

the **Westerly**

FREE monthly community magazine for Massey to Hobsonville

PROPERTY MARKET REPORT

WHAT'S IN A NAME?

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

STAGING WITH A DIFFERENCE

Circulation is 16,000 print copies.

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

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

November 2016

Intro

Here we are in November, and already we read about preparing for Christmas. It's no good resisting it, so get ready for the season ahead! But of course that's not all. There is something to interest all our readers, with a range to cover most aspects of family life. We have environmental notices, articles about safer communities, local events, volunteering, ideas for house and garden, and our review of the local property market and other linked items. Food tips and where to eat, and advice on providing for our pets. There is no shortage of guidance about maintaining our health. Our area columnists supply their usual good value, as well as articles from new contributors. We also celebrate our local musical icon Moana Maniapoto who was recently honoured with a New Zealand Order of Merit.

Please enjoy this local resource, with items for all tastes and ages.

John,
Editor



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you will receive a month's worth of local exposure

the Westerly

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Cover Shot: Hobsonville Point

Print run is 16,000 copies through Treehouse Print
Email database is managed by Sublime NZ

Disclaimer: Articles published are submitted by individual entities and should not be taken as reflecting the editorial views of this magazine or the publishers of the Westerly Limited.

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Community notices

Babywearing

The use of slings and carriers to carry our children is something that has been part of human history since the invention of clothing over two million years ago. As apes, our babies clung to our hair as we moved around the forest. When we evolved into bipedal nomadic creatures, we developed clothing to keep us warm and carriers



to keep our young close and safe. During the Victorian era, a strong symbol of elitism was having someone else care for your children. Nannies and wet nurses were a popular option and our current Queen was the leader of the "pram revolution" as a baby herself. Relegated to something for only "beggars, gypsies and hippies" in Western Society in more recent generations, babywearing has become perceived as something of a trend or associated to a particular kind of parenting approach.

More and more people today are beginning to appreciate the convenience, ease and benefits of carrying our babies with these tools. And let's face it, we all have to carry them, regardless of whether we strap them to us or not! There are so many options out there to help you supportively carry your baby with a sling or carrier, the best way to find the right option for you is to try a few. You can find more details about babywearing or avenues to find out more on my Facebook page www.facebook.com/babywearingwithjess or website www.babywearingwithjess.com. Jess.

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Bruce Ritchie Performing Arts Centre

Term 4 is a busy time for the Bruce Ritchie Performing Arts Centre (BRPAC) at Massey High School, situated at 274 Don Buck Rd. It is the time of year when many dance companies and other performing arts groups perform their end of year shows.



Renowned opera star James Loelu, who won the NZ Aria and was runner up in the Sydney Aria, returns to New Zealand after a year with the English National Opera and will be performing at BRPAC at 4pm on Sunday 30th October. James is an entertaining and versatile performer who will host a variety concert of opera, musicals, folk and popular music to suit all tastes. Door sales are available. Adults \$30, Students \$15. For information www.masseyhighmusic.org.

Tania Foster School of Modern Dance presents their 2016 Dance Show, "Heroes and Villains" on Saturday 19th November at 7pm and Sunday 20th November at 2pm. Tickets available from 7th November, contact Anna Third. Phone 09 416 7646 – Adults \$20, Students \$15.

Annette Hooper's ABH Dance presents a variety of dance styles including jazz, contemporary, tap and hip hop in her show "Out of the Toy Box" with dancers performing as your favourite toys and games. Saturday 3rd and Sunday 4th December at 7pm. Door sales. Adults \$20, Children \$15 Contact Annette for tickets. Phone 027 379 2823. Website www.abhdance.co.nz.

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Other upcoming events during November and December include dance shows by Dance Shed Kumeu, Dancebeat and Dance Point Performing Arts. Concerts by West City Concert Band, Auckland Philharmonic Orchestra and Waitakere Brass. Plenty of entertainment is on offer!

If you are interested in staging your own performing arts or other event in the Bruce Ritchie Performing Arts Centre and would like a tour of the venue, contact Facilities Manager at Massey High School Phone 09 831 0500.

ASAP Promo

The Christmas rush is about to begin. Do you want to say "Thank You" to your clients and staff with a gift this Xmas? At ASAP Promo we have been spending a lot of time finding the best gift ideas for you to suit all budgets. To make good use of your marketing dollars you should always gift something that is branded with your logo and ends up being used more than once. This will increase your brand recognition and build future business for you.

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Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$75 plus GST you can be exposed to over 18,000 locals for a whole month. That is only \$2.50 a day. For more information email our editor at jbw51red@googlemail.com.



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Safercommunities

Waitakere Volunteer Fire Brigade

I hope you all had a fantastic long Labour Weekend!

With Guy Fawkes here below are some tips to help keep you, your family and community safe.

When lighting fireworks, stay safe:

- Read and follow the instructions on fireworks before using them
- Light in a wide open area away from anything that could catch fire
- Fireworks and alcohol/drugs are a dangerous combination
- Always let an adult light the fireworks
- Keep a bucket of water or a hose handy
- Keep all unlit fireworks in their box or bag until you light them
- Leave dud fireworks alone – trying to relight them is unsafe
- Burns need water for 20 minutes

Think about others:

- Put away the fireworks after 10.30pm
- Keep your pets inside on Guy Fawkes Night
- Point fireworks to the stars, not at your mates

Keep safe, Denis Cooper, Officer in Charge - Waitakere Volunteer Fire Brigade phone 09 810 9251.



Become a CAB volunteer and make a difference

Last year the Citizens Advice Bureau at Massey volunteers received over 15,000 enquiries on issues ranging from immigration, housing and employment to consumer rights, health and family.

Barbara Guy, the Manager, says, "Working with people face to face is one of the great strengths of the Citizens Advice Bureau and one of the joys of being a Citizens Advice Bureau volunteer. It's such a rarity these days to be able to access help and advice from real people in your own community. Volunteering at a Citizens Advice Bureau is a great way to interact and connect with people in your community."

"We really value the commitment that our volunteers make," says Barbara, "and we support them to provide a high quality service, including a rigorous programme of learning and access to huge information resources and a referral database listing over 40,000 organisations."

"We work alongside our clients, helping them to help themselves and using our knowledge of services and communities to provide pathways for them to resolve their issues. It can be as simple as helping someone find their nearest play group, or find out how to apply for a rates subsidy, through to supporting someone through a disputes process, or assisting them to write a letter to their employer."

If you're looking for a practical way to give back to the community and like solving mysteries and helping other people then the Citizens Advice Bureau (CAB) might be for you. You'd be one of 2000-plus CAB volunteers around New Zealand who get enormous satisfaction from helping people with all sorts of queries. Just pop into CAB Massey in the Library Building, cnr Don Buck Rd and Westgate Drive, call 09 833 5775 or email massey@cab.org.nz to meet our team and find out how you might be a part of it.

Massey Police Station

Massey Police would like to thank the thousands (and the weather) that came to support the Everyday Heroes event at Te Pumanawa Town Square, North West Mall. Massey Police would particularly like to thank Fire, St John, Neighbourhood Support, Coastguard, Fisheries, Piha Surf Lifesaving, Henderson Local Board and the ongoing support of the Massey Community Patrol. The event was a huge success with the most popular events as always being the Police dogs, Police AOS and Police Eagle helicopter.

I was very happy to see the Massey Community Patrol take the keys for 2 brand new Patrol vehicles provided by TTCF – The Trust Community Foundation and West City Suzuki which now means we need more patrollers. The more patrollers we can enlist, the more they can be out patrolling as eyes and ears for the Police. If you would like to join or get more information please call Maree on 09 832 4099 or check out their Facebook page (Search for Massey Community Patrol CPNZ).

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InBrief updates:events

Wedding gown style

Choosing the right wedding gown for your big day can be a difficult decision. Let Andrea apply her experience to help you find the perfect dress. Her specialist knowledge and one-to-one personalised service will make finding your perfect dress easy and enjoyable so that you can look great, feel fabulous, and be completely confident when you step through the door of the wedding venue.



At Fancy Frocks showroom in Beach Haven on the North Shore, Andrea has a large collection of beautiful wedding gowns for hire and for sale, along with bridesmaids' dresses, flowergirl frocks and pageboy suits. Whether you're looking for a stunning designer piece or a gorgeous fashion gown, Andrea can help you find the perfect dress to reflect your personal style and capture your individual beauty, at a price you can afford. She also has one of Auckland's biggest collections of pre-loved wedding gowns for sale. At Fancy Frocks you'll find your dream gown for your special day – be it formal, casual or something in between. Contact Andrea today on 021 129 8537 or andrea@fancyfrocks.co.nz to book your free appointment. Visit www.fancyfrocks.co.nz or www.facebook.com/FancyFrocksNZ. Photocredit for Wedding dress is SagelImages.

Moving schools

For most children, moving schools or making that jump from intermediate to high school can be a big deal. If the family works together it can mean a lot less stress all round. Your child will probably be experiencing a mixture of emotions ranging from excitement to a sense of loss and even fear. The move from intermediate or full primary to high school is especially confusing in many ways. Children have to deal with both 'endings' and sadness while at the same time anticipating new beginnings. This may include feelings of excitement and nervous anticipation. Old friends may be left behind and the fear of the unknown looms ahead.

Even for well-adjusted children this can be a daunting experience. If your child is struggling in other ways due to family disruption, moving to a new location, falling behind in their school

work or other problems, the thought of all the change involved with moving to a new school can be daunting. However, there is plenty you can do to make this a positive experience for your child:

- Do some research yourself so you can understand the emotions your child may be experiencing
- Remember, kids don't always know how to express their feelings, they may act out in other ways instead of talking about how they are feeling
- Put yourself in their shoes - think back to your first day at a new school or high school
- Make sure they are confident in their school work. It's important that reading and maths skills are up to standard before they enter high school
- Ensure you are ready as a family - take care of the practical things such as uniforms, books and school bags
- Be patient! It may take time for your pre-teen to adjust to their new environment

Visit www.kipmcgrath.co.nz/westgate or phone 0800 888 67464 (tutoring) or email kipwestgate@gmail.com.

Join the Hospice West Auckland volunteer crew

It may be no surprise to hear that New Zealand was ranked as the third most charitable country in 2015's World Giving Index, which shows 45% of New Zealanders volunteering time. It's part of who Kiwis are. You probably know people who volunteer – you may volunteer yourself.



If you're looking for a rewarding role as a volunteer, Hospice West Auckland is always on the lookout for passionate and energetic people to help. Volunteers are part of the fabric of our organisation and we love the energy, passion and commitment they bring. Our volunteers work in a range of varied roles, from patient companions to life review writers to collecting goods for our retail stores to working alongside our retail teams in our stores, and many other roles in between. We welcome people with specific skills to join us – please let us know how you can help. Our volunteers love the camaraderie they enjoy with our

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staff and fellow volunteers, and knowing their time is being put to such valuable use.

If you'd like to put your spare time to good, or you know someone who'd like to, register your interest via our website www.hwa.org.nz/get-involved/registration or get in touch with our Volunteer Services Manager Sarah Jeffs on 09 869 2346 or via email at VolunteerServices@hwa.org.nz.

SeniorNet West Auckland

We will be having our Members – and friends – meeting on November 15th at the Kelston Community Centre which will be the last one for the year and we will have a special morning tea, plus a guest speaker which will have to be a surprise at this time. We will still have classes running until early December. A joining fee of \$10 to be a member until the end of the year is required if you wish to do any classes before then. We have several coming up, including iPads, Snapfish and Windows 10. Please phone Pam on 09 827 2156 to ask about classes, times and dates. Our Members meetings are held on the 3rd Tuesday of the month at the Kelston Community Centre, cnr Awaroa Road, Kelston. Classes are held at 67 Henderson Valley Road, Henderson, all during the day.

On behalf of the SeniorNet Committee West Auckland, we would like to wish you all Seasons Greetings and look forward to seeing you in 2017.

What's in a name?

On Saturday 1 October, Hobsonville Point hosted an event as part of the Auckland wide Heritage Festival event. Hobsonville Point has been taking part in this event for the past 6 years, with previous events including guided walks, tour of the Mill House, and a ferry trip with heritage talk. This is a great opportunity to celebrate the history of this wonderful area.

This year it was a game/self guided walk, themed around the road names that reflect the history of Hobsonville Point. Participants were given a challenge sheet to complete – photograph a number of street signs, answer questions about the origin of the name, and were then rewarded with an ice block from Hobby Convenience. Three students from the Hobsonville Point Secondary School helped Hobsonville Land Company organise this – Julia Lim, Emma Johnson and Myles Dawson. The Hobsonville Point Residents Society and Hobsonville Land Company sponsored the ice blocks.



The roads are named after former Air Force personnel, for example, Hugh Wilson, who served with the Wellington Mounted Rifles at Gallipoli. After being transferred to the Western Front, Wilson was badly gassed at Passchendaele. This caused health problems for the rest of his life. He was awarded the Military Medal for his war service. Wilson served in the Army Service Corps before transferring to the RNZAF. As a squadron leader he was appointed CO of No. 1 Stores Depot on its formation in September 1939 and remained in command when the Depot moved to Te Rapa, Hamilton, in December 1942. He was an avid gardener, along with his wife, Billy. He kept the family supplied with vegetables from his large plot. Much of the family fruit was home grown as well – grapefruit and lemons, tamarillo and even a guava flourished in the extensive gardens. Wilson and his family lived in a number of houses on the station, including the single storey home on Marlborough Crescent.

Road names also reflect the aircraft that came through the Hobsonville airbase, e.g. Meteors, Vickers Vincents, Kittyhawks, Harvards, De Havillands, and the Tiger Moth which was imported by Doug Mill in 1937. Tony Lester (Lester St) lost an eye when he crashed it taking it for a test flight.

