

the **Westerly**

FREE monthly community magazine for Massey to Hobsonville Point

PROPERTY MARKET REPORT

PETANQUE RULES

- Hunting & Fishing report
- Home & garden
- Community notices
- Food & beverage

GOLD AWARD FOR MIKE PERO

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

October 2018

2018

Intro

Each generation tends to think that it is an improvement on the past. Certainly there have been great technological changes in the last few years, but we very much rely on standing on the shoulders of giants. Much of what we take for granted in our daily lives is the result of human activities over thousands of years. Pottery has been discovered in China dating back 20,000 years, while dogs have been around us for over 30,000 years. Humans have been domesticating animals and plants for time periods that are beyond normal comprehension. Cattle, horses, chickens, as well as wheat, potatoes, rice and apples (originally growing wild in Kazakhstan) were all gradually modified, usually with selective breeding, from the time when people began settling and farming around 11,000 years ago.

You may enjoy Alice Roberts' Tamed (available through Auckland Libraries) which discusses how the additional information available from DNA analysis adds remarkable detail to the discoveries of archaeology. Although we inevitably focus on ourselves, all animals and plants evolve all the time, not least in response to the effects of human activity across the planet.

Humans themselves have evolved through various groups of earlier primates - Lee Berger's fascinating book Almost human relates the discovery of well-preserved hominid skeletons in South Africa, currently thought to be about 300,000 years old. Indeed our DNA now reveals that many of us carry material inherited from Neanderthal ancestors.

Still, what counts to many is the present, and as usual the Westerly brings you plenty to enjoy this month. Read about the national community award presented to our publisher at the Mike Pero Real Estate 2017-2018 national awards. Travel ideas are enticing and inviting. Nearer home don't forget that the Auckland Heritage Festival is in full swing and there is still time to plan an outing to enjoy the various events. An art festival is happening just up the road, and there is live theatre in Glen Eden. NZ firefighters made a big contribution to fighting the recent wild fires in the US and Canada - read details of their experiences.

Maybe you donated to Miro's COGY in August? How much this area has changed over recent years. Who would have thought that Hobsonville Point would be the place to play pétanque? The Tradie of the Month is a skilled excavation specialist, read about him. Up-date your knowledge of the latest news about property, gardening, pets, food and looking after your health. We have exclusive news about a local inventor who has a design to neaten up those untidy computer cables. Do you have a business in this area? Don't miss the opportunities open to you by using the Westerly as a vehicle for marketing your product or service.

Enjoy your October.

John,
Editor



the Westerly

October 2018 issue

- 4 Community notices
- 6 Safer communities
- 7 People & places
- 8 In brief - updates
- 10 Summerset
- 12 Property news & advice
- 14 Area property stats
- 24 Hot property
- 26 Hobsonville Point
- 28 Home & garden
- 30 Babydoll sheep
- 31 The great outdoors
- 32 Central's tips
- 34 Build new
- 36 Food & beverages
- 38 Pets tips & advice
- 40 Health & beauty
- 42 Worn out joints
- 44 Area columnists
- 46 Massey mum

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LADIES NIGHT

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Community: Notices

About us @ YOU Travel Westgate

As we know the world is a big place! There is so much to discover out there, different continents, different cultures, historic tours, walking/cycling tours, foodie tours to name just a few... cruising has become the way to see more in the time you have on holiday, waking up in a different country or city, seeing and sampling the best at each location.

At YOU Travel Westgate, we pride ourselves on finding the best holiday on land or water – or even both; to find all your holiday requirements so you can tick it off your Wish List. We aim to link your trip with smooth itineraries, detailing all you need to know with transfers (seat in vehicle or private car). When you come home, we love to hear all about your trip and embrace your memories.

With 24hr phone, email and text access to your consultant, you can relax and enjoy your trip knowing someone is only at the end of the line ready to take your call and help if needed.

We cover all your travel needs, flights, hotels, day excursions of course, but also the importance of knowing and assistance you to get the appropriate visa, travel insurance, ordering foreign currency/cash, multi-currency cash passport; along with hints and tips for the countries you are visiting – in fact anything and everything you need to make your trip Perfect.

Don't delay; come in for a consultation, call or email – I would

love to hear from you and get to know more about you, where you have been and where you would like to go next.

Email me paula@youtravel.co.nz, phone 09 831 0018. YOU Travel Westgate, 18 Westgate Drive, Westgate. www.facebook.com/youtravelwestgate www.facebook.com/YOUCruiseWestgate.

Celebrating the heritage of our people

Ngā iwi o Tāmaki Makaurau – Celebrating the heritage of our people. From 29 September to 14 October.

Discover the colourful characters and diverse cultures and communities who have shaped Tāmaki Makaurau through the years.

In West Auckland, find out about Crown Lynn (New Lynn Library 6 October), attend an event on Avondale's Chinese market gardeners (Avondale Library 13 October 2pm), see the visual stories of memorable Westies (Mill Cottage, 17 Sel Peacock Dr, Henderson 6 and 13 October), or a display about early settlers in Blockhouse Bay, and much more.



YOU Travel Westgate

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Email me paula@youtravel.co.nz Call me: 09 831 0018

Or come in and see me @ YOU Travel Westgate, 18 Westgate Drive, Westgate
facebook pages:

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For fun, free or low cost activities these school holidays, don't miss Auckland Heritage Festival 2018. The festival brings together over 200 events across the region from 29 September to 14 October. There's a huge range of walks, talks, tours and workshops – many of which offer activities for the whole family. Take the whānau and become a settler for the day at MOTAT, learn how to create heritage sausages and candle designs in Birkenhead, or have a go at gold panning. Make a day of it with a trip to Wenderholm Regional Park to explore the diverse origins of Coudrey House's past residents or join holiday activities inspired by heroines of the sea at the Maritime Museum.

Auckland Heritage Festival is brought to you by Auckland Council. To find out what events are happening in your area, go to heritagefestival.co.nz. Image credit Blockhouse Bay Historical Society Inc.

Bernoulli Gardens

A 120 apartment complex by Ockham Residential, has now opened in Hobsonville Point. It is named after the mathematician and physicist Daniel Bernoulli, whose principles led to the development of the carburettor and aeroplane wing, and acknowledges Hobsonville Point as the former site of the RNZAF flying-boat base. Five buildings surround a large communal green space, and the challenge to the designers was to build high-density housing by using the suburban land effectively and economically, responding to the social and economic needs of Aucklanders. The garden views from the apartments also reinforce the idea of an urban village and encourage the feeling of community.



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Groundbreaking musical hitting West Auckland

Jonathon Larson's Pulitzer-prize winning Broadway Musical, Rent is being brought to The Glen Eden Playhouse Theatre in September-October. Based on the original Broadway production that ran for 12 years and won every major best musical award, including the Tony Award and Pulitzer-prize for best drama, Rent transformed the definition of musical theatre - and changed Broadway forever. This cutting-edge musical, based originally on Puccini's opera La Boheme, is sure to ignite a laugh, a tear and make you take a look back on society's progress through the last two decades. But most of all, Rent is sure to be a hit.



Director, Kit Haines says: "Rent is a musical with ingenious and powerful artistic choices which makes use of the limitations of representability. The production serves as a way to observe history and gauge our cultural progress, preach moral lessons to its audience, and embody the idea that life is a gift which should not be taken advantage of."

When: 22 September - 06 October Times of 2.30pm / 7.30pm - vary daily. Where: Glen Eden Playhouse Theatre 15 Glendale Road, Glen Eden, Auckland, 0602. Booking: www.iticket.co.nz / 0508 iTicket / \$25.

Music and Songs for People Living with Alzheimer's Disease

Research suggests that listening to music or singing songs can provide benefits for our brains. And for people living with dementia, such as Alzheimer's disease, or those with a brain injury musical memories and abilities would appear to last longer than other areas in the brain.



Music has the ability to reduce anxiety and distress, lightening

Special thanks

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

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| The Warehouse Westgate | Luckens Road Dairy |
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the mood, and provide a way to connect with loved ones, especially those who are having difficulty communicating. Choosing music, and especially songs a person knows from younger days, is a great way to build confidence and lift spirits. At Mindjig we have a double CD called '100 Songs You Know by Heart'. This is a collection of favourite sing-along songs from the 30s, 40s and 50s. And include songs such as 'Tie a Yellow Ribbon', 'Rambling Rose' and 'Sweet Georgia Brown'. We also have DVDs where you can have the words displayed on screen so everyone can sing along.

