

the Westerly

FREE monthly community magazine for Massey to Hobsonville Point

PROPERTY MARKET REPORT

MESSAGE FROM MASSEY POLICE

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

BIN THERE, DONE THAT

Circulation is 16,000 print copies.

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

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

November 2017

Intro

I once sat in with an English psychiatrist interviewing an Irish patient. "What are you doing here?" he asked. "Dymean on de Erd? (do you mean on the Earth?)" was the reply in a strong Irish accent. The psychiatrist completely missed what he said and went on to ask about the circumstances that had brought him to the clinic. I always thought that it would have been more interesting to have had a con-versation about why we are here. Of course there are theories. If you have read the book "The Incred-ible Unlikeliness of Being: Evolution and the Making of Us" by Alice Roberts (available through Auck-land Libraries) you may have become aware of the remarkable coincidences that have led to our being here at all, and the small changes that could have happened in the last few billion years that would have meant that we wouldn't exist.

Still, we do, for better or worse, and we might as well make the most of it. We can start by looking around and seeing what is available for us to take part in and enjoy. Look through this month's West-erly for ideas. These cater for all the family, from shopping to model trains, storytelling to children's parties. Do you have time to volunteer for action in the community? There is a nearby Lions group supporting local, national and international enterprises, while Rotalite West offers similar opportunities for the 25-45 year-old age group. Hone your own computer skills, but take note of Massey Police's advice about the many ways you should protect children when they are on-line. There are many risks you and your kids should be aware of on the downside of computers. Get active with athletics, fitness or golf. Relax, enjoy the food and drink available in the area (or find ideas for preparing your own des-serts).

Spread your wings and think about holiday destinations. Get active in Spring! There is plenty of help out there to improve your level of fitness. Look after your pets, walk with them to increase your exer-cise and improve their diet as well as yours.

Don't forget our usual repots on the property market, and see how to protect and look after your home - and if you can't do it yourself, admire the skills of the current tradie of the month. Be inspired by the enterprise of a local hardworking couple. Look outside the window and plan your gardening opportu-nities at this time of year.

There is so much out there to celebrate. Have a good month with the Westerly!

John,
Editor



the Westerly

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Community notices

Free events the entire family will enjoy

Come down to Westgate Shopping Centre on the 25th and 26th November for the Westgate Weekend of Fun. Saturday 25th November from 10am onwards, help welcome the festive season with our 2017 Santa Parade. The parade features floats, colourful characters and an appearance by Santa Claus along with all his friends. Spot prizes will be given out prior to the parade, so make sure you arrive early.



On Sunday 26th November enjoy the Family Retro Day. Dress up in your 1950's Retro theme to be into win a \$300 Westgate Gift card. The day will feature hot rods, custom & commercial cars, custom bikes, a live band, food & retail specials, carnival rides, face painting & balloonist, spot prizes and a motorbike stunt show.

A gold coin donation upon entry is welcomed at both events, with proceeds going to Variety – The Children's Charity.

Model train show

Westgate Shopping Centre
- by Pizza Hut, near EVENT Cinemas.

Sat. & Sun. 18 & 19 Nov. 10:00 am – 4:30 pm

Adult \$5, Child \$2, Family \$10

Train displays for the modeller and all the family.



Trains operating all day with a variety of scenic backdrops. The main display features 28 metres of double track with multiple long trains operating. Scenes include a working quarry, a wedding, a busy station, a logging camp with its own train, a town with lighting and a fountain, an accident scene and deep river gorges.

A table top train set gives children a chance to learn how to con-

trol speed, reverse direction, and couple and uncouple wagons. Visitors can learn about modelling from enthusiasts. Dust off your old engines and bring them along. Find out what they may be worth. Advice on repairs can be given.

Organised by the Auckland Marklin Club www.marklin.org.nz. Enquiries to Phil 027 440 0409.

Warblers Retreat luxury eco-lodge & boutique B&B

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small private family gatherings or special occasions. If you are getting married, this is the ideal venue to prepare and pamper yourself before your big day or the perfect place to retreat to for a quiet honeymoon escape. Enjoy the beauty of our landscaped gardens and our native NZ bush walks. Delight at the sound of our native birds, view our glow worms twinkling their tails on a dark night or soak up the magic under the stars in the fresh water spa bath. Only 15-20 minutes from Kumeu and 5 minutes from Albany. View us online warblersretreat.nz, or contact Barb Milina, 09 414 4503, 027 543 0288, info@warblersretreat.nz.

Storytelling at Massey Library with Bridgestone Westgate

This month your locally owned and independently operated tyre store; Bridgestone Westgate 1 Cellar Court, Westgate was proud to collaborate with Massey Library to bring Stu Duval, Master Storyteller and Entertainer Extraordinaire to the library's "SURVIVE" school holiday event.

We were happy to sponsor Stu Duval, who entertained children and adults alike; when you buy tyres from us you are buying from locals; we have lived locally for over 30 years, we work local and we support local kindys, schools and community groups and we would like to thank you for supporting us.

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ers Digest

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Please pop by and see us at Bridgestone Tyre Centre, 1 Cellar Court, Westgate phone 09 833 8555 – we fix punctures, we perform alignments and balancing and we are happy to conduct a free tyre safety check on your tyres. We give honest advice on your tyre needs. Bridgestone Westgate; keeping it local.

Lions Club of Henderson

Lions Club New Zealand is part of a global organisation with 1.4 million members in 208 countries and geographical regions. With this much manpower, it's no wonder that Lions Club members can achieve extraordinary things, every day.



Each year, the Lions Club of Henderson - Wet Auckland Charitable Trust supports over 20 clubs and organisations within our local community. We also run activities each year that include the Junior Krypton Factor for Primary Schools, the Hobson-

ville Point Runway Challenge Fun Run, an Intermediate School Speech Competition, Peace Poster competition for senior citizens, and the RNZN Band concert for senior citizens, as well as many other activities to support chosen charities.

As Knights of the Blind, Lions are also active in supporting the visually impaired.

When disaster strikes, Lions International are among the first on the ground, providing disaster relief and supplies to those in need.

As part of our Centennial celebrations in 2017, Lions are concentrating our efforts on five challenges: diabetes, hunger, environment, vision, and paediatric cancer.

If you are interested in learning more about Lions, what we do in your community or becoming a member, please visit our website www.lionsclubs.org.nz/Henderson-West-Auckland or contact our Membership Director, Doug Grinter 021 0858 2847 who will be happy to assist you.

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.



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Athletics Out-West is on for season 2017-2018

The Massey Athletic Club provides a fun and competitive Track & Field Athletic Season for kids aged 2-15 years old. Our aim is to provide some outdoor fun, fitness and competitiveness for our young athletes while developing their skills and self-confidence. The club is run by volunteers and our success depends on parent support and enthusiasm. Our club night is every Monday night at Moire Park. Warm-ups for the athletes start at 5:15pm, followed by the events at 5:30pm. The season goes from late October to late March with a break at Christmas/New Year time. To enrol your children to come and enjoy fresh air and physical activities, check our website www.masseyathletics.org.nz. And to get our latest updates, go on our facebook page: www.facebook.com/masseyathletics.



Ivy Cottage parties

Is your little one's birthday party coming up soon? Are you wondering what to do to keep the kids busy & happy during the party? We can help! We can even bring the kids' food and table setting.



We'll come to your home (or chosen venue) for 1 or 2 hours and keep the kids captivated with our magical games, flying lessons, stories and activities. We have three different packages and prices to suit your budget. Our parties & events are suitable for boys & girls of any age and we travel Auckland-wide. It's all about making your child's day extra specially magical and allowing you to sit back, relax and watch the children having a wonderful time ~ We look forward to seeing you soon. Check out our online \$20 discount voucher and remember to mention this when you book. Phone or text us on 022 312 5116 / Book or enquire online: www.ivycottage.co.nz / Email: fairies@ivycottage.co.nz / Facebook: www.facebook.com/IvyCottageParties

Any plans for summer?

Soljans Estate Winery should be a must do destination. We will be opening over the Christmas period so come along with your family and friends. Of course, don't forget to taste some of our award-winning wines. We have a new summer menu so relax and indulge yourself with a glass of wine while you enjoy the

ambience of our award-winning café. Our excellent services have repeatedly won us the Beef and Lamb Award and Trip Advisor's 'Certificate of Excellence'. With Christmas just around the corner Soljans is the ideal venue for your function. We offer varying options depending on the size of your group with our function areas able to be spilt into sections with bi-folding doors for intimate or free flowing functions. Soljans is the place for functions with our fantastic winery complex. For Function inquiries please call 09 412 2824, or for café bookings please call 09 412 2680.

Waitakere volunteer fire brigade

A few weeks ago the Waitakere Kindergarten had a community gala that the Waitakere Fire Brigade attended with the new fire truck. This was a great opportunity to show the community the new fire truck and for us to help the kindergarten at their gala. Hundreds of people showed up and a great day was had by all. These community run galas are a great way for communities to come together to support each other and meet and make friends. This Labour weekend is a great time to check your smoke alarms are working. It is also a good opportunity to go over your family escape plan. In a fire, you'll probably be scared and disorientated. Toxic smoke might make it hard to breathe and see clearly. You will only have 1 or 2 minutes from the sounding of the smoke alarm to when your life is seriously threatened by fire or smoke. That's why it's essential to have an escape plan in place, practise it regularly, and know how to get to safety quickly. For further information go to fireandemergency.nz/at-home/creating-an-escape-plan. Keep safe, Denis Cooper, Officer in Charge - Waitakere Volunteer Fire Brigade.

Festive season at the Fireplace

Enjoy the festive cheer this Jolly season at the Fireplace, Kumeu. As the year draws to a close and the festive season approaches, it is a good time for family and friends to spend time together and celebrate. At Fireplace we are having happy hour every day from 4-6 pm right through to Christmas. So come on and be merry and take advantage of our amazing specials: Happy Hour all week (Monday – Sunday) 4-6pm. All bar snacks half price. Tap beer pint \$8.00. House wine selection \$6.00. Bottle beer \$6.00. Also don't forget our weekly specials are still on: Lunch special Mon – Sun 12-3pm - All blackboard meals \$13.99. Hungry Tuesday – All mains 21.90. Porky's Thursday – \$25.90. Pork ribs or pork belly with glass of house wine or pint of beer. Sunday steak nite: Free glass of house wine or pint of beer with every steak meal. For booking call 09 412 6447. 64 Main Road, Kumeu – www.thefireplace.net.nz.

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People:places

Bin there, done that

The Sparnons have been in the bin business 20 years. Stephen and Jane have been known as Mr Binz (and Mrs Binz) in that time.

Now they've sold their rubbish collection service to another waste collection company to concentrate on their GrabIt crane, clamshell grab and truck bulk rubbish and vegetation removal side. But there's a lot more to this Riverhead couple than dealing with rubbish.

Jane's dad is famous former distance runner Ray Puckett. Coached by Arthur Lydiard, Ray became the first Kiwi to complete a marathon in under two-and-a-half hours, and competed in the 1958 British Empire and Commonwealth Games, the 1960 Rome Olympics (where Peter Snell won the 800m and Murray Halberg the 5000m) and the 1964 Tokyo Olympics.

Jane tried athletics at an early age, and became more involved in the Riverhead Amateur Athletics Club as a mum, helping drive the organisation. Once the children – Eugene, Callan and Shelby – moved on, Jane's athletic club involvement ended.

During more than 50 years in the area, Jane's been involved in a wide variety of activities – both business and community.

She's president of the Kumeu Agricultural and Horticultural Society, which runs the popular annual Kumeu Show, the next one on March 10 and 11.

Jane got involved through her cake-making business, Paula Jane Cakes, which also led her to becoming NZ Cake Decorators Guild president and travelling around the country to events. Persuaded to help with the Kumeu Show's baking section, she became indoor division chief steward for seven years then society president three years ago, now taking on the position for another three-years.

Jane's helped run the Mr Binz business with husband Stephen for many years. Initially helping with her dad and uncle's business PB Bins (Puckett Brothers Bins), she ran the office with Stephen coming on board as manager for two years before they bought it in 1998. "With Jane's workload increasing we decided to sell it after we had an offer from a large company," Stephen says.

He says the bin business took considerable time and effort. They concentrated on a side business they were already running, developing it into using two specially built trucks of 30 cubic metre capacity with cranes and grabs to cater for bulk rubbish removal, hard fill collection, picking up logs and firewood, and building demolition.

The Isuzu eight-wheelers had to be just the right size. "Too big and they can't get in to the job, while too small and you have to go back and forth," Stephen says.

A new name had to be found. "Calling it Mr Grab just wouldn't work, so we went with GrabIt, with the website 2GrabIt to distinguish it from Grab One and Grab a Seat."

When not on waste removal trucks, Stephen has been on fire engines. A Kumeu fire brigade member for 11 years, he now gets together regularly with former members known as "Embers". Son Eugene joined the brigade too.

Stephen says it's good to see past members remain involved. "We have a monthly get together at the station, and take our partners out for a Friday dinner." Stephen also organises the annual poker run between five fire stations. It's on Novem-

ber 26, starting at the Muriwai fire station and taking in Shelly Beach, Helensville, Kaukapakapa, Kumeu and finishing back at Muriwai. The motorcycle ride starts at a different station each year, the host brigade taking the fundraising proceeds, usually around \$5,000-\$7,000. Each participant pays \$35 and picks up a playing card at every station, the best poker hand winning the main prize. "The first ride 12 years ago got about 30, now we get about 150 people participating." Stephen says he started the poker run because he liked the idea of local brigades gathering socially rather than just meeting at various emergencies, fostering comradeship.

Firefighters often like riding bikes. "So we put the two together, and making money for the brigades is a bonus."

Embers help with other brigade fundraising too.

Jane attended Huapai District School, and Stephen served on its parent teacher association for a time, including a year as chairman.

The couple looks forward to the school's 100th anniversary in 2019.

