

the **Westerly**

FREE monthly community magazine for Massey to Hobsonville Point

PROPERTY MARKET REPORT

DEATH OF THE DANCE

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

THE HOBSONVILLE POINT RUNWAY

CHALLENGE FUN RUN

Circulation is 16,000 print copies.

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

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

May 2018

Intro

Scientists have calculated that the odds of each one of us existing as an individual are about 1 in 400,000,000,000 (four trillion). Which puts things into perspective. But what we need is called Activation Energy. Faced with a choice, for example to stop watching a television programme we aren't enjoying (a not uncommon experience), it is easier to do nothing and carry on watching. But to take action and get outside our comfort zone, it seems that we need to take action within five seconds of deciding to do something, or we just won't get around to acting. We are all individuals, each unique. Which is actually quite amazing (and a relief). Better to focus on the positive, as it is apparently much easier psychologically to remain positive than to turn around existing negative thoughts about a situation.

So perhaps we need to boost our immune system in the winter months to get ourselves go-ing. Blame it on a lack of serotonin. Help is at hand in this month's Westerly (though you may have to read carefully to find it). This is only one of the support services celebrated here. Learning mindful movements might help you, or perhaps you could join in the dance. We are the creators of our lives. Those stressed by Fetal Alcohol Syndrome may now find guidance, while other needs may be catered for with suitable brain activities, or an appropriate wheelchair. For those with the plenty of energy, you could start with a fun run and then don't miss the grand opening of the swimming facility in Hobsonville. Perhaps less energy is needed for exercise when you are older, but remember it's important not to give up.

Cerebral opportunities for children may be found with the library reading challenge or in the right learning environment, while at the other end of the spectrum, SeniorNet have moved premises. Get away from it all with a holiday or be inspired by why Tim is going to Uganda.

Don't forget that it's Mothers Day this month, so flowers, special food and relaxation are in order, while mothers-to-be can find advice on what's safe. Would a photograph of your pet make a nice present, or have you thought of an alpaca if she has a lifestyle property?

We have Graham's monthly property report, together with plenty of recommendations for maintaining your home and garden, and our regular feature on the Tradie of the Month. There is plenty of new building happening in the area. Property comes with responsibilities. Do you know what a bright-line test is? Is the property hazard-free? Be grateful for the part played by the local fire brigade in the recent storms, and know that the CAB can advise you on a wide range of day-to-day concerns.

We live in communities, and we are surrounded by so many opportunities. Look around, become activated and go out and benefit from what's out there.

Have a good month.

John,
Editor



the Westerly

May 2018 issue

- 4 Community notices
- 6 Safer communities
- 7 People & places
- 8 In brief - updates
- 10 Summerset
- 13 Area property stats
- 14 Property news & advice
- 24 Hot property
- 26 Home & garden
- 28 Stage it yourself
- 30 Central's tips
- 32 Food & beverages
- 34 Pets tips & advice
- 36 Grooming your puppy
- 37 Great outdoors
- 38 Health & beauty
- 40 Anti wrinkle
- 42 Antibiotics
- 44 Area columnists
- 46 To break up or stay

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Community notices

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Come check out the NEW Hilton Brown Swimming in Hobsonville. Come along for a family swim, a sausage sizzle, have fun on the climbing iceberg or bouncy castle and check out Auckland's newest state of the art learn to swim facility! This event is free and open to the public.



When: 2 – 5 pm Saturday, May 26, 2018

Where: NEW Hilton Brown Swimming, 5 Rawiri Place, Hobsonville (off Hobsonville Rd)

Come along and see why Hilton Brown Swimming is the best fit for your family, PLUS there will be PRIZES for the best pirate costume and GIVEAWAYS throughout the day.

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Family

Family = busy, loud, laughing, crying, unconditional love, refereeing, cooking, taxiing, cleaning, creating memories, teaching, having fun, cuddles, tiffs, juggling, proud moments, sleep deprivation.....INSERT YOUR WORD here.....

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There is a much bigger interest in cruising these days. Referred to as "A Floating Hotel" – only unpacking once, but seeing so much. Cruising is becoming so much more affordable and its popularity is growing. Contact: YOU Travel



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Magic rocks at Woodside

Riverpark Action Group celebrated Neighbours Day Aotearoa 2018 and the EcoWest Festival with friends and neighbours at Woodside Community Garden on Saturday 7 April. The theme was a great success with 27 children managing to find painted



rocks hidden in and around the community garden in return for a prize. The prizes were garden-orientated with each child receiving a tool belt with garden tools along with either a packet of sunflower seeds (courtesy of Yates NZ) or a LittleGarden (courtesy of New World). They also had the chance to paint their own rock to take away and we hope some of the rocks will later be hidden in parks as part of Westie Rocks! Sausages donated by Tegel NZ and falafels (vegan/vegetarian option) were expertly cooked on our new portable barbeque, its first outing, purchased with funding from the Community Organisation Grants Scheme (COGS). Rhubarb tea made from produce in the garden was also available for people to try. Live music was provided by Lauren Collins and her guitar with children blowing bubbles contributing to the atmosphere. The weather was perfect for the event with bright sunshine and many visitors showed interest in the garden. It was good to see Henderson-Massey Local Board members Shane Henderson and Brenda Brady make the effort to come and meet locals. We held a free raffle with

theWesterly

the prize being a lime tree, green string bag, 2 bottles of Yates fertilizer spray (one for citrus) donated by Yates, a New Zealand calendar and a large plastic tub. The raffle was won by Helen from Ranui. Our grateful thanks goes to Henderson-Massey Local Board/Community Waitakere (\$200), Yates NZ (Sunflower seeds and 2 x Yates spray guns), Tegel NZ (chicken sausages). Thanks also to Nova from Massey Primary School for providing Storytime and special thanks to Sinead from Auckland Council.

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

Kerry-Marie has been a psychic medium for over 20 years and works locally in Hobsonville doing private consultations, healing and teaching her spiritual work. She is accredited through the UK and has been featured on TV, radio and magazines. She offers you guidance for your life, healing and if you are in grief from losing someone as she is an very experienced medium and can bring your loved ones through to comfort you. Book a reading with Kerry-Marie through spiritualdecisions.co.nz.



Flower Barn

After a wind battering April, we hope that everyone has recovered well and back to normal. At the Flower Barn we were hanging on to windows and doors and all sorts of things as the cyclone hit us with a bang! We suffered some damage on the tunnel house and a large tree was ripped out of the ground, definitely not for the faint hearted. Nonetheless, we were lucky as one of our neighbours had an entire row of trees fall over. I also heard that a caravan in Muriwai was blown over but fortunately no-one was inside.

Now that we can start to mend the tunnel house and clean up, we are also preparing for Mother's Day on Sunday 13th May. The Flower Barn will be open from 9am until 4pm both Saturday and Sunday and we will have lots of gorgeous "pick and go" flowers and gifts. Remember bee-friendly, no-nasty chemicals so you don't bring chemicals into your home. You can order online www.flowerbarn.co.nz If you want to pre-order something special please call us on 09 412 7606 or email us flowerbarn@plantzero.co.nz.

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Safer communities

Waitakere Volunteer Fire Brigade

West Auckland certainly got hit hard with the recent big storm. The local fire stations out West attended over 30 calls each for assistance plus set up as welfare centres to assist locals. A marathon effort by the fire stations working in partnership with Resident and Ratepayer groups, locals, Police and Civil Defence. Certainly a stressful situation for locals as the weather was poor and the damage to infrastructure was high.

All disasters have the potential to cause disruption, property damage and take lives so it's vital that you prepare now. Check out www.getthru.govt.nz/

The Waitakere Fire Stations oldest serving member has semi-retired.

Brigade member 771 being a 1994 Mitsubishi has been at the station since it first went into service. It has left us to become a relief fire truck across the Auckland region. The pictures below are of our departing 771 and incoming replacement Iveco also called 771. A great new asset for the community.

Denis Cooper - Station Officer, Waitakere Volunteer Fire Brigade.



Not sure? Ask the Citizens Advice Bureau

Shane recently started his first job and thinks he's being paid less than what was agreed to – but there wasn't anything in writing. Mira's landlord just put up her rent, and it's only been five months since the last rent rise. Morgan's neighbour likes holding loud parties on week nights. Vinod and Geeta recently migrated to New Zealand and want to find schools for their children.

These are the sorts of issues people bring every day to the Citizens Advice at Massey Westgate. We sit down with them and help them work through what their options are. We have volunteers who undergo intensive training, as well as regular on-going learning sessions - so they are up-to-date with legislation

and policy changes. Last year we helped with around 10,000 enquiries.

We have access to an enormous wealth of information online, which complements our volunteers' knowledge and skills. From our website www.cab.org.nz you can find services and information on all manner of topics, from your employment rights to how to deal with a dispute.

If you can't find what you're looking for on our website, or you still have questions after reading the information, you just can't beat talking to someone about it. That's what we are here for. And language shouldn't be a barrier, as we have a specialist language service, CAB Language Connect, which helps people via phone and email in 16 different languages. So if you aren't confident in English there's a good chance we'll be able to help you in your own language.

Anyone can contact the CAB to find out about anything. Our service is free and open to all. You can just pop into the CAB Massey in the library building on the corner of Don Buck Rd and Westgate Dr or call 09 833 5775 and we can help you work through your options.

If you think helping people with these sorts of situations would be rewarding for you, contact Barbara at the CAB 09 833 5775.

Message from Massey Police


Increase of burglaries in our area, local Police would like to see the community being proactive in helping the police prevent crime. There are several ways to do this, reporting ANY suspicious activity or crime is one of the most important. The Police need to know this information and will respond. It is important that information is reported to police either by contacting your local Police Station or calling 111 – writing on the community Facebook page while a crime is taking place is NOT helpful to the Police. If it is not reported to Police then we don't know about it. Another great way to be proactive is to get involved in our local Community Patrol group. The Nor West Community Patrol work alongside our local police and act as their "eyes and ears". It is not time consuming, but involves taking ownership in your community, looking out for one another and for each other's properties, and liaising with local Police about Crime in the area. If you would like to know more about how to join the Massey Community Patrol, Call Massey Police 832 4099 or follow us/PM us on Facebook www.facebook.com/Massey-Community-Patrol-CPNZ-629256090572583.

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People:places

Craig Walker the pragmatist

Story by Geoff Dobson.

Anyone passing through Kumeu sees the name "Craig Walker Building Removals" on several signs bordering State Highway 16. So who is Craig Walker? He's a man who has the community at heart. After all, he's lived in the area most of his 62 years.

A pragmatist, Craig is passionate about the area, a generous supporter of many endeavours, a member of many local organisations, and never afraid to speak out.

He's well known by other local identities, but few district residents realise Craig's commitment, and he's never one to sing his own praises.

As an example, Craig provides Santa's float and Snoopy's Sopwith Camel biplane in the annual Kumeu Rotary Christmas parade (he's a Rotarian too). He's involved with the Kumeu-Huapai Residents and Ratepayers Association, and is a patron or member of various organisations, some covered later in this story.

Craig grew up in an air force environment. He spent the first three years of his life in Laucala Bay, Fiji, home to Sunderland flying boats where dad Mick was NZRAF Number 5 Squadron commanding officer.

The family moved to Wigram air base for a year, then Whenuapai and Hobsonville, Craig starting at Hobsonville School. In 1961 Mick was commanding officer at Hobsonville Air Station until 1966 when the two bases amalgamated to become Base Auckland.

Coincidentally, Craig later became an honorary RNZAF group captain, a similar title to what his dad had. He's also patron of the No. 30 Squadron Air Training Cadets at Whenuapai.

Mick and wife Pat had a hobby vineyard at Riverlea Road in Whenuapai and Pat worked in the Kumeu telephone exchange in the early 1960s where Craig often played of a Sunday in the Post Office mail room. He recalls his mum plugging in party lines, or unplugging them after a caller's allocated time ran out. Craig attended Whenuapai School before becoming a foundation pupil at Massey High School.

He was asked to leave Massey under principal Jack Adam's watch when he was 16. "I was never academic and had dyslexia," Craig says. But far from harbouring a grudge, Craig says that moment provided the inspiration for a long-standing association with the college helping other students.

Craig supported a building programme among the high school's many academies. "If there had been those structures in place when I was at the school I probably wouldn't have failed." He says his dad was very academic and tended to think anyone who wasn't was probably lazy.

Former principal Bruce Ritchie asked Craig for help about 10 years ago, so Craig joined the Massey High School Foundation and is its deputy chairman.

Craig donated a classroom and helped move some others for free, also providing help when needed for some other local schools.

After leaving college, Craig got a job house moving with his

brother Graham in Hamilton when he was 16.

"At 17 I was towing a house through Papakura when the cops told my foreman 'he's too young to be doing that.'" But rather than give Craig a ticket, the police invited him to the Ministry of Transport Papakura office when he turned 18 so he could get a truck and trailer licence.

Craig then worked with Haines House Haulage in Riverhead from 1973-1975, becoming the leader of a team of five. After a stint with Mobil Oil as an Auckland fuel tanker driver, Craig worked with Ian McKay to form Auckland Building Removals before the partnership ended in 1987.

That same year Craig started Craig Walker Building Removals, at first renting a shed off Kumeu businessman and rugby identity Barrie "Tank" Herring.

"It was me and two guys when we started. We worked hard and were honest, so our name got around and people were happy to use our services. For most people, their house is their biggest asset."

The firm now has 24 people, including Craig's daughter Kylie and husband David Haskins who Craig would like to see eventually take over the business.

A storage yard in Henderson followed, then in 1997 Craig bought the former Wrightson NMA site and saleyards in Kumeu, part of the site now leased to the Kumeu Z Station.

About five years later he bought 2.8ha in Weza Lane through to the highway at Kumeu's eastern entrance, some of the land being acquired by the Auckland Council for flood plain purposes.

A smaller yard in Grivelle Street over the railway lines was later added.

Craig reckons he has about 70-80 houses stored at the three sites.

His pet peeves these days revolve around Kumeu district development. Craig reckons infrastructure – especially decent roads – should have been put in before housing projects started.

"This beautiful little area wasn't designed for the housing we're getting here now."

Craig has made his views known to visiting politicians. "There's been no planning whatsoever. Make a plan and as time and money permits then implement it," he says, pointing to the huge delays in getting anywhere with road issues.