Other roads are named after birds, plants and marine life that are present here – e.g. Kanuka Rd, Kotuku Lane, Ponga St, Mapou Rd. There are more wonderful stories about the history of the former Airbase in Bee Dawson's book – 'Hobsonville – Portrait of a Seaplane Station'. There are also some wonderful images online at: www.localhistoryonline.org.nz. The West Auckland Research Centre in Henderson is also a fantastic resource for oral recordings of people telling their stories, and has more stories and images from the pre-Air Force era as well.

Girl Guiding

With multiple locations out West, GirlGuiding is a great opportunity for you to have fun with the youth in your area and make a difference in your community.

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Dreaming of Christmas

"Dreaming of Christmas" is your number one Christmas Wonderland where you will find an extensive range of quality Christmas decorations, large pieces and collectable treasures at affordable prices which will add a touch of class to your Christmas celebrations. If you are looking for the best Christmas decorations this festive season under one roof, be sure to pay a visit to our Westgate Shopping Centre store (ex Dick Smith). This large bright beautiful store with friendly staff to help you is brimming to capacity with a huge range never seen out West before. A lot of our pieces are a one-off and exclusive to Dreaming of Christmas.



Items range from larger than life models to the finest and exquisite decorations in all colours, a variety of Christmas trees, animations, snow globes, nativity, Santas, nutcrackers, wreaths, tableware, Christmas crackers, serviettes, centre pieces and a large range for children. We have made an effort to keep prices down so that they are affordable to a larger number of

people. Come join our VIP mailing list for regular updates. Our store is open Monday to Saturday 9.00am – 5.30pm and Sunday 10.00am – 5.30pm. We will have extended hours from the beginning of December to cater for customer needs and demand. Jenny, Doug and their friendly team look forward to being of service to you.

Christmas gifts

It's hard to believe that another year has passed by so quickly again. If you haven't thought about Christmas shopping yet or are stuck on gift ideas, have a look on Pure Allies NZ Facebook page for some inspiration - lovely natural, local handmade skin-care and luxury body care products. There's bound to be something someone in the family will love. We can also customize gift packs and have some great Santa sack fillers and little secret Santa staff gifts. Don't forget the natural insect repellent and sunscreens too. Email pureallies@gmail.com.

Online purchases and shipping

It's crazy to think but we are already just 1 month from December and Christmas!

Buying online is a great way to get some great deals and also knock off your Christmas shopping without the crowds in the malls.

There are a few things to consider to make online shopping a little safer so here is some handy tips.

Shipping is expensive, especially when you live in a rural location – not only that but it is slower. Common practice is that the rural postie signs for your parcel from the main courier and then drops it at your place on their behalf. If you're not home, they will just leave the parcel on the deck/front door with no signature needed. Now here is the worst part – thieves operate in our area all the time but in the next few months they scale up their activity. They drive round in what can pass as a courier van and follow the rural postie, watching where they deliver parcels and a short while later they steal your online purchase. You won't know for a few days until you try and track it and as far as the courier company is concerned it has been delivered. This could be a valuable item moneywise, or more importantly a sentimental item that you can't put a dollar value on – either way you might get your money back from the courier company but you won't always replace what you bought.

Why not think about having your online purchase delivered to work or use the free e-pack service "epickup". Just buy online and have the item delivered to e-pack on Shamrock Drive. Once it arrives they will text you and you can swing by and pick it up. They open from 7.30 till 4.00pm Monday to Friday and will arrange after hours collection in special circumstances. This saves rural courier fees and delivery time and more importantly your

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:

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Countdown North West
Mike Pero Hobsonville



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Health and safety

A quick first aid response can mean all the difference to reduce the severity of an injury. First aid can also help protect businesses, by reducing the impact on productivity and the cost of employees taking leave.

First aid regulations state that if you employ more than 100 people you are required to provide a first aid room and trained first aiders. For smaller businesses, a stocked first aid kit is required and first aider is ideal although may not be legally required. These kits must be made of sturdy material and be designed to protect the contents from damp, dust and contamination. Kits must be clearly identified with a white cross on a green background, easily accessible and its location known to everyone. We can help with general health and safety matters so call / email us to arrange a no obligation quote. healthandsafety@losslink.net.nz or phone 09 837 1140.

No Drippity

Sick of the sticky hands and soggy tissues that come with children (or adults!) and iceblocks?

With Summer fast approaching, now is time to get your NZ designed and created No Drippity IceBlock Buddy's! The IceBlock Buddy is unique as it has a larger handle, therefore providing a better grip on a slippery, thin, sometimes very short stick. It holds the iceblock in place so it will not fall out. The soft drip tray serves two purposes: 1) to catch rogue drips (and allow them to drink it) & 2) keeping the cold iceblock away from hands. The flat bottom allows it to be stood up, instead of left lying on the carpet or table! Perfect for little hands, Arthritic hands or hands with gripping difficulty, the No Drippity IceBlock Buddy is your Summer Must Have! Get 1 for \$12.95 or 2 for \$19.95! Visit www.nodrippity.co.nz www.facebook.com/nodrippity.



Do you love your bed?

Do you get a good night's sleep? The experts suggest that good restorative sleep is the key to good health. Having the right mattress with the right level of comfort and support is a key ingredient.

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COUNTRY FURNITURE & LUXURY SLEEP RANGE

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PURCHASE A LUXURY QUEEN MATTRESS BEFORE CHRISTMAS FOR **JUST \$540.00**

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SOFT/MEDIUM/FIRM

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PHONE: +64 (0) 27 395 7965

The team at Featherwood know this and they bring a wealth of experience to the big cutting table in their West Auckland factory. "We can make to any level of comfort and we can tailor the dimensions too," says Ken of Featherwood Furniture.

Each mattress is handcrafted from scratch using pocket spring units, housed inside a foam box, with extra foam on the top surface depending on the level of comfort the customer requires. It is then filled with insulation such as wool or poly fibre and then covered in a fabric ticking. Pocket springs add extra comfort, by compressing and supporting the areas where body contact is made but remaining intact elsewhere, thus also allowing another person to sit or lie on the mattress without disturbance to the other. Sounds luxurious.

Right now, Featherwood are offering a very attractive pre-Christmas special on their queen mattresses with 40% off the normal retail price. Now that's a good night's sleep.

Featherwood Furniture – phone 027 395 7965 or email sales@featherwood.co.nz.

Name change for popular trampoline park

Every child's favourite place in West Auckland has a new name. Formerly Dialed Indoor Tramp Park Westgate is now Flippin' Fun Trampoline Park. Situated opposite The Warehouse Westgate, passers-by on Fernhill Drive will have noticed the bright new



signage out front but for customers it's business (or fun) as usual. 40 of the bounciest tramps around, basketball hoops, foam pit, wall tramps, parkour platforms and dodgeball court create an all-weather urban adventure playground for all ages and abilities. A range of classes include the popular Little Flippers (under 5s), Flip Class for those wanting to add to their skill set and to get that beach bod in shape, Flip Fit.

Flippin'Fun provides an endless amount of fun for any kind of group! Great for all ages, sports teams, scout groups, church groups, youth organizations, corporate team building, stag or hens nights or just a group of friends looking for something AWESOME to do! As a venue where kids can burn off that extra energy, Flippin'Fun can't be beaten so we continue to be popular with schools and pre-schools.

Call us on 09 833 6880 or visit our new informative website www.flippinfun.co.nz. Or, come on in to 19 Fernhill Drive, Massey and see our amazing new graphics and banners.

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People:places

Moana's music



Moana Maniapoto sings what she thinks. The Muriwai Beach musician, known for her band Moana & the Tribe (and formerly the Moahunters) is passionate about Maori culture. And if that means spreading it through her music then so be it.

Recently inducted into the New Zealand Music Hall of Fame (some family said "abducted" or "indicted", which she used in her acceptance speech), Moana is about to release a new music video. *Fire in Paradise*, filmed at Muriwai Beach, includes hip hop dancer Kaea Pearce and Jamaican dance hall artist Skarra Mucci. "All I had to do was sit and look regal while Kaea leapt about," Moana laughs. An incoming tide added to the drama.

This month Moana is spending a week at Stanford University in San Francisco, facilitating a session with young indigenous leaders from New Zealand, Alaska and Hawaii. In January, Moana heads to Finland with partner Toby Mills, both an award winning film-making team, along with musician Paddy Free. They'll be playing in a festival inside the Arctic Circle. "I'd been there about 12 years ago and this time I'll be more prepared for the cold," Moana says.

She returns for 21 performances with Arts On Tour across the country in April and May.

So why did Moana and Toby decide to live at Muriwai Beach? "Quite happy" in Grey Lynn, Moana says they were fantasising about a second property and saw a home for sale at Muriwai. "I'd lived in Auckland most of my life and had never been to Muriwai," she says. They knew one local family, so decided to sell and shift. She helped form the Waitangi Day festival there but was unable to find a school with a Maori language immersion programme for the youngest of her two children. Her 8-year-old now carools with another Muriwai family to Westmere School. "We're te reo refugees," Moana says. She speaks Maori to her children and wants to see the language even more used in New Zealand society.

Well-travelled, Moana says Maori culture is popular at large overseas events, but she struggles to get Maori language mu-

sic played on commercial radio here. "People overseas love the sound of it," she says.

Moana says Maori is gaining more acceptance at home, with many Pakeha children becoming versed in the language and culture.

She received a New Zealand Order of Merit for her services to music and Maori, was made an art laureate by the NZ Arts Foundation, and has received widespread recognition for her work.

Now in her sixth year living at Muriwai Beach, Moana is involved in many other events too, including the Iron Maori triathlon style event in Napier in which she has entered three Muriwai teams this year. So if you mention you are good at swimming, cycling or running, you might find yourself drafted into a team next year.

Check out www.moananz.com for more on Moana.

Picture 1 credit to Steve Dykes

Picture 2 credit to Nikau Hindin.



area property stats

Suburb	CV	Land Area	Floor Area	Sale Price
Hobsonville	499,000	192M2	124M2	863,000
	940,000	604M2	289M2	1,550,000
Massey	520,000	458M2	145M2	675,000
	550,000	784M2	150M2	845,000
	880,000	450M2	255M2	1,045,000
	385,000	602M2	80M2	620,000
	440,000	1376M2	200M2	825,000
	500,000	613M2	130M2	749,000
	675,000	857M2	180M2	890,000
	450,000	270M2	127M2	645,000
	560,000	613M2	200M2	895,000
	510,000	642M2	120M2	690,000
	420,000	473M2	110M2	655,000
	395,000	3000M2	66M2	815,000
	365,000	636M2	80M2	627,500
	450,000	381M2	126M2	730,000
	530,000	723M2	130M2	811,000
	435,000	1325M2	110M2	660,000
	560,000	363M2	155M2	587,500
	380,000	400M2	80M2	580,000
	465,000	951M2	300M2	1,100,000
	660,000	911M2	220M2	965,000
	440,000	490M2	101M2	740,000
	490,000	903M2	100M2	660,000
	435,000	600M2	90M2	751,000
770,000	1HA	80M2	1,270,000	
Royal Heights	710,000	686M2	210M2	895,000
	540,000	534M2	155M2	880,000
	440,000	840M2	120M2	720,000
	580,000	890M2	230M2	940,000
	690,000	625M2	266M2	1,110,000
	570,000	602M2	160M2	914,000
	West Harbour	660,000	834M2	160M2
550,000		624M2	120M2	927,000
550,000		646M2	100M2	830,000
680,000		725M2	200M2	1,115,000
860,000		452M2	250M2	1,002,500
590,000		679M2	170M2	910,000
570,000		874M2	160M2	1,160,000
475,000		756M2	80M2	970,000
470,000		638M2	110M2	880,000
660,000		761M2	220M2	971,000
700,000		771M2	160M2	822,000
720,000		578M2	230M2	1,175,000
820,000		463M2	210M2	1,028,000
465,000		906M2	100M2	710,000
455,000		809M2	130M2	815,500
485,000		651M2	110M2	800,000
Waitakere		570,000	1244M2	93M2
	660,000	1690M2	135M2	650,000
	880,000	5HA	240M2	1,280,000
	930,000	1.4HA	216M2	1,205,000

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Graham McIntyre
Brand & Territory Owner

Mike Pero | REAL ESTATE

Mike Pero Real Estate Ltd Licensed REAA (2008)



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

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

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

Propertynews:advice

Market report with Graham

A combination of Reserve Bank meddling, wetter than normal weather, and Auckland Council planning changes coming into effect, has caused the market to be rather more irrational than we would normally associate with this time of the year. Spring is the start of the selling season for most lifestyle property owners and a time when property goals and aspirations are given an airing. Good news is interest rates are low, allowing you to borrow money at 3.79 percent, fixed for two years with HSBC. If you have good equity and good income, arguably there has never been a better time to borrow money. Further, the weather should bear more sunshine and dry out all the rain, then (you all know the nursery rhyme).

Let's see what the market has achieved this month:

Herald Island residential from \$1,225,000

Hobsonville residential from \$863,000 to \$1,550,000

West Harbour residential from \$655,000 to \$1,175,000

Royal Heights residential from \$720,000 to \$1,110,000

Massey residential from \$545,000 to \$1,270,000

Waitakere lifestyle from \$1,205,000 to \$1,280,000

Waitakere residential from \$650,000 to \$770,000

Whenuapai lifestyle from \$1,660,000

If you are considering a real estate change you would be well advised to talk with Mike Pero Real Estate because of some very clever and sensible offers: Your commission is very sensible (saving you thousands of dollars). A free marketing offer including TV, magazine, online, magazine, print exposure. Exposure to our extensive local, national and international buyer database. Service standards that revolve around you and your needs.