Visit www.mindjig.co.nz to see our resources for people living with dementia or brain injury. Or contact us email: info@mindjig.co.nz Phone: 09 600 3251.

Waitakere Fire Brigade

The 36 fire fighters NZ sent to the United States and 65 to Canada to help have returned with great stories and a learning experience that is second to none. What they learnt in the five weeks firefighting overseas is equivalent to a lifetime here.

This has also opened the door and we now have a team of North American fire fighters visiting us to see how they may help us in our fire season.

On 11 September, eight fire fighters from the Waitakere Fire Brigade joined the 160 who walked up the stairs of Auckland's Sky Tower in memory of their American colleagues killed in the World Trade Centre attack in 2001.

Before the Memorial Firefighter Stair Climb, the names of all 343



*Massey High School's
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Designed by Jayden Mesich THCO

firefighters from the New York Fire Department who died were read out.

The names of the 57 New Zealand firefighters who have been lost in the line of duty were also recited.

Each firefighter carried a special tag with the name of an individual firefighter, dedicating their climb to their memory.

The event was created after the 2009 Tamahere cool store fire, which killed Hamilton firefighter Derek Lovell and seriously injured seven other firefighters.

Denis Cooper - Station Officer, Waitakere Volunteer Fire Brigade.

Colour & win with Westgate Shopping centre

Kids enter our school holiday colouring in competition and be in to win a Balloon and Magic show for you and your friends plus a \$100 Westgate Shopping Centre gift card.

Simply grab a colouring in competition from any participating retailer or print one off from our website, colour in Briar and Lachy, and then pop it into an entry box.

Entry boxes are located inside participating stores at Westgate Shopping Centre.



Local psychic medium

Kerry-Marie Callander is Hobsonville's local psychic medium and new star of Sensing Murder working in our community. She offers face to face, phone and Skype readings along with spiritual healing and reiki that you may find helpful. She helps with guidance in your life or is able to communicate with those that have passed to give you love, peace, healing and comfort. Kerry-Marie is UK accredited and along with this is registered Marriage Celebrant who can officiate both weddings and funerals. You can email her: kerry@spiritualdecisions.co.nz or book her through: www.spiritualdecisions.co.nz/bookings-payment.



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People:Places

NZ Retail Property Group

NZ Retail Property Group is a locally owned and operated company who has been involved with the creation of Westgate Town Centre over the past 20 years.

The original part of Westgate opened in 1998 with the extension to the Town Centre opening in 2015.

Twenty years after it began, NZ Retail Property Group is now refocusing on the first part of Westgate and is excited to announce a number of developments, which the people of the North West can look out for in the coming months.

These include a number of new retailers coming to Westgate Shopping Centre, the first of which is a large flagship Torpedo7 store which is now open.

Other new openings are just around the corner and NZ Retail Property Group believes these will be great additions to the existing line up of stores.

NZ Retail Property Group has started to refurbish The Warehouse with the existing garden Centre to be relocated and renewed making way for new stores.

Alongside this, Maki Street which runs through the Centre is about to undergo a transformation which will enhance the



streetscape with new paving, planting and the creation of mini town squares. The result will be a people friendly high quality environment.

NZ Retail Property Group has committed to investing in leading edge technology for the Centre which will include a new comprehensive security system and a free Wi-Fi service which will be available to customers later this year.

Westgate shoppers love the relax feel, easy and convenient shopping and central location to the North West community.

Improvements and changes for Westgate will continue to build on those things which have made Westgate so successful over the last 20 years.

NZ Retail Property Group is proud to contribute to the North West community and continues to support local community projects.

The company has been a long term supporter for talented students from local schools to have the opportunity for the life changing experience, in the form of Outward Bound.

The community looks forward to our annual event, the Family Santa Parade which has been held here in the Centre for the last 7 years.

NZ Retail Property Group have a strong focus on creating liveable spaces and servicing the communities that surround our Centre's.

Westgate has become part of the North West community and we are proud of our achievements in providing the community with a focus point.

Like the rest of North West Auckland, Westgate has grown hugely over the last 20 years.

The changes and pace of growth is not likely to slow down, NZ Retail Property Group are looking forward to change and growth at Westgate.



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MEDIA

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E geoffdobson2017@gmail.com



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In Brief updates: Events

Teacher thank you gift ideas

As we head into the fourth term of the school year, it's time to start thinking about how you're going to show your appreciation for your child's teacher this year. Maybe a generic gift such as chocolates, pens, candles or a bottle of wine. Gosh, they probably need it after dealing with 20+ kids day in day out all year!



Or, you could organise something more personal for them. At Precious Imprints, our range of gifts are inspired by the people they are created for. Key rings and bookmarks with special quotes about teachers are a popular choice, and with many of these pieces being able to be personalised with names and dates, or even your very own quote, they truly make for a meaningful gift. Visit our website www.preciousimprints.co.nz or email jo@preciousimprints.co.nz for further details.

Food and wine along the rivers of Europe

Having recently travelled with APT I loved my time onboard and discovering the medieval villages dotted along the Rhine, Main and Danube rivers, and of course cruising on their luxury ships. I loved having the wine and beer included, (or spirits if that's your thing) and could sit and enjoy the afternoon cruising without having to put our hand in your pocket each time. An average day includes a gourmet breakfast (with champagne if you like), a walking tour, back onboard for tea/coffee and cakes. Then a rest before lunch while cruising to your next destination. On arrival an afternoon walking tour and back onboard for afternoon tea and a rest before dinner, or a destination talk, or a wine while watching the scenery if you are cruising. Dinner was always 3 courses and each week you get an option to eat in the fine dining restaurant with a food and wine match – fantastic! The food was always tailored to the destination you were cruising through and so was the wine. Each evening there was local



entertainment and sometimes the chance to boogie. The entertainment we called lock-hoppers as they get on at one lock and get off at the next and one night we tried to get the band to stay on until the next one! Ha-ha didn't work though. We travelled from Amsterdam to Budapest and I don't think there is a right or wrong way to enjoy the river, but we loved finishing in Budapest as it's so beautiful with the river lit up at night, a wonderful way to finish. Join us for an evening at Soljans Winery with APT and Travelmarvel to discover the Food and Wine along the Rivers of Europe on Wednesday 17th October at 6pm. The cost is \$10 per person refundable on your APT or Travelmarvel booking. The arrival time is 6pm and you will have ½ hour to wander the winery before the Wine & Food presentation starts at 6.30pm, followed by the APT/Travelmarvel presentation. Ticket are available from helloworld Hobsonville at the Hobson Centre, 124 Hobsonville Road, Hobsonville. Phone 09 416 1799 or email jan.glover@helloworld.co.nz.

New Shoots Westgate

Q & A with Angela Foley, Westgate. Tell me about your job. In my role as Centre Director for New Shoots early childhood centre in Westgate, I work to inspire, guide, motivate teachers – creating beautiful learning opportunities for our children, that add value day by day, moment by moment, minute by minute. I ensure children learn, grow and develop in a supportive, caring environment – surrounded by empathy and love, where teachers consider all aspects of their wellbeing and learning journeys. What inspires you at New Shoots Westgate? People on all levels – from the directors of the organisation, my team and of course the children. Our Centre is such a beautiful space with a wide range of learning resources – inspiration flows by the bucket full – 'step into my world' – look from our balcony across the reserve, watch the sunrise – inspiration takes flight! What is your approach to teaching? My fundamental beliefs about preschool care and education line up perfectly with the way New Shoots works for parents and their children. Forward thinking, leading with principles and opportunities I agree with. They focus on play-based learning where the individual child is in charge and the teachers guide and support. Coming from England, I find it incredible to discover how things can be so similar across the other side of the world.