"People came here and bought a house not realising they were getting into a bad situation. It's not like they're usually able to work here either."

Craig has seen many changes in the area and reckons it has "lost its country soul". "We once had many more community-based organisations, sports teams, etc." He says these build camaraderie, confidence and learning among youth, "Older people should be able to help the younger ones and show that they care." Craig is also concerned proposed fuel taxes and targeted rates could hit the area and businesses. His other lament is that there aren't enough hours in the day to do everything. "I'm probably overcommitted," he adds. For the future, perhaps a little more time to spend with his and wife Sharon's four grandchildren would be ideal.

InBrief updates:events

Have you considered cruising around New Zealand?

Neil Harkin of helloworld in Hobsonville has just finished a wonderful cruise around NZ (with a side trip to Sydney) sailing on the Sun Princess. It was 2 weeks in length and I was in a group of eight family and extended family members which made for



great conversation around the dining table every night, catching up with what went on during the day's activities. I must admit we were very lucky with the weather, which always helps and we had amazing port stops in Paihia, Sydney, the Sounds (west coast of the S.I.), Dunedin, Akaroa, Wellington, Napier and Tauranga. I forgot what it was like to be a tourist in your own country and it felt great! There was plenty to do at all our day visits with the highlight being Akaroa taking a relaxing walk around the village, taking photos of the beautiful old cottages and having fish and chips for lunch. We also visited the Giant's House which is about a 20min walk from the wharf. This property shows off a beautiful garden built with mosaic statues of all things imaginable shapes and sizes. It is a definite box to tick off your list, I must have taken at least 80 photos there alone. There is a charge to visit but it is well worth it. Napier was also a lovely stop. It was my first visit there and the Art Deco feel and friendly people made our visit memorable.

The Sun Princess is great 4 star cruising and is good value for money. It is a mid-size ship (77,499 tonnes – 2,000 passengers). The food on board was sensational and especially taking the

option of an additional surcharge at "The Steakhouse" was well worth it, best steak ever. There is also plenty to do on board on your sea days with swimming pools, spa pools, spa and beauty treatments, interesting lectures to attend and trivia quiz sessions to test your memory or you could just lie up on a deck chair and get lost in a good book. Of course the shows at night are amazing featuring dancers, singers and various entertainers throughout your cruise. So if you are considering being a tourist in your own country please consider doing it on a cruise ship. The next season of sailings start from October 2018 through to late March 2019. We would love to hear from you at helloworld Hobsonville, located at Hobson Centre, 124 Hobsonville Rd (opposite The Coffee Club) – 09 416 1799 or email neil.harkin@helloworld.co.nz.

Massey Birdwood Settlers Association

The Massey Birdwood Settlers Association while owning a community hall, is primarily an incorporated society established in April 1925 as a resident and ratepayers group, the main function being to represent the views of residents and ratepayers to Council and Government and ensure adequate resources are being spent in the area by the governing bodies for the benefit of the whole community.



The hall itself was built in 1956 on the corner of Don Buck and Red Hills Roads on Conservation Department land known as the Massey Birdwood Domain. In 1954 the then Government gazetted a notice providing the Association with the rights to own and manage a community hall on the Domain.

It is always fitting to remind people at this time of the year that Massey is the name of the Prime Minister, William Massey, who served at the time of the first World War and Birdwood is the surname of the man who led the NZ troops off Gallipoli.

The mural on the side of the hall depicts the Don Buck (real name Randoff Sanfrisco Figero) who worked with newly released prisoners in the area, trading gum for profit. The mural also shows the environmental views that Massey takes in of the Waitakere Ranges and the trees that line the horizon and the tui which is a native bird that lives in the trees. The leaves on the



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trees by the way are hand prints by the some of the children who attended Massey Primary when the mural was painted.
John Riddell, Secretary, Massey Birdwood Settlers Association Inc.

The Hobsonville Point runway challenge fun run

The Lions Club of Henderson-West Auckland is again organising The Hobsonville Point Runway Challenge Fun Run for Sunday 20th May 2018. The event is based at the Hobsonville Point Primary School with the first race starting at 10.30am, finishing with a prize giving at 12.30pm. Be in quick to register on line at www.runwaychallenge.co.nz. Last year this event saw 325 runners merge onto Hobsonville Point to enjoy a 3, 5 & 10km fun run with an obstacle course included. All participants received a medal at the finish line as well as a bag with donated goodies and a timed online certificate to record their success. All proceeds from the event are used to assist the Lions Club's Charitable Trust in giving back to the community.



Putting on an event like this does not happen without community support and the Lions Club of Henderson-West Auckland is grateful for the volunteers from neighbouring Lions Clubs as well as the Waitakere Cadets and Girl Guides who helped make the day a great success.

Activities help people living with dementia

Do you have a loved one, or someone you are caring for, who is living with dementia, such as Alzheimer's? As the disease progresses it may be challenging finding suitable activities. Someone under-stimulated is likely to become withdrawn and lose self-confidence. Having them involved in activities they enjoy contributes to their overall sense of happiness and well-being. Like us all, a person living with dementia needs to feel a sense of purpose and accomplishment. Activities need to help them feel challenged, but not defeated, by being at a level they can experience success. Ac-



tivities also need to appeal to different moods and tastes. Being appropriately engaged can have the benefit of reducing issues associated with dementia, such as depression, sleep interruptions, anxiety and behavioural challenges. By reducing these, the life of the carer will also become easier. Our Mindjig activities stimulate minds and promote feelings of achievement. They are designed to encourage reminiscing, and connection with friends and family. Visit www.mindjig.co.nz to see our range of activity products for people living with dementia or brain injury. Or contact us email: info@mindjig.co.nz Phone: 09 600 3251.

COGY, the pedal wheelchair

COGY is a wheelchair with pedals. Some people may say, "but what is the point of having pedals? People in wheelchairs cannot use their legs, that's why they are in wheelchairs". There is a huge misunderstanding in this. Most people in wheelchairs have at least a small amount of strength in their legs. This tiny amount of strength is actually good enough to pedal COGY. You would be amazed how light and easy it is to pedal a COGY.



COGY was originally developed in Japan, for people to help their mobility rehabilitation after a stroke. The first COGY equipment was brought into New Zealand in March 2017. Since then many people have tried it out. COGY has surprised us in many ways. It does much more than the manufacturer's description. It is extremely easy to pedal, there is less pressure on joints than in walking, and it is more fun than an exercycle, efficiently reminding our body how to walk. It is compact, manoeuvrable and safe (FDA approved in USA). If you have walking difficulty, and if you think COGY is too hard for you, try COGY and be surprised. For more information, check out website/Facebook/youtube by searching "kokocogy", or contact Koko directly, the importer and distributor of COGY (kokocogy@gmail.com or 021 029 35242).

SeniorNet West Auckland

We have moved to: 66-70 Railside Avenue, (inside the RSA Building).

We have been busy during April moving to new premises. We are now in the Henderson RSA building in Railside Avenue, Henderson. This is much more central, opposite the railway station and next to the bus stops.

We are on the first floor - very easy stairs- and we are looking

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Auckland

forward to getting our computer classes started again soon. All our contact details remain the same.

This is very exciting for us as we have been trying to relocate for some time but finding the right space has not been easy. We have been made to feel very welcome at the RSA and feel sure you will too. Please watch our web page -www.senior-net-west-auckland.org.nz. for when classes re start, or ring our course coordinator Pam on 09 827 2156 from the beginning of May when we should have more information.

Our meeting at the Kelston Community Centre, cnr Awaroa Road, Kelston will be on the 15th May, at 10am, all are welcome. \$2 entry for a raffle ticket that could win you one of three prizes. We look for-ward to seeing you there.

Summerset at Monterey Park

Summerset at Monterey Park is excited to announce the accreditation of our Care Centre and Harbour Apartments, up to rest-home level care.

Our special Harbour Apartments are a unique living option, especially if you need a little bit of extra help. Spacious and modern, our Harbour Apartments offer rest home level care in your own independent home, where you can enjoy:

- A lounge and bedroom –suitable for a couple and perfect for entertaining guests
- A kitchenette for meal preparation
- An outdoor area for enjoying the Auckland sunshine
- Your own bathroom
- Evening meals served in our beautiful Harbour Lounge, accompanied by a glass of wine and good company.

Summerset at Monterey Park is designed with community in mind. The layout of our apartments enables you to create small communities within our wider community, and is great for socialising and meeting your neighbours.



Angela Little Licensed Agent / AREINZ
Residential Sales & Property Management
09 412 9890 / 021 421 967 / www.angelalittle.co.nz

Ray White Damerell Group Ltd., Licensed (REAA2008).

Enjoying knowing you can live in your own independent home where care comes to you. No matter your level of need, we will tailor our care options to suit you – and if these change over time, that's okay. If you need rest home level care after a period of time in our Harbour Apartments, there is no additional premium fee. If you like the idea of an apartment but are still a little unsure, we have a guest room available where prospective residents can come and stay in the village on a trial basis to see if village life suits them. To find out more come in and speak to Terry 09 951 8920 or Carol 09 951 8921.

Massey Library

Massey Library is starting the Hell's Pizza Reading Challenge these school holidays and it will continue to run until December 3 2018.

The HELL Reading Challenge is free, and it is so easy! Children pick up a pizza wheel from the library then receive a stamp on the wheel for each book they read. Once seven books have been read they can redeem their pizza wheel for a free 333 kids' pizza at HELL. We encourage children to bring one or two books to the library at a time to show us their reading.

This is a very motivational programme to get children reading books and then discussing them with the librarians. We are very grateful to Hell's Pizza for recognising the importance of reading and sponsoring this programme. Massey Library Cnr Don Buck Rd and Westgate Drive Phone 09 377 0209. Here's a link to the Hell's Pizza Reading Programme website, with more information www.nzbookawards.nz/new-zealand-book-awards-for-children-and-young-adults/the-hell-reading-challenge.



Kip McGrath Education Centres: A reputation for excellence

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

This reputation lies not only in the professionalism and compassion of the teachers that tutor at our centres, but also the quality, curriculum-based learning programmes we create to meet each child's specific needs.

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achieve better results at school, finally 'get it' and smile. NZ relevant assessments and teaching methods - To ensure your child gets the right help with learning, we will assess him or her against the National Curriculum and use teaching resources and activities best suited to your child's learning style. A positive learning environment - Your child will also love the friendly, kind, positive reinforcement of our carefully selected teachers whose goals are to see every child get results, love learning and grow in confidence.

Testimonial: "We cannot thank you enough for all the time and effort you have put into our son. He is now a confident young man and knows he can put his mind to anything - and succeed! His latest school report is the best he's ever had." Call today for a free assessment. 09 831 0272. www.kipmcgrath.co.nz/NZ/Westgate.

Rugby World Cup plus land of the rising sun

Tick two off your bucket list at once with the Rugby World Cup and Japan in 2019. The Rugby World Cup is a must for the avid rugby fanatic, it's the event every fan aims to get to at least once in their life time. If you are a rugby fan who'd like to experience another culture and has the World Cup on their bucket list, then the 2019 World Cup in Japan is for you. Japan is uniquely enticing as a destination. The mix of the cul-



ture coupled with their tech gadgets and incredible food are all part of the essence which makes this country so appealing. Japan offers rugby fans continual opportunities to submerge into its history, cuisine and natural beauty

So why not combine the passionate, exciting and thrilling atmosphere the Rugby World Cup creates with the chance to explore such a diverse country like Japan. Secure your seats to this momentous event on the rugby calendar. Whether you prefer to travel with a group of likeminded rugby fans or independently, whether you'd like to see more Japan less rugby or vice versa, there's something for everyone

Will NZ make history with a 4-win streak? Will you be there?

Answer "Yes!" to both and give us a call.

Tania Green, House of Travel Hobsonville 09 416 0700 Hobsonville@hot.co.nz.

Looking for a wedding gown?

Choosing the right wedding gown for your big day can be a difficult decision. Andrea still has stock to sell, with 30 wedding gowns still available. They are in sizes 4 to 12, priced from \$100 to \$500 (some worth around \$2000!) Hurry before they disappear! Contact Andrea today on 021 129 8537, andrea@fancyfrocks.co.nz or www.facebook.com/FancyFrocksNZ.