Further to this we have a number of exclusive Trademe special offers and digital upgrades to ensure you get the very biggest marketing exposure with a very low commission rate.

See more at www.grahammcintyre.co.nz or phone 0800 900 700. Mike Pero Real Estate Hobsonville - It's not about the talk, it's walking the talk. Licensed REAA (2008).

Money matters

Good connections and networks are vital when it comes to buying and investing in property. A good Mortgage Broker will have access to quality business professionals like Solicitors, Accountants, Real Estate Agents, Property Valuers and Building Inspectors. All of these industry experts make the house buying process easier and ensure a smooth and secure process. When

you deal direct with a bank you may not receive the same level of support or service (immediate or on-going) so consider using a Mortgage Broker to assist when you are buying your next property and the good news is that there is generally no cost to the borrower to engage our services.

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

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

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Set the stage

You don't get a second chance to make a first impression. So when you're selling your home, it's vital that you have it looking its absolute best.

Staging your property successfully can help your home appeal to a wider audience which can ultimately see your home sell faster and for a higher price.



David Lloyd
Director

David Lloyd Mortgages Ltd
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Whether you are planning to hire a pro or want to learn a few tricks of the trade, these ideas, as well as tips from Rebeka Raiwalui-Mason from home staging company In-House Style, will lend a helping hand to ensure your home is looking its finest. Clear the Clutter - When you decide to sell your home, it presents a brilliant opportunity to have a thorough clean out. It's important that your home is orderly, and there is no better way to achieve this than by clearing out the clutter. A simple tidy up can make a remarkable difference because clutter can not only distract the eye and detract from your home's major selling points, but it can also make a space look considerably smaller. Once the clutter is out of sight, it will be much easier to showcase certain aspects of your home. Rebeka suggests everything from water blasting the exterior to cleaning the oven, as prospective buyers are going to be looking at everything in detail. She also suggests hiring a professional cleaning service to minimise stress.

Neat and Neutral - You should aim to keep everything relatively neutral - this will broaden appeal with your audience and present somewhat of a blank canvas so prospective purchasers can visualise themselves in the home. A key to assisting in this process is by eliminating personal photos and replacing these with the likes of artwork or other decorator accents, such as a vase, a vessel or candle holder. Rebeka advises that you shouldn't be afraid to temporarily remove dated, loud or busy window treatments. A room can instantly look more up to date, lighter and neutral just by taking down curtains that buyers may find distracting.

Simple Maintenance - Potential buyers are going to be your biggest critics and while you may have become accustomed to the dripping tap, it is something that will appear on their radar. Simple repairs include fixing creaky doors and filling in tiles where grout may be missing. Rebeka's tip is that you shouldn't forget the exterior of your property because this is the very first thing buyers will see. Walk around your property and make a list of any jobs that need completing. To give yourself more time and to reduce stress, she recommends hiring a gardener before the photos are taken and before the first open home.

Photo supplied by In-House Style. Mike Pero Real Estate phone 0800 900 700. Licensed REAA (2008).

Staging with a difference

Stage it Yourself was born two years ago, whilst I was working for a Home Staging Company that concentrated on full stagings only. I had fallen into this job by sheer chance. Having moved over from the UK in 2008, I found



Graham McIntyre
LICENSED SALESPERSON
BRAND & TERRITORY OWNER





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Auckland

a job working in Freedom Furniture and discovered that I loved helping people put colours and ideas together when purchasing furniture and accessories for their homes. It was there a few years later that I met a lady who owned a Home Staging Business and needed some help some days. We got on well and feeling that I had a good eye for colour and visual, she asked if I would like to help her. At this point I would just like to say I had never heard of Home Staging Properties, not something that was used in the UK. I carried on working part time at Freedom and for this lady for some years and then came the time for my family and I to purchase our first Kiwi home. I was so excited at the thought of going house hunting but it soon came clear to me that some of us just need a little more help in presentation than others. It was then the idea was born in my head that there was a gap in the market place for partial staging/styling - whilst utilising your own furniture and accessories. My family and I decided on the name Stage It Yourself over the dinner table one evening, all agreeing that the name speaks for its self.

I offer an initial consultation for only \$50 + GST offering tips and advice on colours, furniture placement and removing excess items whilst utilising your own furniture and accessories. Along the way, I suggest soft furnishings and accessories you can hire from me to maximise and create a lasting impression for your open homes and pictures. Hire packages are priced accordingly to the number of rooms staged, but start at only \$250 + GST, a mere fraction of full staging. The accessories include lamps, cushions, throws, rugs, some artwork, small tables, bed linen, bathroom towels and decor items. The option of hiring a furnishing package will save people so much time and more importantly money, at what is an exceptionally expensive time already and yet creating a look that will help them achieve a the top selling price on Auction Day - everyone being a winner. Remember we do not always see what other people can see so a small change can make a big difference, as the photographs below show.

A free consultation is on the cards this month for anyone that hires an accessory package no matter how small, keep in with your competition and call me today Frances 021 065 2611.



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By Negotiation

3 Farr Road, West Harbour
By Negotiation

Grand super-sized home in quiet cul de sac ideal for large or extended families. Spread over 3 levels, this substantial 330 sqm architect designed property offers flexible living configurations to suit the most exacting buyer. Featuring 5 bedrooms, 2.5 bathrooms, 3 living areas in the main house, rumpus/office and a bonus studio. Features too many to list but here is just a few: Superior quality build throughout with fine attention to detail. Panoramic views of the upper harbour to City and Sky Tower. Glass balustrades on main deck to maximise views. Parents retreat. Master bedroom with ensuite. Double internal access garage. Enough room for several vehicles or boat/caravan.

www.mikepero.com/RX956260



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PICK OF THE BUNCH: SUPERB LOCATION & LIFESTYLE 4 1 2

By Negotiation

16 Meteor Road, Hobsonville Point
By Negotiation

Unique in every way, Hobsonville Point is a living example of a modern day community master minded from a forward thinking concept to stunning reality. Spread over 3 levels this spacious brick and cedar architect designed home offers versatile spaces to easily accommodate different living dynamics as well as including every feature you would expect from modern day living: 4 bedrooms, 2 bathrooms, 2 living areas. Media room or kids play room. Elegant designer kitchen with new appliances. Seamless indoor outdoor flow. Lock up auto garaging & off street parking. Private, sunny, low maintenance lock up and leave. Catch the ferry to downtown Auckland, buy artisan foods at the weekend Farmer's market, reserves and walkways by the inner harbour, enjoy the cafes and easy access to the water.

www.mikepero.com/RX938387



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SUPERB BRICK & TILE FAMILY HOME IN SOUGHT AFTER LOCATION

4 2 2

Set Date of Sale

10 Bradnor Meadows Drive, Swanson

Set Date of Sale - 5pm, Wednesday 23rd November 2016 (unless brought forward).

Tick everything on your wish list: size, style, views, great family neighbourhood, quality, value. 4 bedrooms, 2.5 bathrooms, two living areas, generous sized decks and grounds, wide views. Solid brick and tile construction, beautifully renovated and presented throughout. Prime R.O.W position in a peaceful neighbourhood enclave. Residents only and no through traffic. Excellent value for money for the discerning buyer. Double auto garage with internal access. Less than 5 mins drive to both Swanson and Ranui train stations and only 12 minutes to the new Westgate shopping complex. Close to Lincoln road and a bonus of being within walking distance to the new Swanson skate park.

www.mikepero.com/RX887516



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EXTENSIVE VIEWS IN MASSEY EAST

3 1 1

By Negotiation

16B Ebony Place, Massey
By Negotiation

Elevated on a north facing site this 3 bedroom home offers wide harbour and city views from the upper level. Positioned up a ROW in a quiet cul-de-sac street in popular Massey East this property is very private. Open plan living, single car garaging with internal access and a unique opportunity to add value by restoring the exterior and improving existing kitchen and bathroom, make this a must view for the astute purchaser. Offshore vendor has enjoyed excellent rental return and now wants it sold. Thermal imaging report will be made available. Be Aware - this house has water tight issues. Initial indications are that the house does require maintenance and could benefit from a reclad.

www.mikepero.com/RX885125



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SUNNY ELEVATED NORTH FACING HOME - TE ATATU SOUTH

3 1

Offers Over \$885,000

17 Mickle Street, Te Atatu South Offers Over \$885,000

Located off a quiet cul-de-sac, set on 635 sqm section, north facing with views through to The Trusts Stadium. A delightful single level, brick and vinyl weatherboard home with good insulation and cosy woodburner. The home is open plan dining and lounge with easy access to impressive north facing decking attracting generous sun and providing a platform for excellent views. Three bedrooms and bathroom, WC off a central corridor. A separate, stand-alone office/ storage or workshop around 40sqm provides good options. The home overlooks a flat lawn, established fruit trees and easy care garden which is private and fenced. 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/RX894954



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



1603 SQM LAND - TWO DWELLINGS - OPPORTUNITY

4 2 2

By Negotiation

69 Royal Road, Massey By Negotiation

New planning guidelines from Auckland Council have delivered opportunity for an astute developer. A flat to gentle sloping section, with generous home, minor dwelling and separate garaging. The main home is set to the left of the section, an immaculately presented four bedroom, two bathroom, two lounge home with extensive alfresco to elevated decking and views through the west. In addition a one bedroom minor dwelling delivers extra value/ income. An independent development report from Terra Nova, planners and surveyors is available to prospective purchasers. 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/RX891433



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



MODERN - MASONRY OVER BRICK IN WAIMAUKU

3 2 2

By Negotiation

25 Buttercup Place, Waimauku
By Negotiation

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



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www.mikepero.com/RX952890



INVESTMENT OPTION - HOUSING NZ LEASE

4 2 2

By Negotiation

211 Metcalfe Road, Ranui
By Negotiation

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



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

www.mikepero.com/RX896243



ABSOLUTE MURIWAI CLIFF TOP: RENOVATE OR REMOVE

2 1

Offers Over \$850,000

9 Ngatira Road, Muriwai Offers Over \$850,000

This large 1552 square meter section leads down to the Muriwai cliff top with viewing areas in place overlooking Oaia Island. The property features a 60 square meter two bedroom home moved on to the site in the 1980s, in need of some renovation or a great building site for that dream home. Nestled in one of Muriwai's most exclusive cul de sacs with views overlooking the Tasman Sea. Listen to the sound of the ocean and enjoy the amazing Muriwai sunset from your own cliff top location. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email ian.sneddon@mikepero.com.



Ian Sneddon
027 209 0789

ian.sneddon@mikepero.com

www.mikepero.com/RX823229

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FIRST HOME OPPORTUNITY / INVESTMENT - HUAPAI

4 1 1

By Negotiation

26 Pinotage Place, Huapai By Negotiation

An outstanding opportunity to add your own style and taste to this large family home. Enjoy this 140m2 house situated on this flat, beautifully landscaped 810m2 section in a family friendly cul-de-sac. The property has plenty of space, large kitchen, dining area opening on to lounge with cozy wood burning stove, extensive large deck overlooking fully fenced rear garden. Four double bedrooms, dedicated office and main bathroom. Single lock up garage with workshop and plenty of off street parking. Conveniently located in Huapai, walking distance to all your local shops. Huapai school and domain close by. You'll enjoy the lifestyle benefits of Kumeu cafes and restaurants minutes away, and the local beaches and forest activity's.



Ian Sneddon
027 209 0789

ian.sneddon@mikepero.com

www.mikepero.com/RX853254

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OFFERS OVER \$495,000 - ELEVATED IN HELENSVILLE

3 1

Offers Over \$495,000

23B Rautawhiri Road, Helensville
Offers Over \$495,000

Seldom found in Helensville, an elevated three bedroom stand-alone home on almost 370 square meters of land. The home has a fully fenced back yard, elevated north facing land with generous sunshine through the day. The home is a standard open plan living dining with three bedrooms and a bathroom off the central hallway. A laundry, carport and storage lock-up is included. Some DIY and cosmetic refurbishment would add value but in all respects it provides an investor or first home buyer with a very good "bread and butter" home. Close to Primary and secondary schools, parks and shopping. The CV on this property is \$305,000. 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/RX848511



BRAND NEW - VALLEY VIEWS ON 4027SQM

4 2 3

By Negotiation

26C McEntee Road, Waitakere
By Negotiation

A brand new executive home of 237sqm offering well thought out entertaining areas and spacious living with clever modern elements including nice-and-easy Butlers Pantry and extensive alfresco to covered courtyard and grassed landing. Meticulous attention to detail from formal entrance way to storage areas including dry-store attic storage, central heating throughout all rooms. The home enjoys modern planning with all bedrooms off a central corridor and constructed to make the most of semi-rural valley views. 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/RX883782



ULTIMATE LIFESTYLE PROPERTY - WAIMAUKU

6 2 4

By Negotiation

45 Ararimu Valley Road, Waimauku By Negotiation

Rarely will you find a lifestyle property with so much to offer. The main dwelling is a four bedroom 210sqm home and features beautiful polished floors which open out to huge decks overlooking the pool and garden. The second dwelling is a two bedroom 170sqm with great potential. These homes are surrounded by stunning gardens and ponds that feature amazing specimen trees and fruit bearing trees, figs, walnuts, hazelnuts, lemons, mandarins, blueberries, fejoia etc. Both homes and pool are heated by a state of the art central heating system. Water is drawn from an artisan bore which is bottled by a number of suppliers in the Ararimu Valley. Close to vineyards, equestrian and mountain biking facilities. Call Lyndsay today to arrange an inspection of this truly unique property on 027 554 4240.



