck and shoulder massage. Just bliss! (75min-\$179).

Rejuvenate Retreat – This 3 hour escape is pure relaxation, starting with an exotic warm coconut oil massage and lime revitalizing body polish, a wonderful skin smoothing treatment which finishes with a super hydrating body butter. Enjoy some complimentary refreshments on the terrace and complete your retreat with a booster facial and (optional) natural mineral make-up application. Like a holiday! (3hrs-\$309). Phone SPA DI VINE Waimauku on 09 411 5290 for more options or visit www.spadivine.co.nz.

Powerhooping

My name is Wiebke and I am your local powerhoop instruc-

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tor. I came to love powerhooping about 6 months ago, when I suffered with post-natal depression and low self-esteem due to rapid weight gain. And just when I felt really low, I stumbled across powerhooping. I went to my first class in Orewa and got totally hooked. Straight away, I could feel the power of the hoop working on my mid-section. I kid you not: in my first couple of weeks, I lost 6 cm off my post baby body.

Now, after hooping for six months, I lost over 40 cm off my body overall and it helped me reduce my weight. Though I still carry excess weight, I have never felt stronger in my life. And I am living proof, that powerhooping really is for everyone: every shape, size, age and fitness level. I have heaps of testimonials about how powerhooping has changed people's bodies and lives.

It's a fun but very beneficial and effective way to exercise. It will give you improved posture, stronger abs and core muscles, slim your waist and hips and flatten your tummy.

If you want to give it a go just send me a text via my Facebook page: Powerhoop Norwest with Wiebke or email me wiebken@googlemail.com.

I currently give classes in Kumeu, Riverhead and Hobsonville and hopefully in Massey soon (depending on hall hire). First class is free.

How are your coordination skills?

Coordination is really fun. It makes challenging things feel easier so you can explore new possibilities in your favourite activities. How does it do all this? Good coordination basically wires your body for complex movement.

It lets you perform complex movements faster, smoother, and with more confidence.

It's what lets you save a toddler from falling into a sharp-edged table, catch a glass your friend knocks off the counter, or helps to prevent someone from falling when they trip.

Good coordination—the kind you need to toss or catch a set of keys or a ball—is fundamental to all sorts of things you want to do with your body. But exercise programmes often miss it out.

Activities that specifically target coordination are helpful because our nervous system creates pathways from the brain to the body based on repetitive action.

The phrase "cells that fire together, wire together" means that whenever you practice a physical activity, the system learns from that activity as the cells learn to work together.

Practice ingrains patterns, making our movements smoother with less effort. And it's also pretty fun.

Yes, a bit of coordination drilling can energize an otherwise listless and dull workout.

Take up dancing. Try juggling – first with 2 balls and then with 3.

Throw a tennis ball to a partner and when they throw it back catch it sometimes with one hand and sometimes the other.

Be creative as to how you challenge yourself. Most importantly have fun.

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alone, or embellished with easily exchangeable clips available in a variety of colours, styles and designs. You can purchase any number of additional plates to immediately update both your eyewear appearance and your 'frame' of mind. In celebration of Mother's Day, for the month of May only we have reduced the price of these frames from \$499 to \$429 including two free fashion clips of your choice. Phone: 09 8310202 www.westopt.nz or Facebook: www.facebook.com/westgateoptometrists.

Arthritis and physiotherapy

Physiotherapy treatment is aimed at: reducing pain, improving movement, strengthening important muscles and improving function & assisting with independence.

Though you might think exercise will aggravate your joint pain and stiffness, lack of exercise can actually make your joints even more painful and stiff. Beneficial exercises can include range-of-motion exercises, strengthening exercises, aerobic exercise and

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Ph: 09 835 9936 www.shoetalk.co.nz

other activities based around your daily routines.

Regular use of massage can also lead to improvements in pain, stiffness, range of motion, hand grip strength and overall function of the joints. It can also promote better sleep that can in turn relieve pain.

Physiotherapy mobilisation & manipulation techniques are specific passive movements applied to joints & soft tissues to help restore full movement to a joint that is painful and restricted.

Other therapeutic techniques include thermal heat treatments and hydrotherapy. Speak to us at NorthWest Physio + about helping you manage your symptoms. Call 09 412 2945 or contact us through our website www.northwestphysioplus.co.nz.

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



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Now you can be the leader of your tribe with this new winter collection that has just landed in store at The Polish Room.