Stephen and Jane actually met at Massey High School when Stephen was a student there.

Being part of the area for so long, the Sparnons know many of the Kumeu district's residents.

They've seen massive change in the area during the past few years with more houses going on what was farmland, orchards and vineyards.

The traffic has built up too, so that getting around Kumeu and other parts of Auckland is harder.

They often will go "round the long way" to beat the traffic snarls. As for turning right across the highway at many points, Stephen says it's a case of hoping a local will recognise him and let him into a gap.

More needs doing to help fix the area's growing traffic issues, but the Sparnons agree that roundabouts like the one at the SH16/Taupaki Rd/Old North Rd intersection have made a big difference to what were previously notorious accident black spots.

He used to move cattle herds along local roads between farms and says you wouldn't try it now. Riverhead is constantly changing too, with more houses and shops being developed.

You can bet, though, that both Stephen and Jane will remain involved in the community for as long as possible.



InBrief updates:events

Rotalite West

Yes it's been a busy time for Rotalite. Recently we collected over 200 roll-on deodorants for the organisation Foster Hope, a group who cares for foster children. Our deodorants will go into packs that will be given out



to children having to move from their homes. Secondly, we visited a local resident to help transform his garden. We spent the afternoon weeding and clearing, and the donation given to us by his children will be sending us off to help another community group. We also held a meeting to hear about mental health in West Auckland and how we can share positively and to encourage conversation around it. We have many events and projects coming up, including an awareness event for world polio day. With the help of Rotary, reported cases of polio have dropped significantly over the last few years - and it is now possible to end polio in our lifetime. For more information about us and how you can be involved, visit our facebook page or come along to a meeting. "Family means nobody gets left behind or forgotten". www.hendersonrotary.co.nz/what-is-rotalite-west.

SeniorNet West Auckland

This month on the 21st November, will see the last of our Kelston monthly meetings for the year. We will have a guest speaker and that will be followed by a special Christmas morning tea put on by the committee. So please come along and join us. Friends are welcome as always. These meetings will resume in

February.

There is still time to catch a few classes before the holiday so please remember to ring Pam on 09-827-2156, let her know what subject you are interested in and she will be able to help you. Do leave a message if there is no answer, and she will get back to you.

Our classes are held at 67 Henderson Valley Road, phone 09 837 7600 - there is an answer phone. The monthly meetings are held on the 3rd Tuesday of the month at the Kelston Community Centre. Cnr Awaroa Road Kelston, starting at 10am entry is by a \$2.00 raffle ticket which could also win you one of three prizes. Do have a safe and happy holiday season and we look forward to seeing you all in the New Year.

Vivo West Harbour

Being one of 21 convenient Auckland locations, Vivo West Harbour is situated on the street frontage of the serene Hobsonville Marina.

Vivo West Harbour will create stunning hair styles designed with you in mind, to complement your looks and personality. The latest trends made wearable, so your new look can be recreated at home, by you.

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Home to a team of experienced senior stylists, Zhora, Fiona, Natasha and Ashleigh, looking forward to seeing you soon.



Massey/Birdwood Settlers Hall

The Massey/Birdwood Settlers Hall Friday morning 9.30 am Fitness League Class is now 'under new management' as it were. Members were saddened when their teacher of the last four years, Brenda Swainbank, died unexpectedly in August but another Fitness League teacher, Carol Wade, has stepped in to fill the breach. It was timely that Carol had just returned from



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teaching up North. The first class she opened was at Te Atatu in 1994 and has always enjoyed it out West, now a lot quicker to reach with the new motorway. A one hour Fitness League class costs \$7 and aims to use and mobilise every joint and muscle group by the end of the class in an interesting and refreshing way, including floor section, to the best music ever - an eclectic mix of classical and modern. The age range varies - we are currently all ladies - but all are welcome.

Wedding tips and advice from Anna Moroz

Anxious to have your ring bearer hold the rings? Have your rings travel in a box or another container that will be more secure than a pillow. Alternatively let him carry a less valuable item like a unity candle or a book that the readers will use. Talk to your officiant to brainstorm other ideas. Anna Moroz | www.Wedding-Girl.co.nz | Wedding Celebrant | Wedding MC | Wedding Planning phone 027 440 8665.



Guided tours to France with two French/Kiwi locals

Have you always dreamed of a trip to France? To experience authentic French culture, eat and cook fabulous French food?

Boutique Tours France, the venture of French/Kiwi locals Catherine and Patsy, organises amazing guided tours for small groups (max. 8 people) to France in 2018.

Catherine and Patsy are both French and take you to those special places. Your guides know France inside out and know what Kiwis want to experience. The tours are fully organised so your travel is carefree: your guides leave NZ with you, speak the language and look after you. You just happily join the trip with no planning at all.

In April and September 2018, join us to visit the South of France - 13 days of culture, shopping, food, wine and experiences in beautiful Provence. We stay in authentic villas and explore the beautiful villages such as Lourmarin, Menerbes, L'Isle-sur-la-



Sorgue, Roussillon, Gordes and Uzes.

In September 2018 we take you to the picturesque coastlines of Normandy and Brittany in the north-west of France. We visit picturesque villages like Honfleur, St Malo, and Mont St Michel and encounter regional crafts, food and antique markets to get a true insight into French culture.

Our motto: Good Food – Good Company – Good Times www.boutiquetoursfrance.co.nz - 027 490 4321.

Prevention & management of heart disease

Whakarongo mai. Hear it. In a free health talk at Waitakere Central Library, Kirstie Wearmouth will talk about the prevention and management of heart diseases. Kirstie is a Heart Health advocate from Heart Foundation NZ. A Chinese translation will be provided. This health talk is organised by the Asian Network Inc. in partnership with Waitakere Central Library. The meeting will be held on Thursday 2 November at 10.30am - 11.30am at the JT Diamond room, level 2, Waitakere Central Library, 3 Ratanui Street, Henderson.



Prevention & Management of Heart Disease

Heart Health

Heart Health - Heart Health Advocate from Heart Foundation NZ will talk about prevention and management of heart disease. Chinese translation will be provided.

For more info & registration: The Asian Network Inc. in partnership with Waitakere Central Library

When: Thursday 2 Nov 2017, 10.30am - 11.30am

Where: Level 2 - JT Diamond room, Waitakere Central Library, 3 Ratanui Street, Henderson

Organised by: The Asian Network Inc. in partnership with Waitakere Central Library

Partners: Waitakere Central Library, Heart Foundation NZ

Community Christmas Market Day on Herald Island

On Saturday 2nd December from 10am - 2pm we will be holding a Market Day in the Herald Island Hall and Domain. There will be family entertainment, food and craft stalls, music



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Hawaii

Need a spring holiday to thaw out from the cold, rainy winter we've just had? Why not take advantage of some great airfares and head to Hawaii? DARMIC is a NZ family owned (local) business managing one bed-



room fully self-contained condos in the Waikiki Banyan, just one block from world famous Waikiki Beach. With more than 20 apartments to choose from, there is a wide variety of categories, views and bedding options and the room you see online is the room you can expect to walk into. You are within walking distance from restaurants, cafés, shops and bus route - so it's easy to decide when to relax and when venture further afield. On-site managers are available to guide you. Contact your local travel agent or visit WWW.DARMIC.COM and chat to Jamie today. Once you have stayed with us, you will consider it your home away from home.

Summer is coming. Have you got your No Drippity Iceblock Buddy yet?

The NZ designed & created No Drippity IceBlock Buddy, is rapidly changing the way children & those with gripping difficulties eat iceblocks. They are making lives so much easier!

The large handle gives a better grip on thin, slippery (regular sized) iceblock sticks. Gone is the need to wrap tissues or flannels around the stick. It also acts as a counter balance to take some of the top heaviness out the iceblock - so no more dropping iceblocks. The soft, bendable tray catches drips & puts a barrier between the hand & the iceblock. The flat bottom allows the iceblock to stand up instead of being laid on the carpet or couch. Simply perfect for little hands, arthritic hands or hands with gripping difficulties. Head to www.nodrippity.co.nz to get



yours!

Pure Allies NZ

How's your skin looking after the long winter we've had? Is it dry, do you need Pure Allies moisturisers? We have some beautiful, luxurious face and body creams. All totally pure and natural. Products with added chemicals will contribute to more dry skin. How's the daylight savings sleeping going? We have some very effective magnesium body spray and magnesium body butter, if you or your children need a little help relaxing. We absorb magnesium best through our skin. Don't forget we have totally effective natural sun protection lotions as well. Everything is custom made especially on request. Pureallies@gmail.com or Facebook Pure Allies NZ.



Huapai Golf Club

We welcome all golfers and visitors to the Huapai Golf Club to experience the joy and passion of playing golf and relaxing in our Lounge Bar and Café.



Steeped in history and in the heart of the Kumeu/Huapai wine growing district, Huapai boasts a championship course around 6000 metres, pristine, easy contour fairways, majestic mature trees, captivating water views and magnificent greens.

For the purist, Huapai offers a fair test of skills with holes that are challenging but not too punishing.

Huapai's rural setting on the upper reaches of the Waitemata Harbour makes it an enjoyable spot for a round of golf. A mainly flat easy walking course with narrow tree lined fairways and moderate bunkering guarding 14 of the 18 greens, will impress golfers of all levels.

The Lounge Bar and Café at Huapai Golf Club is open every day and offers a variety of refreshments, snacks and meals at very competitive prices. The Club house has floor to ceiling windows that provide stunning views of the course.

The lounge is an ideal environment for members and visitors to relax either after a great game of golf or as a walk-in. Please come on in, our Club is a friendly place and you are most welcome to participate. 1261 Coatesville-Riverhead Highway Phone 09 412 8809.

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Warming Hearts

It's a sad truth that many babies within Auckland are suffering due to inadequate warmth. Their inability to regulate body temperature, combined with substandard housing, no insulation or heating and limited funds available to purchase warm baby essentials mean babies suffer and fall ill.



Warming Hearts was founded by locals Victoria, Amber and Sara as a way to fill that gap and ensure families are given the necessary bedding and clothing to provide the very best protection against the cold.

The bundles of warmth contain pre-loved clothing and bedding from prem to 6 months size, with a focus on knitwear, merino and cotton. Bundles are delivered directly to those in need by community midwives.

If you have any pre-loved baby clothing or bedding you no longer require you can drop to Precious Papis at 42 Taha Road, Waimauku, Mon-Fri 7am – 6pm).or Casa Trader. 1/82 State Highway 16 (Behind BNZ). Open Mon-Thurs 11am-3.45pm. www.warminghearts.co.nz www.facebook.com/warmingheartsnz.

Parent Aid North West announces Project Playhouse

Parent Aid North West is excited to announce their new fundraising initiative which has been proudly sponsored by Mitre 10 MEGA, Westgate.

This Saturday from 1pm, members from North Harbour Rugby, The Mitre 10 MEGA Team and Parent Aid will build and paint a 'Villa Style' playhouse, which will then be displayed inside Mitre 10 MEGA.

There will be an opportunity to see the playhouse during the Ladies Night at Mitre 10 Westgate on November 15th at 7pm.

The Playhouse will then be promoted in Westgate, Kumeu and Helensville Christmas Parades and then auctioned on Trade Me just in time for Christmas. All funds raised will go to Parent Aid North West.

Parent Aid North West is a free community based service that provides practical home help to parents with newborn babies and preschoolers. Parent Aid is based in Helensville and services a wide rural community from Riverhead to Glorit.

From everyone at Parent Aid, and the families we support, we would like to take this opportunity to say a huge thank you to the team at Mitre 10 MEGA Westgate, whose help and support is invaluable.

For more information please contact Alison Rogers, Chairperson - Parent Aid Nor West, phone 021 2481620 or email alison-rogers@vodafone.co.nz.

Making cars look awesome again

Fancy a FREE professional cut, polish and wax to get your ride looking sexy again for summer? Like our Facebook page during the month of October and you'll go in the draw to win exactly that (to the value of \$249+gst).



It's easy. Head on over to www.facebook.com/themobilecarspecialists/ and hit the like button. The winner will be announced on our Facebook page early November.

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Psychic medium

I have been a psychic medium for over 20 years and have travelled to the renowned Arthur Findlay College often and I am now accredited through the Spiritualist National Union for speaking, demonstrating and public speaking.



Recently working with Countdown Hobsonville we put on a show at the local coffee club to raising \$ for Countdown Kids and we raised \$1,700 in total.

I see clients regularly for readings if they want a general pick up, insight guidance or want to connect with a love from the other side. Along with this I offer spiritual healing and I am a Reiki Master. I take workshops and teach people to develop their own spiritual gifts.

My website is: www.spiritualdecisions.co.nz – all the details are there and you make your own booking with me through the website.