Lyndsay Kerr
027 554 4240

lyndsay.kerr@mikepero.com

www.mikepero.com/RX892144

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PLENTIFUL VIEWS, CONTEMPORARY LIVING, GARDENS GALORE

3 2 4

By Negotiation

429 Kiwitahi Road, Helensville By Negotiation

Award winning gardens that are unique and easy care. Set on 1.4 hectares of unequalled and established plantings and garden, delivering enormous satisfaction to Owners and Guests alike. The property has a large amphitheater, formal walks within a range of beautiful and unique backdrops. The house was a finalist in House of the Year with Maddren Homes and offers a contemporary open living environment, three living rooms, 3 bedrooms with ensuites and an extra bathroom. Seeing is believing and we welcome you to take some time, relax and soak up this idyllic and calming home, offering significantly more than photos and words can tell.



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www.mikepero.com/RX797080

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TRANQUIL, PRIVATE, UNINTERRUPTED BUSH CLAD RETREAT 1 2 1

By Negotiation

423B Wairere Road, Waitakere
By Negotiation

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

www.mikepero.com/RX939232



Graham McIntyre
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Ian Sneddon
027 209 0789
ian.sneddon@mikepero.com



NEAR NEW - BRICK AND TILE IN OLD RIVERHEAD 4 2 2

Set Date of Sale

1008 Coatesville-Riverhead Highway, Riverhead
Set Date of Sale - 5pm, Tuesday 8th November 2016 (unless brought forward).

Well positioned, well considered, and very established, this four bedroom two bathroom home delivers ease of living, open plan lounge-dining through to alfresco. An all-together balanced home, offering generous entertainers kitchen and easy flow to north west entertaining and relaxing patio area. Clever main bathroom and master bedroom with walk in and ensuite also having access to the private patio. Set well off the road down an attractive, established drive and entrance with internal access double garage and workshop. The property has provision for two separate dog friendly areas, fenced off and providing peace of mind for buyers. We are happy to supply a list of the last 12 months of transactions in this area please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX952442



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

Home:garden

Flowering cherry trees

The Flowering Cherry is hard to miss as it heralds in the start of spring in the garden. Driving through Kumeu is always a pleasure as the Prunus Awanui bursts into flower. Awa Nursery has a good range of flowering cherry trees in stock ready



and waiting to decorate your garden with the added bonus of attracting birdlife as they feed on the nectar. Upright or weeping, there is a cherry tree to suit every garden be it large or small. Mt Fuji, Accolade, Falling Snow, Tai Haku, Awanui are just a few of the popular choices. These deciduous beauties not only have gorgeous flowers in spring, they provide shade and lush attractive foliage through summer and autumn, and a great silhouette and structure over winter. They are easy to grow, relatively fast growing, suit most soil types but prefer moist, well drained, fertile soil, and can cope with windy conditions. Plant in full sun to encourage good flowering and autumn colour. The trees are shallow rooted so other plants should not be planted too close. Provide good drainage and mulch each spring to conserve moisture and add nutrients. Then sit back and enjoy the splendid display each spring! Come and see us at Awa Nursery. Phone 09 411 8712 or visit www.awanursery.co.nz.

Benevolent parents beware: avoiding the pitfalls of helping children into first homes

With the average Auckland house price now over \$1 million, parents who have reaped the rewards of the escalating Auckland market are finding they need to help their children into their first homes. The typical house in our biggest city now costs around 10 times the median household income. It has become impossible for young people or families to get into their first home in Auckland.

This is an area fraught with emotion and very real financial risk



so your admirable intentions require legal advice right at the beginning. There are many and varied issues that can arise when parents assist their children into homes including whether to treat the help as a loan or a gift, fairness to other children, repayment after relationship breakdowns, and the effect of long reaching guarantees.

What happens if the property values fall? What if the child can no longer service the mortgage? Who pays if the property needs extensive repair? If it's an outright gift, the money you put forward may be a windfall to the child's partner if the relationship falls apart.

A long settlement period is essential to give you time to get some advice, put in place property sharing and possibly contracting out agreements. Early legal advice can identify and minimise risks and ensure that your generous intentions do not leave lasting regrets.

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

Spray free weed control on your lifestyle block

Spring is here, although one could be fooled with the mercurial weather we have been experiencing locally. The upside of this weather is we have had great rainfall and as I drive around the district working in real estate I can't help but note how green the pasture is.

Unfortunately growing alongside that lush pasture is a variety of weeds which will need to be controlled.

Is there a more environmentally friendly method to address this problem? As you know, there is a huge and bewildering array of herbicide available to kill just about everything, is this the way to go?

Chemicals are expensive (very), need to be stored safely, unused chemicals and containers need to be disposed of responsibly and in some cases at cost, to an approved disposal facility. The alternative to this approach is mulching, should your terrain allow this. Flail mowing (mulching) is a great way to clean up your pasture, not only does it chop up the grass and weeds into



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smaller particles to allow for better regeneration it also does not leave ugly windrows all over your paddocks as traditional slashing does. If you are preparing a property for sale, mulching the paddocks will make your property shine and could be the difference when buyers are deciding on which property to purchase. There are a number of lifestyle block maintenance companies out there who can provide you with advice and this service if you do not have the equipment to do it yourself. If you organise a mulching regime, timed around the emergence of particular weeds you will find after a couple of years they will not be the problem they once were and you will have achieved the result without resorting to costly chemicals.

Lyndsay Kerr, Lifestyle Block Specialist, Mike Pero Real Estate phone 027 554 4240.

SPS Plumbing Services Ltd

Hi I'm Scott, the owner/operator of SPS Plumbing Services. I pride myself on high quality workmanship at a fair and affordable price. I am a Certified plumber with 11 years' experience. I do not charge a call out fee, have a very competitive hourly rate and also offer free quotes. I am based in West Auckland and will work in the greater Auckland area. I cover most aspects of plumbing and treat every job as if I was working on my own home. I strive for customer satisfaction and believe in getting it right first time. My services include - Full Bathroom renovations (I can organize the whole job including all other trades from start to finish), Kitchens, Toilets, Roofing and spouting, Solar systems, Water mains, Hot Water Cylinders, Burst Pipes, Dishwasher and washing machine installation. Scott Sutherland - Certified Plumber contact 027 430 0251 or 09 832 7267. www.nocowboys.co.nz/businesses/sps-plumbing-services.

How to hide that annoying TV!



If this post caught your eye, it's because, like me, you enjoy watching TV but don't want it to be the focal point of your living room. I find when I do my in-home interior consultations, this is one of the main issues people struggle with.

FIRST TIP: The easiest and most affordable method to hide your TV is distraction. Your main goal is to distract the attention away from your TV. Firstly, disguise your TV by painting the wall behind it in a darker colour. Then use objects in the space with **PULL POWER**; contrasting prints staggered up the wall, books, photos, a feature coloured chair, vivid greenery, vivaciously loud cushions and so on. This will distract the eye away from your TV. **TIP TWO:** When you walk into your room does the furniture layout say "conversation zone" or is it purely arranged for watching TV? To pull off a social space, you need to have seating that faces each other in a layout conducive to having a good chinwag. There are many ways you can do this without making the space look cluttered. One option is to select a slim line sofa with legs and modest sized arms. Combine this with light, versatile seating that can easily be moved closer like occasional chairs, ottomans, foot stools and oversized floor cushions.

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conditions apply

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Dan's Tips

November 2016

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After a saturated spring there's plenty of 'catch-up' gardening to be done in November!

Encouraging growth in the Vegetable garden

- Time to plant or sow beans, basil and corn. All three crops are very cold sensitive, so you get excellent results from sowing now as we head into summer. Beans need a supporting frame and corn is best planted in blocks for optimal pollination
- Grow basil near tomatoes in the garden. Basil and tomatoes are great companions
- Stake tomatoes, place straw or weedmat under strawberry plants and clear soil to give space to fast-growing summer vegetables like cucumber, zucchini, pumpkin and melons
- Bee friendly – we lacked much sun in the early part of spring and so any seasonal disruption to plants, such as pollination, could be helped along by lots of bee attracting plants in or near the vegetable patch

Did you know – in Dan's garden the flowers of the NZ rengarenga lily (arthropodium) are brilliant for getting the honey bees in and they flower now!

- Very important – liquid fertilise all your vegetable plants by either watering in at the roots or as a foliar spray.

Other work

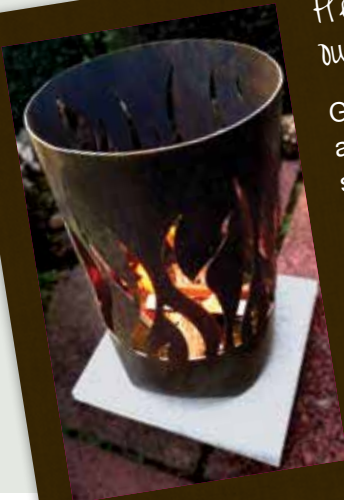
- Trim hedges – yes, now is ideal, plus a layering of mulch around the roots locks in moisture
- Deadhead or rake up the spent flowers of camellias, rhododendrons and azaleas. The new foliage provides a green backdrop to your summer stars
- Deal to weeds in the garden so that your chosen plants have room to grow over summer. Spray paving and driveways to ensure tough weeds don't settle in for the summer
- Mulching around plants and trees saves watering costs and reduces stress in the dry weather ahead.



Lawns in November

It's still okay to fertilise the lawn provided you follow the instructions about watering after applying it. Combination weedkiller/fertiliser products work really well now, due to warmer temperatures.

And if you're sowing a new lawn, make sure you water it – watch Andy Ellis, a keen gardener (when he's not playing rugby), show you how to sow a lawn here: www.youtube.com/watch?v=tTyHj1dCjsM&feature=youtu.be



Heat up the outdoors this summer

Gather friends and family and enjoy your outdoor space this season.

Dan's Brazier Package is now available at Central Landscape and Garden Supplies! Quality NZ made corten steel brazier, firewood & a paver to place the brazier on.



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At Central Landscape and Garden Supplies Swanson we have garden and lawn mixes, mulches and a big choice of decorative pebbles available in bulk.

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

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TIP THREE: I've also seen some pretty cool feature cabinets that simply have hinged doors to conceal a TV. View examples of these cabinets on the digital version of this blog located on my website www.loubrown.co.nz.

TIP FOUR: Another option is using mechanical lift systems, which come in a myriad of options. They are generally recessed into a custom-made piece of furniture or wall cabinetry. You simply push a button and hey presto, your TV lifts up and out of your cabinet top. You can even get TV lifts that come out of your floor, ceiling or under your bed!

Another option is using a sliding panel mechanism. It allows you to hide your TV in a wall cavity or cabinet with sliding panels. You can get creative with this mechanism by attaching a piece of art as the sliding panel. When it's closed, you'd never know there's a TV hiding behind it.

To view the full version of this blog with example images included, visit www.loubrown.co.nz where you'll also find more of my helpful interior design blog posts. Also, if you're in the area, swing by Studio Black, 1058 Coatesville Riverhead Highway. Our designer homewares store is open every Thursday & Friday 10am – 4:30pm, Saturday – Sunday 10am – 2pm.

Constructive trusts on trust owned property

It is commonly thought that trust owned property is not relationship property. However, making improvements to or maintaining the trust property by someone who is not a beneficiary of the trust can sometimes open the door to the court imposing a constructive trust over some of the value contained within the trust.

In essence, a constructive trust is another sort of trust on trust owned assets. An example is an ex-partner relationship partner who has built a house from relationship resources on trust owned property or has just maintained the gardens and house. The Courts have shown a tendency to do this sort of thing up to the present time. For this reason, it is often necessary to make

a property agreement (often called a prenuptial agreement) with any potential claimant against trust property. The property agreement is written to make it clear to any of the parties that any trust owned property is not, and can never be in the future, relationship property. This is an area where specialist legal advice is always justified if you have a concern.

Luke Kemp - Kemp Barristers & Solicitors, phone 09 412 6000 or email luke@kempsolicitors.co.nz.

Sparkn Update

We hope everyone enjoying the slightly drier weather! The water tanks are full up again. Now is the time to consider outdoor lighting and sensor lights. Lighting is the biggest deterrent to opportunist theft at night. It also makes your home safer; with the days getting longer and warmer some general outdoor ambient lighting would be a nice touch if the evening goes into the small hours as it can with good company. We can also provide more decorative lighting for driveways and gardens.

Do you have lights in a hard place to reach? With the cost of LED lamps and fittings it is very cost effective to replace or relamp fittings. The average pay back (based on energy saved) is approximately 1 to 2.5 years. This may sound like a long pay back, but generally LED's are rated to 25,000 to 50,000 hours (10-25 years), your old filament lamp is typically rated at 1000 – 2000 hours, so they will last quite a bit longer after the two years. Even compact fluorescent lamps are worth replacing as they are rated to about 8000 hours and use twice the energy of an LED while the LED has the advantage of instant full brightness without the warm-up.

Please feel free to contact Tony on 021 772 756 or Karen 411 8526 if you have any electrical queries or would like a no-obligation quote. We are available for all domestic, commercial and marine work.

Kumeu Blend Choir

The Choir presented 'WE GOT RHYTHM' on Sunday 18 September at St Chads Church Huapai. The choir presented a range of music from Gershwin to Billy Joel and 3 African folk songs under the direction of Margaret Lindsay. Megan Quatermass provided an excellent piano accompaniment.

The programme included two brackets of songs from 'Just Friends' with Lynn Bartlett singing memorable melodies and songs from Simon and Garfunkel, accompanied by Mike Lea on guitar. Mike also accompanied Margaret Lindsay singing 'He was Beautiful'. Christine Smith gave a beautiful solo rendering of 'Something in Red'. John Wall showed-off his deep and resonant bass in 'I left my heart in San Francisco'.