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Finger injuries

Sport loving Kiwi's don't ignore that finger injury. Have you hurt your finger playing sport? It's the start of the winter sports season and often our fingers get knocked with a ball or bent by another player. Don't leave them to get better by themselves. We can help at the Hand Institute.

At the Hand Institute we accept ACC referrals (and can initiate the claim) and provide a comprehensive assessment for all finger and thumb injuries. We can send for x-rays if required and then manage the injury with splinting, strapping and important early motion exercises to prevent ongoing finger stiffness and weakness. Call us now to get that finger back to normal for a quicker return to sport. Wairau Road 09 444 9450 or Kumeu 09 412 8558.

Benefit as long as you wish

People often ask ... How long do I need to see the Chiropractor for? Well, there are five ways people choose to use Chiropractic care in our office.

1. Relief Care – This is where most people start. Our focus is to address the underlying cause of whatever it is that has prompted you to consult our clinic.
2. Corrective Care – With your major symptoms improved, continued visits are designed to strengthen and retrain muscles and soft tissues to make more lasting spinal changes.
3. Maintenance Care – Like regular teeth brushing and flossing, periodic visits, even without the presence of obvious symptoms, are intended to help avoid a relapse.
4. Preventative Care – These visits are less often and comparable to an annual medical examination. Early detection may help

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catch small issues before they become serious.

5. Wellness Care – With the visit frequency dictated by the unique stresses and health goals of each individual, wellness care is designed to help you be all that you can be.

We see our responsibility as offering the best recommendations based on our education, training and clinical experience. Your responsibility is to decide how far you want to take your care and let us know how we can best serve you. The bottom line? How long you choose to benefit from Chiropractic care is always up to you. Give us a call and get started today – Kumeu Chiropractic – 09 412 5536.

Do you have arthritis?

One in six New Zealanders have arthritis and there are over 140 different forms. Whether you have arthritis or not, chances are, you know someone who does and can see the effect it has on them.

It is that time of year again where it is getting colder and we start to feel those achy parts and hear our creaky bodies. Something we regularly hear clients saying is that they have arthritis and there is nothing they can do about it. Many people believe that the symptoms of arthritis such as pain and stiffness are inevitable and that they must live with it. We are here to tell you, it's not true! Some of the symptoms of arthritis can be reduced. Here are a few tips to help you manage your symptoms.

1) Exercise: Stretching and strengthening helps to reduce pain, improve circulation and balance. 5-10 minutes of gentle walking or Thai Chi can make a huge difference.

2) Manual therapies such as Massage and Osteopathy can help to improve blood flow and reduce muscle tension which can reduce pain, improve swelling and stiffness and improve overall mobility.

3) Glucosamine and Chondroitin supplements can be effective in reducing joint pains (talk to your doctor or local pharmacy)

4) A wheat bag can help to ease those achy muscles

If you need more advice or information on how we can help you, please contact The Body Clinic 09 320 3803, info@thebodyclinic.co.nz or visit www.thebodyclinic.co.nz.

Is your bed passed its 'use by date'?

As the colder weather is just around the corner, are you finding it harder to get out of bed? Does it feel like your joints are seizing up? Are you feeling more aches and pains in areas you'd rather not? Do you feel like it's time to get a new bed?

Here's a crazy thought, maybe it is your bed that is causing all these aches and pains? But not because the bed is passed its 'use by' date, but more likely, it is getting attacked by Geopathic Stress (GS).

GS is an invisible energy that comes from the magnetic fields of Earth, and also underground disturbances (i.e. moving water) and this can irritate us and cause 'aches and pains'.

Don't leave it until it causes you a 'chronic illness'. Everybody needs to know where the GS is in your home and make sure it is not the cause of these aches and pains. A simple 'Home Biology' inspection will identify where it is and you might not need to change your bed. Call Nicky at Clear Energy Homes 09 213 7301 or 021 5452199 www.clearenergyhomes.com.

Better protection from cancer

Molly Whittington, optometrist at For Eyes, is working with international spectacle lens company Essilor to increase awareness of the importance of eye examinations after detecting a choroidal melanoma in the eye



of one of her patients. UV increases the incidence of cataract, macular degeneration, and eye cancers. Essilor have developed a new lens that enhances protection for the eyes from UV.

Sunglasses and specially coated clear spectacle lenses block 100% of UV from the lens front surface; however, Essilor detected that the reflections from the back of these lenses allow UV from around the sides of the glasses to enter the wearer's eyes. Essilor developed a new coating called Crizal UV which stops UV reflections from the back-surface of the lens from entering your eyes, and they are the first spectacle lenses to carry the Cancer Society logo. Come and visit For Eyes Optometrists in the Kumeu Village if you would like to learn more.