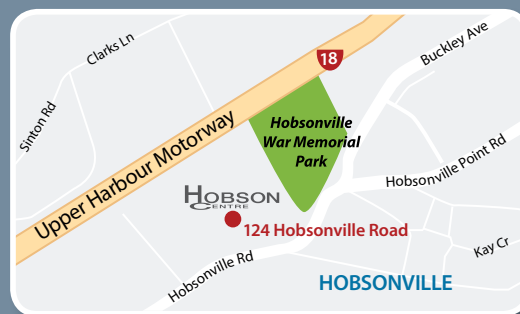


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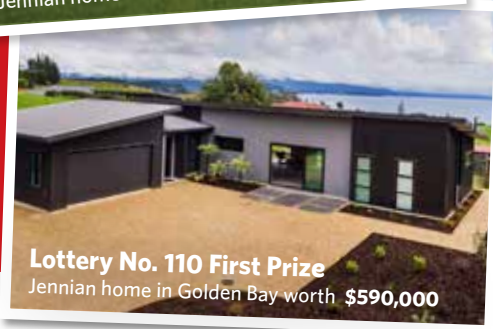
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ZD

area property stats

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

Suburb	CV	Land Area	Floor Area	Sale Price
Herald Island				
	640,000	569M2	90M2	730,000
Hobsonville				
	1,350,000	450M2	284M2	1,410,000
	986,000	189M2	155M2	990,000
	1,500,000	470M2	292M2	1,850,000
	800,000	135M2	132M2	803,000
	1,000,000	189M2	162M2	1,000,000
	1,200,000	688M2	212M2	1,200,333
	1,050,000	267M2	148M2	1,135,000
	1,250,000	316M2	240M2	1,450,000
	1,025,000	230M2	182M2	1,030,000
Massey				
	590,000	675M2	280M2	850,000
	630,000	406M2	100M2	729,500
	750,000	701M2	190M2	780,000
	660,000	675M2	90M2	690,000
	600,000	666M2	100M2	675,000
	570,000	300M2	70M2	600,000
	750,000	352M2	184M2	760,000
	550,000	835M2	86M2	675,000
	590,000	563M2	100M2	636,500
	600,000	472M2	90M2	675,600
	750,000	837M2	80M2	780,000
	860,000	809M2	170M2	950,000
	560,000	863M2	80M2	640,000
	570,000	514M2	85M2	612,000
	690,000	503M2	102M2	740,000
	630,000	816M2	100M2	731,000
	830,000	475M2	164M2	861,600
Royal Heights				
	870,000	610M2	160M2	862,000
	650,000	477M2	100M2	670,000
	770,000	942M2	130M2	678,000
West Harbour				
	2,070,000	851M2	490M2	2,365,000
	1,160,000	843M2	180M2	1,210,000
	1,100,000	673M2	170M2	1,251,000
	1,400,000	1105M2	303M2	1,500,000
	1,090,000	940M2	203M2	1,160,000
	1,090,000	627M2	260M2	1,200,000
Waitakere				
	1,025,000	4.1HA	96M2	1,500,000
	1,125,000	3HA	99M2	1,100,000
Whenuapai				
	1,125,000	314M2	248M2	1,053,000
	1,250,000	362M2	270M2	1,120,000
	1,125,000	449M2	200M2	1,100,000
	1,225,000	362M2	276M2	1,130,000
	1,200,000	341M2	260M2	1,078,000
	1,065,000	763M2	220M2	1,060,000

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

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Propertynews:advice

Market report

This property market is often a cross between a sailing ship in a high sea and the green lantern roller coaster, and often we as Real Estate Agents have to provide the safety briefing to steer straight and true and hang on. There is no doubting that we are in a different climate to the last several years, longer days on market, fewer international investors and insecure banking interests make for an often interesting if not thrilling adventure. That said, prices are still relatively static but gone are the heady days of buyers on-selling with thousands in gains. To that extent I feel it is a settling property market, an easy as she goes property environment. It does highlight the need to be flexible, understanding and persistent. This is a normalised market, not favouring buyer nor seller. Let's look at the sales in the area:

Herald Island: \$730,000.

Hobsonville: \$637,000 to \$1,850,000.

Massey: \$510,000 to \$1,290,000.

Royal Heights: \$670,000 to \$862,000.

West Harbour: \$643,000 to \$2,365,000.

Waitakere: \$828,000 to \$1,500,000.

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

Trustees and incapacity

Trust assets are usually intended for the next generation as much as the present one. This means that a trust can last a long time - usually up to 80 years. Inevitably, the founding trustees must pass control of the trust to the next generation. Importantly, this must be done before there is any loss of capacity by the founding trustee. If not, it sometimes takes a court application under the trustee act to achieve the appointment of the replacement Trustees. Such applications come with significant cost and delay. It is better to have a plan for this well before any capacity issue arises. This can include appointing a corpo-

rate trustee in the place of personal trustees. Thereafter, focus will be on the control of the corporate usually by the founding trustees while they can. This is something to get legal advice on. Luke Kemp - Kemp Solicitors, phone 09 412 6000 or email luke@kiempsolicitors.co.nz.

Want to increase your borrowing power by \$160,000?

Differences in how lenders stress test mortgage lending can have a measurable impact on how much you can borrow. This is where a mortgage broker can help.

Many borrowers don't realise that lenders calculate your ability to repay a loan based on a rate of interest that is higher than the actual rate on offer. This is designed to protect you in the event interest rates go up in the future.

In finance circles this is called a 'stress test' and each lender does its stress testing differently. Consequently, there are big variations in how much both bank and non-bank lenders are willing to lend Kiwi home buyers.

How big is the difference?

Each lender has a different policy, so they stress test anywhere from 7.0% right up to 8.5%. Lenders tend to align stress test rates with movements in the official cash rate though they may make adjustments outside of OCR movements as they have in recent years.

To demonstrate how this affects borrowing power, we took an average couple and calculated what each lender on the Mike Pero mortgage panel would lend them. On average we found a staggering difference of \$160,000:

Buyers outside of the main city centres are just as affected. While the numbers presented may relate more to a major metro city like Auckland, your borrowing with each lender will also vary significantly for a lower priced property similar to those in regional New Zealand.

So, what are your options?

While every lender is different, mortgage brokers know the market well and can help customers optimise their borrowing based on their financial situation. In a competitive property



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market, an extra \$160,000 can make a big difference.

About our couple above:

- Clean credit history
- Combined income of \$130,000 p.a.
- Savings of \$100,000
- Ongoing monthly expenses of \$2,000

For further details or feedback feel free to contact Ivan 027 577 5995 or email ivan.urlich@mikepero.co.nz. Ivan Urlich is a registered Financial Advisor specialising in Mortgages, his disclosure statement is available free of charge on request.

Could you be liable for tax when selling your property?

By Bret Gower, Smith and Partners Lawyers.

Buyers and sellers of residential property need to be aware of the "bright-line test for residential land" which has been in effect since 1 October 2015. Since that date gains on the proceeds of sale of residential property acquired and disposed of (including sub-divisions) within a two year period are liable for income tax, except for your main home and certain other exclusions. Recent changes to the bright-line test have extended the period to five years. Residential land purchased after 29 March 2018 and disposed of within five years can create a liability to income tax, with certain exceptions.

Before you buy or sell property you need to be aware of how the dates of purchase and sale are measured, and seek expert advice as to whether or not you may be liable for tax. Getting advice early could prevent a major tax bill.

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Re-roofing your home or business will usually take about a week, depending on the size of your property. We can install insulation when re-roofing, saving you time and money.

If your Colour Steel roof is needing a repair, we can send an expert out to provide advice, a solution and a quote.

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

Bright-line test extended

The IRD created the "bright-line" test in 2015 which requires people to pay income tax on profits they make on the sale of residential property within two years of buying that property.

From 29 March 2018 the bright-line test for residential property has been extended from 2 years to 5 years – but only for properties bought (or for which an agreement for sale and purchase was entered into) after 29 March 2018.

If an agreement to purchase a property was entered into before that date, the 2-year bright-line test will still apply.

The 5-year bright-line test applies in the same way as the 2-year bright-line test. A flow-on effect is that residential land withholding tax (RLWT) rules – which apply mainly to non-residents have been extended from 2 years to 5 years too.

There are exceptions to the bright-line test – where the property has been your main home, was an inheritance, or where the sale is the result of a relationship property settlement.

If you'd like to know more about buying and selling property, or you would like a great personal service for all your legal needs, and a lawyer that comes to you, contact your friendly local mobile lawyers Shelley Funnell 027 537 9221 and Taina Henderson 027 537 9222.



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2 Harewood Street, Whenuapai

By Negotiation

This immaculately presented, new, three bedroom, two bathroom, Fletcher living home has been finished to a very high standard. The home has the benefit of exquisite attention to detail and quality finishing, allowing you the advantage of buying and move in, without a list of completion items. Covered by a Fletcher living building warranty, the home is not only practical and finished it delivers enviable sunshine, being north facing and having three sides with double glazed windows. Downstairs is open plan living, dining, lounge, entertainers kitchen and alfresco to the North and East. Upstairs enjoys three bedrooms and two bathrooms, one being an ensuite to the master bedroom. Close to motorway links and walking paths while convenience shopping, school, park and cafés are a short walk away.



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graham.mcintyre@
mikepero.com

www.mikepero.com/RX1462022



BRICK AND TILE CUTIE - BE QUICK

2 1 1

By Negotiation

1 / 17 Roberts Road, Te Atatu South By Negotiation

First Home Buyers, Retirees and Investors must view this brick and tile front unit of two - a real cutie with spacious and private North facing garden. Open plan kitchen and lounge with new carpet, heat pump and two bedrooms provides comfortable, sunny and warm living. Outdoors you will find landscaped lawns, beautiful roses, garden shed, clothesline and screen doors for easy living. In a popular location with an easy walk to local shops and transport links, and in great school zones. With room to add your own finishing touches or refurbish, this property is a real winner. The CV on this property is \$470,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email cherry@mikepero.com.

www.mikepero.com/RX1430873



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021 888 824
cherry@mikepero.com



BRICK AND CEDAR OVERLOOKING RESERVE - HENDERSON HEIGHTS

6 2 3

By Negotiation

11 San Pedro Place, Henderson By Negotiation

This home that has been crafted for good looks and longevity while the outlook and the privacy from lounge areas upstairs and on street level is blissful. Extensively renovated with a focus on easy flow and entertainers living, the home opens to the council reserve and native bush vista. A world away from the hustle and bustle or suburbia but only a short drive to shops, parks, schools and reserves. The home boasts six bedrooms, two lounges and three bathrooms over two levels with an internal access double garage linking through to the kitchen area. The CV on this property is \$1,150,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX1360146



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



BRICK AND TILE ON 2403SQM - ELEVATED VIEWS

4 2 2

By Negotiation

14 McEntee Road, Waitakere
By Negotiation

Elevated views over the valleys and green fields of Waitakere Township with over half an acre of land this hidden away treasure is worth digging deep for. Not only is the land footprint big, the home, constructed of beautiful big brick and concrete tile roof offers good insulation properties, durability and styling. A spacious four bedroom home with two living areas, two bathrooms, separate laundry and oodles of storage is an outstanding family friendly layout with separation and integration when and where you want it. 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/RX1425082



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



BRICK AND TILE ON ¼ ACRE - KUMEU

3 1 1

By Negotiation

18 Trigg Road, Huapai
By Negotiation

Picturesque brick bungalow boasting three rooms, bathroom, open plan kitchen, lounge, dining with decking to the front and back delivering excellent indoor-outdoor flow. A stand-alone single garage and workshop for storage or man-caving. 1019sqm section, fully fenced and peppered with fruit trees and a chicken run for the good-life. A stone throw from Huapai Primary School and bus stop and a short walk to convenience shopping and park and sports field. Secure a real slice of kiwiana, the way it used to be. The CV on this property is \$830,000. 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/RX1417919



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



HOBSONVILLE POINT - AFFORDABLE AND NEAR NEW

2 1

By Negotiation

22 Oioi Road, Hobsonville Point By Negotiation

First Home Buyers and Investors must view this pristine, two level townhouse. This two bedroom contemporary townhouse delivers all the very best of modern entertainer's space and flow. A fee simple freehold, no maintenance, north facing sun drenched backyard is turfed with Tiger Turf grass so great in wet and dry. The home offers entertainment space, customised kitchen including breakfast bar, dining and lounge on the ground floor with high ceilings and large storage cupboard under the stairs. Two generous bedrooms, huge master bedroom with sea views of the harbour, and bathroom upstairs with plentiful sunshine delivering warmth and ambience. The property has a dedicated off street car park as well as convenience parking outside the home.

www.mikepero.com/RX1439102



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Cherry Kingsley-Smith
021 888 624
cherry@mikepero.com



ELEGANT, COMFORTABLE, MODERN LIVING IN HOBSONVILLE POINT

3 2 1

By Negotiation

33 Rangihina Road, Hobsonville Point By Negotiation

Built by Jalcon in 2017 finished to a high standard this near new stylish well-constructed home certainly captures your attention both inside and out. As such, enter with the understanding that you will not only be impressed, you will want to talk with your mortgage broker immediately. Downstairs is open plan living and entertaining with generous open spaces integrating lounge, dining and kitchen. The lounge opens to the north, linking to an attractive sheltered easy care garden with oodles of sunshine. With close proximity to the double garage, it is an easy transition for shopping and transiting. Upstairs is all about restful private spaces, reading nook, 3 double bedrooms, main bathroom and ensuite along with pleasant views and generous sunshine.

www.mikepero.com/RX1462027



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



A ROYAL OPPORTUNITY! BEAUTIFUL BONES AND VIEWS ON 1092 M2 LAND

4 2 1

By Negotiation

77 Royal Road, Massey
By Negotiation

Positioned on a massive 1092m2 of land stands a solid four bedroom 1960's weatherboard home on concrete block, with tandem garage, rumpus, storage and oodles of extra parking. Enjoy the amazing views from the spacious open plan kitchen, dining and master bedroom deck. A relaxing lounge with wood fire and French doors leads to a peaceful leafy oasis, where you can relax and unwind on the extensive outdoor decks, enjoying the garden and afternoon sun. Enhance your investment with a future proof conversion of the downstairs (subject to the necessary consents) or develop the land, zoned mixed urban. The CV on this property is \$1,060,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email cherry@mikepero.com.

www.mikepero.com/RX1399738



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



THE PERFECT LIFESTYLE PROPERTY

4 2 2

Asking Price \$1,298,000

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

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

www.mikepero.com/RX1323109



Lyndsay Kerr
027 554 4240
lyndsay.kerr@mikepero.com



RENOVATE - REBUILD - DIY - WAIMAUKU

4 1

By Negotiation

236 Kiwitahi Road, Helensville By Negotiation

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

www.mikepero.com/RX1369936



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



THE KIWI DREAM

4 2 1

Asking Price \$995,000

289 Motutara Road, Muriwai Asking Price \$995,000

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

www.mikepero.com/RX1332459



Lyndsay Kerr
027 554 4240

lyndsay.kerr@mikepero.com



SUN FILLED AFFORDABLE APARTMENT LIVING WITH VIEWS!



By Negotiation

301A / 160 Hobsonville Point Road, Hobsonville
By Negotiation

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



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

www.mikepero.com/RX1431549



EXTENSIVE PANORAMIC VIEWS - VENDOR SAYS SELL

By Negotiation

731A Ridge Road, Riverhead
By Negotiation

Elevated mixed pasture and bush in an upmarket and established development. One of the last sections available. Options here to capture the view, create a little paradise and enjoy. 2.3943 ha (approx 5.6 acres) of land in an established country lane, a short distance to Riverhead shops and school. The land is semi fenced post and rail and has a house cut in place. From this cutting the views are plentiful through the valley and afar. Additional information is available to purchasers keen to put the dream home on a great land holding. Services at the lane side close to the proposed house site. The CV on this property is \$810,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



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

www.mikepero.com/RX1055369



AFFORDABLE SECTION - CLEARED BUILDING SITE - NO COVENANTS

By Negotiation

747 Scenic Drive, Henderson Valley By Negotiation

This flat circa 1600 sqm section boasts a flat, cleared building site with plenty of potential and possibility, delivering an opportunity to create a footprint of peace, tranquillity and sustainability. Elevated and generous sunshine envelopes the section which currently has an old derelict work-shed on site. Value has been added to this property by an architectural design house which gained Resource Consent. All relevant investigation have been completed and approved e.g. Geotechnical Report, Storm Water Mitigation Report etc. All of these are available as part of the negotiations. All the hard work has been done and all that is left to be done is the Building Consent Documentation and Construction.