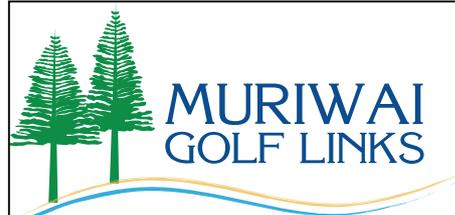
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P O Box 45 Waimauku 0842, Auckland, New Zealand

Miro's birthday

Thanks to all your donations (see August issue), Miro (who has cerebral palsy) has got his own COGY pedal wheelchair, for his birthday. "He was so excited riding his own COGY and so was I. Miro managed to get it started outside our house on the gravel!" says Miro's mum. Though pedaling COGY is light, the first push is still hard for Miro, with his neurological challenges. He has once been successful on slight downward slope. If the surface is flat or an incline, or if the surface is not smooth, it'll be harder. We are looking forward to what else Miro can achieve. And look, he did it on his very first day with his own COGY. We were surprised and are looking forward for more to come. For updates from Miro's mum, givealittle.co.nz/cause/cogy-for-miro/updates. For more info about COGY, search "kokocogy" or kokocogy.wixsite.com/gocogy Find COGY on facebook and follow us for further updates.



can help my clients plan anything from a cruise to an African safari, a honeymoon to a family holiday, and all in between, and I pride myself on my personalised service". A member of one of the fastest growing travel broker companies in NZ, New Zealand Travel Brokers is TAANZ and IATA accredited, giving protection to their clients. "Falling under the umbrella of First Travel Group gives me access to amazing deals and premier buying power". Nicky is always happy to meet a client for a coffee around Auckland and while overseas they know they have a dedicated broker on hand 24/7 should they need her help. Visit her website www.nztravelbrokers.co.nz/nicky.

SeniorNet West Auckland

If you have a new computer and want to get the most out of your new device please give Pam a ring on 09 827 2156. We have just finished a Windows 10 course so will be starting a new one shortly. Put your name down with Pam and she will get back to you with class dates. At a recent Kelston Meeting we had a talk about Internet Banking which proved very helpful even to those of us who had been doing it for some time. It was nice to know just how secure these sites are as security doubts are often the reason given for someone not doing banking on line. We are doing classes on this so once again please ring Pam our course coordinator and we will advise dates and times. If you wish to join SeniorNet in order to take a class the joining fee is just \$10.00 to the end of the year plus course fee. If you have an Apple device please contact Janet on 021 993 341 with any queries on classes. We have a Help session every 2nd and 4th Tuesday of the month from 10 am to 12 noon at our Learning Centre upstairs in the Henderson RSA building, Railside Avenue,

Local travel broker

Nicky Davies is an experienced independent Travel Broker with New Zealand Travel Brokers, sharing her passion for travel. "I love every minute of it, the flexibility of the role and personalised service I dedicate to my clients is fantastic". A Mum of two, she understands that travellers' needs are specific to them, especially travelling with children. With over 20 years of travel under her belt and over 9 years of travel industry experience, Nicky has a vast amount of knowledge to share. "As a Travel Broker, I



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Henderson. We have several tutors at each session to cover most queries or we will get back to you. Also if you would like to visit to find out about SeniorNet this is a good opportunity to do so. We are opposite the railway station and buses are nearby. Our monthly meeting is at the Kelston Community Centre, Cnr Awaroa Road Kelston. Starting at 10 am with a guest speaker and morning tea. Entry \$2 raffle ticket.

Summerset at Monterey Park

Summerset Monterey Park was abuzz with a professional photography shoot this month as the Village was chosen as the backdrop to launch the new Summerset uniform. The uniforms have been designed by Lucilla Fray, an up and coming fashion designer from Wellington. The new uniforms align with Summerset's new colours and reflect the warmth and vibrancy of our Village. Different colours align to the different roles within Summerset. The print chosen represents the journey through life and is inspired by the motif of the Ti Koura. Here we see the RN uniform (1st from the left), Care uniform (2nd from Left), Construction (middle at the back) and Activities coordinator (2nd from the right). Our very own Shaun Jamieson, Property Manager is wearing our new Property Team uniform. Laura Rollinson – our amazing receptionist is wearing the new admin uniform. It was a fun day and watch out; you may see them in our future advertising. "Bringing the best of life".



Scrap booking classes

The latest thing you can now do at the Massey Birdwood Settlers Hall, is to try your hand at scrap booking. So what is scrap booking. Scrapbooking is a method of preserving, presenting, arranging personal and family history in the form of a book, box, card. Typical memorabilia includes photographs, printed media, and artwork. Scrapbook albums are often decorated and frequently contain extensive journaling. Scrapbooking started in the United Kingdom in the nineteenth century, but is now primarily a United States phenomenon. The classes are held on the first Friday evening of each month led by Trish Kelly, from 7pm until 9pm, in the Den. You can contact Trish by way of her email trish.kelly@xtra.co.nz. The class joins a long list of activities that take place in the popular hall situated on the corner of Don Buck and Red Hills Road in Massey. The Den is a room on the Red Hills Road side of the hall and derived its name from

the now defunct Massey Lions Club. The Massey Lions Club helped build the Den which is an additional room on the side of the hall. The hall was built in 1956 following a gazette notice published by the Government in 1954 giving the Massey Birdwood Settlers Association Inc., a residents and ratepayers group permission to own and manage a hall on the Massey Birdwood Settlers Domain for the community. The ratepayers group continues to carry out that function to this date among the many things it has done for the residents and ratepayers of Massey. John Riddell, Secretary, Massey Birdwood Settlers Association.

House of Travel Hobsonville

A special thank you to the many hundreds of people who attended to the Travel Festival making it such a success!! We met so many amazing people researching exciting journeys all over the world. It was our privilege to help you plan and book them with you. We have a very special school fundraiser event coming up on the 24th of October, and it's sure to be the hottest ticket in town! There are only 350 on sale. All proceeds will go to the schools selling the tickets which are Hobsonville Point Primary, Hobsonville Point Senior School and Hobsonville Primary for only \$3 each. As well as a family fun night of entertainment 30 lucky people who attend will win a day on board Ovation of the Seas!! The most exciting ship to visit our shores this summer. The show is Wednesday the 24th of October from 6PM-7.45ish at Hobsonville Point Senior School Auditorium. We can't wait to see you there!! Mike (Buzz) Thomson. House of Travel Hobsonville, Hobsonville@hotmail.co.nz 09 416 0700.

Massey Amateur Swim Club registrations are now open

The season runs October to April (Term 4 and Term 1) \$100 for 1 child, \$140 for 2 kids and \$160 for 3 or more kids!! Based at Massey High school pool on Wednesdays -Lessons for junior swimmers 6:30- 7pm. Club racing 7-8pm and senior swimmers lessons 8-8:30pm. Any ability level can join – Children 5+ years. Get more info at www.sporty.co.nz/masseyamateurswimming and follow us on Facebook. www.facebook.com/search/top?q=massey%20amateur%20swim%20club. Starts October 17th with a free swim and BBQ.



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Property:Advice

Property market report

Since 2010 I have provided buyers and sellers with significant information on the number of sales and the value of property in the area. It helps both buyers and sellers understand the market, understand value trends and make better decisions. Over the next several months I will create a clearer picture of trending data relating to specific markets, and what you may expect due to development and pricing.

Riverhead, the historical township with a pincushion of new homes and old relocated dwellings, under the watchful eye of Mr Haines. Land sales in the area are \$525,000 to \$575,000 for the year ending August 2018. Median value in the area sits at \$1,040,000 for the month compared to \$1,050,000 for the year ending August 2018. The highest sales upper quartile is down to \$1,050,000 for the month compared to \$1,380,000 for the year ending August 2018. Sales volumes for the month were 7 units (average days on market 62) with annual sales at 61 units (average days on market 54) to year ending August 2018. Buyer groups are blended over most age groups but deficient in families with high school age children. A concentration of 30 and 40 year old parents with younger children top the social demographics. The Riverhead market is very in vogue at present and buyers are being specific about choosing Riverhead because it is a little hip and fresh but pricing seems to have slid to the early \$1,000,000 mark and may be slow to increase.

Whenuapai, home of planes and air-cadets with a wave of new Fletcher homes and older dwellings. Land sales in the area are \$413,000 to \$550,000 for the year ending August 2018. Median value in the area sits at \$1,120,000 for the month compared to \$1,080,000 for the year ending August 2018. The highest sales upper quartile is constant at \$1,190,000 for the year ending August 2018. Sales volumes for the month were 9 units (average days on market 22) with annual sales at 54 units (average days on market 42) to year ending August 2018. Buyer groups are young families and adults under 49. This demand seems to have created a quiet niche in the market but values may reflect a softening to the early \$1,000,000 as supply continues to increase.

Now let's have a look at this month's sales:

Hobsonville	\$696,000 to \$1,465,000.
Massey	\$549,000 to \$1,185,000.
Royal Heights	\$695,000 TO \$736,600.
Swanson	\$892,000 to \$1,480,000.
West Harbour	\$575,000 to \$1,300,000.
Whenuapai Residential	\$1,045,000 to \$1,080,000.