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A brand new Toyota car



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area property stats

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

Suburb	CV	Land Area	Floor Area	Sale Price
Herald Island				
Hobsonville	620,000	835M2	180M2	856,000
	810,000	388M2	199M2	1,158,000
	640,000	150M2	167M2	932,500
	680,000	460M2	170M2	959,000
	690,000	263M2	219M2	1,065,000
	940,000	300M2	268M2	1,450,000
	720,000	201M2	173M2	1,025,000
	445,000	0M2	83M2	640,000
Massey				
	430,000	1353M2	360M2	600,000
	550,000	935M2	180M2	790,000
	425,000	460M2	100M2	619,000
	590,000	483M2	224M2	806,000
	660,000	499M2	159M2	762,000
	490,000	602M2	155M2	930,000
	430,000	670M2	92M2	720,000
	385,000	917M2	110M2	670,000
	595,000	463M2	157M2	850,000
	470,000	351M2	167M2	720,000
	440,000	630M2	100M2	729,000
	430,000	951M2	90M2	658,000
	550,000	673M2	230M2	850,000
	395,000	675M2	90M2	675,000
	540,000	893M2	160M2	738,000
	500,000	1012M2	170M2	775,000
	630,000	516M2	281M2	1,150,000
	505,000	712M2	120M2	740,000
	500,000	673M2	150M2	850,000
	790,000	504M2	243M2	1,150,000
	735,000	1062M2	110M2	1,100,000
	420,000	511M2	80M2	667,000
	370,000	832M2	60M2	552,500
	405,000	612M2	80M2	675,000
	550,000	450M2	154M2	775,000
	520,000	521M2	100M2	690,000
Royal Heights				
	580,000	654M2	150M2	775,000
	730,000	581M2	151M2	865,000
West Harbour				
	840,000	714M2	240M2	925,000
	820,000	770M2	210M2	850,000
	860,000	590M2	210M2	1,225,000
	950,000	641M2	317M2	1,080,000
	1,200,000	785M2	350M2	885,000
	870,000	821M2	350M2	1,315,000
	930,000	654M2	287M2	1,320,000
	910,000	770M2	279M2	1,460,000
Waitakere				
	590,000	2423M2	138M2	795,000
	890,000	5.1HA	220M2	1,550,800
	670,000	5.2HA	70M2	1,050,000
	1,325,000	1.4HA	488M2	1,865,000
	780,000	1HA	217M2	920,000
	730,000	1HA	183M2	910,000

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

“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.

Market report

Auckland house prices have increased despite a wetter than normal autumn and winter, banking restrictions, the election, political uncertainty and lending restrictions. Auckland's median for July was \$830,000, August was \$835,000 and November was \$845,000. Nationally, prices rose in almost every region and REINZ chief executive Bindi Norwell said that was "evidence that the market continues to grow despite some challenging conditions - including the LVR restrictions and banks continuing to tighten lending conditions. Much of the increase has been driven by the buoyancy in the regions. On a month-on-month basis, Auckland's median price increased by 1.2 per cent or by \$10,000, REINZ said. However on the flip side, volume of sales is down by as much as 45% in some districts and the Auckland median increase is not across the board. With many of the sales being new builds, this does lift the median in the area. Based on recent sales in the greater Upper Harbour area the median value is around \$925,000 for residential and \$1,300,000 for lifestyle properties. Here is how the values look:

Herald Island residential	\$856,000
Hobsonville residential	\$640,000 to \$1,450,000
Massey residential	\$550,000 to \$1,150,000
Royal Heights residential	\$775,000 to \$865,000
West Harbour residential	\$618,000 to \$1,460,000
Riverhead residential	\$1,375,000
Waitakere residential	\$795,000
Waitakere lifestyle	\$910,000 to \$1,865,000

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

Why is it harder to get finance when you are self-employed?

Self-employment is a popular option nowadays. Being self-employed provides the opportunity to work at a speed that best suits you.

Data from Statistics New Zealand shows there are more than 300,000 self-employed workers in New Zealand and that's in the first quarter of this year alone the number grew by 25,000.

While self-employment may bring flexibility and freedom – it can also have its downfalls, like making it harder to get a loan from the bank.

Why do the banks make it harder for self-employed workers?

Because self-employed workers often earn an irregular income, traditional lenders treat them differently to those that earn pay as you earn (PAYE).

Lenders like to know the borrower will be able to meet the repayments on the loan and to do this they want to see consistent income, which because of the fluctuating nature of self-employed work, makes it hard for some.

In most cases the lender will ask to see the two most recent years' financials. While this may be easy for some, those just starting out in business or who haven't had time to do their tax returns yet, will find it hard to get approved.

So what options do self-employed workers have?

Thankfully there are lenders in the market that are more flexible in how they assess a person's income and therefore have loans tailored to the needs of the self-employed.

These loans are often referred to as low-doc loans. The benefit of a low-doc loan is that the lender will accept alternative forms of documentation to verify an applicant's income.

For example the lender may only require six months' worth of bank statements, plus they are also able to look at the applicant's whole story.

Where do you find these lenders?

The level of documentation required for a low-doc loan will vary from lender to lender, so it's best to talk to a mortgage broker about the different options available.

If you're self-employed and need finance to purchase property, speak to Ivan Urlich - Mike Pero Mortgage Broker – ivan.urlich@mikepero.co.nz or 027 577 5995.

Alternatives and choices – to make or defer – it is a choice

Auckland prices are in negative territory on an annual basis for the first time in years as per a recent article from a leading real estate company. Whatever the reasons, some home owners, including investors who have brought at the time of the boom period when the prices were rising every week for months on end, now might own homes worth less than they paid for them.

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With elections well and truly over and a new government now in place, all other factors remaining equal, a number of property owners may now be in a negative equity position with their properties, with the value of their home minus the cost of selling it (agent's fee, advertising costs, lawyer's fee etc), being less than what is needed to repay the mortgage.

If you are a home owner facing a negative equity position, you have a range of options you can consider:

1. Stick with it and ride the tide in the hope that prices rebound back into positive territory.
2. Abort the tide now and sell, booking a loss which you have to live with forever.
3. Speed up your re-payments if you can, to get on top of your loss of equity, although many home owners may be on interest only due to average family income levels, and may not be able to exercise this option.
4. Increase your income as there has never been a better time to subdivide and help those renters.
5. Move to areas with growth potential. Recent figures from data company CoreLogic showed Northwest /upper North Island has some of the regions still recording higher growth amongst the TOP 10 suburbs in Auckland. This includes Muriwai and Huapai just to name a few in the fast-growing North-West Auckland. As the saying goes – "When you have to make a choice and you do not make it, that itself is a choice".

So, what are you thinking? Isn't it time for some action? Make your choice! Make it now!

If you are looking to ride the tide, and ensure your valuable investment continues to generate a positive return, then we can certainly help you. Please contact us for a chat on any of your property management requirements. Contact Quinovic Kumeu's Franchise Owner Virendra Gupta 09 973 5527 or email VirendraG@quinovic-kumeu.co.nz.

Summer roofing maintenance tips

Now that it's almost summer, get ready to feel the heat! However, not many people know that the hot sun can cause a lot of damage to your existing roof. In order to keep your home in tip-top shape, here are some tips on how to take care of your roof during these warm months.



1. Make sure to check and clean all gutters and downpipes so that water can flow through without blockage.
2. If you have a skylight, don't forget to check for clutter behind it.
3. Check your roof for cracked tiles, or tiles that have moved.

4. Check your iron roof for any rust spots, and check that all screws / nails are tight.
5. While on your roof, make sure to take pictures of before and after to make sure there aren't any major changes since your last check.
6. Mould damage happens fast. Make sure that nothing is mouldy or damaged from mould.
7. Block all the places where small creatures can invade.
8. Check sealants to make sure they are still in good shape.
9. Make sure your eaves and overhangs don't have stains from water.

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

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

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

Our services include; colour steel roofing, tile roof restoration, replacement of gutters and downpipes, and we also provide repairs on all of the above.

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

Stealing spaces

There are a good number of storage solutions available for that extra gear you have that has taken over your garage, or when things have really got out of control and you're considering off-site storage. But if you look at the cost of solutions like attic stairs, or the month-on-month cost of off-site storage, it's likely that the solution will soon cost more than the gear you are storing. There is also a growing list of storage services that will drop off and pick up mobile storage units and then charge you a monthly fee for storage. All very innovative but you need to watch that monthly cost. We really like the idea of keeping the gear at our place up off the floor in ceiling racks. That way everything is there when you want it, you save all that floor space and at a cost of not much more than shelves from the hardware store. Take a look at the options on our www.stealingspaces.co.nz/ website and give our installers a call on 027 366 1939.

Contact us for a FREE Rental Appraisal on your property.



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14 Graceview Way, West Harbour

Auction - 11am, Saturday 25th November 2017 (unless sold prior).

Motivated Vendors are seeking closure on the sale of their well cared for and loved family home. The children have gone and the dream to build their "golden years" home beckons. Very big on space at 269sqm the home offers five bedrooms, three bathrooms and refreshingly open plan entertainment lounge, dining and kitchen. Extensive views to the inner Harbour from this delightful environment. The property is 640sqm delivering easy access to the lawn, off street parking and garaging while the contour provides good draining and privacy. Set off a quiet cul-de-sac location on one of the best streets in West Harbour, close to Marina View School, parks, Inner Harbour and motorway access with a short drive to Westgate, North West Mall, Albany Mall.

www.mikepero.com/RX1275527



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027 632 0421

graham.mcintyre@mikepero.com

Peter Carson
027 277 1904

peter.carson@mikepero.com



BRICK WITH TILE - NEEDS LOVING FAMILY

3 2 2

By Negotiation

17B Deanna Drive, West Harbour

By Negotiation

Elevated two level home up a private right-o-way, the home delivers three generous bedrooms upstairs and an office downstairs, two bathrooms, double garage and extended kitchen, dining and lounge. A no-nonsense sensible two level family home which uses the space well providing a small patio and grassed area attracting afternoon sun. Some options here to add value and stamp your mark. The integrity of the home will impress you, the location is excellent offering a short walk to Marina View School, West Harbour Marina, Parks and shopping. The CV on this property is \$680,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX1289500



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027 632 0421

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FAMILY ON 4,295SQM IN WAIMAUKU

3 2 2

By Negotiation

21 Buttercup Place, Waimauku By Negotiation

Great possibilities for the family or extended family. This majestic Queenslander style character brick home stands in easy care grounds, down a private right of way in the heart of Waimauku village. 21 Buttercup Place features a wide formal entrance, an office, 3 double bedrooms (master with ensuite), a formal lounge plus a combined family room/dinning adjacent to the kitchen. This home has a versatile layout providing lots of options for the family and for a work from home scenario. Open plan living area, spacious and light with access to an extended wrap around verandah, allowing you to follow the sun, indoor/outdoor flow at its best. The land has been landscaped, leaving you the opportunity to sit back and enjoy your new home while the kids and or your pets enjoy the space.



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MOTIVATED VENDOR SEEKS EXPRESSIONS OF INTEREST

4 1 1

By Negotiation

22 Trigg Road, Huapai By Negotiation

This four bedroom traditional kiwi bungalow on 1019 sqm delivers more than you may imagine. A very short distance from Huapai Primary School, the property offers a ¼ acre flat section complete with fruit trees, raised garden beds, chicken coop, open space for family or pets to play and utility storage adjoining a large single garage and workshop. Open plan kitchen, dining and lounge entertaining area with polished solid timber flooring linking to northerly covered patio while four bedrooms offers plenty of space for the whole family. Bring the family, the chickens and appetite to make this house your home. The CV on this property is \$640,000. 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
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MODERN - MASONRY OVER BRICK IN WAIMAUKU

3 2 2

By Negotiation

25 Buttercup Place, Waimauku
By Negotiation

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



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Asking Price \$2,345,000

Prepare to be very impressed with this innovative, spacious, modern and eco-friendly home. Wide elevated rural views, a gorgeous sunny aspect, landscaped and built to the highest quality. Lifestyle lovers look no further with paddocks for your horses or grazing, fresh eggs for breakfast and garden to table vegetable beds. Take advantage of the large workshop, set away from the main home with ample parking. The spacious two level home has room for everyone. Upstairs features five bedrooms, including an area for granny or extended family - complete with lounge and ensuite and the master bedroom with North facing covered decks. On the ground level, you will find immaculate open plan family living with a modern kitchen, gorgeous granite benches, Gaggenau appliances and a butler's pantry.



Cherry Kingsley-Smith
021 888 824
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By Negotiation

44 Vinograd Drive, Te Atatu Peninsula
By Negotiation

Meticulously crafted and cared for this three bedroom, two bathroom, executive home delivers significantly more than what meets the eye. Re-fitted and reclad in 2014 with a CCC the home has upgraded joinery and double glazing, open plan entertainers kitchen-dining linking to private outside courtyard with hangers, climbers and water feature. Split level, the home has two generous bedrooms and bathroom upstairs, with plentiful early morning and evening sun-drenching. Downstairs enjoys open plan environment plus bathroom, bedroom, formal lounge and a double garage and off street parking with easy internal access straight to the kitchen area. The area is a short walk to Te Atatu Peninsula shops, inner harbour walk-way schools, and parks.



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

www.mikepero.com/RX1284752



AFFORDABLE, ELEVATED, SUNNY HOME IN WAITAKERE TOWNSHIP 2 2 1

Asking Price \$729,000

57 Waitakere Road, Waitakere
Asking Price \$729,000

Set on 876sqm this private home enjoys generous sunshine and privacy, while the elevated position allows for extensive views to the west over farm land and native bush backdrop. A light and open layout combining cathedral ceiling with open plan living linking to a central hallway with two bedrooms, bathroom, toilet and laundry upstairs and an office downstairs. A small section, off street parking and independent double garage adds great value to this affordable and practical family home. Close to Waitakere Township and Swanson transport links, shopping, café, parks and schools. The CV on this property is \$540,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email lyndsay.kerr@mikepero.com.