Graham McIntyre
027 632 0421

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www.mikepero.com/RX1449850



PICTURE THIS, NEW HOME ON 48 HECTARES - WAIMAUKU FRINGE

By Negotiation

1295 Old North Road, Waimauku By Negotiation

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



Graham McIntyre
027 632 0421

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www.mikepero.com/RX1326808

Hot property



Elegant, comforting, modern living in Hobsonville Point

Nuts and bolts - Offering a spacious 167 square meter floor area, this beautifully presented three bedroom, two bathroom plus powder room townhouse, spread over two levels is certainly one out of the box. Open plan living with integrated kitchen, dining and lounge areas provide a modern and easy entertainers environment that links seamlessly to a sheltered north facing garden to enjoy.

Styling - Soft neutral tones and earthy contrasts, this home ooz-

es comfort right from the first introduction. A mix of modern practical features softened with elegant lighting features, the home entices you to explore and enjoy the individual elements that interlock the homes design and style.

Ease of living - Whether entering from the street front or from the rear double garage, the home caters for convenient modern living. A short distance from the internal garage to the kitchen bench and generous walk in pantry, the home caters in every way for an easy lifestyle while allowing you the pleasure of being easy care while away on business or holiday.

Flow - Modern living continues to highlight the importance of



providing entertaining zones and quiet zones within the home to achieve harmony. The benefits are easy to see. The upstairs area in this home allows a second sanctuary just right for quiet time, reading, reflecting and rest.

Alfresco - The entertaining lounge extends out to semi-covered north facing patio area, sheltered out of the prevailing breeze, with an easy care garden and fence backdrop for filtered privacy. The area is large enough to enjoy entertaining in a blend of hard and soft landscaping offering a convenient and attractive outdoor space.

Convenience to garaging - Storage is no issue in this property;



each level offers well-hidden solutions catering for all the family's needs. The nylon fully carpeted double garage easily caters for two full sized vehicles or can double up as an extra play area for projects or gaming. The garaging accesses to a quiet wide convenient private service lane that then access the street. Upstairs a world apart - Double-glazed and well designed to provide generous spaces, two double bedrooms rooms have double built in wardrobes while the large master bedroom has a walk in wardrobe. The beautifully appointed main bathroom is easily accessed by all bedrooms while the master has a well presented private ensuite. Views are plentiful from the upper level balcony offering interesting vista's and plenty of sunshine.

Safe and Convenient - A short walk to schools, reserves and parks, common areas, biking tracks, inner harbour, commuter ferry and convenience shopping.

Hobsonville point offers a genuine community experience, a safe, lock and leave neighbourhood with modern living and high neighbourly values.

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.

33 Rangihina Road, Hobsonville Point is for sale price By Negotiation. For further information call Graham McIntyre of Mike Pero Real Estate on 027 632 0421 or 0800 900 700. Mike Pero Real Estate Ltd Licensed REAA (2008).

Home:garden

Meet Laser Whenuapai owner and roofing expert – Solomon

As well as being the owner, Solomon is Roofing Manager and oversees all major roofing projects. He brings over 15 years of roofing expertise to Laser Plumbing and can provide solutions for all your roofing needs.



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

Laser Whenuapai has been trading since 1985 - giving it a depth of experience to plumb from - but as part of its 'Totally Dependable Guarantee', the Laser teams stand by all their jobs by offering warranties and always using quality New Zealand made products. Choosing Laser means choosing a solid, reliable and experienced company that you can depend on.

No job is too big or too small for Laser Plumbing & Roofing Whenuapai. The team is happy to do any job from basic tap washers right into full re-piping, re-roofing, drainage or gas systems.

Contact Laser Plumbing & Whenuapai for all your service needs from plumbing through to roofing, drainage, gas and pumps and drain unblocking on 09 417 0110. Open five days a week from 7am-5pm, we are located in new offices at Unit 4, 3 Northside Drive, Whenuapai. Visit our website whenuapai.laserplumbing.co.nz for more information.

Want to remove orchards, vineyards or growing houses?

Are you looking at developing your property? Have you had orchards, vineyards, market gardens or growing houses on your property?

There are a few ways that you can get caught out when applying for subdivision consent if you have had any horticultural practices on your land.

There is a potential for the site to be contaminated from pesticides and other agrichemicals, and Auckland Council will ask you to complete a Site Investigation.

The team at Thomas Consultants are experts at completing these investigations, getting you lab results quickly, and a pragmatic approach to managing any contamination that is found. We have a reputation for taking remediation reports and finding easy ways to reduce the amount of soil that needs to be removed, saving you time and money.

Chat to us now if you want to know more, and we can take you through how we can make it easy. Give our friendly soil contamination team a call on 09 836 1804.



Camellias for your garden

It is hard not to notice the flowering camellias in gardens at the moment. These are the early blooming camellia sasanquas making the perfect hedge with lots of colour to brighten up the start of winter. Camellias are remarkably tolerant and adaptable. Fantastic for hedging, screening, background planting, container planting and as one-off stunning specimens. They trim well, transplant easily, and can provide flowers from as early as March through to November.



Awa Nursery currently has a huge range of camellias (35 varieties at last count) in many different colours. We have camellia sasanquas, an early flowering variety from March onwards, camellia japonica and camellia reticulate hybrids, which flower

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from May through to October. Perfect to brighten up an area in winter.

Camellias have a spurt of growth after flowering, so it is best to feed them when the last flowers are coming to an end. You can trim them immediately after flowering. They are happiest in acid soil that does not have too much clay content. They like a nice peaty soil that drains well. You can work some peat into your soil if you feel it has a bit too much clay. The roots are near the surface, so it is important to keep them cool in the heat of summer with a layer of mulch. If possible plant with protection from the afternoon sun. You can buy a specialised acid fertiliser to feed your Camellias which will assist them to stay healthy and keep the foliage the deep glossy green that we all love.

Awa Nursery phone 09 411 8712 or visit www.awanursery.co.nz.

If you're looking for local storage things are looking up

It doesn't get any more local than your own home when you're pressed for space. If you would like to get those cars back in the garage for winter consider unused storage spaces at your place. Attic stairs are an option if you have a big ceiling cavity but ceiling storage racks are cheaper and your gear is much more accessible. Suspended garage storage is also warm and dry, and out of reach of the kiddies. Stealing Spaces has ceiling storage racks designed for NZ homes and we're celebrating our first birthday this month. Take a look at the options on our website and use the code 'Birthday' for 10% off any racks at www.stealingspaces.co.nz.



Maddren Homes Tradie of the Month

Keeping a complex renovation project on track to a high standard, and the designer and client happy can be quite the task. But for builder Josh Grant, it's what he does best. And it's these qualities, along with his attention to detail and communication skills that have earned him the Maddren Homes Tradie of the Month.



Josh and his team are so good at what they do, a house they built won gold at the 2017 Master Builder Awards. Having a guy like Josh in the construction team, who sets the bar high and consistently delivers, is something to be proud of and deserves recognition, says Maddren Homes. Josh's stellar work ethic has seen him walk away with a voucher from equally proud sponsor, Western ITM. Good on you Josh.

Show homes

Show homes are used to display quality, design and are the manifestation of a team of professionals working together to satisfy needs and wants.

Signature homes strive to present gorgeous, beautifully constructed homes that demonstrate practical responses to living. Each show home fulfills a specific brief. For example an investment property, a family home, an inner city pad or a lifestyle property.

Signature Homes Norwest are proud to introduce the first of their show homes. Situated in a new development in Hobsonville 'city living for the modern family' was the brief for this site. It is positioned in somewhat of an elusive spot in Hobsonville neighbouring the popular Hobsonville point. The show home address is 30 Myland drive, situated off Scott drive, Hobsonville. Now be warned, allow plenty of time to explore this new addition as it can be tricky to locate, being in a newer range of developments in Hobsonville. Ensure you have our 0800 020 600 number on hand if directions are required.

This stunning home is a celebration of design on a small site, featuring all the family would need; four bedrooms, two with ensuites, additional bathroom with toilet and separate toilet downstairs, an office, modern open plan kitchen dining and living spaces. Complemented by a quaint backyard enabling a fantastic flow from inside to outside living and alfresco dining.

Discover
our new
show
home

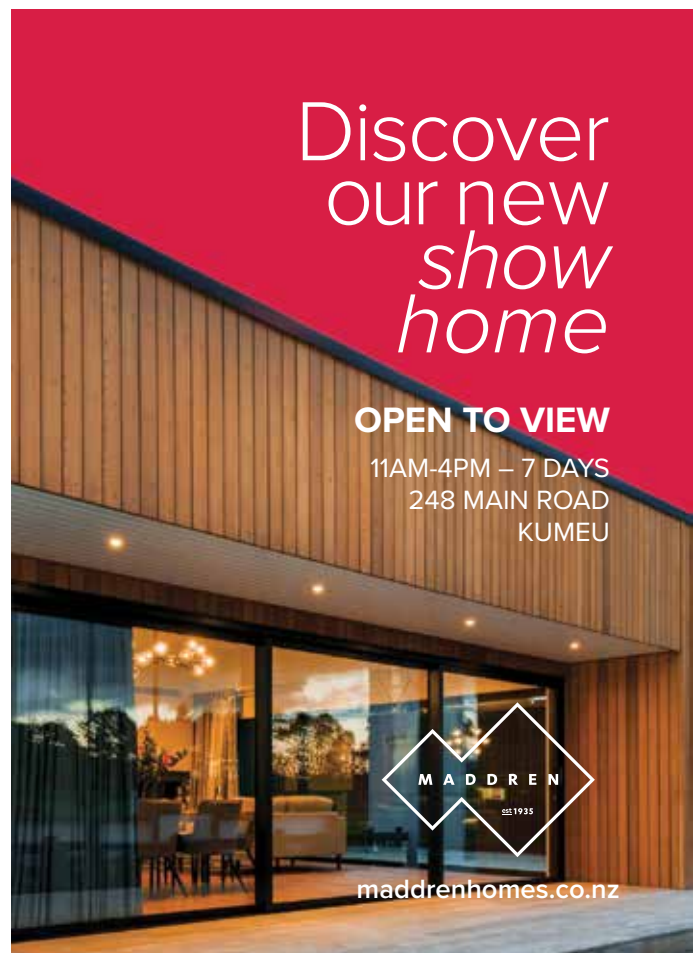
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All tied up and delivered with the fabulous Signature Homes guarantees, fixed price and completion date.

The Hobsonville show home is open Wednesday to Sunday 12pm-4pm. However viewing is available anytime by appointment. Give Debby or Lloyd a call for a personal tour.

Stage It Yourself

Autumn is upon us but we are still having some lovely days here on the North Shore and surrounding areas, which as we all know when the sun shines makes everyone happier - how lucky we are. I think that this can relate to when you are selling



your house, if your house is well presented, clean and tidy, shining like the sun, then prospective buyers will be more inclined with to take their buying thoughts further. How we live is not how we present our homes to sell, even if I was selling my home I would have to get some friends round to help I am sure, we are all guilty of 'having lots of stuff'!

Decluttering, minimilaising, de-personalising these are the first three words when thinking about presentation, but as I said this does not come easy to everyone, do not worry I can help you. Next we have clean and tidy, then comes additional sparkles, it may be some lamps for the master bedroom, a throw to add some colour to a sofa, changing cushions, adding a rug, changing artwork, just a few of the accessories that could make your home stand out in the pictures from your competitors.

I will offer an initial consultation for only \$50 + GST and accessory hire starting from only \$250 + GST. Call me today to see how little changes can make a big difference and let's encourage people through your front door by making the sun shine through your property. Visit my website for before and after images - you will be amazed. Frances - Stage It Yourself 021 065 2611.

Kelly Huts

It's quite easy to build a sleep out that looks good, and savings made on materials or construction won't matter in the slightest. A lovely airy, sunny space is hopefully as close as opening the door and windows. Adhering to the Building Code adds cost and complexity and will make minimal difference on days like this. The Building Code is a mandatory set of best practices learned over many years. It's there to make sure housing is warm, dry, and safe in the most trying conditions. Buildings under 10 square metres are normally exempt from a Building

Consent and people buying small buildings such as sleep outs often lose out on quality by saving cost. A lined shed with cheap joinery and minimal insulation makes a perfectly good, fine weather sleep out; it's dramatically different when faced with 140kph winds, rain, lightning, and power outages as we were in April... (still want you or your teen sleeping out there?). While we don't need Building Consent, Kelly Huts buildings make no apology for adhering to the Building Code and they are comfortable all year round no matter what the weather. Come and feel the difference quality makes. Visit us next to the Fire Station at 335 Main Road Huapai or email info@kellyhuts.co.nz www.kellyhuts.co.nz.

Asbestos - Health and safety

Asbestos is the name for a group of natural mineral minerals that are made up of many small fibres. It has in the past been a common building material used in many homes and buildings built prior to 2000. It is a material that was in favour in the building industry because it was a natural fire retardant and water resistant.

However, it is also very hazardous to your health especially when you breathe in the fibre particles over a long period of time.

If left undisturbed asbestos is not harmful, however the asbestos is often disturbed when you're doing renovations or repair work around the home or commercial premises. As exposure can be harmful if not cause cancer leading to death over time the Government has introduced regulations to protect the health and safety of workers around their exposure to asbestos. Known as the Health and Safety at Work Asbestos (regulations) 2016, the regulations spell out how to manage asbestos.

In the workplace companies are required to identify and manage asbestos if it is present in your workplace. As a PCBU you must ensure that your workplace environment is free of airborne asbestos fibres. Construction companies, plumbers, electricians, builders all run the risk of being exposed to asbestos containing materials and therefore a PCBU should ensure that staff are aware or able to identify asbestos. If found asbestos should be removed by licensed asbestos removers.