Have you tried a power pose recently?

Good posture is a powerful thing. Did you know that standing in a 'power pose' for 2 minutes can change the way your body functions? In fact research by a Harvard business school professor, Amy Cuddy, showed that standing in one of these poses, such as the way wonder women stands with her hands on her hips, can increase testosterone by 20% and reduce Cortisol by 25%. For more examples of power poses, visit our website and blog, www.elevatechiropractic.co.nz. Of course there is more to posture than just a 'power pose'. Part of our initial examination includes a full posture exam and assessment. Once you know where you stand (excuse the pun) you can then start to make changes. We are ACC registered with no referral required. Elevate Chiropractic: Shop 1, 10 Greenhithe Road, Greenhithe. Phone 09 413 5312.

Special thanks

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Area columnists

Been hacked?

A sad reality about running websites is that sometimes they can get hacked. This can be stressful for you and have a major impact on your business and customers. Over the past few years, we have helped many of our customers recover their hacked sites, including several well-known businesses. No matter which website publishing platform you're using, WordPress, Drupal, Joomla, etc - any site can be hacked. After the hack you can lose your search engine rankings, expose your customers to viruses, have your reputation tarnished due to redirects to porn or other bad neighbourhood websites, and lose your entire websites data. Imagine if the hacked website held all your customers information? If your website is a business, then security should be one of your top priorities. That's why it is crucial that you select a good New Zealand web hosting company. There are many basic ways to protect your website from hacking including keeping security up-to-date and purchasing secure systems (secure SSL certificates) to stop the basic hacking. If you do find your business website hacked you need to get the site recovered, repaired and the necessary updates made to prevent the hack from happening again. If your website has been hacked or you are concerned about how secure it is please phone us on 412 2473 or email michael@utopia.co.nz. We are based in Kumeu and provide web security, website design, consultancy and app development to a range of businesses all over New Zealand.



Takapuna DCC and Hobsonville Point players and families featured at Auckland Cricket Awards

At the Auckland Cricket Awards held at Eden Park on the 12th April, Takapuna District Cricket Club dominated the night receiving five of the seven major titles. The 2016/17 season was a bumper year for Takapuna District Cricket Club (TDCC) – winning titles in both the Men's and Women's competitions and also winning some major individual awards.



Takapuna's season of dominance culminated in the club receiving the Simmonds and Osborne Shield for Club of the Year.

Five of the seven major titles won by TDCC as below.

- Premier Major Two Day Champions (Hedley Howarth Trophy)
 - Jeff Crowe Cup Men's One Day
 - Women's Premier Pearl Dawson Cup
 - Women's Premier Prichard Cup One-Day Champions
 - Simmonds and Osborne Trophy (top club across all grades)
- TDCC was still able to perform well in the two major titles that they were unlucky not to win.
- Men's Premier Twenty20 – Plate Champions
 - Women's Premier Twenty20 – Runners Up

TDCC's Director of Cricket Amita Weerakoon said that "This is the most successful season in the Club's history since 1950 winning all these major championships Men's and Women's Premier cricket. It was truly a historical year for TDCC being the first time ever in Auckland Cricket that one club has claimed the prestigious Hedley Howarth Trophy and the Jeff Crowe Cup during the same season, also along with the two major Premier Women's titles".

"Congratulations also to Chris Reid and Elliott Heard for their extremely successful 2016/17 season and winning the elite ACA awards for Coach of the Year and Club Cricketer of the Year awards. Congratulations also to Shoruban Pasupathi for his efforts coaching the Premier Men's teams this season" – Amita Weerakoon

The Hobsonville Point resident Chris Reid won the coveted Club Coach of the year award for a very successful season for him and his TDCC Premier Women's team that won the two Premier Championships and ending up as the runners up in the Twen-

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ty20 competition.

· Merv Wallace Bat, Club Coach of the Year: Chris Reid (Takapuna Women)

· Club Cricketer of the Year Men: Elliott Herd

“Real life highlight for me winning the Auckland Cricket coach of the year for all club cricket. Totally blown away” – Chris Reid

At the Auckland Junior Cricket Prize giving the previous week, the TDCC- Hobsonville Point team was awarded the Year 9/10 B Championships for pre-Christmas and post-Christmas tournaments. Alfie Jones was adjudged as the best batsman and Mitchel Atkins was adjudged as the best bowler and Most Valuable Player (MVP) for the Hobsonville Point boys this 2016/17 season. This team was coached by Tim Simmons and was managed by Ian and Sandra Aitkin. TDCC-Hobsonville Point project is a vision of Amita Weerakoon and he was delighted to see the progress made with cricket in this catchment thanks to the outstanding voluntary work done by the families of Hobsonville/Greenhith area.