Graham McIntyre
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www.mikepero.com/RX1154898



SUNRISES & SUNSETS - COASTAL - HOBSONVILLE POINT

4 2 3

Asking Price \$1,029,000

77 Bomb Point Drive, Hobsonville
Asking Price \$1,029,000

Edgy, contemporary, affordable and quality Jalcon four bedroom terraced home in Hobsonville Point. East and West decks maximise sunshine and views, positioned next to Bomb Point Reserve and the Coastal Walkway - you will love the open plan living spaces, alfresco dining on the patio, unique lifestyle and outlook. Enjoy the convenience of parking your cars with internal access double garaging. This home is a high quality Jalcon new build with an electrical upgrade - due to be completed in mid 2018. With a 10 year master build guarantee, 15 year weather-tightness warranty and a 50 year structural guarantee, Jalcon will give you the confidence of a home that is water tight, healthy and dry.

www.mikepero.com/RX1217329



Cherry Kingsley-Smith
021 888 824
09 416 9600
cherry@mikepero.com

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09 416 9600
graham.mcintyre@mikepero.com



BRING THE HORSES AND THE KIDS - WAIMAUKU

5 2 2

By Negotiation

108 Valley Road, Waimauku
By Negotiation

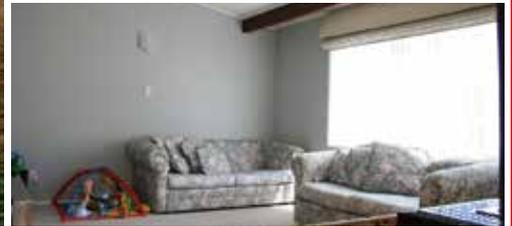
Elevated lifestyle property overlooking Muriwai Valley to the West, offering space, privacy and options to play or work from home. The home is positioned for the sunshine and the views offering the Owner to look over the land and get the most out of the country landscape. Five generous bedrooms, two bathrooms and open plan living and entertaining, this home offers the right family mix. In addition an office/gym room and double garage ensures options to work or work-out. Two stables with wash-down concrete pad, round arena and large half round barn does provide ample improvements to cater for tools and toys. This 3.5 hectares (8.7 acres) of gentle-sloping land is a mix of sandy loam and clay base and drains off to provide workable pasture all year round.

www.mikepero.com/RX1289283



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AFFORDABLE LIVING IN WAITAKERE TOWNSHIP

4 2 1

Asking Price \$747,000

114 McEntee Road, Waitakere
Asking Price \$747,000

The family can have their cake and eat it too, space, sanity and super-sized. Four bedrooms, two living rooms, delivering easy split living space making the adult and the kids-zone effective and workable. A traditional bungalow with clinker-brick over weatherboard, offering low maintenance living on 857 square meters (more or less) of lawn with improvements. An independent double garage and wood-shed ticks the boxes for a happy, warm and desirable home. Close to Waitakere Primary School, Bus link to Swanson Rail, Convenience shopping, parks and RSA. The CV on this property is \$500,000. 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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THE SMELLS ARE BEAUTIFUL - VIEWS AMAZING

4 1

Asking Price \$845,000

183 School Road, Waimauku
Asking Price \$845,000

From this elevated alfresco home you immediately get a sensory lift. The smell of freshness, and the bush framed northerly view is breath-taking. The quiet is splintered occasionally by wood pigeons and Tui's that makes this home a sanctuary. A beautiful eclectic home in concrete stucco and weatherboard. Wonderful character is displayed with lead-light windows and polished floors delivering old-world charm and grace. Like many period-homes the rooms are slightly smaller but plenty of them, separate lounge, open plan kitchen and dining room. Single garage and storage underneath. Set in a landscape of pasture and native bush with a short drive to Waimauku School, Shops and Reserve. Muriwai Beach and walks at your doorstep.



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HILLTOP LOCATION OVERLOOKING HELENSVILLE AND PARAKAI

3 2 2

By Negotiation

525 Kiwitahi Road, Helensville
By Negotiation

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

www.mikepero.com/RX1065529



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027 632 0421

graham.mcintyre@mikepero.com



ELEVATED LAND IN RIVERHEAD - COATESVILLE

By Negotiation

731A Ridge Road, Riverhead
By Negotiation

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

www.mikepero.com/RX1055369



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Home:garden

No more smelly petrol

Push the button and you are mowing your lawns, cutting fire wood or trimming your hedges - it really is that easy. At Grasslands Kumeu & Ranui, we now have in stock the LawnMaster range of 58 volt lithium battery powered lawnmowers, along with a chainsaw, weed eater, hedge trimmer and a leaf blower. With good run times and quick recharge times the future is here now. No need for cans of smelly petrol or needing to check the oil, just charge your battery and away you go. These machines are considerably quieter running than petrol powered product. There are three cutting sizes available in the lawnmower range, all with catching and mulch options and built with a strong steel chassis. All units come complete with battery and charger and are priced from \$599 incl GST. Grasslands 20 Shamrock Drive Kumeu & 570 Swanson Road Ranui.



Spring gardening

With spring underway, it is so nice to see the deciduous trees leafing up, along with the ever-popular standard Iceberg roses. Awa Nursery currently has a good stock of these stunning Iceberg standard roses. These classics are looking great and are currently pruned into shape, with their new spring leaves increasing each day. Plant in a location that enjoys full sun. Early spring is the perfect time to apply a good slow release fertiliser to your existing plants ensuring bigger and healthy flowers. Regular dead heading will encourage more flower buds to develop. Flowering cherries and clematis are also proving very popular and are a sure indicator that spring is here with their gorgeous flowers. If you are developing your orchard, there is still time to plant fruit trees, feijoas, citrus and berries, and any other plants for that matter. It is a great time of the year to be planting, and your plants will be getting established before the dry summer months. Spray your stone fruit trees with copper to protect



from leaf curl disease, and prune back your citrus after picking the fruit, to open up the plant for more light to get to the centre. It's also a good time to fertilise your plants and mulch your gardens to aid moisture retention over summer. Come and see us at Awa Nursery. Phone 09 411 8712 or visit www.awanursery.co.nz.

Christmas count down is now upon us. Where did 2017 go?

Are you having Christmas dinner at home this year with all the family, relatives and friends? Need a bigger table? Or just want to spruce up the dining room? Let's get organised now and beat the Christmas rush and avoid any disappointment.



Forest Furniture has a large range of dining furniture to choose from. Tables come in a range of sizes, or you can have one made to meet your requirements. Or perhaps an extendable table would suit better? Match the chairs and choose the upholstery material or genuine leather from our extensive range to enhance your dining room.

Come in store today and talk to our friendly team at Shop D9 Lifestyle, Maki Street, Westgate or visit our website www.forest-furniture.co.nz Phone 09 216 7674

Remember Forest Furniture use only solid timber, is NZ made, and you receive a 10 year warranty.

Landlords are now PCBUs

Addressing the increasing number of serious work-related injuries and deaths in New Zealand, landlords are now responsible for ensuring health and safety at rental properties.

"Landlords will be regarded as PCBUs and have a responsibility to ensure health and safety of workers they engage or who are influenced or directed by the PCBU while they are doing work for that PCBU 'so far as is reasonably practicable... [at the end of the day, it is] about what the Landlord can reasonably do to manage health and safety."

PCBUs must also maintain any worker accommodation that is owned or managed by the PCBU, and provided because other accommodation is not reasonably available. The accommoda-



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tion must be maintained so the worker is not exposed to health and safety risks.

A case scenario from Worksafe: To give more clarity on the HSWA, Worksafe has provided a landlord case scenario:

"For example, if a landlord engages a plumbing firm to do repairs on a rental property, they have control over the engaging of that company. So they could set healthy and safety standards they expect of the company they hire (e.g. they have to be a member of a professional body, they have to be qualified for the job they have to have previous experience of doing this work etc).

But once the plumbing company is on site the landlord will have little influence or control over their day to day work (unless there is some hazard on the property the plumber should know about). The risks created by the plumbing company on the job are up to them to manage."

John Riddell, H&S Consultant Securo - Phone 027 477 9750 or Email securo4@securo.co.nz.

House Matters with Mike Pero Real Estate

Whether you have a porch, patio or pool, there's plenty you can do to improve your outdoor experience at home and add value when it comes time to sell.



Take a Seat - It is time to liberate your outdoor furniture

from storage, and make any necessary repairs to torn upholstery and treat fading wooden pieces to a moisturising coat of oil. If your outdoor furniture has seen better days, it may be time to give yourself an early Christmas gift and invest in a new set. Think carefully about how you use your outdoor areas. Consider a table and chairs for al fresco dining, sun loungers for beside the pool, outdoor bean bags made from quality nautical fabric, and occasional stools and coffee tables for relaxing in the shade. Then consider the various configurations that best allow for high traffic areas, and designate different zones with an outdoor rug.

Clear the Decks - Attending to maintenance at the beginning of the season will stand you in good stead for the rest of summer so you can fully enjoy the good life at home. If you have a timber deck or porch, a fresh lick of paint or stain will revitalise these spaces. Hiring a water blaster from your local home depot is an easy and effective way to refresh concrete patios, driveways and paths. If you have a pool, now is the time to ensure all the pumps are working and the pool chemicals are balanced.

Green Fingers - It's that time of year to get planting and re-potting to create the ultimate lush outdoor oasis. Potted plants,

shrubs, herbs and flowers can add a burst of colour to otherwise unadorned spaces, and, if space is at a premium, walled or vertical gardens can be created with relative ease to camouflage unsightly fences. Hang trailing plants in baskets or woven macramé hangers to add interest and soften architectural features. Keep an immaculate lush lawn all year round with a smart automated watering system, or for smaller areas consider laying artificial grass, which looks as good as the real thing with no maintenance or watering required.

Entertainer's Dream - For more substantial, long-lasting additions that will completely transform your outdoor living spaces, you may wish to enlist the services of a seasoned landscape architect. Choose a company that offers the complete design package, from plant selection, to hardscaping, to installation of pergolas, louvres, swimming pools, built-in barbecues and outdoor fireplaces. Or, for the Kiwi DIY approach, there are fabulous design blogs to browse where you'll find endless inspiration to spark your creativity.

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Laser Plumbing & Roofing Whenuapai

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



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

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

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

To contact Laser Whenuapai, phone 09 417 0110. We are open

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five days a week from 7am-5pm and are located at 45 Brigham Creek Road, Whenuapai. Whenuapai.laserplumbing.co.nz

Kumeu Garden Hub

Let's get back into the garden. Come and visit your lovely local garden centre. For plants or for garden ideas such as pots and birdbaths which make good focal points amongst in your garden beds. Wall hangings will cheer up a fence, pots of colour on an outdoor table. A great range of herbs, healthy vegetable punnets, fruit trees etc, shrubs, and perennials are looking good. Great range of potted colour and even pots to go, full of colour to cheer up your deck or patio. Beautiful hanging baskets or all you need to make your own. New kitsets are also in store. You can make your own compost bin or vegetable planter. Easy assembly and moveable. Try making a fairy garden. Accessories available. Don't forget the gift store with new arrivals every week. Shop early for Christmas. Check out our Facebook page (kumeugardenhub) for specials and competitions.

Tank water

I was recently involved with a job where the customer's water started smelling quite foul all of a sudden. His tank was full so I vacuumed the sludge from the bottom. Once the tank was cleaned, we sifted through the de-



bris to find numerous snail shells. The customer's tank was 3/4 buried in a garden. We figured that the snails must be climbing around the tank at night. There were air gaps around 2 inlet pipes and the inspection cover was damaged in a corner so there was plenty of space for the snails to enter the tank and contaminate the water. A similar issue occurred last summer in February. A customer's water starting smelling like rotting flesh. There were 100's of garden worms in both of their tanks. The heaped accumulation of lawn clippings around the back of the tank had created an ideal breeding area for the worms. Their nocturnal activities revealed dozens of worms moving around the tank top. The water was too contaminated to vacuum the debris from the bottom and both tanks had to be drained and cleaned. Inspect your tanks particularly around the inlet pipes and the inspection hatches and seal up any air gaps to avoid any unwanted intruders.

For any tank maintenance issues or servicing, I am happy to assist. My core business is pump repair/sales, filtration and tank cleaning/repair. Joe Hall, www.healthywatersolutions.co.nz, 021 420 936.

Green pools

It's not a nice sight... you take a look at your pool, expecting crystal clear water to greet your eyes, but you see something that resembles Rio's diving and water polo pool. It's green, cloudy and uninviting. So how do you clear the green without spending a fortune? Pool water turns green because of algae in the water. Algae can grow rapidly, particularly when it's warm as in summer, which is why it can surprise you overnight. This generally comes down to an imbalance or lack of chlorine in the water. Chlorine is an effective sanitiser; however letting chlorine

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levels drop for even a day can start an algae outbreak. So, it's important to check your chlorine levels frequently to save you from nasty surprises. The fastest and most effective way to clear algae in your pool is to boost your chlorine levels through a shock treatment and an algaecide supplement. For the best results, try using BioGuard Burn Out Extreme supplemented with BioGuard Algi Destroyer. Call in to your local Pool Specialists at KPL 156 Main Road Kumeu (Big Blue Building) for free Testing and Computer Analysed Pool Water Testing for safe, comfortable and inviting pool water. Phone 09 412 9108.

Flower Barn

Its November already and we are now counting down the days before Xmas, so it's busy busy for us at the Flower Barn. You can now buy our beautiful flowers and bouquets from Waimauku Fresh Direct Supermarket 7 days a week at a time that suits you.



I am also happy to take any requests for particular colour combinations for the roses and bouquets, just give us a call or email below. Bouquets are only RRP \$15 each and great as a gift for someone, plus we are also offering the long stem roses for that special someone or for a lovely addition to your dining room or kitchen table. The more you buy from them the more we can supply. It is also wedding season and we are now taking orders for our cut flowers, gypsophila, spray roses & standard roses Akito, Sweet Akito, Avalanche, snapdragons, and lisianthus. Some of these are very limited so ordering early is best. We can also source and make all your wedding party flowers, from button holes, corsages, bouquets to table settings. Look forward to hearing from you soon. Angelique and the Team from the Flower Barn. 09 412 7606 or flowerbarn@plantzero.co.nz.

Your rural supplies specialist

Western ITM Kumeu stock a comprehensive range of urban & farm fencing that can add so much value to your rural/lifestyle property. Fencing not only provides you & your animals' security & privacy, it can also provide shelter from the elements. Wire & batten fencing - usually this consists of seven or eight wires, using 2.5mm hi-tensile. The posts can be #1 or #2, which relates to the diameter of the post. Post & rail fencing - a popular option for lifestyle blocks & equestrian facilities. Strainers & stays - strainers are larger fence posts that provide anchoring points & extra strength for your fence. Farm gates - we stock wooden & galvanised gates in a variety of lengths & styles. Chain fencing & hex netting - offers a transparent design, our range of chain

link fencing is suitable for boundary separation, pet enclosures & animal compounds. Electric fencing - we carry a comprehensive range of Gallagher Electric Fencing System & a wide range of Strainrite fencing tools, equipment. For further advice or information visit westernitm.co.nz or call instore today. Western ITM Kumeu, 154 Main Road, Kumeu. Phone 09 412 8148 - OPEN 7 Days.