Home owners should take steps to check whether or not their home contains asbestos and advise tradespeople working on the property of the possibility. If doing the job themselves they should look at having the asbestos removed.

For further information check out worksafe.govt.nz/topic-and-industry/asbestos/working-with-asbestos/handy-hints/locations-of-asbestos-in-commercial-buildings/ you can also check out worksafe.govt.nz/topic-and-industry/asbestos/working-with-asbestos/handy-hints/locations-of-asbestos-in-a-residential-dwelling/.

John Riddell, H&S Consultant, Securo, www.securo.co.nz/ or

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Asbestos is the name used for a group of natural minerals that are made up of many small fibres. This page describes how asbestos has been used in the past, and what types of asbestos there are.

Alpaca are a great lifestyle block animal

They are an intriguing animal and are fun to have around the property. They are very inquisitive and are always interested in what's going on. Years ago when I had a large commercial herd in Australia I would be out in a paddock fencing and turn around to pick up a tool to find half a dozen looking over your shoulder at what you were up to. I don't know who used to get the greatest shock. They can move silently on their soft padded feet. Alpaca do a great job of smoothing out pasture that has been pugged by other stock. Alpaca are easy to look after and make an ideal farm animal for lifestyle block owners who are not experienced farmers and want to learn animal husbandry skills. They are an intelligent animal which keeps them out of trouble, they are also very easy on fences; they see a fence and stop, unlike a lot of other stock which will keep pushing or looking for a means of escape. Once a year they require shearing, at that time you will also trim



their toenails, drench and vaccinate them. This job is best performed by an alpaca shearer who will perform all of these tasks with as much or as little help as you are willing to provide. There are a number of good shearers in the district. Alpaca eat about the same amount as sheep but derive better nutrition from average pasture due to their highly efficient digestive system. Breeding alpaca is not difficult with a large amount of local expertise and trained vets to help you. A bunch of young alpaca "cria" bouncing around the property is a very amusing spectacle. If you want to learn more about alpaca, National Alpaca Day is Sunday May the 6th, a number of local breeders will conduct open days. This is a great opportunity to learn about these fascinating animals and have a great family day out. Go to www.alpaca.org.nz to find out which of the local breeders are participating. If you require any further information on alpaca or any other lifestyle property pursuit please give me a call on 09 411 7854 or 027 554 420, if I don't know the answer I will know somebody who does. Lyndsay Kerr, Mike Pero Real Estate, lifestyle property specialist.

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\$85 = Exposure for a month

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

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CENTRAL'S TIPS

MAY 2018



It's starting to cool down so now is the time to make sure your outdoors is ready for winter - mulch and compost gardens and trees and insulate your worm farms.

Plant winter vegetables such as brassicas, beetroot and silverbeet, plus rake leaves off your lawn.



Help the worms stay warm this winter...

Rugs and old blankets can be used to help insulate worm farms and help them through the cold winter months.

IN THE VEGGIE PATCH

- **Worms can be sensitive to cold** - Rugs and old blankets are great for insulating worm farms
- **Green crops such as lupins should be cut off at knee** height -trim them into lengths of 15cm. Leave on top of, or cover with soil to break down
- **Plant raspberries, currants and rhubarb crowns** plus, get some colourful crops going such as mixed Swiss chard
- **It's not too late to plant brassicas** - cabbage, cauliflower and broccoli, as well as beetroot and spring onions.

LAWNS

- **Rake up leaves off the lawn** - if they lie there, they intensify the moisture on the lawn and promote disease



Rake Leaves off the lawn

Leaving leaves lying on the lawn increases moisture and promotes disease.

THE REST OF THE GARDEN

- **Remove spent foliage of perennials** and layer compost around them and other plants in the garden
- **Leave blooms on roses and hydrangeas**, they should not be pruned until July and August
- **Plant out winter flowering annuals** such as cyclamen, polyanthus, stock and primulas. Polyanthus love a dressing of dried blood once or twice over winter
- **Autumn colour is a beautiful thing on exotic trees.** In warmer climates oaks, maples and liquidambar offer best colours
- **Add a layer of mulch** - it's like a 'blanket' for your garden and helps your soil retain warmth.



Add colour to your garden in winter

Plant winter flowering plants like cyclamen, polyanthus, stock and primulas and add Swiss chard to your veggie garden.



CENTRAL
LANDSCAPE SUPPLIES

GOT A LANDSCAPE PROJECT ON?

Central Landscape Supplies Swanson can help - we have a wide range of landscape supplies from pebbles, stones, soils and barks to pavers, sleepers and grass seed.

Now's the time to get that job done!

Talk to our friendly Central Landscape Supplies team at Swanson about the best products for your landscape project.

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

Feijoa and almond dessert slice

½ cup caster sugar
125 g butter, melted
1 tsp vanilla essence
2 eggs
2 cups self-raising flour
1 – 1 ½ cups peeled and chopped feijoas
½ cup flaked almonds
Icing sugar to dust



Heat oven to 170 C (fan bake). Grease a slice tin (approx. 17 x 27 cm) and line with paper.

Beat sugar into melted butter until sugar dissolves. Beat in the vanilla and eggs. Stir in sifted flour and then stir in feijoas. Spread mixture into prepared tin and scatter with almonds. Bake for approximately 30 mins then transfer to wire rack to cool. Dust with icing sugar and cut into squares – serve with cream, custard or Greek 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 www.paulajanecakes.co.nz.

Harvest & Forester

This month at Harvest & Forester in Riverhead we have some exciting events on the calendar. Firstly we have a parenting talk with Nicky Cleary, one of the founders of the Parenting Place. She will talk about determined parenting for determined kids. This is held in Harvest cafe space on Wednesday 23rd May from 7.30pm for \$20 ticket and Forester has food and drinks specials for the evening as well. The other big event on is a special Pink

Ribbon lunch for Breast Cancer Foundation NZ. This is a special set lunch with a glass of wine for \$45, a silent auction with amazing local business prizes and MC'd by Melissa Jack from the blog "The Best Nest". This lunch will be held on Wednesday 30th May from 12pm.

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. Mother's Day online special – order

any 2 or 3 jar gift pack by May 9th and get free delivery Auckland wide. Simply go to www.noshortcuts.co.nz. The 'NoShortcuts' range of award winning chutney, relish, pickle and jam 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 other stockists, or on line at www.noshortcuts.co.nz Noshortcutsnz on Facebook or noshortcutschutneys on Instagram.

IsoCream

With cooler weather and darker evenings upon us, it's tempting to turn to comfort food - including desserts. But then along comes the warmer weather and we find that those treats have caught up with us. For those wanting to indulge, but in a calorie-controlled, low-sugar way, IsoCream might be just what you're looking for. IsoCream is a reduced-fat ice cream that is high in whey protein, low in calories (under 350 calories per 500ml tub), has only 1% sugar (xylitol and stevia), is gluten free - and tastes good! Available in five flavours - Chocolate, Cookies



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and Cream, Strawberry, Coconut, and Vanilla - the only difficult choice will be deciding which one to try first! IsoCream is available in stockists around Auckland, including Countdown supermarkets at Hobsonville, Westgate and Lincoln Road. For all nutritional information and a full list of stockists, visit our website www.isocream.co.nz. Like us on Facebook to keep up to date with special offers and upcoming in-store tastings.

Soljans Estate Winery

Mother's Day is near so treat your amazing mum to a delicious breakfast or lunch at Soljans Estate Winery. A chocolate goodie bag will be waiting for her as a little thank you for her hard work.



With an exquisite menu, delicious coffee and a beautiful setting, Soljans is the perfect place to celebrate your mum on Mother's Day (Sunday 13 May, 2018). Snap a photo celebrating with your mum at Soljans and tag us on Facebook to go in the draw to win a \$50 Soljans gift voucher. Soljans opens from 9am for breakfast (weekends only) and our lunch menu starts from 11am. Being an important day, booking is recommended to ensure you secure a table. To make a booking, please email the café on cafe@soljans.co.nz or call 09 412 5858. Soljans Estate Winery is located at 366 State Highway 16, Kumeu. Visit our website www.soljans.co.nz for more information.

Beer-battered onion rings recipe

I had saved this recipe by Kristina Jensen from the August 2014 edition of NZ Lifestyle Block magazine as it sounded tasty but only just recently had a go at making them. They are indeed delicious and very easy to



make; definitely a great Saturday afternoon snack for the winter months whilst tucked up inside with the fire on accompanied by a nice cold beer while watching the rugby.

Ingredients: 1 cup of flour (or ½ cup of plain and ½ cup of wholemeal flour), 1 tsp garlic salt (or ½ tsp garlic powder with ½ tsp salt), 180ml The Herbalist Nettle & Bilberry Lager, 1-2 cups of oil for frying, 3-4 medium onions sliced into rings, 2 tbsp extra flour.

Method: Place flour and garlic salt in a bowl and add enough beer to make a smooth, liquid batter. Heat the oil in a deep pan or pot. Dip the raw onion rings into the extra flour, then



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Please see our Facebook page for delivery area & Menu
@ggswoodfiredpizza

into the batter, then carefully place them in the hot oil. Cook in batches, turning them once until they are puffed and golden brown. Drain on paper towels and serve with garlic aioli and a nice cold beer. Stockists: The Bottle-O Huapai, Black Bull Kumeu, Fresh Choice Waimauku, Boric Food Market, Soljans Estate Winery, Riverhead Fine Wines, Hobsonville Kitchen Cafe and select West Liquor stores.

Book your mid winter Xmas party

We are taking bookings now so please email samantha@thetastingshed.com with your enquiry. At The Tasting Shed, great food, wine and service are delivered in a variety of spaces perfect for a range of function styles and sizes. Flexibility is what distinguishes The Tasting Shed from other function venues in the Greater Auckland region. Spaces are distinctive and have been thoughtfully designed to host groups of all sizes while maintaining our unique desired ambiance. Choosing The Tasting Shed as your function venue means your special event will become an unforgettable occasion. The Tasting Shed is more than happy to organise parties of all types, whether they be birthdays, anniversaries, product launches or other special occasions. If you seek a corporate function venue, The Tasting Shed also offers services for Christmas parties, company off-sites/ team-building groups, workshops and seminars. We provide a set menu for events and functions which is comprised of a selection of our acclaimed specialty dishes. We are also happy to cater for specific dietary and allergy requirements, and we are also happy to work with your budget. Wine and beverage options can be arranged based on your needs and audio-visual equipment can be catered for anywhere on our premises. If you would like to make a regular lunch or dinner booking (6pax or less) please use our online booking system located on our website (www.thetastingshed.co.nz). Or if you would like to enquire regarding a larger booking, function or wedding enquiry please also contact samantha@thetastingshed.com. The Tasting Shed- 609 State Highway 16, Kumeu. Phone 09 412 6454.



Pettips:advice

Your dog's name = they should love hearing it!

Your dog's name is one of the most important things to teach them and to keep positive. When their name leaves your lips, you want them to look at you with complete adoration and anticipation. Firstly, it is important to teach them how awesome



their name is, and it is easy to do. Simply show them that every time they hear you say it: something good happens. It may be that you say their name and then as they look at you they get a delicious treat. It could be that you say their name and then play with them or it could be you say their name and give them a scratch in their favourite place (all dogs seem to have that one spot that gets their back leg going).

Your dog has to associate their name with fun and joy at all times. There are a few things to remember to make sure your dog's name doesn't get poisoned and start being an unpleasant thing for your dog to hear.

Don't nag your dog! No one likes a nagger, you definitely wouldn't want to go home with one. Please don't get into the habit of saying your dog's name over and over and over again, it begins to become white noise that they pay no attention to. Their name becomes boring and ineffective. Say their name once. If they don't look at you, then you need to be more exciting! You can make silly noises (high pitched usually works better), clap, crouch down, move, hide, anything fun! Just don't stand in the one spot constantly repeating their name, being a nag!

Don't use their name to scold them. We are only human, and our dogs are only dogs, occasionally miscommunications are going to happen. Out of frustration you may find yourself shouting/scolding your dog; just a heads up your dog is highly unlikely to learn anything from the telling off, just that humans can be noisy jerks sometimes...but that's another subject for another post! When you are telling your dog off (which we all have done at some point because we are only human!) please do not use their name. Call them whatever you want, idiot child is usually my go to, as long as it is not their name. Their name is a promise of awesomeness not jerkness. Their name needs to stay positive and happy at all times and not be associated with us being mad.

If you want a dog that wants to come back to you when you let it off the at the park or at the beach, make sure they love hearing you say their name! Laura, Constructive Canines www.constructivecanines.co.nz

When a strange dog runs at you or your dog

As an active, professional dog walker, out exploring our local off leash areas daily, I am fortunate to meet many amazing owners and dogs. We are so lucky to have the opportunity to walk our dogs off leash on Muriwai beach and at the ARC Coast road strip, and long may it continue.



I see a lot of dog/human interactions and most are positive, but there are frequently times when I see a situation that could have easily escalated. Tourists being ran at by curious, playful dogs. For that person with a fear of dogs it's terrifying, no matter if the dog's owner is yelling from a distance 'its ok, he's friendly!' The natural human response is to run, waiving hands in a furious fashion. Meanwhile the curious dog takes this as an expression of play use and continues to chase, terrifying the poor human further. I've seen owner's futile attempts to call back the dog, their body language suggesting fear which further confuses their dog. The chase continues until the dog is eventually grabbed by the collar; meanwhile the human's nerves are in tatters and their fear of dogs validated. It's very easy to see how a dog attack can happen in such circumstances. If you are that human being chased, adopt the STOP, STAND, LEAVE formula, teach it to your children too. Stop what you're doing, Stand very still and Leave when the dog has calmed down and lost interest. Having a good recall whilst enjoying off leash privileges is crucial. For you, your dog, for others. And for the continued use of off leash areas. To build a good recall use a long line and keep your dog attached. Always carry treats of high value and test and reward the recall until its fool proof. Don't allow your dog to run at others, or other dogs, and make interactions brief, and boring. You are their centre and leader. Socialising with other dogs is great, but get permission first. When I'm enjoying off leash with my pack I proactively manage all interactions with people and other dogs. I'm thinking about what's coming up and use distraction methods to keep the focus on me and off

Cat lovers urgently needed

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



RYAN JACKSON

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

P: 09 810 8609.