Photo - TDCC's Director of Cricket Amita Weerakoon with the Simmonds and Osborne Trophy and flanked by TDCC's Mike McCarthy (NZ Cricket's Volunteer of the Year) and Dan O'Sullivan (TDCC Junior Cricket Chair).

Use positive thought to lose weight

Stress and worry will make weight loss much harder than it has to be. Stress and worry can undo all our fabulous work. We know that stress can age us; we know it sometimes causes headaches or a queasy feeling, tense shoulders and anxiety, and it makes weight loss very difficult. These can all be physical manifestations of not being at peace a little more often. (There is much research being done in this subject suggesting that stress and

worry (negative emotion) is the root cause of most disease on earth – but that is another article)

Apparently in New Zealand over 60% of GP visits are stress related. Turns out that as a nation we have a real problem with our internal world. Something about the way we are 'mentally' being is not working. It makes sense to me that our bodies are an expression of our inner world - our mind and our bodies are one. If a person is feeling resentment or guilt it makes it difficult to recover from illness and create a body full of energy healing and health.

I think it's time we started to refer to the word stress and the question 'are you stressed' differently. What is the opposite of stress and worry? We hear so much talk about stress and worry but not much talk about what the opposite might look like. 'Are you stressed' is not an easy question to answer and doesn't come anywhere close to identifying the emotions that are causing us dissatisfaction. Even the question 'are you happy' is getting closer but not really ideal either.

I believe we are living on a day to day basis with automatic thoughts that are not in line with solution. The very thoughts we think we are in control of, are running our day for us and leaning us toward 'you're not OK, there's something to worry about here'.

If we chose to, we could react negatively to every single aspect of our day. When we log into online banking – some of us are in panic. When the kids come home from school with half a lunch eaten, when we think about the girlfriend who dumped us 5 years ago, when we need a meeting with our boss, when the employee is late yet again, when we haven't brought the birthday present in time, when we wake up and there's no coffee. There are a million things to worry about if we wanted to. BUT we need to remind ourselves that having a different reaction is

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possible – the old one is creating adrenalin, its creating an acidic body. Its creating biological and chemical reactions in our body that lower our immunity. It's creating a body that is susceptible to illness and more wrinkles and weight gain.

Some of us are practising body hatred every day. We look in the mirror and our eyes go straight to the bit we don't like the most – just checking if it's still fat. Our negative perception of our bodies is working against us. The body can't lose weight and become lighter when there is a constant flow of abuse being hurled at it every day. A body being told its ugly can't become beautiful.

And even when we eat something we know we shouldn't have - what if the negative emotion of 'you're not good enough, your so useless' is doing us more harm than actually eating the pie. We have to be very careful what messages we are giving ourselves. This is a big deal. Our lives and our bodies are equal to our thoughts and not enough of us really understand how much power we actually have. If you start visualising something wonderful about your body today and you go to that thought as many times as you can – and you build it, you attach joy and gratitude to it you are now giving your body different guidelines. To think a positive thought is having so many positive reactions in your body and out. Just watch what you can do. It's a fascinating subject.

I help people with this. I help clients get clear about what thoughts might be getting in the way and create new ones in line with their goals. Come for a session and get a personal meditation focused specifically on what you want. What we want is important and we all deserve it. Sessions are 2 hrs and cost \$120.00 Anna Wheeler anna@thinkyourbest.co.nz 021 555 658.

Selling your home in autumn & winter has its advantages

Autumn is here and winter is not far away, so you may be thinking that it is better to wait until spring before you look to put your house on the market.

Think again! There are some advantages to selling your home during winter. Your local Real Estate Agent will help guide you, but winter can be a great time to sell! Here are some reasons why:

There are buyers, Even in winter! There are always buyers in the market. Life changes that cause buyers to look for a new home occur all year-round, not just during spring & summer – a new job, growing family or downsizing, marital changes.

Fewer homes on the market means less competition: There are usually fewer homes on the market in winter, which means less competition and a better chance of your home standing out.

Motivated Buyers: Buyers who are out looking during the winter months are extremely motivated. People willing to brave the cold and wet weather are serious about finding a home and are more likely to be qualified and pre-approved for a mortgage.