Should your income be separate property?

This question often arises in relation to a contracting out agreement where there is an ongoing relationship. The default position (assuming there is no agreement) is that your net individual income becomes 'relationship property' when you are in a qualifying relationship (a marriage, or a de facto relationship longer than 3 years). However, if you and your partner contract out there are some things to consider in terms of fairness. First, what would happen if one partner ceases to earn an income (due to parental leave, illness or unemployment)? Second, separate income applied to Kiwisaver or to the purchase of another property makes those assets separate property.

Put simply, relationship income is the only thing that can create future relationship property.

Solving this problem can be dealt with by a carefully drafted contracting out agreement. It could include a provision which changes separate income into relationship income say after a number of years or at any time after one partner gives up paid employment say to look after children. This is a matter for specialist legal advice. Luke Kemp phone 09 412 6000 or email luke@kempsolicitors.co.nz.

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Sales & Property Management



Dan's Tips

November 2017

It's warming up - time to plant beans, basil and corn and start protecting those yummy berries from the birds.

It's also a great time to mulch to help retain moisture over the warmer months.

Growing Food

- **Let's hear it for the bees:** plant lots of flowers in or around the veggie garden; around the world there's concern that bees are being decimated by the varroa bee mite or 'disrupted' by the new generation pesticides known as neonicotinoids.
- **Plant beans, basil and corn.** Where? Beans need a climbing frame or training against a sunny wall; basil is best in full sun (under tomatoes) and corn performs well when laid out in blocks for pollination.
- **Protecting the berries:** all berry crops are attractive to birds; there are some great bird proof 'tents' available to protect your prized crops, or you can apply bird netting as berries grow.
- **Pest treatments:** It's annoying when healthy-looking vegetable seedlings collapse; in warmer weather it's not just the beneficial predators that multiply quickly, but also whitefly, young snails, aphids and beetles. Squash the ones you see, leave the ladybirds in place, but if the infestation is heavy, spray with an organic oil.

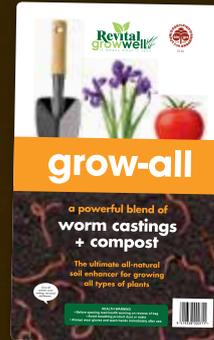


We need bees and they need you!

Help our little pollinators and honey makers by planting lots of flowers.

Not only will you feed them but they'll help pollinate your flowering fruit and veges.

Got worms in your garden?



Enhance your soil with **Grow-all**: a compost product packed with worm castings that will really feed your soil!

Look for the eye catching bags now available in our yards.

The Rest of the Garden – two basic rules ahead of summer heat

- **Clean up fallen blooms:** fallen petals and foliage lie on the soil around prized plants and this can spread disease, especially fungal spots that develop in wet spring seasons.
- **Mulching:** apply mulch around the base of plants because this has so many benefits: moisture retention, less hosing, weed suppression and it looks fantastic!

And our Pro-Lawn expert says

- **Prolawn Aquaturf** is going to be the most beneficial way you can assist your lawn to adapt from the rainy season that extended through winter and spring. Apply it over lawns and new gardens to aid water distribution as we head into the dry season.



Digging in clay?

The best kept secret when it comes to compacted clay soil: Our drainage spades are awesome – get yours now.



Turn our rainy season into a win for the garden!

Lock all that moisture in and keep down weeds by spreading mulch from our great range. With summer approaching your plants will love you for it!

At Central Landscape & Garden Supplies Swanson we have a wide range of mulches, fertilisers, composts and barks so come talk to our friendly staff about your garden needs.

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

Build: New

Why to buy a house & land package?

No doubt you've seen existing houses advertised as 'first home buyer's dream' and 'affordable starter' and your heart leaps because you think "I might be able to afford that...". In reality, you may be disappointed at the compromises you'll have to make, and the amount of work required to make it a liveable home. House and land packages, on the other hand, are constructed to suit the modern lifestyle with modern building materials, in new suburbs that are usually designed with lots of shared green space and parks. As Paul Bull, CEO of Signature Homes points out "first home buyers can buy a brand-new house and land package with a lower deposit than you would a pre-existing house at the same price. That's a home that is built to modern building standards. It's well insulated, dry, and warm and all the electricals are new – that means lower electricity bills, healthier homes and families." House and land packages are created when a building company secures land from a developer or property owner and then matches the land with home design perfect for the section in terms of size, orientation and the con-



tours of the land. The building company markets and sells that package, works with the buyer to personalise the home to their tastes, then manages the consent process and project manages the build. If you are looking to buy a new home, there are many compelling reasons to consider buying a house and land package. Here are five of the best:

1. Lower Deposit
 2. Customised and adaptable design – designs can be altered to meet specific needs
 3. Suburban Planning – new homes are often built in new developments within close proximity to public transport, schools and community facilities.
 4. Insulation – dry, quiet and comfortable homes
 5. Peace of Mind – Signature Homes offer robust guarantees.
- Give us a call at our Kumeu office 09 412 9010 or 0800 020 600 to discuss this further.

Your ideal, optimal home

Nowhere compares to beautiful NZ. We wouldn't choose to live anywhere else in the world. But we would choose to ditch the dated, cold and mouldy homes we put up with. You've probably found yourself in this situation. Patiently suffering a less than optimal home which mercilessly empties your pockets, stripping you of your



CHOOSE A HOUSE & LAND PACKAGE

MODERN LIFESTYLE WITH MODERN BUILDING MATERIALS



Our House & Land packages are constructed to suit the modern lifestyle with modern building materials, in new suburbs that are designed with lots of shared green space and parks.

If you are looking to buy a new home, there are many great reasons to consider a house and land package:

- Lower Deposit required
- Customised and adaptable design – designs can be altered to meet specific needs
- Suburban Planning – new homes are often built in new developments within close proximity to public transport, schools and community facilities
- Insulation – dry, quiet and comfortable homes
- Peace of Mind – Signature Homes offer robust guarantees

Give us a call or visit our website for more information

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precious time and inflicting endless stress and headache? After leaving university I experienced the full spectrum of humble abodes from poorly insulated, falling-down, leaky and damp with a pungent smell, to a home in a flooding zone (and yes we had a flood!). When I met my partner and we had children, everything changed. Creating a better living environment for my family and other families alike, became of huge importance to me. I was determined to find a more optimal way to build the NZ home. Today my partner and I own Compass Homes Rodney. So, if you refuse to settle for just any kind of new home we can help. Scott 027 406 3684.

G.J. Gardner Homes

The G.J. Gardner Homes Rodney West franchise is all about Community. Throughout the year we give financial support to a large variety of local interests and events. We are proud supporters of many local teams and organisations including rugby teams, bowling clubs, Playcentres, kindergartens, schools and equestrian events - G.J. Gardner Homes understands the importance of supporting the local community. Rodney West Directors Matt and Rachael Lelean enjoy giving back to the community that the business has grown in, growing a sense of social responsibility. We also offer a variety of marquees to cover your organisation's next event FREE OF CHARGE. Whether it be fundraising, a club function or simply shade for the school sports team, we would like to offer your organisation the use of these tents. Simply give our office a call on 09 412 5371 to book your preferred



tent and then pick it up from one of our locations. Return it to the same location after the event.

Tradie of the month

Going the extra mile is nothing new for Brooke from Hydrotech, but this month it's earned her Maddren Homes' Tradie of the Month. When an urgent CCTV drainage investigation was needed she was right onto it; proactively completing the job in under 24 hours which meant it was submitted to council on time and kept the building project on track. Recognising exceptional work creates a positive culture among the hardworking tradesmen, something that both sponsors Western ITM and Maddren Homes are proud to call an industry first. Well done Brooke and Hydrotech, keep up the great work.



\$85 = Exposure for a month

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



Old hands at building award winning new homes

We are not part of a franchise. We are not owned by overseas interests. We are proudly 100% New Zealand owned and committed to building award winning new homes that are personalised to your way of life. **Call us 09 412 1000 or visit www.maddrenhomes.co.nz**



Food: Beverages

Peko Peko Japanese Takeaway

You will remember that we are closed at the start of November, but we will be back to reopen from Friday 10th November at 4:30pm. Thank you for your patience during our closure and we are excited to see all your faces again soon. Don't forget we are open for lunch Tuesday to Thursday 11:30am to 1:30pm as well as dinner time. We are a little food truck located at car park of Passion Produce vegetable shop on 92 Hobsonville Rd. Please check our Facebook page for more info. Phone order recommended 022 431 3462.



Noshortcuts

Why not consider a gift pack of gorgeous gourmet chutney or relish? It's always handy to have these on hand in the pantry to liven up some home cooking or serve as part of an antipasto platter when unexpected guests pop in. The NoShortcuts range of artisan chutneys, relishes and jams is a real treat for foodies and your only challenge will be deciding which ones to choose! All products are handmade – just like mum used to make, chockful of natural ingredients and contain no nasty artificial flavours, colours or preservatives. Most are non-gluten too. You can select which of the following products you'd like in your gift pack



(either 2 or 3 jars); Beetroot or Gherkin Relish, Mustard Pickle, Sambal Ulek, Tamarillo or Old Plum Chutney, Thai Tomato, or the award winning Feijoa & Ginger Jam. Just \$23.50 for the 2 pack and \$32.50 for the 3 pack. To purchase go to www.noshortcuts.co.nz.

Hallertau meets McClure's Pickles

Pickles and Beer are a match made in heaven. Join us at Hallertau for an afternoon of Beers and Spears, Pickles and Pints and a pickle-specific menu. Including the launch of Hallertau's pickle inspired beer McClure's Gose made with spiced pickle brine. Not to be missed by any beer and pickle lover. Dj Parks (Ladi6) laying down the pickle party soundtrack. Sat 4th Nov | 12pm | Hallertau Biergarten.

The Herbalist releases new IPA

After a wet winter in many parts of the country, New Zealanders are starting to emerge from under their umbrellas and contemplate the possibility of a summer. Rebecca Stenbeck and Grant McKain of The Herbalist are pretty excited about this and are celebrating with the release of their new IPA 'The Beau's Gone Rogue Horny Goat Weed IPA', perfect for matching with summer barbecue food. "We've been contemplating an IPA for a while," says Grant. "But we wanted to develop something appealing to hop heads with its big flavour but also light and fun enough for summer drinking for anyone." The duo have come up with the perfect combination, an IPA made with some gutsy American hops, showcasing tropical fruit notes to keep it light and fresh at the same time. The Herbalist's signature trait, as the name would suggest, is adding herbs for interesting flavour profiles, which make their beers pair exceptionally well with certain foods. In The Beau's Gone Rogue Horny Goat Weed IPA they've used Horny Goat Weed leaves for a unique taste that's not so strong as to overpower the hop flavour. "We liked the idea of Horny Goat Weed," says Rebecca "It gives that earthy tone, and it's also something a bit different." The Beau's Gone Rogue Horny Goat Weed IPA is designed to pair with pan fried fish or barbecued meat of any kind. "It matches perfectly with the smokiness of barbecued food and also works really well with tropical fruit-based salsas or desserts, very common summer entertaining fare in New Zealand," says Rebecca. It's already receiving excellent feedback at tastings and is looking like it's going to be es-





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sential summer drinking. The Herbalist - husband and wife team Rebecca Stenbeck and Grant McKain have developed The Herbalist range together, incorporating their collective craft brewing skills with Rebecca's extensive knowledge of herbs (she is a qualified naturopath and herbalist). They also developed it as lovers of great cuisine who wanted beers that paired well with food. Other beers in The Herbalist range are: Manuka Ale, Rosemary and Liquorice Ale, and Nettle and Bilberry Lager. For more information contact Rebecca on 021 940 385 or visit www.theherbalist.co.nz.

Apricot and Ginger Loaf

- 4 Crushed Weetbix
- 3 tablespoons Butter
- 1 teaspoon baking soda
- 1 cup sugar
- 1 cup chopped apricots and crystallised ginger.



Place all above ingredients into a bowl and pour over 1 cup of boiling water. Leave to stand for 5 minutes. Stir mixture to blend. Add 1 lightly beaten egg and stir into the mixture with 1 cup of self-raising flour. Mix well. Pour mixture into a lined loaf tin and bake at 180 C for 1 hour. Note: You can change the fruit and use chopped dates and grated rind of an orange or sultanas or even 1 teaspoon cinnamon and 1 grated apple. Recipes supplied by Wedding and Birthday cake specialists Paula Jane Cakes. Contact Paula on 021 208 8604 or Jane on 021 273 6139, email info@paulajanecakes.co.nz or visit www.paulajanecakes.co.nz.

The Hunting Lodge

The Hunting Lodge restaurant is due to open doors in mid-November. For the first time in many years, locals will once more be able to enjoy a great dining experience right here at the winery. The restaurant brings a casual upmarket feel to the neighbourhood that nods to its long history in the area while presenting a completely fresh experience to its patrons in a family friendly environment. True to its hunting roots, the menu (crafted by Executive Chef Des Harris) will hero quality meat and game, and showcase a seasonal on-site pasture-to-plate philosophy, complimented by other locally sourced produce. The beverage list has a boutique feel that is all about great wines from the region, along with craft beer and spirits. Come to The Hunting Lodge for good food, made to be shared and enjoyed with good company. Email reservations@



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Please see our Facebook page for delivery area & Menu
[@ggswoodfiredpizza](https://www.facebook.com/ggswoodfiredpizza)

thehuntinglodge.com to book. See the website for opening hours. www.thehuntinglodge.com.