If you are seeking an opinion, thinking about improvements or

change, I would suggest a no-obligation chat with me that will provide some clarity on potential gains, market changes and values that are at play in your street and area. Likewise, before you go to market, have a chat with a few highly educated real estate professionals about the best process, marketing support and relationship that will deliver the best return on your asset. It may well save you thousands, make you thousands and deliver a much more enjoyable experience. Call me today on 0800 900 700, text 027 632 0421 or view www.grahammcintyre.co.nz - Mike Pero Real Estate Ltd Licensed REAA (2008).

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

Precision Roofing pursues providing high quality work at a reasonable price. We use the highest quality materials to meet your home or businesses requirements as we

understand that Auckland is prone to variable weather conditions. Our team gives attention to detail, so all our work is Precision quality.

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

Our services include; colour steel roofing, tile roof restoration, replacement of gutters and downpipes, and we also provide 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. Precision Roofing and Spouting - phone 0800 002 222, email info@precisionroofing.co.nz or visit www.precisionroofing.co.nz.



Payday filing

Payday filing is now optional for employers, and becomes compulsory on 1 April 2019. Payday filing means filing your employ-

Graham McIntyre
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M 027 632 0421
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Mike Pero Real Estate Ltd. Licensed REAA (2008)
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2 Clark Road, Hobsonville, Auckland



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ment information on/after each payday instead of filing an Employer Monthly Schedule (EMS) every month. The due dates for your PAYE payments don't change – only the filing of employment information is changing. You will still need to complete and file an Employer Deductions Form and make your payment every month. Payday filing requires you to file your employment information within two working days of paying your staff. If you pay different employees at different times, for example some weekly and some monthly, you will still need to file the employment information within two working days of paying each of them.

To find out more about payday filing and for all of your accounting and tax needs, contact your local specialist Mark Foster and the friendly UHY Haines Norton team at 329A Main Road, Kumeu, on 09 412 9853 or email kumeu@uhyhn.co.nz.

Why do I need Enduring Powers of Attorney (EPA's)?

There are two types of EPA's – one for Property (to deal with bank accounts, real estate, investments etc) and the other for Personal Care & Welfare (to deal with decision about your health, medical and care etc). An EPA can appoint someone to act on your behalf if you lose capacity.

I think having EPA's is a bit like insurance, you don't always know if you are going to need them but you want them to already be in place when you do. An EPA will allow a person of your choice to make decisions on your behalf – they are your attorney. Without one it can be a stressful and costly exercise of applying to the Court for someone to be granted with the authority.

Your attorney can be anyone you trust to understand and respect your wishes and feelings. Usually they are a family member, a friend or perhaps a colleague.

ClearStone Legal incorporating Kumeu-Huapai Law Centre can assist putting an EPA in place for you. Telephone 09 973 5102 to make an appointment.



owners who want to expand or improve their current property. Moving to a new home isn't always the solution – so instead, renovating by knocking down walls, adding extensions and installing a new kitchen can be the better solution.

When renovating, it is critical to have the right finance in place – but with so many options, it pays to have a mortgage broker who can guide you through the process. In some cases, property owners will be able to redraw any additional payments they've made on their existing loan to cover renovations.

In other cases, you will need to apply for a supplementary loan and draw on the equity you have built up in your home or investment property over time. Knowing the intricacies between different loans is what your mortgage broker does best.

If you are thinking along these lines and are interested in how much you can borrow for your renovations, send me an email and I can chat with you to discuss your options.

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

What is a covenant?

Essentially a covenant is a restriction as to what you can and can't do on a property. These restrictions can cover a huge range of things – anything from the colour of the buildings, to how the property is to be maintained through to how many and what kind of pets are allowed. Covenants are registered on the title for the property, and you should have an experienced property lawyer review the title and explain the full implications of the covenant (and any other interests listed on the title!) before you agree to purchase a property.



Covenants are enforceable – usually by any owner of land within a 'mutual covenant scheme', by developers, or by Council. A breach of a covenant may result in fines – even daily fines until the breach is rectified.

Restrictive covenants are particularly common in new subdivisions and developments particularly around Hobsonville Point, and Whenuapai. By Jason Hendriks - Smith and Partners.

Trading up or renovating?

While buying your first home is exciting – eventually you'll find yourself getting antsy about your next property move. Kiwis just can't help themselves. Is the kitchen outdated? Is one bathroom really enough? What would a study be like for the kids?

Renovating your current home is a viable option for many home

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area property stats

Suburb	CV	Land Area	Floor Area	Sale Price
Hobsonville	1,100,000	182M2	181M2	1,090,000
	1,150,000	3019M2	204M2	1,150,000
	880,000	221M2	173M2	930,000
	1,200,000	326M2	217M2	1,230,000
	1,050,000	225M2	169M2	950,000
	1,660,000	1003M2	334M2	1,465,000
	830,000	175M2	147M2	858,000
	440,000	224M2	170M2	1,030,000
	1,000,000	202M2	153M2	980,000
	1,100,000	233M2	238M2	940,000
	1,325,000	680M2	126M2	1,312,500
	730,000	106M2	96M2	696,000
	1,200,000	328M2	239M2	1,260,000
	1,225,000	312M2	238M2	1,230,000
	1,200,000	281M2	231M2	1,000,000
	1,000,000	212M2	169M2	955,000
	Massey	630,000	548M2	92M2
1,075,000		1012M2	190M2	976,000
525,000		421M2	80M2	570,000
960,000		779M2	150M2	840,000
650,000		704M2	130M2	685,000
660,000		698M2	120M2	750,000
700,000		464M2	135M2	747,000
650,000		620M2	90M2	675,000
1,025,000		538M2	232M2	1,185,000
615,000		351M2	60M2	585,000
1,150,000		353M1	240M2	895,000
660,000		733M2	110M2	771,000
560,000		733M2	110M2	619,000
610,000		718M2	90M2	668,000
830,000		577M2	179M2	860,000
660,000		550M2	177M2	660,000
630,000		371M2	90M2	636,000
590,000		629M2	100M2	721,000
810,000		559M2	110M2	755,000
720,000		793M2	140M2	730,000
530,000	679M2	80M2	527,500	
870,000	538M2	185M2	888,000	
Royal Heights	650,000	527M2	89M2	695,000
	720,000	601M2	150M2	736,600
	760,000	350M2	120M2	728,000
Swanson	985,000	529M2	240M2	985,000
	950,000	898M2	220M2	892,000
	1,350,000	4.148HA	110M2	1,480,000
West Harbour	780,000	539M2	197M2	1,000,000
	1,280,000	832M2	304M2	1,205,000
	990,000	832M2	180M2	939,000
	930,000	637M2	130M2	806,500
	830,000	530M2	90M2	717,500
	700,000	446M2	100M2	732,000
	770,000	670M2	100M2	790,000
	1,350,000	815M2	300M2	1,268,000
	830,000	618M2	110M2	885,000
	660,000	400M2	100M2	575,000
	1,030,000	630M2	170M2	980,000
	640,000	764M2	90M2	725,000
	1,280,000	809M2	225M2	1,300,000
	940,000	726M2	120M2	800,000
	2,050,000	1216M2	270M2	1,760,000
	Whenuapai	1,375,000	430M2	304M2
1,100,000		303M2	240M2	1,045,000
1,100,000		303M2	234M2	1,068,000

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List today for a
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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.

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 misinterpreted on compilation. Furthermore these figures are recent sales over the past 30 days from all agents in the area.