The choir rounded-off the musical part of the afternoon with a



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performance of Gershwin's 'Fascinating Rhythm' which brought enthusiastic applause.

We will be taking part in the Kumeu Brass Band concert on Saturday evening, 29 October in the Kumeu Community Centre – that should be fun!

Our Christmas concert will be held in St Chads Church at 7:30 pm on Sunday 11 December 2016.

We welcome new members so if you would like to join us please contact Christine Smith on 09 412 8939 email g.c.smith@xtra.co.nz or Margaret Lindsay on 09 849 8070 email Margaret@lindsays.co.nz.

Kumeu Library

Of all the many cards we carry around in our wallets these days, an Auckland Libraries card is one of the most useful. Free membership at Auckland Libraries is one of the great privileges of living in Auckland City, and anyone who lives in Auckland can join the library. Your library card allows you to borrow up to 35 books, magazines, audiobooks, documentary DVDs, graphic novels for free from any one of our 55 libraries across the city (other items such as music CDs and movies/TV series DVDs have a small rental charge). Using your library card number and PIN you can access our catalogue from home at any time of day or night, search for items and place a request for an item to be sent to your home library for pick-up. You can borrow items from one library and return them to another, free of charge. We have collections for children, teens and adults, so the whole family will find something of interest at the library.

Your library card also allows you to access our collection of eBooks, eAudiobooks and eMagazines. Read or listen to thousands of titles on your mobile device or eReader. Our ever-ex-

panding range of titles is free for all Auckland Libraries members and, best of all, there are no late fees on digital items! We've got something for everyone - from popular fiction and international bestsellers to New Zealand fiction, kids' books, travel guides, cookbooks, language titles and study guides. And through the Digital Library, you can also search article databases, online newspapers, reference books, encyclopaedias, online exhibitions, photographic collections, music, and historic newspaper archives. You can access all these digital items free of charge. Even if you are not a library member, you can still access free WIFI at the library, either using the public computers or bring your own device.

If you don't already have a library card, membership is free for all Auckland residents or ratepayers. To join the library, come and see us at Kumeu Library, or you can join online through our website, www.aucklandlibraries.govt.nz/EN/About/jointhelibrary/Pages/joiningthelibrary.aspx, then come to the library with your ID and proof of address and we will issue your card.

To keep up with news and events at Kumeu Library, follow us on Facebook at www.facebook.com/kumeulibrary.

House values - myth vs reality

It will never be cheaper to build a house than it is today. The cost of labour, compliance, contractors, materials and finishings will continue to increase the values attributed to new homes on small land parcels. In Hobsonville Point we have seen a move to section sizes down to 250 sqm and houses change to attached townhouse style, three level homes.

We find that value attributed to older style homes is appreciating and reducing the gap between old and new.



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Build: New

Introducing Rifle Range Point

Free up your time, or lock up and go – enjoy the freedom of owning a very low maintenance, four bedroom home in Rifle Range Point.

Rifle Range Point is located in the quietest area of Hobsonville Point and has the BEST views! Your backyard is a beautiful 11-hectare park, the city ferry and The Landing's vibrant restaurants and cafes will be just a short stroll away. This small enclave of architecturally designed well-appointed 4-bedroom homes are available from \$1,335,000. These homes have their very own private internal elevator, large open plan living spilling out to a sunny north facing deck, plus, all important car parking for three cars.

Hobsonville Point is ideally located to offer you a great lifestyle close to the water with harbour access, beautiful parks and coastal walks, Hobsonville Point has a range of amenities including cafes, a farmers market, schools, a Medical centre, Pharmacy and Countdown supermarket. Only minutes away you will find shopping at Westgate and Albany with West Coast beaches, vineyards and forests in close proximity.

Build with Auckland's most awarded builder, with the best guarantees and have a home designed for living, built for life. 66 Master Builder House of the Year Awards.

For more information, call 0800 52 52 66 or visit our website www.jalcon.co.nz.

Showhome: 7 Liquidambar Drive, Hobsonville Point. Open daily, 10 – 4pm.

Project management is part of the package when you build with Signature Homes



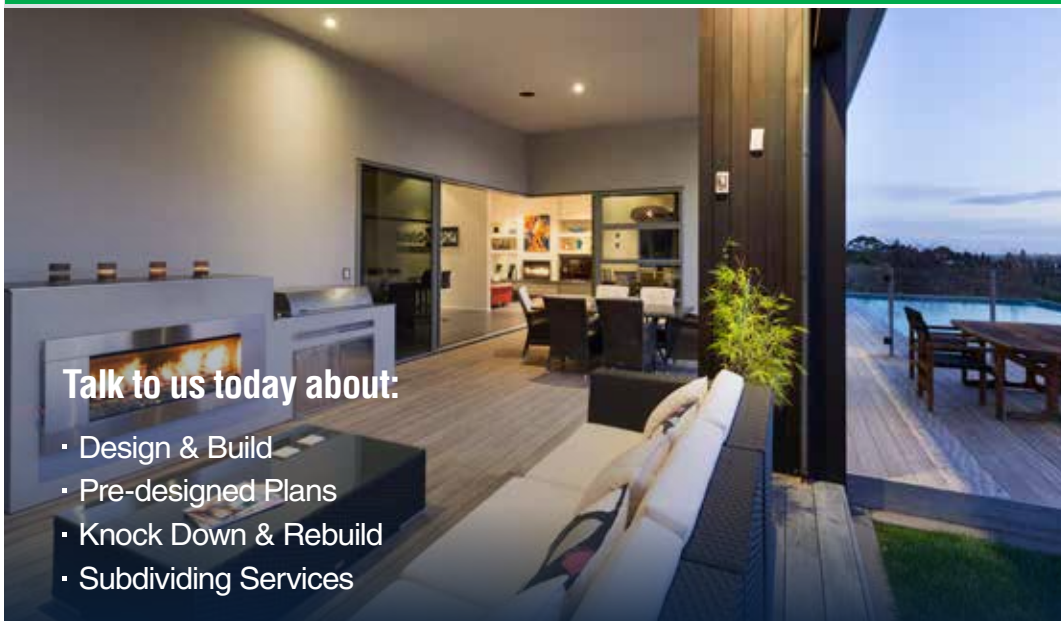
A project manager's role is to ensure your build comes in on time and to a high quality finish. They work with you to bring your vision to life. Communication and customer focus is key with regular updates and photos of your homes progress. They take the pressure off you and allow you to enjoy the building process. Our project managers, Graham, Mike and Matt are the pick of the bunch. Local lads with a wealth of building and project management experience, they are well versed in anything that could be encountered on your build.

Feature House and Land package – Glen Eden
1030m2 section (possible subdivision with council approval), 4 bedrooms, 2 living, 2.5 bathrooms, Office, Separate laundry, Scullery.

Contact Simon Wilson on 027 644 62233 or simonwilson@signature.co.nz for details.

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- Eclipse in the Triangle | Huapai**
180m² home | 446m² | \$998,000
- Lifestyle living in Taupaki**
234m² home | 8000m² | \$1,650,000
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Maddren Homes

The Maddren Homes family would like to congratulate Hannah Irwin on being with the company for 10 years. The milestone anniversary was celebrated this month by all staff with a lunch and surprise welcome to the office.



Hannah is an integral member of the Maddren Homes team dealing with suppliers, tradies and clients daily. Whilst there have been many changes within the company over the years, one thing that has never changed is Hannah's positive can do attitude and infectious smile

On behalf of everyone at Maddren Homes we would just like to say a big thank you for your continued hard work and loyalty and look forward to carrying that on into the future.

out our concrete show home, we invite you to come down on Sunday 6th November 2016 where we will be serving fresh coffee between 12-3pm. Take time to enjoy your coffee while we keep the kids entertained with a fun colouring competition. Check out the latest footage of the 'pour' process on our Compass Homes Facebook page <https://www.facebook.com/compasshomesnz>. To find out more visit our Concrete Show Home at 3 Larmer Drive, Huapai or contact Scott 09 412 2112, scott.gordon@compasshomes.co.nz or www.compasshomes.co.nz

G.J. Gardner

At G.J. Gardner Homes we realise that the new Auckland Unitary Plan can be somewhat confusing. With all the rezoning and appeal processes it is difficult to know just what is possible on your existing section, and when. Luckily your local G.J. franchise can help. Our indicative, no obligation Preliminary Development Appraisal can help shed some light on the possibilities prior to making any financial commitment, providing you with peace of mind and guidance from the outset. We can even help with finance arrangements through Onion Home Loans and Insurance, a creation of G.J. Gardner Homes, combining skilled specialists in finance and insurance for all project types, alongside our extensive knowledge of the home building market.



So whether you're looking to build an investment property in your backyard or develop your section fully, why not contact your local franchise to find out what is possible and how to take the next steps.

Fast Construction Captured on Camera!

This month we were delighted to capture the progress of our latest concrete home build at 1 Larmer Drive, Huapai - right next door to the show home. The Compass Homes team have just completed the first phase of the project achieving a speedy turn-around time. This included pouring the slab, erection of reinforcing and services, connecting the form work and pouring both the internal and external walls. If you have not yet checked

Old Hands at Building Award Winning Homes

www.maddrenhomes.co.nz/awards



Food: Beverages

Ginger, pear and cardamom cake

Pre heat oven 170°C

50g butter - melted

½ cup brown sugar

1 tsp ginger

3 pears – peeled, cored and sliced

Line a 23cm round tin and pour the melted butter into the bottom. Combine the brown sugar and ginger together and sprinkle over the butter covering the base. Arrange the sliced pears in a circular pattern on top of the sugar.

125g butter

2 cups sugar

2 eggs

1 tsp vanilla essence

2 ½ cups flour

4 tsp Baking powder

½ tsp salt

1 ½ tsp ginger

1 tsp cardamom

½ tsp mixed spice

1 1/3 cup milk



Cream the butter and sugar, add the eggs and vanilla essence and beat well. Sift all the dry ingredients together and add alternately with the milk. Mix until smooth. Pour over pears and bake for 1 hour until skewer comes out clean. Serve with cinnamon cream and poached pears.

Cinnamon Cream:

300ml cream

1tsp cinnamon

1Tbsp sugar

Whip together to form soft peaks

Poached Pears:

In a saucepan bring 3 cups of water to the boil with ½ cup of sugar, 2 tsp cinnamon and a few cloves. Peel pears, cut in half and core, place in saucepan. Cover, reduce heat and simmer for 10-15 min until softened.

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@paulajaneccakes.co.nz or visit paulajaneccakes.co.nz.

The Flagship Bar & Restaurant

The Flagship Bar & Restaurant opened in Westpark Marina late last year, bringing modern family dining to the local people of West Harbour, Hobsonville and beyond. Overlooking the magnificent upper reaches of the Waitemata Harbour, The Flagship boasts a wraparound deck, allowing you to enjoy the stunning views, while your little ones are kept busy in their own play area. The Flagship has also become a popular spot for events – engagement parties, Christmas functions and even weddings have been held here. We're open for brunch, lunch and dinner throughout summer with live music out on the deck every Sunday.



Soljans Estate Winery

Soljans Estate Winery has been providing a spectacular venue for a vast range of weddings, birthdays, anniversaries and corporate functions. Our location allows your guests to experience the ambience of Kumeu Wine Country, which is 20




minutes away from Auckland City. The Winery was purposely built with functions in mind. We offer varying options for the sizes of your group with our function spaces able to be spilt into sections with bi-folding doors for intimate or free flowing functions. We can offer numerous styles of menus which are served with a high standard of service from our staff. Our excellent services have repeatedly won us the Beef and Lamb Award

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and Trip Advisor's 'Certificate of Excellence'. Functions should be enjoyable and stress-free. Our dedicated team will look after every detail to ensure this. For more information, please contact our Functions Coordinator Brittany Willemse on 09 412 2824 or email functions@soljans.co.nz.

Peko Peko Japanese Takeaway

November Weekend Special: Free miso soup or a can of L&P when you order a Bento box! We would like to offer this for The Westerly and Kumeu Courier readers, so please let us know you have read this :) We will change some tapas (side dishes) in Bento Box soon so please check our latest news on our Facebook page and find our menu. We are located at Passion Produce vegetable shop car park on 92 Hobsonville Rd. Weekend dinner only 4:30pm to 8:30pm. Phone 022 431 3462.



Paté recipe

NoShortcuts is a start-up business manufacturing, promoting, and distributing, hand crafted artisan chutneys and relishes. Through a passion and love for fine food, the name NoShortcuts was developed to reflect the care and straight-forward approach that has been adopted in the development and creation of the product range. There are simply 'no shortcuts' taken in the preparation process, with each product being created from basic and simple ingredients that we all know and understand. At times the preparation and cooking process may seem painstakingly labour intensive, but there is no substitute for hand-prepared goods created from minimal ingredients.



500 g chicken livers
4 tbsp brandy
125 g butter
1 large diced onion
½ cup cream
2 tbsp fresh thyme
125 g mushrooms
1 bay leaf
6 rashers bacon extra 200 g butter and bay leaves for decoration
3 tbsp Port

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1. Soak Chicken livers in salted water for 1 hour and then drain.
2. Heat butter in pan, add finely diced onion, thyme, bay leaf and finely chopped bacon. Sauté slowly until tender but not brown.
3. Add livers, simmer for 7 min or until cooked. Put cooked mixture into a big bowl. Then add mushrooms, S&P, cream and alcohol to the frying pan. Stir, bring to the boil and simmer until reduced by almost half. Add liquid to cooked mixture. Blend in batches until smooth; if desired pour into individual bowls and place bay leaf on top. Melt the extra butter and spoon a little over the surface of each pot while still warm. Serve with crusty bread, crostinis or crackers, Alongside NoShortcuts Tamarillo Chutney or Feijoa & Ginger Jam.