PO Box 133, Kumeu 0841 Auckland

the potential distraction. My body language remains calm. The pack quickly learn that other dogs and people aren't terribly exciting they come in our space, a quick sniff hello and we move on.

Country Pets offer small off leash group dog walking adventures. Based in Waimauku. See Country Pets on Facebook.

West Harbour Cattery

Are you feeding the right food to your cats? Cats have different nutritional requirements depending on their age and health. It is important to adjust their food during the aging process. At



the same time, you should avoid changing your cat's food too quickly because they can get sick. Cats love the routine of having the same food everyday, which you may consider it is boring on human's standard. You should also give them time and a nurturing environment whenever you need to change their diet.

Kittens should switch to an adult cat food at 12 months of age to ensure they are receiving proper nutrient levels for adult cats. For cats who are 7 years or older, they too should change to a mature adult or senior cat food that ensures that they are receiving the appropriate level of nutrients for that older lifestage. In West Harbour Cattery, we feed our cats according to their age. We have kitten food, adult food and senior biscuits in stock, so your cats can enjoy pleasant stays with us. If your cats are on special diet, for example urinary care diet (C/D), please feel welcome to bring in their own food, we are happy to feed them according to your instructions. If you need more advices regarding your cats' diets in our cattery, please feel free to contact us on 09 416 5586 or email us on info@cathotel.co.nz.

Cat joke of this month - Q: What is a cat's favourite song? A: Three Blind Mice.

Best insta-worthy spots to photograph your dog

So you think your pooch is pretty cute, and I totally agree, (That's why I'm a pet photographer!) and why your dog has his own instagram.



But your insta feed is starting to look the same of Max in the same spots of the house.

Spice up your insta-game by trying different backgrounds. I'm

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a pet photographer and am sharing my favourite beautiful places to shoot in HP.

Catalina Bay Farmers Market: I love the steps with the stone wall feature to add visual interest. You can't go wrong with gramming anywhere around the walkway or a nice view (photo).

Tree lined footpath: You know the 100m stretch between Catalina Cafe and the playground? Do you even live in the area if you haven't thought of taking a photo there?

Yellow footbridge across the highway: All the lines will give your photos a high fashion feel. The bright yellow color is a bonus magnet for likes. You'll see it from the Hobsonville Bowling Club.

Hobsonville Marina: visit for a nautical feel.

Luckens Reserve: the tall trees remind me of something from a Dr Seuss story. Paired with our NZ blue sky it's a recipe for perfect pictures.

DM me @yellowlabpetphoto if you have a gorgeous spot I should know about. I might reward you with a gift voucher.

Love, Salome.

*Mention this editorial when you book your and your pooch's photoshoot to receive \$200 print credit.

Follow on Instagram @yellowlabpetphoto for fun behind the scenes or visit www.yellowlab.co.nz.

Pet rabbits at risk from newly release virus

A new virus, called RHDV1a-K5 is being released nationwide to control wild rabbits and will put all pet rabbits at risk. It is vitally important that all pet rabbits are vaccinated using the Cylap vaccine starting at 10 to 12 weeks and annually thereafter.



The Cylap vaccine is used for the endemic Czech virus and limited trials have shown that it may provide a level of protection against RHDV1a-K5. Ensure you step up your bio-security against flies and mosquitoes and store hay for 3 months prior to use.

MPI's Andrew McFadden advises that if the member of the public has had a fully vaccinated domestic rabbit or a Kit under 12 weeks that has died, or where the informant has observed a large scale die-off in feral rabbits, then notifying MPI by contacting the MPI exotic Disease line on 0800 809966 open 24 hours would be helpful. This can also be done by your vet on confirmation of RHDV (Rabbit Haemorrhagic Disease Virus). Appropriate action can be determined as a result of that conversation. This will give MPI a feel for what is happening in terms of the

Special thanks

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

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

scale of any mortality (and location in relation to other reports/investigations/strain typing carried out etc.). The investigation does not necessarily imply all rabbits will be tested as this is determined from the risk assessment carried out by the investigator assigned to the case.

When to start grooming your puppy

Puppies should ideally be introduced to grooming as early as possible. We recommend booking your puppy in for their first groom a week after their last vaccination. Starting the grooming experience early will ensure a positive relationship is developed between puppy and groomer and will get the puppy used to having a groom on a regular basis. This will ensure their long-term association with grooming is one of wellbeing and acceptance.



At Angels Grooming Parlour we offer free weekly puppy washes after your first paid groom, up to the age of 6 months. This is our way of introducing your puppy to regular grooming with us. It forms the bonds and trust required to make sure your puppy feels safe and accepting of grooming at our parlour now and as they grow into adulthood. Ring Angels Grooming for further information and bookings on 833 5571.

Kanika Park cat retreat

We do know that this is very early to start talking about Christmas time. It is important that if you think you may be going away for your well-earned break during the summer holidays that you start looking and booking now.



Catteries fill up very quickly and usually have repeat customers.

You can't beat personal recommendations, so ask friends, family or your vet. We strongly recommend that you visit the cattery in advance of boarding your cats - a well-run cattery will be happy to show you round during their opening hours.

All catteries should insist on seeing an up-to-date vaccination card, showing recent (within the last 12 months) vaccinations against cat flu and enteritis. If they do not, go somewhere else. Find out exactly what the price covers - administering medication or grooming long-haired cats may cost extra

For a viewing contact 09 411 5326, info@kanikapark.nz, www.kanikapark.nz.

Win a photo shoot for your pet

We all know the struggles of trying to get decent photos of our pets. It's even harder to get photos or selfies WITH our pets! It's not as simple as saying "cheese"...hence why they always say to never work with kids or animals.



That's where I come in. My name is Kirsty and I am a local photographer based in Taupaki. I specialise in fun, easy & affordable professional pet photography. Yup, I must be a pretty crazy animal lover to dedicate all my time to one of the hardest subjects to photograph, however it is the most rewarding dream come true. Not confined by a studio, I prefer to work on-location to create natural and earthy images, highlighting the essence and personality of animals in gorgeous candid moments. It is also a perfect opportunity for you to have some photos with your pet, or even some family photos. We are so lucky in West Auckland to have some of the most incredible photo locations nearby. From Muriwai Beach to Riverhead Forest, there are so many epic photo opportunities.

Now I want to give you the opportunity to win some professional images of your own pet.

I am currently running a competition on my Facebook page to win a Deluxe Photo Session. This is a 90 minute photo shoot which can take place at any Auckland location you desire. You also receive 20 complementary, hand-edited images. To enter, simply visit my Facebook page and post a photo of your pet. Easy!

You are also welcome to contact me any time if you are interested in booking a photo session for your furry friend.

www.facebook.com/dogandconz. or www.dogandco.nz.

Cat lovers urgently needed

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



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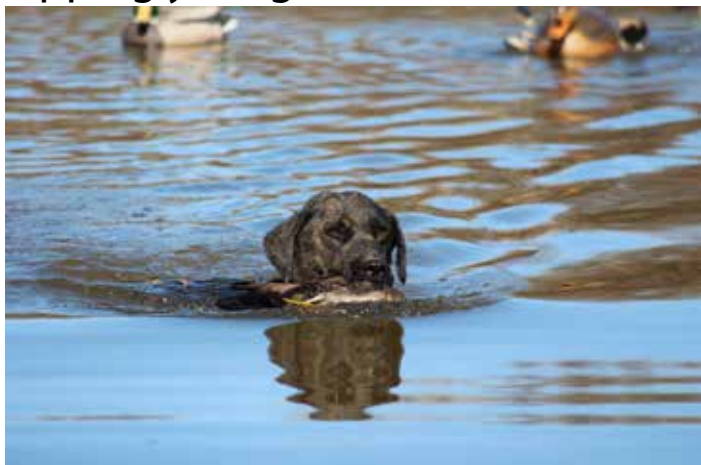
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The great outdoors

Upping your game on ducks



As the summer draws to a close there comes a slight nip in the evening air and thousands of men and women throughout NZ start to focus on preparation for the duck hunting season.

Prepare for the Season:

Many hunters may be quite happy lightly participating in this sport but to maximise your time out there and to hopefully put a few more birds in the bag there are a number of things you can do in the off season as well as in the shooting season to help yourself out.

Hunter not a Shooter:

A hunter is just that, a person that will use every means at their disposal to achieve the goal of getting waterfowl. Over the years they will have kept their ears open and followed every lead until finding a good pond and then after proving it will hold ducks, set about improving it with fencing, planting, feeding and trapping predators until it becomes a great pond.

Become one with the gun:

If your gun doesn't fit you, you can't hit the birds and your ego and morale are going to take a plunge by mid-morning. Any decent gun store should be able to sort out a fitting problem for you. Way too many shooters don't use their shotgun from one season to the next. Amongst this large group there are naturally good shots who can get away with it but the rest of us need to practice, so get a bunch of mates together and head out to someone's farm for an afternoon of claybird shooting. It's a great way to improve your skills whilst enjoying the company of good mates.

Make the right call:

Calling is a real art and some guys are so good at it they sound more like ducks than ducks do. It does make a big difference so listen to the birds and try to copy their sounds exactly. There are plenty of different types of calls ducks make so practise on the lone duck, the chatter and the greeting. Nothing beats seeing a mob turn to your call and head for your pond with the flaps down.

Make the mai mai magic:

The lure of the permanent mai mai is special but in recent years the modern hunter needs to be a bit more mobile after opening weekend. Thankfully there have been some great portable blinds, hides, coffins and fold up mai mai's come onto the market in recent years which are easily carried in the car and can be set up in a matter of minutes. They can be added to with bits of vegetation which match the area you're about to shoot whether it be swamp, river, small ponds, grassland or cornfield you can just about make these hides invisible with half an hour's work.

Safety first:

It keeps getting drummed into us about being careful with firearms. We know the rules but we also make mistakes. When your eyes are on the prizes, it's very easy for safety to take a back seat. Everything happens so fast you need to consciously double your efforts on safety before you pick up that gun. Duck shooters have a reasonable record with incidents but one incident or, or even worse, a death caused by you is something you don't want to live with for the rest of your life.

So take care out there, enjoy your opening weekend and make sure you're around for the next one. Paul Walker, North Shore Hunting & Fishing.

West Harbour Tide Chart

Date	High	Low	High	Low	High
Tue 1 May	-	01:52	08:15	14:17	20:44
Wed 2 May	-	02:36	08:59	14:59	21:26
Thu 3 May	-	03:18	09:41	15:39	22:07
Fri 4 May	-	04:00	10:22	16:18	22:48
Sat 5 May	-	04:43	11:03	16:58	23:29
Sun 6 May	-	05:28	11:45	17:40	-
Mon 7 May	00:14	06:15	12:28	18:26	-
Tue 8 May	01:01	07:05	13:15	19:17	-
Wed 9 May	01:52	07:57	14:06	20:13	-
Thu 10 May	02:45	08:50	15:02	21:12	-
Fri 11 May	03:38	09:43	15:59	22:08	-
Sat 12 May	04:29	10:34	16:55	23:00	-
Sun 13 May	05:19	11:24	17:47	23:48	-
Mon 14 May	06:08	12:12	18:38	-	-
Tue 15 May	-	00:36	06:57	13:01	19:26
Wed 16 May	-	01:24	07:46	13:49	20:15
Thu 17 May	-	02:12	08:37	14:38	21:04
Fri 18 May	-	03:02	09:28	15:27	21:54
Sat 19 May	-	03:55	10:21	16:17	22:46
Sun 20 May	-	04:49	11:14	17:09	23:40
Mon 21 May	-	05:46	12:09	18:05	-
Tue 22 May	00:37	06:45	13:06	19:04	-
Wed 23 May	01:36	07:46	14:06	20:06	-
Thu 24 May	02:35	08:46	15:08	21:10	-
Fri 25 May	03:34	09:45	16:09	22:100	-
Sat 26 May	04:30	10:41	17:07	23:06	-
Sun 27 May	05:23	11:33	18:01	23:56	-
Mon 28 May	06:14	12:22	18:50	-	-
Tue 29 May	-	00:43	07:02	13:08	19:36
Wed 30 May	-	01:28	07:48	13:51	20:19
Thu 31 May	-	02:10	08:32	14:31	21:0

Source: LINZ. Daylight Saving:

Please note that tide times have been corrected for daylight saving time.



Health:beauty

Dry eyes? Eye fatigue? Headaches?

With all there is to see and share on digital devices, staring at screens throughout the day is pretty much unavoidable. But all that screen time whether at work or not can be hard on your eyes. Dry



eyes, eye fatigue and headaches are just a few of the symptoms you can experience. Eyezen lenses are only available at a select few independent practices around New Zealand and are designed specifically to combat these symptoms. Phone our team at Westgate Optometrists to find out if Eyezen is right for you. Phone: 09 831 0202 or visit our website for more information: www.westopt.nz.

Therapeutic massage for women

Fleur Williams has been massaging for over twenty years, and works locally in Massey.

Fleur's therapeutic massage is about muscle pain, relief, relaxation and the feeling of cheerfulness that follows the removal of anxiety, pain and stress. 'Therapeutic' means relating to the treatment and cure. Having muscle tissue pain in the body can signal that something is out of balance. With the art of massage, Fleur can help reduce muscle pain and bring relaxation to your body. This can bring about a fast release (relief?) and your body can start to recover and heal.

Fleur brings a holistic approach to her massage sessions, Holistic healing means bringing mind, body and spirit back into balance, for a happier, healthier wellbeing.

Book a therapeutic massage with Fleur on 021 069 4708 or fleur8970@gmail.com.

Do you wear a back brace at work? Is it a good idea?

I recently posted a new video looking at back braces and discussing whether they are a good idea or not. The research that has been done on the effectiveness of back braces suggests that they may not be the best idea. One interesting finding was that those people that wear back braces can open themselves up to a worse injury (should they get injured) than if they weren't wearing the brace. You can watch the video on the blog on our website or our Facebook page to see why this may be the case. I also discuss some guidelines to follow if you do wear a brace to help protect yourself.

Facebook page - www.facebook.com/elevatechiropractic.

Website - www.elevatechiropractic.co.nz

Elevate Chiropractic: Shop 1, 10 Greenhithe Road, Greenhithe. Phone 09 41 35312.