EASY FAMILY LIVING, BRICK AND TILE, WESTGATE 3 2 2

By Negotiation

4 Rush Creek Drive, Westgate
By Negotiation

Welcome your family in to this easy care sunny and spacious brick and tile three bedroom home with wonderful street appeal. In a lovely elevated position and close to great schools, parks, Westgate Shopping Centre and NorthWest Shopping Centre, the Massey Leisure Centre, this fabulous home in a great location and is ideal for your family or a relaxed easy care retirement. Enjoy open plan living and dining with a modern kitchen overlooking the pretty front garden and urban views. Indoor outdoor living is enhanced by the large covered pergola leading to the back garden. Master bedroom with ensuite, double garage, heat pump, loads of storage and two garden sheds provide all the conveniences of modern living. For the keen gardener, beds are at the ready for your summer crop of veges.

www.mikepero.com/RX1664987



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



PERFECTLY POSITIONED, HOBSONVILLE POINT 3 1 2

By Negotiation

9 Kanuka Road, Hobsonville Point
By Negotiation

This Jalcon, sun-filled beautifully finished and spacious, two-level, three bedroom, two living, free-hold home, offering the best of modern designer living and convenience. Downstairs a separate entrance, leading to a living room that enjoys the morning sun, a patio and front garden. The second open plan living room offers a well appointed large modern kitchen and dining area. Perfectly landscaped, entertainer's back yard, with covered pergola, providing alfresco dining all year round. Upstairs, a large landing, main bathroom, three spacious bedrooms, including the gorgeous master with huge walk in wardrobe, ensuite and its own balcony complete the second level. Two carparks, two heat pumps, security alarm, keypad entrance and visitor parking ensure ease of living.

www.mikepero.com/RX1545579



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



INVESTORS AND FIRST HOME BUYERS, BRICK AND TILE 3 1 2

By Negotiation

12 Akeake Lane, Manurewa
By Negotiation

A wonderful opportunity for Investors and First Home Buyers here. This near new, large two level, brick and weather board terraced home, provides all the conveniences and comfort of modern living. On the first level, you will enjoy a well-appointed kitchen with an open plan, spacious living and dining area, and the convenience of a guest toilet. Living areas lead out to the lovely patio area and garden, ideal for alfresco dining, summer entertaining and barbecues. Upstairs are three double bedrooms and two bathrooms including the master ensuite. With double glazing, aluminum joinery, internal access garaging and off street parking, living here is a breeze. Conveniently located near transport links and close to shopping mall and schools.

www.mikepero.com/RX1621009



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



SUPERIOR BUILD, SPACIOUS LIVING, HOBSONVILLE POINT 3 2 2

Asking Price \$1,049,000

16 Harvard Street, Hobsonville Point
Asking Price \$1,049,000

This two level spacious home is an exceptional Beacon Pathway demonstration home packed with additional features. Located in the original Buckley Precinct, prized for its established gardens and design. A light filled home with street appeal, high ceilings, a corner position with plenty of windows and set adjacent to a small street bush reserve, allows this property to really stand out from the crowd. A large North facing, sunny and easy care back garden provides alfresco dining, entertaining and outdoor fun. Ground level offers an open plan well-appointed designer kitchen and two living areas. Upstairs is the large master with ensuite, two additional double bedrooms and bathroom, all boasting loads of light and a lovely outlook. Includes guest bathroom, four heat pumps and plenty of storage.

www.mikepero.com/RX1522096



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



CHARMING CHARACTER HOME ON A SUNNY 923 SQM 4 2 2

By Negotiation

21 Punga Road, Whenuapai
By Negotiation

A wonderful opportunity in Whenuapai awaits. Welcome your family to this spacious, open plan character home, set on a huge sunny North Facing site. Enjoy large open plan alfresco kitchen, dining and living. French Doors and expansive decking lead to a taste of "the good old days" with an established and landscaped back garden, featuring lawn and mature trees. Four double bedrooms include a large master with walk in wardrobe, high wooden ceilings and deck boasting a lovely rural outlook. The home is filled with character finishes, polished wooden floors, a native timber bench, cast iron footed bath and stained glass windows. With a country feel, loads of land, a double garage, close to amenities, plenty of scope to add your finishing touches, this home is well worth the wait!

www.mikepero.com/RX1604749



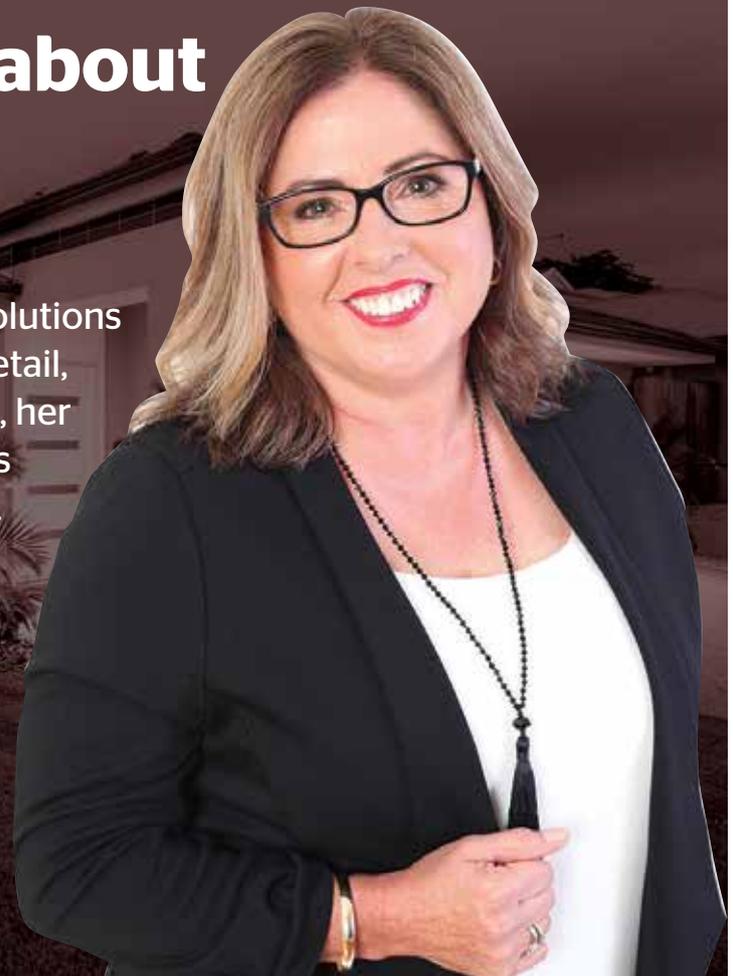
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Cherry really cares about her clients

Cherry has the ability to provide creative solutions and build relationships. With attention to detail, experience and great communication skills, her commitment and vision is to make the sales process as simple and effective as possible.

Cherry Kingsley - Smith

021 888 824
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Office Location: 2 Clark Road, Hobsonville, Auckland
www.mikepero.com





OFFERS OVER \$1,039,000 - MOTIVATED VENDOR IS ON THE MOVE



Offers Over \$1,039,000

16 Denehurst Drive, Waimauku
Offers Over \$1,039,000

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



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www.mikepero.com/RX1575586



CENTRAL MASSEY LOCATION, ELEVATED AND WELL PRESENTED



By Negotiation

19 Zefiro Drive, Massey
By Negotiation

Three generous bedrooms upstairs and a bedroom or rumpus downstairs. On a fully fenced, easy care, landscaped section this home offers some great options. Open plan expansive entertainers kitchen, lounge and dining with hallway access to bedrooms and bathrooms. Elevated home over two levels with mature trees and good hard and soft landscaping features. North facing decking upstairs and patio downstairs. A two car garage off the road makes for easy pull in and relax out. The CV on this property is \$770,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



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www.mikepero.com/RX1505411



HOBSONVILLE - AFFORDABLE FAMILY HOME

3 1 2

Offers Over \$869,000

136 Hobsonville Road, Hobsonville
Offers Over \$869,000

With a six Homestar rating, this home has been beautifully finished by Jennian Homes, built in 2016 with a 10 year master builders guarantee. The open plan kitchen, dining and lounge area link seamlessly out to the north facing alfresco patio. Perfectly positioned with excellent indoor outdoor flow through a double stacker slider allowing you a private, sheltered spot to relax with friends and family. A clever floor plan downstairs allows for additional extra features including a small study, guest toilet, laundry and under stairs storage which are conveniently accessed off the main living area. Upstairs are three generous sized bedrooms including a gorgeous master with walk-in wardrobe and spacious ensuite. A single garage with storage and workshop space is accessed via a private laneway.

www.mikepero.com/RX1610906



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VENDOR SEEKS OFFERS - HOME, VIEWS ON 1092M2

4 2 1

Asking Price \$1,050,000

77 Royal Road, Massey
Asking Price \$1,050,000

A real opportunity here for Families, Investors and Developers. Positioned on a massive 1092m2 of land stands a solid four bedroom 1960's weatherboard home on concrete block, with tandem garage, rumpus, storage and oodles of extra parking. Enjoy the amazing views from the spacious open plan kitchen, dining and master bedroom deck. A relaxing lounge with wood fire and French doors leads to a peaceful leafy oasis, where you can relax and unwind on the extensive outdoor decks, enjoying the garden and afternoon sun. Options here abound! Bring your own decorating vision to this private and spacious home with room for all the family. Enhance your investment with a future proof conversion of the downstairs (subject to the necessary consents) or develop the land, zoned mixed urban.

www.mikepero.com/RX1399738



Cherry Kingsley-Smith
021 888 824

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4 BEDROOM - NEW MADDREN HOME AT \$915,000



Asking Price \$915,000

31 Nellie Drive, Kumeu
Asking Price \$915,000

Seize this opportunity to purchase your four bedroom two bathroom brand new home in a quiet street in Huapai. Crafted under the watchful eye of Maddren Homes, one of the original craft builders in the Kumeu area and backed by a residential Master Build 10-year guarantee. Concept to Construction. Brand new Maddren Home. Stunning high spec property with quality fittings and workmanship. Additional stud for that feeling of space and quality in the living area. Impressive kitchen with massive bench space, gas cooktop and island bench. Open plan kitchen, dining, living area flowing to outdoor living. Master bedroom with stunning ensuite, walk in wardrobe. All Watercare services. Double glazing, heat pump, LED lighting, dishwasher, rangehood, waste disposal, heated towel rails, alarm.