The Riverhead

I was recently asked to speak at a local meeting about the history of the water ways and the background of The Riverhead, our historic tavern. It made me realise what a special place this is, its fascinating history and how it had an important impact on the wider area.

Many of New Zealand's early settlers, who were on their way to their pre-purchased lands in the northwest, continued their long and arduous journey through these very doors on their way to their new homelands. I imagine they must have been exhausted by the time they had completed the long sea journey from Britain, only to find that New Zealand was largely uninhabited with pretty rugged transport options, if any at all.

Boarding yet another vessel, lugging baggage and children to a destination that was more than likely less than what they had imagined, must have been daunting.

From all accounts the hospitality they received from the original proprietors of this hotel, Thomas and Eliza Deacon, was exceptional and would 'do credit to a much more populous place than Riverhead'.

The Deacons were 'noted for their courtesy and their studious regard to everything which bears upon the comfort of visitors to their house'

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Or book on-line www.theriverhead.co.nz

We feel privileged to be custodians of this special place with a goal of providing the same level of hospitality that is still so relevant today's world.

Is this a challenge?

When coming down to the floor and getting back up is a challenge – consider this a sign that you are indeed, aging.

If you were in the wild, this kind of rigid and laboured movement would make you easy prey. You wouldn't live very long.

Yet, in our modern world, we rarely have to worry about tigers chasing us and having to climb up trees to survive.

This is the trouble in our modern world – we get lazy with regards to our functional movement (jumping, climbing, rolling, moving on all fours etc) and come to think of physical fitness in terms of sweating it out a few times a week and elements like reps, weights and...“how hard we pushed”

There is nothing wrong with running and getting strong in the gym...but I would love to suggest how you can start to trust your ability to bend, twist and rotate yourself to get to the floor and back up again.

If I could only teach one movement lesson in my life it would be: to help people to learn how to move from standing on two feet to lying on the ground completely flat on their backs and then to take it back up to standing.

Of course I would want to ensure that this could be done with ease, efficiency and effortlessness. Without falling to the



ground or going “bump”.

Why?

This movement requires strength, coordination, flexibility, breath, self-awareness and balance.

All the things that make up a good healthy human system.

Your ability to literally get down to the ground, and then, get back up again is serious stuff.

Annie Minton - Body Brain Exercise phone 021 181 5113 or email annieminton2@gmail.com.

Little Miss Enchanted has opened up another party room!

Have Alice, Mad Hatter or Queen of hearts take you down the rabbit hole to our amazing new Wonderland room. Where you can enjoy a Wonderland tea party, play fun party games with prizes, enjoy magical face painting, hear stories of Wonderland adventures and make a Wonderland craft.

Or you can have a magical princess pamper party in our enchanting princess garden. Where you can meet and be pampered by some of your favourite princesses such as Snow White, Aurora, Belle, Elsa, Tinkerbell, Anna, Rapunzel, Pocahontas and Cinderella.

We also do home parties. Your Little Miss can have her favourite princess join her for her special day. We bring fun games to play



NEW Jalcon Showhome Opening Soon

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We are excited to announce the newest addition to our Showhome collection, Huapai, will be opening its doors this December.

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Indian Summer

My name is TC Suresh but I'm known as TC by the locals here in Hobsonville. As the proud restaurateur of Indian Summer, and being a part of the neighborhood for the past 11 years, I have prided myself in the quality of service and food that the locals know me by.



A short background of myself, I practised Hotel Management in India and worked for 8 years in the prestigious Sheraton hotel, gaining invaluable experience that I would use when creating the image of Indian Summer. After some OE travelling, I came to settle in New Zealand in 1989 where I have successfully managed some iconic Indian restaurants in Auckland.

I moved to West Harbour in 2005 and my dreams of owning my own restaurant were realised when I came across a beautiful house turned restaurant with plenty of parking and a wonderful garden at the back. Without hesitation, I took over the business and haven't looked back since. 11 years later, I have been running successfully with the support of my loyal guests from all over the surrounding suburbs and from a far.

After my cherished time at the cottage, and with a sombre heart it is time to close that story. The people and the memories that allowed me the privilege to become the Indian staple in West

Harbour and Hobsonville is something I will never forget. The cottage took on a persona of its own, not just as a property but as an intrinsic part of the neighbourhood, and not just an eatery but a familiar place for all where my ideals of togetherness and great food remained at the helm of that journey. It is this spirit that I have re-imagined;



the new Journey through Food. Our new base at Hobsonville Point is at the heart of exciting new developments which have inspired me to reach above and beyond what I dreamed of when I said yes to that little cottage. My pursuit of a modern and innovative take on Indian cuisine is an offer that I want the whole suburb to take up.

Our branch at 120A Hobsonville Road is closing at the end of November, so please come and enjoy our new restaurant at 6/160 Hobsonville Point Rd (enter from De Havilland Drive).

Please feel free to call me on my mobile 021 1398 407 or we can meet up at the new restaurant. Thanks, TC.

\$75 = Exposure for a month

Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$75 plus GST you can be exposed to over 18,000 locals for a whole month. That is only \$2.50 a day. For more information email our editor at jbw51red@googlemail.com.



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Your time is precious. We make sure it does not get wasted. Independent of age, breed or behavioral problem we offer you a common sense approach to Dog and Puppy Training that works, empowers you and relaxes your dog. The focus is on the relationship between you and your dog and how you can build more respect, trust and understanding. After all you want a sound solution for the issues you are facing, not a band-aid.

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

Book a free phone consultation or free Meet & Greet online at www.thek9way.co.nz or call us now on 021 2390635.

We speak dog, let us teach you to do the same!



Dog Zen winner

Kiri Hider of West Harbour has won our Dog Zen lucky draw.

The competition prize, a free subscription to Mark Vette's comprehensive online training programme for dogs, was offered in a story about Mark's plans, which includes two books.

The Waimauku animal behaviourist has taught dogs to drive cars and pilot an aircraft, stars in the TV series Purina Pound Pups to Dog Stars, and has trained many other animals for films and commercials.

Dog Zen offers 30 videos and supporting documents about why

your dog behaves the way it does, solves common behavioural problems and teaches how to achieve results with love and gentleness.

Kiri is keen to use Dog Zen to train a Griffon pup she is getting. She also has a 12-year-old Staffordshire terrier-chihuahua cross called Chester which could benefit from the programme too. Go to dogzen.com to check out the programme.

Dog Bites – why are we not learning

With dog bites on the rise in New Zealand we need to all take a more active role in education and learning about what our dogs are telling us. There has been a concern of late that some information being given to children is out dated and potentially dangerous.

If your school is offering education in dog safety please

ensure that they are getting given the latest information and that it is being delivered by a qualified educator.

It was brought to our attention by a concerned parent recently whose daughter was told to yell at the dog if it ran up to her. As an adult I may be able to get away with this – but when it is a 4 year old girl it is wrong and potentially dangerous.

There are 3 golden rules that all of us should remember no matter the age.

1. Always ask permission from the owner and never approach a dog that is alone. You don't know how this dog is going to react. It may be scared; it may not like people in glasses, or hats or people holding umbrellas. The dog may be unwell or deaf. Fear can cause a dog to bite. As an adult it is our responsibility to educate children in how to keep themselves safe in all situations, including how to behave around a dog.

2. Once permission is given by the owner, and the dog knows you are there, then stand to the side of the dog and touch only its shoulder or side. This reduces that chance that you or the child will make eye contact with the dog. It allows the dog to move away should it not want to be touched. Don't stand in front of the dog and try to touch its chin or chest. You wouldn't stand behind a horse; would you. So why stand at the pointy



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end of a dog?

3. Stand like a tree if a strange dog approaches you. This turns you into something uninteresting and the dog may lose interest and just walk away.

Dogs have many subtle ways of telling us that they don't want to interact with us. It is our responsibility to learn what they are saying and how to behave around them. For more information contact PET First Aid & Training (NZ) Ltd for information on their Canine Body Language courses or their Kids Safe with Dogs education programmes for all children from day-care to colleges. www.petfat.co.nz or www.kidssafewithdogs.co.nz.

Explore new walks with your dog

Time to walk: this walk takes about an hour, 10 minutes going at a good pace. You can add extra time to your walk by heading to the beach at two separate opportunities for a play.

Distance: 9Km

Difficulty: moderate, there's a lot of deep sand to walk through.

Extra reasons to love this walk: great bum and thigh workout!

Watch out for: possible horses on the track.

Head to Muriwai opposite the horse park, past the golf course.

Walk along coast road over the bridge and continue along until the road bears right and you have reached the beach.

You can head up over the dunes onto the beach here for the dogs to have a play. You'll need wet weather foot wear to enjoy it with the dogs, otherwise watch from the dunes as they frolic in the stream.

When you're ready, call your dog and head back on to the gravel road for about 100 metres and you will see a white marker directing horses heading to the left through bush track. Head in here and follow the track meandering right.

This track takes you through varied terrain and quite deep sand. There's greenery in the dunes, loads of beautiful bushes and trees and I love listening to the waves crashing nearby as well as all the bird song from tuis and other natives.

Continue along for about 4.5 kilometres then bear left on the track, taking you on to the beach.

The dogs appreciate the water at this point and it's nice to take a breather here. As you're quite far north at this point the beach is nice and quiet too.

When you're ready head back on to the track and continue north then take a right fork which takes you back out to Coast Road where you can enjoy an easier flat walk back to the car park.

(You can add extra to this walk and stay on the track, it will even-



tually take you in to thicker bush, you can head over the steep dunes back on to the beach or follow your nose right and on to Coast Road). Don't forget water for you and the dogs. Poo bags, Sunscreen, a hat and mosquito spray in summer.

Do you have a dog that needs walks like these ones but you don't have the time yourself? Contact Lisa at Paws to Hooves to register your dog on her Paws Canine Adventure Walks. Small packs, BIG adventures. Run, play, swim, climb. Your VIP (very important pooch) comes home tired and happy, guaranteed! 027 380 0265. Starting from only \$25 + GST.

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 enzcatfoundation.org.nz/donate. Please get in touch with Carolyn on 021 143 6815.



Kanika Park

Welcome to Kanika Park, a new boutique country retreat for cats. Run by a family of passionate animal lovers, nestled in the heart of our 10 acre Waimauku property. Kanika Park is a cattery like no other, where you can treat your cat to a relaxing holiday in one of our spacious private suites. It is our mission not only to provide each guest with a personalised, warm and fun place to enjoy, but also to allow owners to be comfortable in the knowledge that their furbabies are safe in a loving and caring environment. Due to open mid December, for more info or bookings call us on 09 948 6595.

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Sore back? The problem may be hiding in your foot!

My beloved osteopathic tutor used to say "your neck starts from your feet". What he meant was sometimes a flat foot, stiff ankle or a short leg may cause mechanical derangement along the joints and muscles all the way up to your skull! You



might be getting chronic headaches without ever suspecting that to fix them radically you need an arch support in your shoe, rather than popping Panadol time after time.

What if your feet became stiff, your big toe arthritic? That too can start restricting the movement in the foot and ankle leading to knee, hip or low back issues.

To diagnose mechanical dysfunctions one needs sound knowledge of anatomy, physiology and practical experience in treating such conditions. Osteopaths are trained to do exactly that. Make an appointment to see Ilya or Nataliya at Family Osteopathic Clinic, 39 Hobsonville Rd. See if they can make your life more comfortable. www.familyosteo.com. Phone 09 416 0097.

Happy Holidays from the team at Westgate Medical Centre

The end of the year is coming and with it the "silly season". Protect yourself and your loved ones with some simple, sensible tips.

Alcohol and driving never mix.

Food safety becomes more important as the weather warms up – remember to cook, cover, chill to minimise your risk of food poisoning.

Every year we see lots of sunburn and insect bites – using sunscreen, covering up, staying out of the sun between 11 and 3, and insect repellent will all help to keep you enjoying your holidays.

If you are heading overseas we can help with your travel vaccines, please contact the nursing team for details.

Westgate Medical Centre will be open every day, 8am – 8pm, over the holiday period - except Christmas Day. White Cross on Lincoln Road will be covering for us on Christmas Day.

Christmas again

Hobsonville Optometrists - Glasses and Gifts is ready to help you with gorgeous unusual decorations and excitingly different gifts catering for every gender, age, budget and taste!

The Early Bird, 413A Hobsonville Road, Hobsonville. Open Monday - Friday 9am -5.30pm and Saturdays.

Elevate Chiropractic – 3rd Birthday \$50 special

We are turning 3 in November and to celebrate we are having a great 3rd Birthday Special. From November 14-26 New Patients will only pay \$50 for their first 2 visits. This will save you up to \$80. During the first visit, we discuss and assess any specific issues you may have, we then do any appropriate adjustments. On the second visit, which we call the 'report of findings', we will go through the findings from the initial visit, discuss treatment options with you and again do any appropriate adjustments. Since it is our birthday, we will also be giving away some great prizes. Keep an eye out on our website and Facebook page or call on 09 413 5312 for more details. www.elevatechiropractic.co.nz, www.facebook.com/elevatechiropractic.

Elevate Chiropractic // Shop 1, 10 Greenhithe Road // Greenhithe // 09 413 5312.

DT Denture Clinic

DT Denture Clinic are running a Christmas special until the end of December 2016, 15% off your denture needs*. You can get your dentures professionally cleaned, repaired, dentures relined, teeth added to existing dentures if needed, new partial dentures or even a new set of dentures. The team offer a free consultation which is the best way to discuss your denture needs.