Better price for your home: Because there are fewer homes for sale, if you market your home right you have the potential to get a better price for your home.

Here are a few tips to help make your home look appealing during the winter seasons: Wash down the house exterior, including paths and driveways. All outdoor lighting must be





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working and on during viewings. Clean the garden and mow the lawns. Provide photos of what the garden looks like during the spring and summer months. Ensure your home feels warm and cosy. Put on all heating including fires, underfloor and bathroom heating. Turn on all lights in the house to create a bright and welcoming environment. Dehumidifiers and washing must be put away. Use essential oils to mask any winter smells. Mike Pero Real Estate phone 0800 900 700. Licensed REAA (2008).

Hayley Holt, Green Party candidate

Hayley Holt is Helensville's new Green Party Candidate. Hayley recently spent an afternoon at Tawa Road Native Nursery in Kumeu learning about propagation and growing revegetation native plants to be planted back out in our region.

Hayley is standing for the Green Party in Helensville because of her strong passion for New Zealand's natural beauty, unspoilt native bush, having clean waterways, protecting our unique and beautiful birdlife and our great outdoors in general. "I am very passionate about doing my bit to ensure this is around for future generations", says Hayley. "It's very important to work with local businesses to find innovative new ways of making their business more productive and efficient, whilst being sustainable for the future, and having the smallest footprint on the environment possible". "I am very interested in research in this area". Hayley, who lives in Glen Eden and has friends and family in the Helensville electorate, is currently studying for a BA in history and politics.

Having pockets of native bush is very important for our native birds, as well as our own well-being, especially as Auckland continues to grow into the regions. Tawa Road Native Nursery specialise in growing revegetation native plants. These are plants that establish and grow quickly to revert areas back into native habitat. If you have unproductive areas on your property that are steep, boggy, flood or erosion prone, then these areas are ideal to be planted out in natives. Planting trees that are grown from seed sourced in our area is ideal. These plants are best suited to the soil and weather conditions we get, and it ensures plant sub species diversity is maintained across New Zealand.

Now is a great time to be spraying weeds and fencing off these areas ready for planting in the next few months before summer. Tawa Road Native Nursery is located at 200 Tawa Road, Kumeu. You are welcome to contact John Sims on 022 066 1960. John is happy to answer questions about revegetation planting or advise you on your project. Plants are priced from \$2 per plant plus GST for quantities of 100 or more.

West Harbour Tide Chart

Date	High	Low	High	Low	High
Mon 1 May	-	04:50	11:16	17:13	23:42
Tue 2 May	-	05:47	12:11	18:07	-
Wed 3 May	00:39	06:47	13:08	19:06	-
Thu 4 May	01:38	07:48	14:08	20:08	-
Fri 5 May	02:38	08:49	15:08	21:12	-
Sat 6 May	03:36	09:48	16:09	22:12	-
Sun 7 May	04:32	10:43	17:06	23:06	-
Mon 8 May	05:24	11:34	17:59	23:55	-
Tue 9 May	06:13	12:20	18:47	-	-
Wed 10 May	-	00:40	06:59	13:04	19:31
Thu 11 May	-	01:22	07:42	13:44	20:12
Fri 12 May	-	02:01	08:23	14:23	20:51
Sat 13 May	-	02:41	09:02	15:00	21:29
Sun 14 May	-	03:20	09:41	15:37	22:06
Mon 15 May	-	04:00	10:19	16:15	22:45
Tue 16 May	-	04:42	10:59	16:54	23:26
Wed 17 May	-	05:26	11:40	17:36	-
Thu 18 May	00:10	06:12	12:25	18:23	-
Fri 19 May	00:57	07:02	13:13	19:15	-
Sat 20 May	01:49	07:55	14:06	20:13	-
Sun 21 May	02:43	08:50	15:04	21:14	-
Mon 22 May	03:38	09:46	16:06	22:13	-
Tue 23 May	04:34	10:42	17:06	23:10	-
Wed 24 May	05:30	11:37	18:04	-	-
Thu 25 May	-	00:05	06:26	12:31	18:59
Fri 26 May	-	00:58	07:21	13:25	19:52
Sat 27 May	-	01:51	08:16	14:17	20:45
Sun 28 May	-	02:45	09:11	15:09	21:37
Mon 29 May	-	03:39	10:05	16:01	22:30
Tue 30 May	-	04:34	10:59	16:54	23:24
Wed 31 May	-	05:31	11:53	17:48	-

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

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



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