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www.mikepero.com/RX1567258



POTENTIAL, PERSONALITY, POSSIBILITY AND FUTURE URBAN - KUMEU



By Negotiation

46 Orah Road, Huapai
By Negotiation

Often sought, seldom found, this character filled stucco bungalow offering an honest and genuine two bedroom, one bathroom home with separate kitchen, dining room and lounge leading to westerly decking. Rustic storage outbuilding and ROW access top and bottom, the door is open to explore development options given the large section size. This is a treasure trove of opportunity, within a stone throw of convenience shopping and a short drive to school and transport links. The CV on this property is \$760,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



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www.mikepero.com/RX1470382



PANORAMIC VIEWS - EASY LIVING IN SWANSON

4 2 2

By Negotiation

1069 Scenic Drive North, Swanson By Negotiation

Easy living on a traditional ¼ acre site (1012 sqm). The large north facing home offers a modern open plan kitchen and dining, opening up to a large lounge, leading out to decking area with panoramic views of the Waitakere 's. Three generous double bedrooms, master bedroom with ensuite and wardrobe, main bathroom over one level, the ground level has a large rumpus or extra room perfect for teenagers or extended family, with its own ranch slider leading to bottom grassed area. This modern entertainers family home, is fully fenced in its own perimeter, independent double garage, overlooking jaw dropping views, private, calm and relaxing. A short distance to Swanson Rail Station, Swanson Café, convenience shopping and multiple primary schools and day care options.

www.mikepero.com/RX1570684



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OFFERS OVER \$729,000 - FULL DEER FENCING - WAIMAUKU

4 1

Offers Over \$729,000

236 Kiwitahi Road, Helensville Offers Over \$729,000

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

www.mikepero.com/RX1369936



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027 632 0421

graham.mcintyre@mikepero.com



LIFESTYLE, BIG BARN - WAIMAUKU, HELENSVILLE FRINGE

3 2 2

Offers Over \$1,195,000

125 Alf Access Road, Helensville Offers Over \$1,195,000

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

www.mikepero.com/RX1662304



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BUILD YOUR DREAM HOME WAIMAUKU

By Negotiation

908 Old North Road, Waimauku By Negotiation

Often sought but seldom found, this flat easily accessed 1.7 hectare site ticks the boxes for the lifestyle buyer that seeks a flat no nonsense property to create a piece of magic. It features: 1.76 hectares, No building covenants. Down a private ROW, Fenced, Flat site, In a rural glade with shelter belt trees to the south west. A short drive to Kumeu and Waimauku shopping centres, transport links and schools. The CV on this property is \$760,000. 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/RX1571757



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Craig Smith
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Hot:Property



Easy Family Living, Brick and Tile in Westgate

Welcome your family in to this easy care sunny and spacious brick and tile three bedroom home with wonderful street appeal.

In a lovely elevated position and close to great schools, parks, Westgate Shopping Centre and NorthWest Shopping Centre, the Massey Leisure Centre, this fabulous home in a great location and is ideal for your family or a relaxed easy care retirement.

Enjoy open plan living and dining with the kitchen overlooking the

pretty front garden and urban views. Indoor outdoor living is enhanced by the large covered pergola leading to the back garden.

Light filled roofing and easy open clear blinds, provide extended alfresco living and entertainment all year round.

Master bedroom with ensuite, double garage, heat pump, loads of storage and two garden sheds provide all the conveniences of modern living.

For the keen gardener, beds are at the ready for your summer crop of veges. Plenty of space and scope to add your decorating touches and green-fingers and make this good honest solid home your



own.

An easy walk to the Massey Leisure Centre provides fantastic facilities and services including fitness, holiday programmes, kids sport, dance and gymnastics. This perfect location is close to great transport links, with easy access to the West Coast Beaches of Muriwai, Bethells and Piha, the vineyards in Kumeu, the Waitakere Ranges and Hobsonville Point's farmers market and coastal walkway.

By Negotiation contact Cherry Kingsley-Smith on 021 888 824. Mike Pero Real Estate Ltd Licensed REAA (2008).



Hobsonville:Point

Petanque rules

Welcome to the Hobsonville Point page for October. This month our story writer Sue Heggie and her partners in boules, explore the free community Petanque courts and arrange a fun get together, coming up on Friday October the 19th, 5 - 7 pm. Please RSVP to Sue on heggies@xtra.co.nz. Our resident photographer Leanne Silver Leanne@argent.me has provided the stunning photos. I am your local real estate specialist and delighted to sponsor this page and the upcoming Petanque event. Thank you, Cherry Kingsley-Smith 021 888 824.



For the HP team players, there are two petanque courts in Hobsonville Point. One is up and running on Torea Tai Road and the other is part of the landscape around Chichester Cottage which is due to open before Christmas. Now is the time to get your eye in on the practice one on Torea Tai road where there is a picnic table, a resident cat and the court.

Aptly named the Petonics or possibly the Petulants, we ventured out for our first game. Leanne Silver, doubling as professional photographer had far too much beginners' luck for my money so I adopted the ploy of plying her with wine which only improved her aim. Deb Buchanan honed her OCD skills by raking the court after each play. Competitive natures lie dangerously close to the surface and there was fist pumping and jeers of cheating about five minutes in and that was just over the nibbles and wine I had bribed them with to show up.



There are two things about petanque, firstly it's easy to learn and play and secondly it is surprisingly addictive.

In summary, you toss the marked petanque ball as close to the jack as you can, if someone else gets closer than you, then obviously you smash them out of the way in order to win the game.



You then squabble a bit about who is closest and if really finicky, use the very sophisticated measuring device that looks like it came out of a Christmas cracker. For a more in-depth description go to Google where you can watch videos, download scoring apps and watch completely unrelated videos about cats.

Let's face it, a few years ago everyone got a set of boules for Christmas and they are now probably languishing in the garage that you use for storage and not your car. Dust them off and RSVP me with your name if you would like to have a roll up in Torea Tai Road on Friday evening from 5-7pm, October 19th.

Our sponsor, Cherry Kingsley-Smith from Mike Pero will be on hand with the measuring tape, Remy the French bull dog will be there adjudicating and there will be some outrageously wonderful prizes for winners and best dressed French person or team. Prizes may include a trip to a tiny village in the South of France but this is as yet an unconfirmed rumour. Failing that I think I can pick up a bag of croissants and some delicious fromage. BYO picnic and refreshments.

Have you got the boules? (Don't worry if you haven't as we will have a couple of sets) A bientot.



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Home:Garden

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Laser Plumbing & Roofing Whenuapai are also your local specialists in hot water systems, roofing and gutters, plumbing maintenance, repairs and installations. We also offer a state of the art drainage un-blocking service. And you will always receive our 'Totally Dependable' service, guaranteed.

Contact Laser Plumbing & Whenuapai for all your service needs on 09 417 0110 or whenuapai@laserplumbing.co.nz. We are open five days a week from 7am-5pm and are located at Unit 4, 3 Northside Drive, Whenuapai. Visit our website whenuapai.laserplumbing.co.nz.



laserplumbing.co.nz for more information.

Flowering cherry trees

The flowering cherry is hard to miss as it heralds in the start of spring in the garden. Driving through Kumeu is always a pleasure as the Prunus Awanui bursts into flower. Awa Nursery has a good range of flowering cherry trees in stock ready and waiting to decorate your garden with the added bonus of attracting birdlife as they feed on the nectar. Upright or weeping, there is a cherry tree to suit every garden be it large or small. Mt Fuji, Accolade, Kanzan, Nigra, Shidare Yoshino, and Awanui to name a few. These deciduous beauties not only have gorgeous flowers in spring, they provide shade and lush attractive foliage through summer and autumn, and a great silhouette and structure over winter. They are easy to grow, relatively fast growing, suit most soil types but prefer moist, well drained, fertile soil, and can cope with windy conditions. Plant in full sun to encourage good flowering and autumn colour. The trees are shallow rooted so other plants should not be planted too close. Provide good drainage and mulch each spring to conserve moisture and add nutrients. Then sit back and enjoy the splendid display each spring!