To scan or not to scan?

Are they necessary?

Every day Massey Physiotherapy sees patients with low back pain, and in most cases a scan is not necessary.

Why not you may ask?

Current research has proven, in most cases, a person's lower

back pain cannot be attributed to spinal deficits (such as such as disc protrusions, osteophytes, end plate narrowing and facet joint narrowing) seen on a scan and these are a natural part of the ageing process.

Then what is causing my pain?

Most often pain is caused by ligament or joint sprains, muscle strains, or repetitive overuse and overactivity of muscle groups.

When is a scan useful?

If you have had back pain that has lasted for longer than three months or have significant neurological symptoms then referral to a specialist and a scan can be useful.

What should I do?

In most cases the Physiotherapists at Massey Physiotherapy can



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treat your back pain and get you back to your usual activity. A thorough assessment of your back injury and with your input a comprehensive treatment plan will be developed. When this programme is followed often your back pain will be resolved within six to twelve weeks with no reoccurrence.

If you have back pain please feel free to call the clinic on 09 8323619 to make an appointment for an assessment.

What your eyes can tell you about your health

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

Today's tip: Your blood pressure is too high.

In addition to upping your risk for heart disease and strokes, untreated high blood pressure can damage the blood vessels in your retina, causing hypertensive retinopathy. You can't see the effects in the mirror, but your optometrist will be able to spot the damage during your eye exam—even more reason for regular eye examinations, considering tipping you off to high blood pressure could actually save your life.

Visit Matthew and Molly Whittington at For Eyes in the Kumeu Village Ph 412 8172 for top quality eye examinations and spectacles, plus treatment of colour-blindness, headaches and reading difficulties.

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



Exercise and the older person

A lot of the symptoms that we associate with aging, such as weakness and loss of balance, are actually symptoms of inactivity, not age.

Exercise can help maintain your strength, prevent bone loss, improve balance and coordination and lift your mood. It will also help you maintain your independence and your way of life. If you stay strong and agile as you age, you'll be more able to keep doing the things you enjoy and less likely to need help. If you have a chronic health problem such as arthritis, diabetes, or heart disease, exercise is almost certainly a good idea.

Remember that any physical activity counts. Whether it's catch-



ing up with a friend while you walk the mall, or taking a dance class, or chasing your grandchildren, or bowling or aqua aerobics or gardening, it's all physical activity.

Looking for a gym style activity. NorthWest Physio+ runs a 45-minute physio led Pilates plus exercise class, which will help with everyday function and mobility.

Call Laura on 09 412 2945 or check out details on our website – www.northwestphysioplus.co.nz/keep-active-pilates.

For Mum nothing but the best

Spa Di Vine's team has pampered well deserving mums for more than 16 years now, and the spa team has used this experience to put their best ideas together for the most indulgent of spa packages ever this Mother's Day (13 May).

Offering a fabulous spa retreat with the Champagne taste of luxury, this spa journey includes:

24Carat Gold facial treatment, foot massage, hand mask and massage, Cho bamboo back & neck massage, Pomegranate body scrub and body crème application, glass of bubbly, fresh fruits & slice of cake – a totally blissful escape. (3hrs - \$379)

Reserve your mum's spa escape now, limited spots, available only on Saturday 12 and Sunday 13 May.



Is pregnancy massage safe?

We receive a lot of questions not only from mums to be, but also husbands or friends uncertain if pregnancy massage is beneficial and how it may help; especially if the mum to be is someone who does not receive regular massage therapy.

Pregnancy massage is very safe to receive throughout your entire pregnancy. At Top Notch Massage Therapy, we have therapists who can treat from conception right through to birth. Your therapist is professionally trained in understanding the language that is used in pregnancy and they know how to treat you safely.

If you are experiencing aches and pains in the lower back, pelvic area, between the ribs, shoulder and neck or just every-



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Level 1, 124 Hobsonville Rd, Hobsonville, Auckland 0618

where, we can help to calm and relieve those areas to make your pregnancy more manageable. Scheduling a massage appointment gives you that precious time out to recharge; it provides you an opportunity to be more in tune with your body and reconnect with your baby.

Book online at www.topnotchmassage.co.nz or call 09 212 8753 & 021 181 8380. We are currently promoting \$10 off your first appointment with us.

Anti-wrinkle and cosmetic treatments

Dentists are among the very best health providers to be delivering some of the anti-wrinkle and cosmetic treatments to patients.

Dentists' university degree provides them with great understanding of facial structure and anatomy. Knowing exactly where all the facial nerves, blood vessels and

muscles are in the face is crucial to not only achieving the best result, but also avoiding potential complications.

According to a research 84% of people would allow their dentist to administer wrinkle treatment on their faces.

What are these anti-wrinkle and cosmetic treatments?

Removing the signs of aging while retaining your natural expressions. As we age, there is a decrease in the production of collagen and elastin that give support and volume to our skin. Every time you laugh, frown, concentrate or squint, wrinkles and lines deepen and permanently appear as a result. With facial anti-wrinkle treatments you can help smooth out the lines and fill the folds. Your beautiful, improved smile will be formed by a more youthful looking, but still age-appropriate, you.

Here are some of the cosmetic treatments you can get from





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Shoe Talk's thoughts on: Should you wear the same shoes every day?

So is it fact or fiction than wearing the same pair of shoes every day is not the best idea for both your body and the shoes? As much as all like to pretend we don't sweat, it's not true and what absorbs this sweat? Our shoes. Sweat contains salt and this will break down the insides of your footwear a lot faster if it is not getting a chance to dry out properly between wears. Wearing the same shoes everyday will also increase your chance of a fungal infection. Shoes will last longer if they are not being used every day, not only do they have a chance to dry out between wears it also gives a chance for the padded foot beds and other comfort features to revert. Different shoes hit on different pressure points. So not wearing the same shoes everyday means different pressure points are activated and also different muscles used in the body. For the ladies - don't wear the same heel height every day this will stop things like your tendons and calf muscles shortening. So yes it's true, don't wear the same pair of shoes every day and the shoes will last longer and your feet and body will also be happier.



Beating the winter blues

While I do love winter, it can also be a time when the dark rainy days can have you balancing on the edge of a little bit of depression and comfort/emotional eating. I know because I've been there too. When we don't get serotonin (feel-good chemical from the sun) it's easy to feel tired and crave comfort foods. My philosophy is all about BALANCE – the 80/20 rule. Why not try quick & healthy comfort foods the family will enjoy. Bump up those veggies (for your immune system) and try a yummy pureed cauliflower mash instead of mashed potato one night. Also, be mindful of too many desserts. So how do you get motivated to exercise or start/continue your weight loss goals? With me!

We work on your goals together, I hold you accountable and I am your motivator. We get to the core of things and I get results.

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Exercise is what is going to also boost your immune system, fight off illness, curb your cravings and improve your mood. I will work on nutrition, weekly meal plans, recipes, any weight loss goals and include a little exercise. I will be your exercise partner to get you started along with your daily motivator. So why not put "YOU" first and set a new goal for winter. Get a head start on summer and feel amazing. Book your FREE CONSULT today. Visit my website www.thesassymango.co.nz & follow me on Facebook. Phone Shelley 027 852 2522. West Harbour.

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Visit Hobsonville Optometrists-Glasses and Gifts 413a Hobsonville Rd. Open Monday to Friday 9am to 5.30pm and Saturdays.

Benefits of Craniosacral Therapy during pregnancy

In a previous article I talked about the benefits of Biodynamic Craniosacral Therapy (BCST) and how through light touch, the nervous system can relax and begin to restore. Deeply embedded patterns of stress begin to release, returning the body to its natural rhythm and allowing it to express health throughout the body.

BCST is about trusting the inner intelligence and wisdom of the body to know how to restore health and wellbeing. This same intelligence expresses so beautifully in pregnancy as the body undergoes extraordinary change to accommodate a foetus.

There are a vast amount of changes that occur in a women's body both pre and postnatally. Treatments during pregnancy can, besides helping the mother to feel relaxed and resourced, support the mother in a safe and non-invasive way on her journey allowing the body and mind to stay relaxed and receptive to these changes.

Complementing conventional methods of care with BCST may allow the mother's body to adapt more easily to the changes that are occurring psychologically and physiologically and may also help with the recovery period after birth.

A few of the conditions that may benefit: morning sickness,

back pain, pubic symphysis pain, anxiety. To experience this therapy and what it can do for you contact.

Sinuses and osteopathy

It is getting wet and miserable again and with the weather come seasonal problems. One of them is sinus inflammation and infection. If you are feeling sick and unwell with temperatures, unusual headaches and so on - go to your doctor



to have some tests and appropriate treatment. For many patients it is something they are familiar with and they have been to their doctors and know that they are getting their sinus flare up. Not bad enough to require antibiotics, but bad enough to be a nuisance. Congested nose, pain in the cheeks or forehead, running nose...

In many of such cases it is worth trying osteopathic manipulation. Osteopathic approach to sinuses involves releasing soft tissues around the zygomas (cheek bones), upper neck and maxilla (upper teeth). Then cervical spine gentle release and cranial adjustments (working with the tension of the cranial bones). A lot of patients feel their nasal passages clearing up and congestion lessen after osteopathic treatment. While there it is usually not a permanent cure, it helps to feel better for a while. We treat patients with sinus issues on a regular basis, come and see us at Family Osteopathic Clinic, 39 Hobsonville Rd. www.familyosteopathy.com.

Yes, there is a solution for slipping Dentures!

It is not OK for your quality of life to be affected by those annoying slipping dentures. Especially these days, when technologies are marching ahead, there are ways to improve it.



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Attractive, natural-looking teeth help us look and feel our best. They let us enjoy foods we love and be naturally confident where it really counts – at work, home, on the playing field, but especially, on the inside. Today our modern dental technologies at Westgate Dental help many people improve their lives. We invite you to learn more about the options available to you, and how to make that first step towards regaining a natural, well-balanced smile. Visit www.westgatedental.co.nz or call 09 832 2998.

Antibiotics...literally your Achilles' heel

You might not think a drug you take to treat a sinus problem or that pesky mozzie bite that you scratched that one time too many would have anything to do with your running. However the U.S. Food and Drug Administration (FDA) has issued a warning about a class of antibiotics called fluoroquinolones; and side effects that could prove rather annoying to runners.

What are these drugs, and why would you get a prescription?

Fluoroquinolones known as Ciprofloxacin or levofloxacin in New Zealand, is an antibiotic which is used when other bouts of a different antibiotic have failed to kill an infection. They are powerful antibiotics not widely used in New Zealand due to their potency! However they can be used for a number of issues such as kidney infections, respiratory infections, urinary tract infections, and sinus infections.

What are the risks, and what does the new warning advise?

These medications disrupt and weaken the underlying structure of tendons i.e. that niggling Achilles that get hammered every time you run, perhaps by boosting levels of enzymes that damage soft-tissue cells. Another theory holds that they interfere with the way your body replicates DNA, a process essential to repairing minor damage running might cause. Combine that with the force runners place on their tendons, particularly the Achilles, over the miles, and boom Huston we have a problem.

The average person taking these drugs has a 70 percent greater risk of tendinopathy and a 30 percent greater risk for a full-blown rupture than someone taking a different antibiotic, that's one very unhappy runner! Because much of the Achilles tendon has little blood supply, it's more prone to injury to begin with. The antibiotics quadruple the risk of Achilles tendon rupture. And the risk doesn't disappear as soon as you're done with the meds, not that you would be running any way with a nasty infection, would you now? Tendon problems linked to the drugs might crop up weeks, months, or even years later.

What should runners do? You should always weigh the benefits and risks of any medication, including how it might affect your running. That's one good reason to have a doctor who understands athletes and knows about your training. In general, active people may need to avoid these drugs if at all possible. Ask your doctor if another antibiotic will work instead.

In some cases, you won't have a choice. For instance, if you have a urinary-tract infection that won't respond to other treatments or you're allergic to other types of antibiotics like penicillin, your doc might still write you a fluoroquinolone script.

If so, talk with him or her about whether you should adjust your training during and after treatment. It might be beneficial to cut back the mileage, intensity, and hills during and for six to nine months after taking the drugs. If you continue running, stay alert for warning signs of tendon problems, such as new pains in your Achilles, along the bottoms of your feet, or in your hamstrings. Lay off and talk with your doctor if you experience them. Proactive runners can also take steps to ward off the types of infections that require antibiotics in the first place. Promptly changing out of sweaty running clothes can decrease your chances of developing urinary-tract infections. Balancing running with rest days and recovery time keeps your immune system strong, reducing your risk of all types of infections and avoiding a dose of antibiotics. Happy Running.

Hand Surgeon on site

The Hand Institute offers a Hand Surgeon and team of Hand Therapists working together, promoting an integrated approach to the management of hand, wrist, elbow rehabilitation and surgery if required. After two years in Kumeu, and thanks to the support of the local doctors and other medical professionals, we are now able to increase our services. From April 2018, Mr Boland Hand Surgeon will visit once a month on a Friday morning.

Two Hand Therapists will be available on Monday, Wednesday and Friday from 8am to 6pm. There is no need for you to wait at



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Providing total health care for babies, children, young and working adults, middle-aged parents, those with long-term conditions and the elderly, Doctors on Luckens have services designed for everyone in your family. They can help with immunisations, ACC injuries, and WINZ certs and are linked to PHO programmes to access funding for patients with high needs.

Whatever your medical problem, you're sure to find a solution that's personalized for you at Doctors on Luckens.

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Visit www.doctorsonluckens.co.nz

an Accident & Emergency Centre as we are happy to see you at short notice. We can provide casting for fractures and can refer for x-rays if required.

We aim to provide local service for local people.

Please note our new location in Huapai – behind the pharmacy. Hand Institute - 321 Main Road, Huapai. Phone 09 412 8558 or email: toni@handinstitute.co.nz.