Celebrate Christmas with Forester

Forester bar & restaurant in Riverhead opened in September and we are now taking bookings for the Christmas season. Our chef Campbell White, has created a number of different set menus to suit all budgets and we are here to help. Prices range from \$25 for pizza, salad and fries up to \$45 for 3 courses. We offer amazing cocktails, a great wine list and a welcoming team to have a great dining experience. Please email us on hi@forester.net.nz or get in touch with us via Facebook.



Attention vegans of Auckland

At The Tasting Shed, we know that vegans are people too. We know how rare it is for vegans to enjoy award-winning deliciousness and have a night that's all about plant-based goodness. So we've created a special night for you to shine in all your glorious veganism. That's right, we're offering a one-of-a-kind \$90 four course extravaganza celebrating all things vegan. Plus we've asked some awesome surprise guest speakers to make the night extra special. It's time to get out more, vegans! You know you want to, and we've just made it easy. Because let's face it, being a vegan can be hard. Join us at The Tasting Shed on Wednesday the 29th of November at 7pm. To view the menu and book go to www.thetastingshed.co.nz.



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WEDDINGS/SPECIAL OCCASIONS

Petstips:advice

Fireworks

It's nearly that time of year. Soon we'll hear fireworks going off on a nightly basis. While we often find them spectacular to watch, many of our pets find them very scary. Unfortunately, we can't explain to them that it is just a firework and that they can actually be quite pretty to watch. Our pets just don't see them that way.



There are a few things you can do that may help your pet. Remember it's not a one solution fits all. You may have to try a few things before you find one that works, or you may need to try a combination of things together.

1. Keep them near you: This can help calm your pets. It will make them feel safe and more secure.
2. Keep them inside: Being inside reduces the noise from the fireworks and drawing the curtains/blinds will prevent any potential visual.
3. Make a den: It offers comfort and can reduce the noise from the fireworks. You could make them a den just like you used to as a child. Your pet may hide behind the sofa or under the bed. Let them be where they feel safe; let them hide.
4. Clothing: Wearing clothes can help relax pets. There are jackets available that have been designed for pets to wear during high anxiety periods to make them feel calmer. (Make sure they like wearing clothes, you don't want to scare them more!)
5. Noise: The radio or TV can help reduce the noise from outside. You may need to turn the volume up louder than usual because of their highly sensitive hearing

6. Entertainment: Get your pet doing something to take their mind of the fireworks. Get them practising tricks, or hide treats around the house, or you could even create an indoor obstacle course...anything that will distract them.

7. Holistic remedies: There are some essences that can help calm your pet. Make sure that they are safe to use first.

8. Training remedies: Talk to your trainer or behaviourist as they may have some exercises to put in place to help desensitise your pet to the fireworks.

9. Medical remedies: If you are seriously concerned about your pet hurting themselves during fireworks then talk to your vet about prescription medication.

Hopefully some of the above tips may help you and your pet. These tips aren't going to make your pet suddenly love fireworks, they're helping them be less scared and able to cope with the fireworks.

Laura Purkis – PET First Aid & Training (NZ) Ltd. For more tips on helping your pet go to www.petfat.co.nz.

How to choose good raw food products

Raw-feeding pet owners can now source products from a range of places: the butcher, the supermarket, large pet stores, and specialist raw-food stores.



Not all raw foods are equal though. Here are a few tips to help you source the best product...

Origin - NZ is an agricultural country, with a ready supply of pest species too. There is no need to buy imported product. Herbivores that are raised on grains (the dominant model in the US) produce meat that is much higher in omega-6 fatty acids than our grass-fed herbivores, and thus is more inflammatory to those who eat it.

Composition - Beware all-meat products - these are not a complete diet! A raw diet should include bones, joints, organs, and meat.

Raw Meaty Bones - Bones must be the right size and shape, so that your pet can happily tackle them, but is not at risk of swallowing them whole. They should be meaty. Avoid large, dense bones (like cannon bones). NEVER feed cooked bones. Super-



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 P: 09 810 8609.
 PO Box 133, Kumeu 0841 Auckland

wise your dog while they are eating their bones. Check that the bones do not have splintered or sharp edges.

Ingredients - Ideally, dogs and cats should be able to get everything they need from a high quality diet of raw meat, bones and organs from varied prey sources. Avoid products with inflammatory seed oils (sunflower, canola etc), grains, starchy vegetables, and dairy products.

Aim to feed your pet 'food,' not 'ingredients!'

Additives - The addition of preservatives to raw pet foods is concerning. It is an unregulated practice in New Zealand, despite an abundance of evidence in veterinary journals to show that can be very dangerous.

Visit www.rawessentials.co.nz for lots of great articles and information.

Are dog walkers out of control in Riverhead forest?

There's been a few conversations on our local Facebook pages of late about out of control dogs with dog walkers in Riverhead forest. Large packs of dogs running at people, wearing shock collars, with handler's unable to control their pack. Many questions around the lack of regulation of dog walkers. It is a bit of a minefield.



The right dog walker for you and your dog, does however, provide a great service. A dog walker gives you the ability to own a dog and go to work in the knowledge that your dog's exercise and social needs are being met whilst you make a living; the alternative being leaving your dog at home all day; bored, lonely, frustrated.

So in an industry without regulation, yet offering an invaluable service, how do you reduce risk and increase the chances of your dog having a good AND safe time? Ask the right questions before engaging your dog walker. Here's just a few key questions to start:

How long have you been dog walking? Are you the person that will walk my dog? Are the same dogs in each group? Stability of the pack? How many dogs do you walk together?

Where do you walk? How long do you walk? How do you decide if my dog will be a good fit? How are the dogs transported? Is my dog on a lead? What about accidents? Do you have first aid experience? Have you ever lost a dog?

Ask friends for recommendations. Don't be afraid to ask to accompany your dog on a trial walk.



Muriwai/Waimauku's local professional dog walker is Lisa at Country Pets. See Country Pets on Facebook for reviews and photos or contact Lisa on 027 380 0265 to see if there's a space for your beloved dog.

Kanika Park Cat Retreat

Our fully internal, purpose built cattery opened in May. Our emphasis is on service, your fur baby's comfort is everything.



Our suites are large and light, with custom made multi-level furniture to allow movement and play.

Every suite has plush blankets in the cubbies with snuggly beds to cuddle in and heaps of toys. Our suites are individual for the health and safety of all our guests.

Wet food is served for breakfast and dinner. Bottled water and premium biscuits are available all the time.

We have no surcharge for public holidays or for giving medication. All guests are groomed and have playtime with us. We offer a shuttle service at any time suitable for you.

Living on site, your pussy cat is never without someone around. The last bed check is around 10.00pm to dim the lights and lower the music.

For information call 09 411 5326 / 027 550 1406, info@kanikapark.nz or www.kanikapark.nz.

West Harbour Cattery

West Harbour Cattery has re-opened under new management, and we are ready to welcome your feline family members. Short and long stays are available and we offer affordable rates. You can rest assured that all furry guests will be comfortable and cared for in the shared or individual spaces.



Inspections by appointment are welcome to view our safe and clean accommodation. We're easy to find at 97 Hobsonville Road, just 1.5 kilometres from the North West Shopping Centre. We're new to the business, but are committed, keen and passionate about cats.

Love them to bits! Judy, the previous Manager is sharing her wealth of knowledge with us, and we're confident our service will have all guests purring in delight. See you soon. Kelly and Eric. Phone: 09 416 5586. Email: info@cathotel.co.nz or Web: www.cathotel.co.nz.

Special thanks

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

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

Health:beauty

\$15 off your initial assessment at Bodyfix Studio

Bodyfix Studio has just opened its doors. Located in West Harbour at the back of Marina View Primary School, Bodyfix Studio is run by Aimee Dobson, a registered physiotherapist. Bodyfix offers small group classes and individual programmes for general fitness, flexibility and relaxation, injury rehabilitation, postural correction, and pregnant or post-natal women. All equipment is provided for you, and as the exercises are mat-based they are perfect to do at home as well as in the studio to maximise the benefits.



Why clinical Pilates instead of regular Pilates?

Clinical Pilates is the evidence-based version of the Pilates Method. The original exercises were refined by physiotherapists to encourage correct muscle activation and to prevent unwitting injury from poor body positioning. Clinical Pilates is a safe and comprehensive form of exercise for any age, fitness level or body type. And, with her background in physiotherapy, Aimee can tailor the programme to target and correct any body imbalances or weaknesses.

Book an appointment with Aimee today to see if Clinical Pilates is right for you! Visit www.bodyfix.nz, email aimee@bodyfix.nz or call 027 263 9349.

Dry needling

Does this sound familiar- been sat at your desk most of the day and your neck and shoulder are aching again? It could well be a nagging Myofascial Trigger Point.

Dry needling is a technique that physiotherapists use to treat myofascial pain. The technique uses a "dry"

filiform needle, one without medication or injection, inserted through the skin into areas of the muscle, known as trigger points. The needle allows a physiotherapist to target tissues



that are not manually palpable.

The goal is to release or inactivate trigger points to relieve pain, improve range of motion, reduce muscle tension, and normalise dysfunctions of the motor end plates, the sites at which nerve impulses are transmitted to muscles. This can help speed up the patient's return to active rehabilitation. Usually, it's typically one technique as part of a larger treatment plan.

If you would like to learn more check out our webpage - www.northwestphysioplus.co.nz/dry-needling-and-acupuncture.html.

Best quality sunglasses for summer

We hope that summer will be here shortly, so it is a good time to organise your sunglasses.

If you have prescription glasses we can put your prescription into almost any frame - you get to choose the frame, the colour of the lenses, whether they are polarised, or maybe you prefer that they change from clear outside to dark inside.

If you want stylish sunglasses to wear when you are wearing contact lenses, we have some gorgeous choices for you.

We are here to advise you on the best type of sun lenses for your eyes, with or without your prescription. We have an excellent selection of Maui Jim sunglasses - once a Maui Jim wearer - always a Maui Jim wearer. Come in and see the difference at Hobsonville Optometrists, 413A Hobsonville Road, Hobsonville. Monday to Friday 9am to 5.30pm and Saturdays.



Your body is unique

What works for others, may not work for you. There is no 'one fit all' when it comes to nutrition and fitness.

It's about listening to your body. Understanding what food makes you feel good, feel energised, what makes you feel bloated. What fitness suits your body/lifestyle and what fitness is adding stress or injury to your body.

There is so much research, trends, fads ... just so much! It can get quite confusing or daunting to know where you should

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start or what you should try. This is why I do what I do. I listen to what your lifestyle is like, what is achievable and help put simple steps in place so you know what to do without confusion. If you are tired of constantly starting over or confused where to start, call Melissa (021) 798 435 today and let's catch up over a hot drink (or glass of wine) to see what simple steps best suit you to get started on a slimmer, healthier, confident you. *** November Special - \$99 for 3 weeks kickstart to a healthier happier you***
 For more details pop onto our website www.benefityou.co.nz.

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Spring is here and your garden will have started to come alive.

Do painful thumbs stop you from pruning, planting and preparing beds?

At the Hand Institute we provide a comprehensive service for people who experience arthritis to help you get back to doing these activities you love

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Call us at the Hand Institute and make an appointment today 09 444 9450 Rosedale 09 412 8558 Kumeu.



Spring Special treatment 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: spadivine.co.nz

Spring Special: A relaxing back & neck massage, followed by back scrub & organic coconut body butter, finishing with your choice of a hand, foot or scalp massage (45min). Then sit and enjoy a refreshment on the terrace or in the spa lounge. Only \$89.00*

*Available on Wednesdays, Thursdays and Fridays until 01 De-





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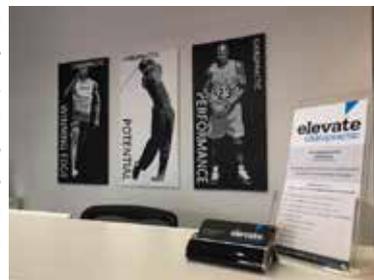
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 Spa Di Vine Phone 09 411 5290 or relax@spadivine.co.nz.

Elevate Chiropractic – the static back exercise

The Static Back position is an exercise to do to help ease back pain and headaches. Back problems are often linked, in some degree, to postural distortions. To do the exercise, simply lay on the floor with your hips and knees bent to 90 degrees.



Have your lower leg resting onto a chair or table and have your arms out to your side with palms facing the roof. Now just lay there for as long as you like (I usually suggest 20minutes). This position is not really an exercise but more of a postural reset. I recently posted a blog describing it along with some progressions in order to make it more of an exercise. Check out our website to see the blog along with photos and descriptions of the proper technique. Elevate Chiropractic: Shop 1, 10 Greenhithe Road, Greenhithe. Phone 09 413 5312. www.elevatechiropractic.co.nz.

What locals really think of Peter Bristow

“As a recent convert to health and fitness I was looking for a personal trainer that could take me on the journey from beginner to a healthier and stronger me. I found this in Pete. He first made me feel comfortable in the gym environment (something that any novice will understand), secondly he devised and structured a programme to suit my goals and thirdly works with me to achieve these goals. In addition to this he is always willing to give you ideas and advice on all aspects of a healthier lifestyle for you and your family. An added bonus of working with Pete is the variety of styles of training that he can bring to your fitness regime, from gym circuits to boot camps. I can assure you training with Pete is always rewarding.” Iain Sargeson.

“Training with Pete provides that extra motivation and accountability. He challenges me and pushes me outside my comfort zone but always keeps it interesting and varied. I’m feeling fitter and stronger and on the road to achieving my fitness and weight loss goals.” Bronwyn Hawthorn

Avoid ending up on our waiting list...



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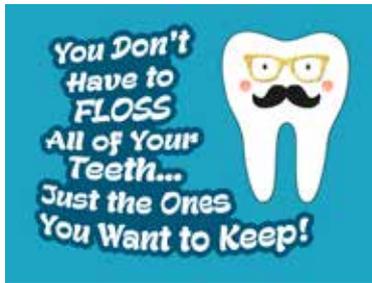
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Quick test to check how important it is for you to floss

1. Brush your teeth as usual
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others detect after the toothpaste freshness wears off.