All dentures, repair work, tooth additions and relines are done in house. This enables us to have strict quality control over all our products. As denture work is done in house we are able to offer same day relines, tooth additions and repairs. This way you won't be overnight or even days without your dentures.

Call the friendly team at DT Denture Clinic to book an appointment 09 416 5072.

*Quote Xmas02 to receive the discount.

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Summer is almost here - are you as tanned as you'd like to be?

Getting a professional spray tan at Oh So Beautiful will have you looking bronzed and (more) beautiful for Summer. Lasting up to a week, the 'Naked Tan' range will have you beach ready sooner than you can say 'sunshine' and is perfect for work Christmas parties or any upcoming weddings or outdoor events. Your natural looking tan will be dry in two-minutes and fully developed in two hours. Boost your confidence with a spray tan at Oh So Beautiful at great prices. Get your arms or legs done for \$18 or your full body for \$41 in just 15 minutes! Don't risk doing it yourself this summer, leave the house with a smile thanks to a spray tan at Oh So Beautiful. Phone 021 931 731 or visit www.ohsobeautiful.co.nz. Eftpos and online booking available. Book early to avoid disappointment!

Be sure not to fizzle when the summer starts to sizzle

With the winter months behind us and Santa only 12 weeks away we're on the home stretch to summer - hooray! The pohutukawas will be blooming and us kiwis will be off to our baches in the boon-docks, flaunting our jandal strap tan lines and throwing bangers on the barbie in no time! So don't forget to slip, slop, slap and wrap folks, all of our new season sunnies meet the necessary UVA and UVB standards, are prescriptable and now in store. With brands like William Morris, Elle, Kate Sylvester, Adidas and Esprit, there's a style to suit everybody! Come have a squizz. Phone: 09 831 0202. Website: www.westopt.nz or Facebook: www.facebook.com/westgateoptometrists.



Hobsonville Chiropractic Centre

Drs. Lynnette Orrell and Aimee Strickett, your local Chiropractors at Hobsonville Chiropractic Centre, located at 295 Hobsonville Road, are here to help all members of our community become healthier, function better and get to the cause of whatever symptoms they may be experiencing. Our skilled Chiropractors work with people of all ages and stages of life - supporting women through pregnancy, working to prepare their bodies for easier birthing experiences; helping newborns



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adjust to the world and recover from birth trauma. We assist children as they learn grow and develop. Athletes who want to train harder and improve performance, recover faster and get that competitive edge. Whether you or a loved one are experiencing neck pain, back pain, headaches, want to maintain a healthy lifestyle or get more energy and mobility call us today on 09 416 7589 to make an appointment and find out if Chiropractic is right for you.

How to manage eczema

Have you ever suffered from dry itchy skin? It may be that you have eczema. This is a bothersome skin condition which is common in New Zealand. The pattern of eczema is a little different at certain ages, but typically occurs behind the knees or on the inside of the elbows in older children and adults; and often on the faces or trunk of babies. It occurs when the skin becomes irritated and dry. No-one actually knows why some people are susceptible to eczema, but it is possible that genetic factors play a role. It may also be caused by an allergy. Eczema often co-exists with other conditions such as hay fever or asthma. Sometimes eczema can compromise the skin so much that the skin can become infected. These infections are usually due to bacteria (but can be caused by viruses). Infected eczema can become oozy and sore. Patients with infected eczema can occasionally get a fever and become very unwell. To prevent this from happening, it is important to manage eczema properly. The two most common treatments for eczema are emollients (a bit like moisturisers) and topical steroids (which are applied to the skin). Emollients are very important in the management of eczema. I tell all my patients who suffer from eczema to put them on as often as possible during flare-ups or otherwise. This may be up to four times a day. Emollients are safe, they improve the integrity of the skin and help to prevent dryness and cracking. It is important that eczema sufferers use them even if the skin is looking healthy.

Topical steroids are mostly used during flare-ups. It is important to try to limit steroid use. Indeed, there are different strengths of steroids available, and your doctor will tell you which is the



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best for your skin. Talk to your doctor about when and how to use these, and use them only as prescribed. Side effects can include thinning of the skin. There are other treatments available for more severe cases, and your doctor will decide whether referral to a specialist for further treatment is necessary.

Another thing to remember about eczema is that soaps and shower gels can often make it worse because they dry the skin. There are creams available which can be used as soap substitutes and can be prescribed by your doctor. It takes a bit of time and effort, but proper management of this skin condition can have good results, prevent the discomfort of itchy skin, and prevent infections. Dr Isabelle Duck is a GP and Urgent Care doctor at Westgate Medical Centre.

Do you get 'knots' in your muscles?

Well, you may or may not have been told that you have 'knots' in your muscles, however, that is NOT a medical term or diagnosis! Your muscles don't get knotted or bunched up when you get stressed, it's more likely that your muscles get tight from postural patterns. Most of us have experienced some form of muscle tightness whether it's from years of hard work, long hours of standing, sporting activities, incorrect breathing or life in general. This muscle tension can be relieved by massage and/or by changing your actions/habits e.g. the ergonomics of your work station; moving in various different ways to counteract repetitive movements and by staying active.

Trigger points (a phenomenon with mixed scientific evidence), are tender little nodules of tight bands within muscles, that may refer pain elsewhere in the body. These too, can be eliminated with massage, stretching and self-massage by using various balls and/or foam rollers.

If you've got muscle tension that's giving you trouble, call me! Debbie from Body-Balance Massage & Neuromuscular Therapy, 021 120 2175.

Specialist sports osteopath

New injury? Annoying old injuries? In need of a tune up? Want to improve your recovery or performance in sport? Our Specialist in Sports and Rehabilitation Osteopath, Matiu, will sort you out.

It is the time of the year when we see a lot of people who have niggly aches and pains. Some are old injuries that are lingering and some are from getting over excited about the sunshine and spending too much time in the garden! Whatever the cause of your problem, we can help you.

Some tips to keep your muscles and joints in good health over the summer:

1) Lift and bend with your legs. That's right- get your squat on.

Use the strength in your legs to help you lift instead of pulling with your arms. Also squat instead of bending forward from the spine. This will help take any extra unnecessary pressure off your spine.

2) Don't overdo it- this is easier said than done. We have all spent far too long in the garden because the lawn is beginning to resemble a small jungle, but it is important for your back to take regular breaks.

3) Stretch, stretch, stretch.

4) Book in for your annual 'body WOF'/tune up to get on top of any potentially problematic areas.

Don't forget we are ACC registered. Book in online now to get yourself sorted for summer!

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

Back & neck massage special at Spa Di Vine

Spa Di Vine (est. 2002) in Waimauku is the perfect place to retreat to, when you feel you need a little me-time & pampering. With a dedicated team, relaxing ambience and innovation in Theravine treatments, Spa Di Vine offers the ultimate in spa relaxation. Check the website for photos and information: spadi-vine.co.nz

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*Available on Tuesdays – Saturdays during November 2016 only, for new bookings, instant purchase required at the time of booking, no vouchers available or accepted and subject to availability at the time of booking.

Look out for our December skincare special – gift with purchase – or phone us on 09 411 5290 Paula or send us an email relax@spadivine.co.nz.

Shoe Talk's Tips on how to fit shoes

Try both shoes on, you really want to have the footwear on both feet as it will feel different and sit differently on each foot. Also have you ever tried on a high heel when you had a sneaker on the other foot and then done the "bob-hop" around the shop? Buy the shoes that fit your larger foot. You can always make a shoe fit better with heel grips and insoles.

I love high heels, but ladies, if you are going to be walking a long distance, wear a pair of flats or sneakers and change over at your

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destination.

There needs to be room for your toes, they should not feel cramped and in sports shoes you should be able to wiggle them up and down and side to side.

Try to select footwear that is shaped like your foot, if you have bunions, select footwear that has a nice supple or soft leather upper, so that it will stretch over this area.

Your heel should fit comfortably in the shoe with a minimum amount of slipping - the shoes should not ride up and down excessively on your heel when you walk.

Buy shoes with padded insoles and good out soles. These take the impact away from your joints.

Your foot bed should not be wider than the shoe, there should be no spill out, spill over, or ballet flats that do not cover the tops of your feet at all.

If you are selecting footwear and the ones you "love" don't fit correctly and the ones you "like" do, buy the ones you "like" your feet will "love" you forever!

Spice it up - swap sides of the bed

How crazy does this sound?

The funny thing is every week I ask my clients if they always sleep on the same side of the bed and most of the time the answer is yes!

We are such creatures of habits, yet if we were not, and occasionally swapped sides of the bed, it would give our bodies a break from the potential likelihood that you may have Geopathic Stress (GS) where you sleep. If you do swap sides and feel it does feel better (or worse) than where you were sleeping then this will be a good sign that maybe you do have GS in your home.

Get it tested to know exactly where, as it is in every house, home, office, building somewhere.

Don't make your health pot-luck or you could spice it up!

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Increase your metabolism & burn fat faster

Do you want to; Be Slimmer, Gain sexy curves, Jiggle less, No bulges or bumps, More confidence, Feel fitter & healthier.

Fat is the cause to that jiggle, bulges & bumps that are making you feel uncomfortable in your body. By focusing on losing fat rather than weight, this will set your mind in the right space.

How many times have you tried to 'lose weight' only to work your butt off with a time consuming cardio routine, then after 5-8 weeks you are still not seeing any change with those scales. Don't let this get you down, we have all been there.

So here it is..... Lose Fat to Gain Sexy Confident Curves!!!!

It's time to stop focusing on the scales and start focusing on the cm's instead. As you can see in the picture, if you were to get the same weight of fat & muscle side by side, fat is much bigger than what the same weight of muscle is. So when losing fat, the measurements in cms would change faster than the figure on the scales.

Now to get to the important part..... lift heavy things to increase your metabolism & lose fat faster!!!

When you lose weight doing cardio only, this weight stays off while you stick to the routine. But as soon as you stop the cardio, the weight comes back on. However, when you do cardio & lift heavy things this helps to increase your metabolism therefore burning fat faster & keeping it off longer! How? Muscle is metabolically active & lights your furnace. Simply put muscle helps to burn fat during active sessions & even at rest.

Want to know more or get some guidance on increasing your results? Contact Melissa 021 798 435 or info@benefityou.co.nz - my passion is helping busy women to feel great & look amazing! www.benefityou.co.nz.



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Getting back to basics – growing vegetables

At Country Bears we are very fortunate to have space, so gardening and growing of vegetables, flowers and herbs are a very popular activity for our children. Ask a child where potatoes come from, and their response might possibly be “the supermarket”. As each generation passes by, it appears that life is getting busier, so convenient, quick access to food becomes the norm.

Using a bag made from recycled milk bottles (see photo below) and our numerous gardens around the centre, we are teaching the children how to grow, maintain and watch the growth of our gardens. Potatoes were recently planted in the recycled bag, which has a window flap at the bottom so the children can see the roots grow as well. Throughout this experience, the children were using mathematics, science, communication, numeracy, information, problem-solving, social, co-operative and physical skills. We had to measure the right amount of dirt to plant the potatoes in, and then measure again the amount of soil to cover. The children took turns with their peers, followed instructions from the teachers, and used their whole bodies to dig and transport the heavy soil into the bag and gardens. We have been watching the sprouts appear and measuring their growth, and waiting patiently until the time is right for us to dig them up.

Our on-site cook, alongside the children, will wash and prepare them, and we cannot wait to eat them! I wonder what the children will want to make with the potatoes – mashed, whole,



baked or maybe just plain old fashioned chips?

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

Get a website going before Christmas

Are you just starting out in business or need a way to get your organisation online? More importantly do you want to have your website up and going before Christmas? Utopia's Basic website package is for you. This package gives you a single rolling page with sections for information about your business. The page has different sections which can include things like; What you do, How to contact you, Product or service pricing, Suppliers and partners, Testimonials, Location map and Links to social media. The website will be matched to your logo and colours and will be fully responsive across mobile phones, tablets and desktop computers.



The process of designing and creating your site takes 7-10 days and is priced at \$700. Don't forget to look at the options for marketing your website with things like newsletters and social media profiles. You may also want to sell products online, in which case you should look at our ecommerce solutions. Here at Utopia we love this sort of stuff and can give you a free quote. Contact us now on 09 412 2473, michael@utopia.co.nz or view the package at www.utopia.co.nz/basic-website. We are based in Kumeu and provide website design, consultancy and app development to a range of businesses all over New Zealand.

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Your local Xero experts UHY Haines Norton are located at 329A Main Road, Kumeu. If you have any accounting, tax or business finance enquiries please phone them on 09 412 9853 or email kumeu@uhyhn.co.nz.

Meeting our postie at happy hearts

At Happy Hearts, Riverhead Early Learning Centre, the current focus is 'Our Community'. So earlier this month we met our Rural Postie – Lisa – who told us that a postie will deliver all sorts of mail, (and PRESENTS!).

We had lots of questions to ask, like 'how does she know which house to deliver the mail to?' And, 'what's the biggest thing she has ever delivered; why does she have a van and not a bike, and why do Posties wear red and yellow t-shirts like firemen?' The most important question was – 'Does she ever help Santa to deliver the Christmas presents?!

Luckily for us, Lisa knew lots about the Postal Service. She taught us all about the best way to write on the front of letters, and what to do with big parcels which won't fit into letter boxes. Lisa explained that some posties like to ride bikes if the letter-



boxes are close together. But because Lisa delivers to rural areas where the letterboxes are far apart, she prefers to drive a van. She would get too tired and not many letters would be delivered if she had to ride a bike.

As to why our Postie wears the same colours as the firemen in our books ... we decided it's because those colours are bright and easy to see.

She never did tell us if she secretly works for Santa!

Have you got your Best Life?