Fetal Alcohol Syndrome Disorder (FASD)

Everyone deserves a chance to live a normal life. There is a group of seriously passionate people in our community that are keen to make a huge difference for those who suffer from Fetal Alcohol Syndrome Disorder. If you meet someone with this syndrome, you may never even notice that there is anything different, but once you get to know them better, you will become aware of the brain damage that they have. Some research says it is OK for a mother to have a few drinks while pregnant, other research says no drinking is safe at all, but what we do know is that alcohol at a certain stage of the pregnancy can cause irreversible brain damage. Our passionate team aim to create "Fazed Inn", a tailor-made program for teenagers who are diagnosed with FASD that have dropped out of school for one reason or another. It will be a restaurant with a qualified chef who will teach them to prepare and cook food. We have teachers who will teach them to communicate effectively with others, they will learn social skills, wait on customers and learn how to manage money. We also have an education team waiting to help students achieve their NCEA levels with confidence. The certified life coach/motivation coach can teach the

children how to overcome their self-limiting beliefs and work on restoring self-esteem, while also being able to teach them relaxation skills for anxieties they may have. The aim is to get them into part-time/ full-time employment. Join our Facebook page, FAZED INN, follow us, tell others about the group, support us, and let others know we need sponsorship, so we can continue to help those affected by FASD. www.lifesuccesscoach.co.nz 027 487 8290.

Angela Little

To say I have a passion for real estate is an understatement! Thirty years of hands-on, front line experience - not only successfully selling properties, but also managing and growing several businesses and running a highly popular agent mentoring and training programme. Clients say they appreciate my efficiency and professionalism, my honesty and warmth, my direct, open style – as well as my extensive industry knowledge, marketing expertise and formidable negotiating skills. This is all backed by the appropriate paperwork of course: Fully licensed • National Diploma in Real Estate • REINZ Associate Member. Angela Little phone 021 421 967 or 09 412 9890.

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Area columnists

Death of the dance

Thirty-five years ago, I was looking for a type of dancing that would cure me of my two left feet. A friend suggested that I try Morris Dancing. "What's that?" I asked. "Oh, you know, English, pagan, ritual, fertility dancing from way back," came the reply. 'That sounds intriguing,' I thought, and fronted up. I was not able to view this spectacle beforehand. There was no opportunity to google it; neither had I seen it performed in public. And from the moment that I entered the practice hall, I was encouraged to join in and 'give it a go'. As a result, I became hooked right away. Since then, I have tried many different types of dancing, but for me, there has been only one that truly satisfies. Morris Dancing surges and swells in rhythmic ebb and flow, quite unlike any other form of dance. It could have something to do with the fact that we always perform to live music, so are not slavishly conforming to some metronomic drum beat. As a result, there is a natural ease in the steps. Rhythm, music and movement are as one, imbuing the dancers with the true spirit of the dance. There is ample opportunity to show off one's prowess and youthful vigour, with capers, split-jumps and sweeping, expansive gestures. But the dancing is best expressed with strength and grace in equal measure. I have been lucky to have been a part of the Morris community for all these years. Friendships and good fellowship forged in the enjoyment of a favourite pastime, give one a sense of connectedness with a wider community that, in this case, stretches around the world. Once a year we go on tour and choose a different part of the country for a week-long event of dancing in parks, pubs, shopping centres and tourist venues. This culminates in an 'ale' at the



end of the week, where we have a feast, and dance for our own pleasure. But, alas, we are all getting on a bit now. And we have not been that successful in passing the torch to the next generation. Sides (teams) all over the country are struggling to the point of closing down. The rich heritage that is Morris Dancing will be lost in a very short space of time. The City of Auckland Morris Dancers are struggling so much that they will be lucky to see out the year, as many of their number are forced to give up dancing due to old-age complaints. The side has been in existence for over forty years. I tried to get a side going in Hobsonville Point, without success. I felt sure that this particular type of non-competitive, social exercise would be welcomed by people in the locale with a community-minded spirit. It seems I was wrong. With the exception of my fifteen-year-old son, and one or two others, there seems to be no-one who is willing to 'give it a go' and see why people have been enjoying Morris Dancing for over 400 years. If you would like to get a sense of the sheer enjoyment to be found in this type of dancing, give me a call. In the mean-time, you could try giving it a go in the privacy of your own home. Take three running steps and then hop (Left, Right, Left, Hop Left). At the same time, with arms starting in front of you at shoulder height, swing them downward during the running and up on the hopping. Repeat off other foot. All the steps should be even and the arms should be relaxed, swinging freely. That is the first part of a series of steps that go to make up a dance. Enjoy. Errol Dawson 021 184 1653.

Marketing means business

For many businesses, May marks the beginning of a new financial year and an opportunity to review the performance over the past year. A few questions for you to consider:

Did you reach all your strategic objectives or only some of them? What were your sales successes and challenges? Did increased turnover equal increased profit or do you have a 'sliding profit' situation? Where are the new sales opportunities? Are there product lines that are no longer relevant to customers and new products/services to be introduced to your offering? Would a brief Customer Survey be useful to provide this information? Have you lost any major clients and why?

How successful were your promotions? Did you put in place methods to measure this? This feedback is useful in future planning and judicious budgeting.

Who are the competitors who have entered or left your market? Are there new suppliers to be considered or existing supply contracts to be renegotiated?

Where do your new opportunities lie? Which growth strategies

Anna Jeffs

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will you pursue for the coming financial year?
 For your free one hour consultation call Andrea at MOXY Marketing on 022 327 4758 www.moxymarketing.co.nz.

Worried the weather will rain on your parade?

The great New Zealand weather cannot be trusted. Hence it's not possible to hold an outdoor wedding with no solid back-up plan. Here are some of the things to account for when planning an outdoor wedding in any season: Ceremony location. We're way more fortunate than other countries in that we can do a pop-up wedding wherever we feel like. Even if your marriage licence state one address, it is easy to change it on the day (your celebrant should know this). If you have a dedicated venue and it only shows images of sun-kissed exteriors, research your 'wet weather' options. You'll know you've found the right location when the thought of actually using it doesn't give you a twinge of disappointment. Flexible Décor. Ensure that you have thoroughly investigated the compromises involved if things have to be moved inside. Beautifully decorated gardens are lovely, but if you can't use them you don't want to be stuck in a stuffy function room or a bar without any character. So plan for your décor carefully. Wardrobe enhancements: Most dresses would already come with a small hook so you can lift the dress as you



From www.funky-wellington-boots.co.uk

travel over damp ground, if not ask your bridal boutique about adding one. Cute Gum boots is always a ticket for radiant rainy day style. From elegant ivory styles with bows to pastel pink and multi-coloured designs - whatever floats your boat. Umbrellas. Most venues will have them for you to use, but if they don't make sure you have lots of them. Umbrellas can make all the difference. Having baskets of brollies is a simple contingency plan; they keep your guests dry and if the skies stay clear, a canopy of hanging, colourful umbrellas can look spectacular too. Make it a part of the day. The best way to beat the rain is to go all-out to include it. A rainy wedding is considered good luck in many tradition, symbolising fertility and purification, and I certainly believe that your attitude is more important than the weather itself. I've seen couples become obsessed with their 'wedding forecast'. While it's good to have an idea of what to expect, don't get too hung up on it. If you bit all your hopes on glorious sunshine, you'll only feel let down, affecting your overall mood on the day. If all else fails, remember "a dry rope might be easier to handle, but the wet knot is harder to undo". Brought to you by Anna Moroz - your local wedding planner and celebrant. www.weddinggirl.co.nz.

Well, that tax year is over. Now what?

Now that another financial year is over, you will start receiving all kinds of year-end documents. Keeping these records together as you receive them can save you a lot of time and effort later on. Important documents include bank statements, loan summary statements, interest income certificates, investment



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portfolio summaries, PIE income summaries, and income protection/disability insurance summaries all showing balances as at 31 March 2018. Additionally, we recommend putting together lists of creditors, debtors and stock on hand all as at 31 March, as these are all important for producing your annual accounts. Finally, we recommend taking some time to reconcile your ledger, namely the bank accounts, credit cards, loans, hire purchases, wages expense and GST balance. Reconciling these balances will save your accountant time and could save you money. For more advice on annual account preparation or any accounting and tax issues, contact your local specialist Mark Foster and the friendly UHY Haines Norton team at 329A Main Road, Kumeu, on 09 412 9853 or email kumeu@uhyhn.co.nz.

To breakup up or stay together?

Recently I've seen a lot of clients with relationship stuff going on – also the older we get, the more the people around us are splitting up or thinking about splitting up. The conversations aren't really out in the open either, they are hush hush. It's all a secret until a divorce is announced. We don't really live in a society that looks kindly on divorce. We don't talk about it, we are a closed book when it comes to the subject and most find it embarrassing. Perhaps our society emphasises staying together, rather than splitting up? Stick it out through thick and thin and give it go for the kids. This view can be a positive motivation for a lot of people to start talking and get help. You signed up for something and you don't just run away at the first sign of difficulty. The thing is, the people I see haven't run at fight no. 1. They are bending over backwards, scratching their heads at 10, 15 or 22 years of marriage. If you follow my articles you will know I teach that we are the creators of our lives – which no one else is given responsibility for what you have. If someone else has better stuff than you or a better relationship, it's because they thought different things about themselves. I teach that the people in our lives and our situations are clues to how WE have been being. Usually the people closest to us are teaching us the most about us. We are all energy. We are vibrational beings giving off signals every moment of every day – and we usually meet partners who are vibrationally aligned with us. When we meet, we are a lovely little match with each other. You can't really meet someone who is not aligned with your vibration – well we do meet them, we just don't want to jump into bed with them – or we do jump into bed with them and then find they are not for us. What creates our vibration? Our perceptions of self, how we view the world, our levels of self-worth and self-love, whether we are people pleasers, or worry about how others view us etc etc – this is all levels of vibration. We speak and act from them. If you have confidence or self-esteem issues going on, chances are your partner will have a version of that too - it might be a blind spot and it might present itself differently than yours, but a version

of it is most likely there. So we meet each other as a vibrational match – then 10 years go by. Some of us change. Some of us don't. Some of us learn a lot about ourselves through extreme life events, or through books, healers, councillors, therapists etc. Some of us experience a lot of fear and life events that are scary and go into a hole and stay the same. The point is, if one person grows, loves themselves a little more, learns to be relaxed and to laugh at themselves, learns not to worry about what others think etc, they have changed their vibration – and if the other person has not then there is not a match anymore. It a simple idea – but believe me, it's very difficult living in a house with someone who's self-perception and vibration is very different to yours. We naturally and effortlessly align ourselves with people that 'feel' aligned with us. If it has changed, it didn't change on purpose. It happens so slowly that neither person really knows what's happening. A feeling that things don't feel the same anymore just gets stronger and stronger, it causes more and more friction until its blaringly obvious that a conversation needs to be had – in most cases this will go on for a few years. The vibration that each is giving off is not a match anymore. You love them, you're connected through history and amazing memories – but you're just not the same match as you used to be. What makes it even harder is that breaking up is surrounded by so much negative. It's full of bitterness, jealousy, guilt, anger, frustration, sadness. Solution doesn't come fast when these emotions are leading every conversation. We are not 'conscious' when we are trying to work it out with our partners. Anger takes over and nothing wise is going to come out of that. What if divorce in our society was known differently? 'We are getting a divorce, it's been good and bad and amazing, the last 15 years have given us so much to be grateful for, but we are not on the same page anymore. We have both agreed that we have finished with this phase of our lives and it's now time to explore the next part. It's very sad leaving but it feels like the right thing to do. We love each other but are happy to set each other free.' Not many go like that! Breaking up usually means we have stopped matching each other. When two people want different things it's hard to agree to be wise and conscious and care for each other through the breakup. For a couple to stay together it's because one or both did some inner work. Often a shock like 'I'm going to leave you' will inspire the other to go and see someone. Any time we look at 'what's my part in this' is a good thing. When we find we are sick of our partners on a constant basis very often it is ourselves we need to look at. Your biggest complaint about them is often what you need to look at first. It can be a blind spot and our ego always says, 'it's not me, it's them!' But we have vibrationally matched them at some level, so their behaviour will be showing us something about us. Even when it comes to not being loved properly. It is you and only you who is going to solve this issue. Yes – the answer might be that you need another partner – but after your divorce, the pattern may keep happening if YOU haven't done your inner work and doing the inner work can often



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save a marriage. A person who doesn't think highly of themselves and needs to please all the time is a hard person to love. There was a reason you attracted a less than loving person in to begin with – they were mirroring an aspect of you – an aspect you yet to learn about. I can't say it enough - until you look at yourself no relationship will be easy – and yes relationships can be easy. For a 2-hour, one off session contact Anna Wheeler 021 555 658 anna@thinkyourbest.co.nz.

Eco-Friendly Printing

At Benjamin Bowring Print we offer 100% eco-friendly printing without skimping on quality or charging extra for the privilege. We believe that being green isn't a quality compromise and strive for environmental responsibility through our production processes. Here are some examples – We offer a range of environmentally friendly recycled papers. Most papers are made with dioxin (the chemical to bleach paper white), our papers are milled using an elemental chlorine free process. Trees are a renewable source, but the process in which they are milled is what makes the difference to sustainability. Our inks are vegetable and soy-based, which are gentle on the environment and easier to recycle as opposed to traditional petroleum based ink. Solvent-free UV and water-based aqueous coatings protect your printed pieces, both without any harmful VOCs (volatile organic compounds). We use biodegradable packaging instead of those harmful to the



environment, such as petroleum-based foam “peanuts”. We re-use packaging where possible, focusing on reducing waste in all areas of our business and our community. We provide a free ink-cartridge and toner recycling service with public recycling stations for The Collective Suckies, Colgate Oral Care and Glad bags and containers too. 10B Shamrock Drive, Kumeu. 09 412 9521. orders@bbp.co.nz.

The Mobile Car Specialists

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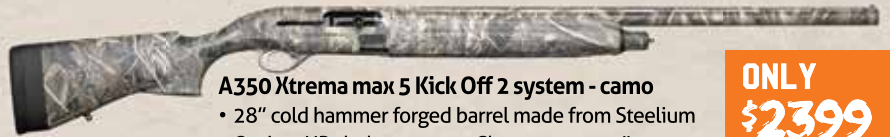
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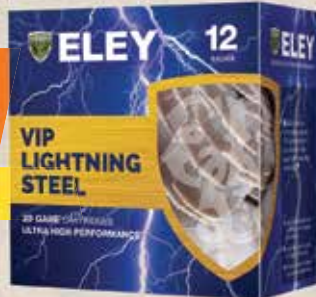
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