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

Keeping grass green

Keeping grass green requires regular lawn mowing. For those that do it themselves or for the average lawn mowing contractor the norm is to do this using petrol powered machines. Collectively this amounts to a lot of emissions. At 1st Class Gardens we believe we can do better.

In recent years we have successfully transitioned our service from a high emission service to having ultra-low emissions. We did this by moving almost all of our tools to battery powered and recently adding an EV into our fleet of vehicles. So if



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you would like to truly keep your grass green then please get in touch with us for your free quote. Check out our website at www.1stclassgardens.co.nz or contact Chris on 0800 23 6696.

Hazards in the garage

We see a lot of garages and so many of them are full of hazards that could ruin your day. Most common are piles of 'stuff' waiting for you to trip over or fall on top of you, the kids or the car. Less obvious are the chemicals like garden sprays, cleaning products, paints and oils which at best could make a mess on the floor, at worst are a poison hazard. It's really satisfying to get our ceiling racks installed so all these dangers can be lifted up and out of the way. Up near the ceiling where it is warm, dry and out of reach of the kids. Get in touch and I can take a look at your garage to see if ceiling storage racks could work in your garage. www.stealingspaces.co.nz.

Manual Handling

All our jobs require lifting, carrying, pulling, and in some jobs the lifting and carrying requires heavy or bulky materials.

Whether it is putting into the cupboard the ream of photo copying paper, carrying a box of tools as a mechanic, carrying and installing materials like frames boxing and windows if you're a builder.

All these items can be heavy and require bending over for a period of time, or repetitive tasks as raking or laying bricks, or working on a production line, filling a photo copying machine with paper. Our backs are twisted and we can be holding something while on unstable ground and have a poor body position. Handling small loads for long periods without a rest can result in fatigue and lead to injury.

All these factors mean that there is no truly safe weight limit for any manual handling. The degree of risk is linked therefore to the nature of the job, the load, the circumstances in which the lift takes place, how often we are lifting and the weight of the item and the type of item of being lifted.

Manual handling in the workplace is one of the biggest risks that we all face in the workplace, and in some occupations the risk is greater than others. There is nothing more debilitating than a sore back and even worse if your off work with what is often cited on the ACC claim form as Lumber Strain to the lower back.

So what steps can we take to avoid such risks. The first step is to think first about what needs to be done before starting a heavy or repetitive task. Consider your site or office layout, ease of access and the storage of materials to reduce double handling. Work with the courier or other staff and people and use perhaps a Hiab/trolley to deliver and move materials to reduce double handling. Install a loading platform if your working on a high lev-

el that can be accessed by a lifting device so as to reduce manual handling. Purchase equipment or hire equipment to support lifting and carrying of materials especially heavy materials and where you may have to carry a number of items throughout the day. Keep path ways and the site and floor tidy to reduce the risk of tripping and stumbling when handling bulky or heavy materials and items. Have good communications with one person to take the lead when lifting and carrying. Use the right techniques. Do not work for long periods without a break. Establish a stable base and grip on materials, keep the load close to your body, move your whole body and bend at the knees.

For further advise or training in manual handling see your Securo Health and Safety Consultant, John Riddell, phone 027 477 9750, website www.securo.co.nz or email secure4@securo.co.nz.

Babydoll sheep

Here is another rare breed of sheep becoming increasingly popular for lifestyle block owners. At this stage they are a little difficult to get hold of and quite expensive. If you chose to invest some money in this adorable breed you



could probably make money out of breeding Baby Doll's. Their popularity will grow as more people become familiar with the breed.

With their sweet teddy bear faces and woolly charm, babydoll sheep attract people looking for gentle pets or adorable lawn-mowers.

Officially known as babydoll Southdown sheep, members of this ancient breed are the diminutive version of the Southdown breed of sheep, which originated in the South "Downs" of Sussex County, England. There, they were known for their hardiness, fine fleece and their tender meat.

People often choose to keep babydoll sheep because of their gentle, yet distinctive personalities and as they aren't real big so they're easy to manage.

Babydoll sheep are most often white, but can also be black, which is a recessive gene.

As they are out in the sun a lot, the wool on black sheep lightens and can look brown. As they age, their coats can turn a kind of grayish-brown.

Their fleece, which is sheared each spring, is springy and soft. In textile terms, it runs in the 19 to 22 micron range, which means it's similar to cashmere and can be worn next to the skin without being itchy and uncomfortable.

Babydolls are only about 18 to 24 inches tall when they're fully grown. Because of their small size, they're easy to handle. They

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327 Main Road, Huapai, Kumeu
Auckland

can be easily contained with small, low fences. The larger danger isn't that these lovely creatures will escape; it's that predators can get to them.

Both babydoll ewes and rams are naturally polled, meaning they're born without horns. They are non-aggressive by nature and can be wary in new situations. Breeders say the sheep are curious and trusting with the people they know and are especially fond of routine. Babydolls are easy keepers and don't need much acreage.

They're not hard on the land. The only thing they do is eat the grass. You need a shelter where they can cool off in the summer and get out of the rain. But in general they like to be outdoors because they always have that wool sweater on. Babydoll sheep are popular as organic weeders. They are often used in vineyards as well as orchards because they don't hurt the fruit, tree trunks or shrubs and they fertilize the soil while they graze. Yealands Estate winery in Marlborough run a mob of them at their vineyard and name a very drinkable Sauvignon Blanc after them, well worth a try.

Babydoll ewes are good mothers, according to breeders, and often have twins and occasionally even triplets. They like to stay together and don't typically wander off and get lost.

These sheep is they have a strong flocking instinct. They tend to stick together. Whether you want pets a seriously cute lawnmower or wish to breed, Southdown Babydoll sheep are wonderful to own. More information on this rare breed is available from www.rarebreeds.co.nz/southdown. If you google Babydolls you will find a number of NZ breeders. If you require any further information on animals suitable for lifestyle blocks please give me a call on 027 554 4240. Lyndsay Kerr your local Mike Pero Lifestyle and Residential real estate specialist.

Businesses must have marketing

Marketing is the essential life blood of a business to communicate with its stakeholders that invest time, money and effort. It is so important that a recent small business study said that "Marketing isn't simply an important part of business success

– marketing is the business itself". The term marketing covers a host of activities, all directly associated with selling your company, its services and product. But it doesn't stop there. Today marketing relates to messages in print, digital and mass media, no one medium is exclusive in its ability to control all principles nor does any one area have the ability to best convey information. It is one of the fundamental reasons that The Westerly was created, a 48 page, full colour, glossy magazine that showcases editorial, product and service statements from local companies, and then in turn broadcasts that editorial on Facebook feeds to provide both digital and print exposure. The magazine provides an open editorial donation policy allowing local companies the opportunity to submit free editorial, 150 words and a colour photo (no logos). Preference is given to advertisers but 95% of all editorial submitted is used. In addition if you are a regular advertiser within the Westerly you will be offered a feature spot on the front cover and an inside page showcasing your brand and customer service values, an offer that is simply not available from any other local media, almost an endorsement of you, your brand and customer experience. So no matter how big or small, if you are retail or business to business, take another look at your companies marketing plan and see if the Westerly can feature in your development. Call publisher Graham McIntyre on 027 632 0421, email graham@thewesterly.co.nz or view www.thewesterly.co.nz.

Arts in the Ville 2018

Helensville's three day arts festival. Various venues throughout Helensville, Auckland. Labour weekend Oct 20th-22nd 2018 (Daily Saturday - Monday) 10am – 4pm. For the fourth year in a row, Helensville will be full of colour and creativity during Labour weekend. Arts in the Ville celebrates local artists and is an opportunity for you to meet artists in their working spaces, talk to them about their work, purchase pieces of art direct from the artist in their open studio, or from one of the pop up venues which will be open for the weekend. The artists taking part work in paint, wood, hat making, sculpture, fibre, metals, glass and clay. You can 'have a go' at one of the interactive displays and go home feeling inspired by the creativity that has collected in this historic town. This year, as part of Arts in the Ville, we will be hold a Hat Walk on the Monday, showcasing hats from Myra, of Marmalade Hats, who are also one of our open studios throughout the weekend. Maps and other details will be available prior to the event from our website or on the day from the Pop exhibition in the War Memorial Hall. As an 'add on' to our creative weekend, a fundraising art auction, Art for a Cause will be held on the Friday evening, to benefit the Helensville Women and Families centre. Our website, is www.artsintheville.co.nz. Blog www.artsintheville.blogspot.co.nz. For more info email Jo Dixey dixeyoul@gmail.com

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Soft baiting for trout



For many of us, our first taste of freshwater fishing was when we were kids armed with a spinning rod and reel, casting lures out into rivers and lakes, eagerly anticipating a bite.