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New chiropractor – Dr. Jessica Croft

Doctors Chris and Nolene McMaster are proud to introduce Dr. Jessica Croft as a full-time associate to the Kumeu Chiropractic team.

Jess comes to us having been under chiropractic care since Dr. Chris gave her first adjustment at just four weeks old. She has lived her whole life in West Auckland and after leaving high school worked as a Chiropractic Assistant for nine years in Glen Eden. During this time she decided a career in Chiropractic was her destiny, and graduated from the New Zealand College of Chiropractic six years later.

Jess has an infectious enthusiasm for life, and is driven by see-



ing all members of her community living as balanced, healthy, happy and successful lives as naturally as they can. Through chiropractic care she wants to help as many people as she can to reach their desired health and well-being goals.

Jess loves being outdoors at the beach or walking the many trails in the Waitakere ranges and also has a special interest in working with local equestrians. Having ridden most of her life, she knows first-hand that by having a spine and nerve system that is better coordinated and balanced, both rider and horse can perform at a more harmonious level. This could only be a good thing at the start of the season. Welcome to the team Jess. Dr. Jess would love to talk to you about Chiropractic and how it could help you.

Please call Kumeu Chiropractic on 09 412 5536 to make an appointment now.

Eye infections

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

Do you wear contact lenses instead of glasses? Watch out for white spots on your cornea (that clear layer over the front of your eyeball). This is "quite common among people who wear contact lenses," Dr. Herz says, and can be a sign of a corneal infection. Treatment is urgently required, especially if the eye is painful.

Annual eye examinations are recommended for all contact lens wearers. Visit Matthew and Molly Whittington, For Eyes, Kumeu Village Phone 412 8172 for top quality eye examinations and for reading disability or colour vision assessments and treatments. (*Acknowledgement: M. Bonner, Marie Claire, 24 March 2017).



How do you mold and stretch a pair of shoes to fit your feet when you are short on time?

This is Shoe Talk's guide on how to make your new shoes fit your foot shape when you have purchased something new that you need to wear soon after purchase, please note this only works if the



DT

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

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footwear actually fits your foot correctly to start with shoes will only ever give in width a few mm and not at all in length.

So follow the following tips:

- If the shoes pinch your heels you can soften the heels by gently rolling the back of the heel over with your thumbs to soften the edge.
- Put on a pair of socks; grab your new shoes and your hairdryer. Turn the hairdryer onto warm and gently direct the heat towards the shoe, approx 15cm away be careful though as you do not want to burn the leather, if it's suede put the heat even further away. Heat the leather up to where it feels malleable. Put the shoes on your feet and walk around them as they cool. The heat will soften the leather and allow it to mould to the shape of your foot. Repeat if required.
- Finally notice any points that feel like they will rub on the first wear and put a plaster on this will ensure you have a great night and no sore feet or blisters.
- 401A Great North Road, Henderson Phone 09 835 9936 or 1/32 Clyde Road, Browns Bay Ph 09 479 7807 - www.shoetalk.co.nz.

Spring is in the air

Which means allergies are too. Common symptoms of eye allergies include watery/itchy eyes, redness and even a burning sensation and can be caused by:



- Outdoor allergens, such as pollens from grass, trees and weeds.

- Indoor allergens, such as pet dander, dust mites and mould.

- Irritants, such as cigarette smoke, perfume and diesel exhaust.

The good news? All of these symptoms are treatable!

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Mums – exercise safely with KC FIT

Want to get back into exercise? Or keen to start, but don't know how to take the first step? KC Fit specialises in training women safely after they've had children by improving fitness, reducing stress, burning fat, toning



and strengthening, all in a supportive environment. KC Fit trainer and mum-of-two Kirstyn Campbell says it's crucial that before mums return to exercise, they understand how pregnancy and birth change their bodies. "Burpees, sit-ups, crunches or planking might seem like a quick way back to a flat tummy, but they can damage your abdominal area and pelvic floor, affect digestion and even cause hernias." KC Fit's 1 hour classes in Huapai include 'Tight Mummy Tummy & Bits', 'Mums' Boxing' and 'Mums' Bootcamp' – with some morning sessions offering free babysitting! Class numbers are limited, with first session free. Find out more about upcoming classes at facebook.com/KCFitNZ or email Kirstyn on kirstyn@kcfit.co.nz or call her on 022 637 5410.

Depression

Do you find it impossible to get out of bed in the morning?

Do you wake up and feel you just can't possibly cope with the pressures of the day ahead? Do you feel the only place you want to stay is in bed, even though you know you need to get out of it?

Depression; according to various studies that have been done on thousands of people in the UK, Europe, USA, Canada, on the

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links with Geopathic Stress (GS) are as high as 80%.

Therefore if depression is something that is affecting you or someone you know, staying in bed, could be the very cause of what is making you feel depressed.

It is crucial that you know that your home (your safe space) is not the thing that is making you ill or depressed.

What GS does is attack your immune system and take away your ability to fight. It doesn't cause it or anything else for that matter, but it suppresses your ability to fight.

Make sure your body has the ability to fight any battle it needs to and know that GS isn't in your bed with you.

Call Nicky on 021 545 299 or check out other case studies and testimonials on www.clearenergyhomes.com.

Poor posture. Can osteopathy help?

Our postures are getting worse and worse. Sitting in front of a computer all day, looking down at a smart phone all the time, slouching on a chair...No wonder a lot of people develop neck tension, headaches, stiff shoulders. Can it be helped and improved? Definitely! Being aware of good posture, regular exercises, well organised workstations - all that can make a big difference. Don't be lazy, stand up straight, do regular exercises and optimise your work place. If you are not quite sure of how to work on your posture, come and visit a health practitioner who can help. It is especially important to work on kids' posture while they are growing and establish their good (or bad) postural habits. An osteopathic practitioner can assess your posture, find the muscles that are tight and apply manual treatment to relax them, improve the mobility of the stiff joints using manipulation. Usually, an osteopath will also give suggestions on what to focus on to improve the posture, what exercises and stretches might be beneficial. Most osteopaths will also discuss



the work place strains and suggest ways to minimise them. At Family Osteopathic Clinic we regularly see patients whose pains and discomfort stem from poor posture. Our patients confirm that addressing those issues often make significant changes to their symptoms. To make an appointment call 09 416 0097, 39 Hobsonville Rd, West Harbour.

Floating during pregnancy

Floating is a unique and one of a kind environment that offers a warm, calm and peaceful place for mamas to be to reflect, restore, bond with baby and relax. The stresses of daily life can often feel compounded during pregnancy and on this whirlwind of a journey our bodies can often be challenging both mentally and physically. Floating offers tremendous health benefits to expectant mothers who can find much needed pain relief in the use of float therapy during pregnancy, along with time to bond with baby, and practise visualisation and breathing techniques in preparation for the upcoming birth. Some of the health benefits of floating during pregnancy include relief from swelling, hypertension, Braxton Hicks, insomnia, leg cramps and stress. Floating in Epsom salts during pregnancy can help boost the natural magnesium level in your body. When you float, your body becomes weightless. Epsom salts are known for their healing and anti-inflammatory powers, so floating can decrease your pregnancy aches and pains. Book a float today @ www.black-lotus.co.nz or call us to make a booking on 09 412 9827.



Wedding season is fast approaching

Fresh & Flawless would love to help you look and feel your best on your big day. Get in touch today about makeup and hair for your big day. "Lauren did mine and my bridesmaids and mum's make up for my wedding in January 2017. She did an absolutely amazing job, my makeup lasted all day and she was awesome to deal with. Professional, on time, and did my makeup exactly how I wanted it. Can't recommend her enough and if you are getting married any time soon definitely check out Fresh and Flawless and get in touch with Lauren" Mell Cole www.freshand-flawless.co.nz lauren@freshandflawless.co.nz



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Fun, active and a lot of laughs

Having a lot of laughs, enjoying the fun with others, and removing the fear for new golfers is the aim of two FREE fun days at Redwood Park Golf Club, Swanson. On Sunday 29th October they are holding 'Bash and BBQ'



for Dads, Lads and other keen blokes, followed by 'Golf and Glam' for Ladies, Lasses and Girls on-the-go, on Sunday 5th November. Both events are from 3pm. Those who want to exercise in a beautiful parkland setting, and enjoy the company of others are encouraged to attend these FREE activities. "It is more than just about the golf" says Warren Ogilvie, General Manager at Redwood Park Golf Club. "Those who come along to either Bash and BBQ or Golf and Glam will not only participate in some simple fun golf activities, but will experience some treats in the club rooms afterwards. Golf clubs are not required and playing in comfortable casual clothing is also ok." For those who enjoy the fun, there will be an opportunity to participate in coaching clinics in the following weeks. "We want men and women, of all ages, to get out there, enjoy the fun of golf, while exercising." See our Facebook page for details. If you want to register for Bash and BBQ on 29th October or Golf & Glam on Sunday 5th November, please contact Redwood Park Golf Club, phone 09 833 8253 or email office@redwoodparkgolf.co.nz.

DIY accounting: The dangers and hidden costs

Kiwis love DIY – it's in our DNA! When it comes to home renovations, fixing cars or managing your own business and books, we love to do it ourselves. This makes sense for a lot of small businesses when cash is tight and there are accounting software options readily available in the market which theoretically make the task of bookkeeping and accounting a breeze. But does it really save you money? Trying to save money by doing your own accounts can often end up actually costing you more in the long run. Even a simple mistake can cost you time and money as you try to identify the mistake and then try to correct it. Often, as accountants, we spend a lot of time fixing these errors. Reconciling GST, wages/PAYE, FBT and income tax, and analysing revenue, capital expenditure, deductible and non-de-

ductible expenses all takes a lot longer when there are errors in the bookkeeping and accounts. When doing your own accounts, you need to be prepared to accept a higher level of risk. Only you can determine whether it is a risk worth taking. For more advice on how to improve your cash flow, contact Mark Foster and the UHY Haines Norton team at 329A Main Road, Kumeu, on 09 412 9853 or email kumeu@uhyhn.co.nz.

Teen Style Search

In early October, NorthWest ran a programme of Teen Style Search with stylist Nora Swann, who provided creative direction, styling, and mentoring participants. Ms Swann, who became a personal stylist after winning



a Cleo magazine competition six years ago, has spent the last three years running confidence-building workshops for teenage girls through the social enterprise side of her business, Kila's Style. She recently ran a series of her workshops in collaboration with Sister's United at The Palace, the dance studio owned by renowned performer Parris Goebel. Ms Swann believes these sorts of programmes are more important now than ever, explaining that with the rise of social media has come a lot of comparison, and a lack of self-confidence. "There is a need for body positivity messages in our community, focusing on encouraging self-love and confidence in Kiwi teens. Our society compares everyone, and there is a stereotype about what is beautiful. We should be celebrating our differences, instead of trying to fit into these idealised forms of beauty." The main goal of the NorthWest Teen Style Search is to inspire self-confidence in each of the 48 teens. We'll be pushing them to challenge themselves, to step outside their comfort zones and strut their stuff loud and proud down the runway. "The opportunity to participate is open to all - whether you've always wanted to be a model or just want to try something new, this is a great way to learn a few tips, and have a lot of fun in the process."

Permission granted - Do what you want

I am giving you permission to live life the way you want. We think we are living freely but it can be a blind spot for many.



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Without knowing it we hold ourselves in rigid ways, behaving in certain ways or unconsciously putting strict rules on how things are done. We limit our approach to life. The biggest thing screaming at me right now is that many of us have forgotten about joy.

Authentic happiness is better than any medication or any green smoothie. Finding our joy is perhaps the most important mission we can undertake as a human. We forget about this... or perhaps we need permission to do it? Doing small things that are good for the soul works miracles. I recently had a small epiphany around exercise. I had put exercise in the 'have to' category and any 'have-to' in my life finds itself at the bottom of the to-do list. Usually, when your hearts not in it, you aren't running to go do that thing. I had to think long and hard about what kind of things I could do that were good for my soul. The key here was not to attach any outcome to it. Don't do it because it will make you thin, or eat it because it will make your skin shine – do it because it makes you smile and that's it! Do it because in that moment you are thrilled doing what you're doing. The theory being that when you are truly doing the things you love, you have a sense of well-being and a sense of its good to be alive. You feel content, satisfied. You're having fun, you feel care-free. You are in the present moment, you smile. Now when your body is experiencing these emotions – amazing things are happening. You could say you're being the most spiritual person on the planet in that moment. You have chosen to live and connect with what its really all about. Because emotion is where we create everything from, when we experience authentic positive emotions our body can naturally do what it does best – function optimally. It knows how to naturally lose weight, it knows how to heal, it knows how to have glorious skin, it knows how to be youthful. Real joy in the moment has a spin off effect in every area of your life – even your bank account. An unrelaxed

person, a person in situations they would rather not be in, a person not at ease, doesn't usually have life working out for them and can't ever find what they are looking for. Time to get brave and make some changes. So... I went to a Zumba class. For me it was amazing. I needed to be brave to walk in there in the first place, I needed courage to be OK about looking silly. I did it all and loved it. I was so satisfied and had a smile plastered on my face the whole time. I then signed myself up for tree climbing. Best thing ever! You need courage and balls and strength. I was so happy and proud. It was also a big reminder for me about activity putting you in the present moment. You are naturally focusing on the task at hand instead of tomorrow, or that thing next week. So, go fishing more, get out in the forest more. Get in a kayak. Try going to the pool and swimming a few lengths. Join a class of something. Do something scary, change your routine. What would be good for your soul? What would you be thrilled to do? Some of us need to go bigger - I sometimes want to go up to people and shake them 'you can leave your marriage you know''you allowed to hand in your notice''Stop talking about it and just do it''you can relax around your children, the way they are, is the way they are'. Following our hearts to be happier is a worthy cause and an act of compassion – for self and for others. The best thing we can do for our communities and our world is tend to our own authentic happiness first. Making changes in big areas of life takes courage and bravery. Doing things our way and creating the changes we want may feel selfish or irresponsible. We can feel responsible for another's happiness and therefore keep things peaceful and don't rock the boat. I think that if you are truly making choices from the heart, from your wisest self, then everything will always be OK – you can't really get it wrong for yourself or others. This little saying helps me a lot 'May this happen for my highest good and the highest good

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of everyone involved' – then go about your business. When we love ourselves enough to make any necessary changes we are also loving everyone. It may not seem like it at first, but believe or not it is showing love for everyone. There is so much point in adversity. Things seem so hard at first, but we always come out of it stronger, wiser and happier. Remember - you can't pretend. You can't fake being happy. The world knows, your own body knows. You're either being true or you're not. And if your body and your world are reacting to your emotions you owe it to yourself and those around you to be living a truer version of self. The truer version of you is healthier and happier. Come and see me for a session. I give personalised meditations to connect with self and start creating emotions that make the good stuff happen. I help with feeling lost, not knowing what to do next, feeling anxious, depressed, work and relationship stuff and health issues. A session is usually 2 hours and costs \$150.00. Anna 021 555 658 anna@thinkyourbest.co.nz.