Big question. Most would probably agree it's a work in progress. Who do we know that are truly satisfied with their lot in life – their bodies, their financial situation, their careers, their relationships? The philosophers among us reason their way to understanding that when we are on our death bed we won't be thinking about our money or our jobs and that finding joy and gratitude in any moment is where it's at.

But death has not come yet and living 'your best life' is truly a worthy intention. It requires growth. You're either growing or you're dying. To love ourselves unconditionally is to know how worthy of abundance we are. Intention is the foundation of anything wonderful. Getting the balance between having intentions and loving ourselves and being in the present moment, is a tricky one!

I recently went to see Ben Warren speak, an amazing nutritionist who founded Be Pure. He believes that every single one of us deserves a body that functions at the highest it can. And that a lot of us are putting up with not 100%, and we don't have to. And I think the same about life. Every single one of us deserves to have the different aspects of our lives ticking away nicely, yet sometimes we put up with not quite OK. If we truly understood that we are in charge would we let this happen? Yes, life will throw us a curve ball every now and then (welcome to earth) but for the most part we are utterly worthy of having things the way we want them – and the journey is an inner one.

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MIND SHIFT. We have all heard before that we can choose our thoughts. In any given moment we can choose our reaction to life – but I think until we are actually doing it, we don't really understand this concept. If we truly understood that we are creating our lives with our thinking, then we probably wouldn't miss a day. Until we are pulling ourselves up on every thought that doesn't serve us, we still have stuff to learn (I'm still learning)! When clients come and see me, it's not until we reach the 2nd part of the session that a person can really see where and how they are affirming exactly what they don't want. When you really see 'who' you were being before, the thinking you don't want becomes very clear. We usually don't see 'who' we are being as it's so habitual and normal it hides from us. When we start thinking equal to that which we want, then look out – because life wants to love you and you've now started opening the flood gates.

The easiest way I know to create change and new stuff is to visualise it. The many shifts that clients and I myself have made bring a smile to my face! Some things I visualised for weeks then forgot about only to realise 8 months later that I now am the very thing I wished to be. For life to change there has to be physical changes and action required – but action is so much easier and usually happens organically when you get your mind on your side and working for you.

To make a change in how our body looks for example we have to 'be' and 'do' differently to yesterday. We may have beliefs and past experiences that have led to our body being the way it is, but can you stay connected with intention so much that other influences don't matter? Old beliefs from our past can hide away on many different levels of our being and repeatedly thinking something new can be the beginning of releasing them. We have to think bigger and act bigger than our usual selves. The habitual scone at 10am, the habitual wine, the habitual cheese and crackers and habitual over-sleeping is just A BIG HABIT. Not taking action on that business idea is just a BIG HABIT.

Your body and mind wants what its always known, it wants its habitual self and will usually do what it needs to keep it. If we are not confident in ourselves your body knows this way of being extremely well. Your body enjoys its familiar chemical

reactions to your usual self-critical thinking. You have been being it forever. Your body is obedient and when you try and do something differently it lets you know about it! It doesn't 'feel' right, it will tell you you're tired, it will think up other very important things to do, it will say you don't have time or you will do it tomorrow. Unless you make a conscious effort to change your thoughts then whoever we have been for the last year will just hang around.

Let changing your thoughts be the first thing you do. Let the new play out in your head. Set clear intentions. Be specific. Aim high (the old you aimed at average). You have got this! Get a pen and paper out. On one side of the paper write down the areas of life you want to see growth in. On the other side, write down what you want that area to look like. Write from your heart, not what you think will impress others. What do you truly want? What does your best life look like? Your own pre-set rules on life will be your only challenge here. Try to think outside your usual safe box! For a session call Anna 021 555 658 or email anna@thinkyourbest.co.nz or visit www.thinkyourbest.co.nz.

Making Korowai

By Alison, Shar, Brodie, Rachel & Jo, Teachers at Waimauku Kindergarten.

It has been a very exciting time at Kindergarten. Thanks to a donation from the Duckworth family in early 2016 we purchased a korowai (woven cloak). Korowai are the most highly prized of all traditional Māori garments and are regarded as family and personal heirlooms.

Children will wear the korowai on special occasions, particularly their 5-Year-Old leaving mat time. It is worn as a mantle and speaks of honour, dignity and respect. When we introduced our korowai to some of our children at mat time they immediately knew something special was happening. We could see how proud they were to be wearing it.

The introduction of the korowai sparked the imaginations of the children and inspired many of them to make their own korowai. We had been given beautiful fabric from the Mitchell family, which had now found its purpose at Kindergarten. Children started by choosing the fabric they wanted to use to make their korowai and the teachers helped cut their material to size. From there some children spent a long time planning and designing where their decorative pieces were to be placed. Others just set straight to gluing. All took ownership and were rightly proud of their work, showing their korowai off to others at Kindergarten. Once the korowai were made some children didn't want to



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take them off and wore them as they played, proudly modelling them at mat time and home.

The introduction of what a korowai is and means has further developed our commitment to biculturalism and allowed the children to develop an understanding and respect for korowai and their place in Aotearoa New Zealand and our Kindergarten. If you are interested in finding out more about us, please drop in or give us a call. We have a fantastic policy of NO FEES for Under 3 year olds (if doing under 20 hours per week).

Waimauku Kindergarten: 18 Freshfields Rd, Waimauku, Ph: 411-8890, E: admin.waimauku@naka.co.nz, W: <http://www.naka.co.nz/kindergartens/waimauku/>

Daytime indoor bowls is to be re-introduced into Riverhead

Indoor bowls was a popular past time in Riverhead in years gone by, in those days held at the Riverhead hall, (complete with uneven floors).

This time round the Riverhead Bowling Club will be hosting a social competition for all comers, experienced or beginners.

Initially the competition will be run every second Thursday starting from the 27th of October 2016, from 9:00am to 11:00 am.

If there is sufficient demand the frequency may be extended to a weekly competition.

The times are user friendly which will suit parents once the kids



are at school and senior citizens, but it is non-restrictive and all comers are very welcome.

There is no charge apart from a gold coin donation, tea and coffee will be available.

This is a great way for locals to mix and mingle and enjoy some time out.

The focus is very much on a fun social activity that doesn't involve travelling further afield during busy evenings or weekends.

Just turn up or contact Phil on 09 412 8697, 027 726 4792 or Maureen on 09 412 6256, 022 431 1772.

Why maths at preschool is important

Research clearly shows that positive and meaningful early experiences in mathematics are important for future success in education. In fact, studies suggest that acquiring early skills in mathematics is clearly linked to later academic achievement. Adults that may have struggled with maths or school (or perhaps just plain disliked it!) sometimes think that working with numbers is boring or, at least, not fun, and that pre-schoolers shouldn't be subjected to this form of mild torture. In fact, the opposite is true. Many young children are fascinated by numbers – they know that these digits mean something, and are keen to decode the mystery of how to use numbers to communicate and understand information. Early mathematics is not just addition, and subtraction. It includes looking at patterns, measuring, sorting, locating items, counting, grouping and identifying shapes. These can all be taught through a wide range of activities and play. We have a strong focus on numer-

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acy, and hands-on learning using all of the senses. By making maths fun, children become enthusiastic about numeracy, and in so doing, learn organically about numbers, quantities and much more.

The Education Review Office advise that the best environment for learning is one where there is a balance between activities that are teacher initiated and activities that are chosen by the children, but have a clear learning intention.

At Kumeu Montessori Preschool, the environment provides just that – a classroom full of activities for children to freely choose from, according to their own interests and development, and teachers who complement this learning with a wide variety of teacher led group and individual lessons.

TS Bellona

It's an exciting time for sea cadets with the Royal New Zealand Navy celebrating its 75th anniversary and sea cadets having the opportunity to take part in different activities.

As part of this three members of Training Ship Bellona, based in Hobsonville have been selected for Operation Neptune - going to sea on HMNZS Canterbury. They will travel from Auckland to Wellington with the voyage expected to take four days. While on the ship they will work alongside the navy sailors and experience



what life is like in the RNZN.

Those selected are Leading Cadet Ethan Fairweather (16) a year 11 student at Hobsonville Point High School, Warrant Officer Cadet Tayla Wong-Lithgow (18) a year 13 student at Carmel College along with three other cadets from around the country. Warrant Officer Wong-Lithgow also just represented the Northern Area Sea Cadets and the first ever Cadet of the Year competition, gaining fourth place. Second Lieutenant Ian Galbraith has been assisting at Training Ship Bellona for several months and was selected to accompanying the cadets. Ethan Fairweather has an interest in pursuing a career in weapons engineering in the RNZN when he finishes school and Tayla Wong-Lithgow intends to study at Auckland University next year but is considering the RNZN volunteer reserve as an option too.

Although much of the training done with TS Bellona is aligned with life on a ship, they are all excited to experience the real thing. Sea time onboard RNZN ships is seen as the pinnacle of sea cadet experiences.

Christmas Book Fair

If you enjoy reading during the summer holidays then you can grab a few bargains at the Christmas Book Fair in Helensville later this month.

The Lions Club of Helensville is again holding its popular fair on Saturday November 26 from 9am to 4pm and Sunday November 27 from 10am to 3pm in the Helensville War Memorial Hall. This follows the club's incredibly successful book fair in May where a record \$9400 was raised for use in the local community. A large number of newly donated books have arrived to ensure a new and exciting look to the Christmas Book Fair.

The books cover a wide a range of subjects and will be grouped

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in areas of popular interests and authors. Non-fiction is split into 20 separate categories, including one dedicated to New Zealand subjects, but that still leaves a large general non-fiction section to browse through. Fiction is arranged in alphabetical order, with six special interest groups, the largest of which is the now popular fantasy genre. Paperbacks are \$1, hardbacks \$2 and all children's books are 50c. A good selection of jigsaws, board games, puzzles, LPs, videos, DVDs, CDs and a selection of quality magazines are included. All funds raised go into The Lions Club of Helensville Charitable Trust, and used for the benefit of the local community. Call Chris on 09 420 8527 or Hilty on 09 420 8122 for more.

Helloworld

Helloworld Hobsonville has now opened beside the new Countdown on Hobsonville Road. This little centre known as the Hobson Centre is a busy little community area and is proving popular among the locals with people preferring to shop here where there is easy parking. We have a lovely friendly experienced staff with owner Carolyn Hedley being in the travel industry 25 years, formerly with the Travel Brokers and the Luxury Holiday Company. She is joined by Lesley Johns who is well known in the area after spending 17 years in her last office at Westgate, and 30 years in the industry. We also welcome Hayley Miles who has had 3 years experience in the travel industry and is proving popular with her clients. Hayley is a young local who attended Massey High School so appeals to those young ones wanting to organise their OE's. Call in and see us, you will love the bright colourful office. Our opening hours are Monday to Thursday 9am – 6pm, Friday 9am – 5pm and Saturday 9am – 1pm. Phone: 09 416 1799 or email helloworld@hobsonville.co.nz.

We are having a clear out

If you have ever been into our store in Huapai, it's not the biggest. We are a small brick and mortar style store with limited storage space. Over the years, we have accumulated many computers that customers no longer needed because they either upgraded or had faulty parts. What we have done is gathered all the best working computer parts, cleaned and tested to make sure they are working properly, then assembled them to make complete computers. These computers are cheap, they need to go and if you are looking for a computer for yourself or someone you know, come and see us. These computers are perfect for surfing the net, checking Facebook, TradeMe, banking or watching the odd YouTube video. Come see the guys at IT@Hand to check out our range.


\$75 = Exposure for a month

Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$75 plus GST you can be exposed to over 18,000 locals for a whole month. That is only \$2.50 a day. For more information email our editor at jbw51red@googlemail.com.

West Harbour Tide Chart

Date	High	Low	High	Low	High
Tue 1 Nov	-	03:00	09:27	15:17	21:37
Wed 2 Nov	-	03:37	10:04	15:54	22:15
Thu 3 Nov	-	04:13	10:41	16:33	22:53
Fri 4 Nov	-	04:50	11:18	17:12	23:31
Sat 5 Nov	-	05:28	11:57	17:54	-
Sun 6 Nov	00:11	06:08	12:39	18:40	-
Mon 7 Nov	00:54	06:52	13:25	19:29	-
Tue 8 Nov	01:41	07:41	14:16	20:22	-
Wed 9 Nov	02:34	08:38	15:12	21:19	-
Thu 10 Nov	03:32	09:41	16:10	22:17	-
Fri 11 Nov	04:35	10:44	17:09	23:15	-
Sat 12 Nov	05:38	11:44	18:06	-	-
Sun 13 Nov	-	00:12	06:38	12:41	19:02
Mon 14 Nov	-	01:07	07:34	13:34	19:57
Tue 15 Nov	-	02:01	08:28	14:27	20:51
Wed 16 Nov	-	02:53	09:20	15:19	21:45
Thu 17 Nov	-	03:45	10:12	16:12	22:38
Fri 18 Nov	-	04:35	11:03	17:05	23:31
Sat 19 Nov	-	05:26	11:56	18:00	-
Sun 20 Nov	00:24	06:18	12:49	18:56	-
Mon 21 Nov	01:18	07:12	13:44	19:53	-
Tue 22 Nov	02:13	08:10	14:40	20:52	-
Wed 23 Nov	03:10	09:10	15:37	21:50	-
Thu 24 Nov	04:09	10:11	16:33	22:45	-
Fri 25 Nov	05:07	11:09	17:26	23:38	-
Sat 26 Nov	06:02	12:01	18:16	-	-
Sun 27 Nov	-	00:27	06:53	12:48	19:03
Mon 28 Nov	-	01:12	07:39	13:31	19:47
Tue 29 Nov	-	01:53	08:21	14:11	20:29
Wed 30 Nov	-	02:32	09:01	14:51	21:10

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