Marketing means business

It's fundamental to business management; identifying the needs and wants of customers, determining which target markets your business can serve. Then sourcing products/services to serve the customers in these target markets so that the objectives of your business are achieved. Ideally, with some exclusive distribution to differentiate and protect sales. This is best addressed by working through a marketing plan: situation analysis, marketing objectives and tactics to achieve these via the marketing mix, budget



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and evaluation measures. This is the very best way to give you a very clear focus on the road ahead. An important part of your marketing plan is the promotional schedule: how, when and where you're going to communicate with your customers. Ideally, over a calendar year and written up on a wall planner so that you can see at a glance what's coming up next and prepare any materials ahead of time: flyers designed and printed for specific promotions, social media content, booking advertising space and material etc. Evaluating each promotion shows if it met the targets set, for example; number of new customers purchasing, number of incoming sales enquires. The frequency of promotions and communications is considered: a monthly newsletter (emailed, posted or via a blog?), quarterly promotions, annual customer survey or special events. Don't forget that keeping in touch with existing customers is as vital as attracting new ones. "Your next mission, should you decide to accept it" call Andrea at MOXY Marketing 022 327 4758. It's a great time to look at Christmas promotions or start your marketing plan for 2018.

Taupaki cookbook served up for Christmas

"Life is uncertain – eat dessert first," Taupaki School cookbook photographer and co-author Nicola Topping told more than 100 guests at the launch of 'gather'. Nearly 30 pages of desserts feature mid-way through 232-pages of recipes from Kumeu district residents, compiled by Nicola, pictured right, and co-author Linda Roodt. About 2000 of the cookbooks have been printed ready for Christmas at \$30 each – or three for \$80. Funds raised will help develop Taupaki School's technology centre, Principal Pete Hall says. He says the book is not only about recipes, but with photos of students involved in country activities it also represents a rural way of life under pressure from Auckland's development. "Right from the start, this was a chance for us to come together as a community and write our history, so we can tell it 10 to 20 years from now." Nicola thanks all who contributed. This includes sponsors like Graham and Gail McIntyre, the first to back the book as representatives of Mike Pero Real Estate Kumeu and Hobsonville, the Kumeu Courier and – for Gail – as the school's PTA co-chairwoman. Dawn Chambers' work in typing up the first Taupaki School cookbook's 300 recipes nearly 30 years ago, contributing her rhubarb and ginger jam recipe to this book, brought recognition at the 'gather' launch at Gracehill Vineyard Estate. Saying it will make "a great Christmas present", Nicola says some businesses are presenting the cookbook to selected customers. Described as "a cooking journey through North West Auckland



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and beyond”, the book has easy to read recipes with full page photos of each dish, ranging from brunch and starters to baking, condiments and a “packed lunch” section. There’s even a “time out of the kitchen” category with 15 local eateries. Nicola says the lead up to Christmas is a vital time for the cookbook project, with the book offered through various farmers’ markets and from the school. Visit www.taupaki.school.nz for more information.

Medical Insurance – be prepared for the unexpected

Roy Morgan Research recently published updated information on insurance coverage in New Zealand, revealing about one in seven New Zealanders have no insurance whatsoever and just one in four have Private Health insurance. This suggests Kiwi’s are taking a ‘she’ll be right’ attitude with their health, which is of a concern as you never know when an unexpected illness could happen. Having a health plan in place helps maintain the health and wellness of you and your family. Key benefits of health insurance: Access to private treatment for non-acute medical conditions. More choice over where and when you receive treatment. Less financial stress by reducing your costs of private treatment and time off work. Less reliance of public waiting lists. Preventative Screening. Cover now for unknown health issues that may arise in future. It’s difficult to calculate how much you’ll spend on health care each year. But having health insurance helps pay for sudden, expensive medical costs. It can also help you pay for common services like annual check-ups, recommended health screenings and preventive care services. Some plans even encourage you to seek routine preventive care which may help you avoid developing an illness or health condition, or find it at an earlier stage when it’s often more treatable. For more details and advice on medical insurance, please do not hesitate to contact us for a no obligation chat. Timothy Peat phone 09 412 6363 or visit www.risksolutions.net.nz.

Massey CAB

It may seem early but Christmas is just around the corner so it’s wise to think ahead and not be buying those gifts in the week before Christmas. It’s also wise to know the pitfalls that can happen. After Christmas there is a rush of people trying to sell unwanted gifts on Trade Me, or to exchange them at the shop. Be generous but be sensible. Yes we all want to be generous but it’s silly to get into debt. Christmas is a time for giving and sharing, but don’t give more than you have. You could make some presents or give a token with a promise of a gift such as washing the car or babysitting. If you come from a large family you could do a lucky dip, and each person just buys for one family mem-

ber. Gift cards can be Santa’s little helper - but most have an expiry date, and can only be used at specific shops. There may also be special conditions attached. Something like 20% are never redeemed - so they can be a gift to the retailer. If you’re worried the gift you’re thinking of buying isn’t quite right, ask for an exchange card. The store isn’t obliged to give you one but many will. Including an exchange card with your gift can also take off some of the pressure of finding the perfect pressie. If you don’t have an exchange card, some retailers may let you strike a deal - the gift might be returnable provided you have the receipt (ask about returns before you buy it). Usually the price tag must still be attached, the boxes or packaging still sealed, and the item unused. There’s also often a time-limit on returns. Some retailers have a no-questions-asked exchange policy. This means you’ll get a credit note to spend as you want in the store. Remember what’s important. Have fun. Remember in the end it’s not the presents people remember, it’s having fun with family and friends. So take time to play with the children, they’ll remember the family cricket or soccer game in the backyard long after their presents have broken. For further information, or if you’d like to help others when things go wrong contact Citizens Advice Massey 09 833 5775 or massey@cab.org.nz.

Message from Massey Police

Attributed to Netsafe – Online Safety for New Zealand. Online safety for parents is more important than ever. As young people begin to spend more time online, it’s important that parents start to teach them how to stay safe. So, how do you get started? Check out our 10 things to think about below. Set expectations - Talk to your child about the type of behaviours you’d like them to adopt. For example, how long they should spend online, what apps and social media sites you’d like them to use and what is appropriate content to view. This

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will be different depending on the age of your child, and what you feel comfortable with. Technological options like parental controls can help, but it needs to be teamed with online safety education. Find out more about how much time kids should be spending online. Find out about how to use parental controls. Understand what they do online - Talk to your kids about what they're using the internet for. What's involved? Who's in their network? What information do they share? Are they using the internet to learn? To communicate and create friendships with others? To create music or videos? Really listen to what they have to say – what might seem like 'just a game' to you, could in fact be a way for them to connect with people who have similar interests.

Showing an interest in the things they do helps to build your understanding of what their online world looks like and creates an environment that makes it easier to have more difficult conversations about in the future.

If you don't understand it, try it - You need to understand the technology to better understand the challenges that young people face online. Explore the websites and apps your child uses to improve your knowledge, and take the time to read terms and conditions. You could even ask them to show you how it works, as a way to start conversation around online safety.

As a start, check out our guide to Snapchat for parents.

Set a good example - How often do you use your laptop or smartphone at the dinner table? How many angry posts have you published? Take a look at the way you use technology while young people are around. If you see something that troubles you – change it.

How good is your knowledge about online safety, privacy settings and even online shopping?

Be better equipped to help by expanding your own knowledge – read the Staying Safe Online Guide.

Teach them the basics - Once your knowledge is up to scratch, teach them the basics of online safety – here's four ideas of what to start with. Strong passwords - A strong password helps protect the information in your on online profiles or accounts.

Teach your child how to choose strong passwords, by reading how to choose a good password.

Information to protect online: Login details and passwords, bank account details, home address, phone numbers, birthdate, personal information that could be used to guess security questions for online accounts.

You should also think about personal details they could share online, such as where they are and the school they attend.

Not everything is as it seems - It can seem like common knowledge to adults, but sometimes kids don't understand that people are not always who they say they are online. Talk to them about friending or communicating with people they don't know offline. For young children especially, they shouldn't friend someone online that they don't know personally offline.

Digital footprint - Teach your child that they need to think about what they post online, and that what they post online leaves a "digital footprint" about them. Find out more about digital footprints.

Setting up social media - How old should kids be before they get social media accounts? The minimum sign up age for Facebook, Instagram, Snapchat, Twitter and YouTube is 13. Of course, if they're under the age minimum it's always better that they're honest with you about using an app or site, rather than doing it behind your back. This way, you can help them to stay safe online.

Tips for setting up social media account; Make sure you've taught them the online safety basics above. Help your child to

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set up the account. Depending on their age, use your email address to sign up. Enter their actual birth year so they're less likely to see inappropriate content. Become their friend, or follow them. Teach them about the safety tools available. Give them the tools they need.

Most social media organisations have a safety centre with tools for staying safe online. Take a look at the safety centres of the apps or websites your child uses, and teach them how to use the tools available.

Start with how to block people, how to report content and how to use the privacy settings.

Online bullying - One in five young people in New Zealand have been the target of online bullying. Teach your child what to do if they're targeted online, so they have the tools to deal with it if it happens. Ask them what advice they'd give a friend who was experiencing online bullying. This is a good way to understand how they would deal with these kinds of situations if they were to experiencing it themselves.

Make sure you also talk to them about how you expect them to behave towards others online.

Let them know that if it's not acceptable offline, it's not acceptable online. Ask your kids to think about the person on the "other side" of the screen. Lead by example - think about how you're behaving toward others online

Find out more about how to deal with online bullying.

What about "sexting"? When it's appropriate you should talk to your kids about the risks of sharing personal information and sexual images and what can happen to those photos or videos once created and shared.

Find out more about sexting and how to deal with it.

What if something does happen? Let them know the options that are available to them - talking to a trusted adult, their school or Netsafe. We have a team of friendly people offering free and confidential advice for everyone in New Zealand. We can help young people with online bullying, abuse, harassment and other challenges they might face online. Let them know we can help.

If they come to you for help, count to ten before you react. When young people ask for help from adults, it's important to understand this was a big decision. If you overreact or take away the

technology, then you're less likely to be the first port of call next time something happens. Focus on fixing the issue, not on punishing or confiscating their devices. If you need help or advice, about any online issue you can contact Netsafe. 0508 NETSAFE 0508 638 723 - queries@netsafe.org.nz - netsafe.org.nz/report. If you need help or advice, about any online issue you can contact Netsafe. 0508 NETSAFE 0508 638 723 - queries@netsafe.org.nz - netsafe.org.nz/report.

West Harbour Tide Chart

Date	High	Low	High	Low	High
Wed 1 Nov	05:22	11:31	17:53	23:57	-
Thu 2 Nov	06:19	12:23	18:43	-	-
Fri 3 Nov	-	00:47	07:11	13:12	19:33
Sat 4 Nov	-	01:37	08:02	14:00	20:22
Sun 5 Nov	-	02:25	08:51	14:48	21:12
Mon 6 Nov	-	03:14	09:39	15:38	22:033
Tue 7 Nov	-	04:03	10:29	16:28	22:55
Wed 8 Nov	-	04:53	11:20	17:21	23:47
Thu 9 Nov	-	05:44	12:12	18:17	-
Fri 10 Nov	00:41	06:37	13:08	19:15	-
Sat 11 Nov	01:38	07:34	14:07	20:16	-
Sun 12 Nov	02:37	08:36	15:07	21:19	-
Mon 13 Nov	03:39	09:41	16:08	22:20	-
Tue 14 Nov	04:41	10:45	17:06	23:18	-
Wed 15 Nov	05:41	11:43	18:01	-	-
Thu 16 Nov	-	00:12	06:37	12:35	18:53
Fri 17 Nov	-	01:02	07:28	13:23	19:41
Sat 18 Nov	-	01:47	08:14	14:06	20:26
Sun 19 Nov	-	02:30	08:57	14:48	21:08
Mon 20 Nov	-	03:09	09:37	15:28	21:49
Tue 21 Nov	-	03:47	10:15	16:07	22:28
Wed 22 Nov	-	04:24	10:53	16:47	23:06
Thu 23 Nov	-	05:01	11:31	17:28	23:45
Fri 24 Nov	-	05:40	12:11	18:10	-
Sat 25 Nov	00:25	06:20	12:53	18:55	-
Sun 26 Nov	01:08	07:04	13:39	19:43	-
Mon 27 Nov	01:54	07:54	14:28	20:34	-
Tue 28 Nov	02:45	08:50	15:21	21:28	-
Wed 29 Nov	03:42	09:50	16:16	22:24	-
Thu 30 Nov	04:42	10:50	17:11	23:19	-

Source: LINZ.

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

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

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