By using spinning gear we could cover more water and ultimately cover more fish. We got fewer tangles spin fishing and could cast further than we could with a fly rod.

Many fresh water anglers end up fly fishing exclusively and sadly never venture near the spinning rod again, but in recent times those attitudes have been changing, and in particular with the popularity of soft baiting for trout.

For example, the past five years or so have seen a major increase in people targeting the massive canal trout of the McKenzie country with soft baits, with huge success. By swapping out the traditional hard metal lures for more lifelike plastic and rubber baits, by using a variety of differently weighted jig heads, these monster trout that grow to 40lb have been caught more regularly.

The North Islanders have been a little slower on the uptake with soft baiting in freshwater, which is surprising, especially when so many of them target snapper in the ocean this way. However, over the past little while, a few of my mates have been using soft baits more regularly on the different Rotorua lakes and have been enjoying success. The more that we have embraced soft baiting in different freshwater situations, the more skilful we have found that we have become when fishing a variety of environments.

Most of all, we have found that different water lends itself better to varying forms or techniques of fishing. In other words, some of the angling challenges that make fly fishing the great sport it is, now have similar challenges for the spin fisherman, particularly when using soft baits.

In the shallows, whether it is on a lake or small river, fly fishing is king, but as the body of water gets bigger and or deeper, soft baiting comes into its own. Often when fish are down deep they clearly see the large silhouette of the soft bait and literally rise up to attack them. With soft baits the angler can cover much more water, which ultimately means more fish are covered when in the right zone.

Remember, fish are going to always favour the best lies or spots where the food is. Much the same as fly fishing, vary your retrieval rates. Change speed from fast to slow, employ a subtle twitch into the action of the lure and change the depth at which you retrieve your lure through.

If you haven't picked up a modern spinning combo in recent years, you are in for a shock. The good rods are ultra-light, yet powerful. The reels slick with smooth drags, and as for the line –

braid is a revolution in itself.

How about challenging yourself to diversifying your approach this season. If you fish a wide range of environments for trout that include hydro lakes, spillways, deep lakes and larger rivers, make sure that you give soft baiting a go – I am sure you will find it thoroughly rewarding. Most of all, it will help you to become a very versatile angler who can turn his or her hand to all situations.

For more information contact either Westgate on 09 833 3019, 7 Cabernet Crescent, Westgate or North Shore on 09 869 3331, 1 Holder Place, Rosedale, freephone 0800 486 834 or go to www.huntingandfishing.co.nz.

West Harbour Tide Chart

Date	High	Low	High	Low	High
Mon 1 Oct	00:17	06:15	12:38	18:40	-
Tue 2 Oct	01:06	07:05	13:31	19:36	-
Wed 3 Oct	02:00	08:01	14:31	20:38	-
Thu 4 Oct	03:00	09:03	15:35	21:44	-
Fri 5 Oct	04:05	10:11	16:41	22:49	-
Sat 6 Oct	-	05:11	11:17	17:44	23:51
Sun 7 Oct	06:15	12:18	18:41	-	-
Mon 8 Oct	-	00:48	07:14	13:13	19:36
Tue 9 Oct	-	01:42	08:08	14:04	20:27
Wed 10 Oct	-	02:32	08:58	14:53	21:16
Thu 11 Oct	-	03:20	09:46	15:39	22:03
Fri 12 Oct	-	04:06	10:31	16:25	22:49
Sat 13 Oct	-	04:50	11:16	17:10	23:34
Sun 14 Oct	-	05:33	12:00	17:55	-
Mon 15 Oct	00:18	06:16	12:45	18:43	-
Tue 16 Oct	01:03	07:00	13:33	19:34	-
Wed 17 Oct	01:50	07:49	14:25	20:28	-
Thu 18 Oct	02:41	08:45	15:21	21:25	-
Fri 19 Oct	03:36	09:46	16:19	22:22	-
Sat 20 Oct	04:35	10:47	17:13	23:15	-
Sun 21 Oct	05:33	11:42	18:03	-	-
Mon 22 Oct	-	00:04	06:25	12:30	18:49
Tue 23 Oct	-	00:50	07:13	13:13	19:32
Wed 24 Oct	-	01:33	07:57	13:54	20:14
Thu 25 Oct	-	02:15	08:39	14:34	20:56
Fri 26 Oct	-	02:57	09:20	15:16	21:40
Sat 27 Oct	-	03:40	10:03	15:59	22:24
Sun 28 Oct	-	04:24	10:47	16:45	23:11
Mon 29 Oct	-	05:09	11:34	17:34	-
Tue 30 Oct	00:00	05:56	-	-	-

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



Central's Tips

October 2018



It's growing time! Plant summer veggies and herbs, hang sticky traps in apple and pear trees and patch up that lawn. It's also a good time to get the weeds and pests under control and add mulch to the garden.



Plant summer veggies!

Get tomatoes, capsicums, zucchini, cucumbers and eggplants as well as herbs in now for a full and delicious summer veggie patch.

In the Veggie Patch

- **Plant all the summer producing vegetables** – tomatoes, capsicum, zucchini, cucumbers and eggplants
- Did you know? It's best to put a **tall stake (1.8m)** beside your **small tomato plants** as the vine types grow very tall and need support as they crop
- **Flavoursome summer herbs** such as **dill**, **French tarragon** and **coriander** are good to plant now
- **Eating flowers** – there are plenty of flowers that can be used in salads or as edible garnishes - nasturtiums, carnations, daylilies, rose petals and violas are just a few. Plenty of ornamental flowers near the vegetable garden assist pollination of fruit and vegetable flowers
- **Hang sticky traps** in apple and pear trees to stop an infestation of codling moth in the young fruit. Or, Spray with Yates' Success Ultra (four times only) over the spring season.



Hang sticky traps

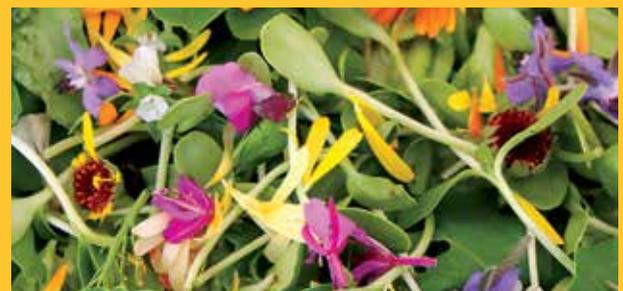
Get rid of those pesky holes in your pears and apples by putting up sticky traps now to catch the codling moths before they get into your young fruit

Lawns

- Perfect time to **patch existing or sow new lawns**
- **Fertilise** established lawns with Turfmaster Gold
- Our ProLawn handy spreader is excellent for applying the correct amount of seed or fertiliser.

The rest of the Garden

- **Wage war on the weeds** – by actively removing or spraying them early in the season, leaving more room for desirable plants to flourish
- **Aphids appearing:** Spray with an organic insecticide or, if your water pressure is good, loosen them with a heavy squirt of water
- Apply **sheep pellets** and a **layer of mulch** around the garden. This combination nourishes soil, conserves moisture at the roots of plants and curbs weed growth.



Eat some flowers

Nasturtiums, carnations, daylilies, rose petals and violas are edible and will make colourful and vibrant additions to your salads.



We dig weekends.

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Build:New

The illusion of invisibility

We knew it was something special and the gold award at this year's Registered Master Builders House of the Year awards confirmed it. This is the second award winning home we're profiling of our five entries that all received awards. This smart modular



home with dramatic black detailing against cedar cladding was dubbed 'Modern Love', and was a clear winner in the GIB Show Home. And there's much to love about it. This year we brought on Architectural Designer Richard Furze to craft our Kumeu based show home. One of Richard's signature stamps is his ability to use space in clever ways while retaining a minimalistic aesthetic. A key design feature in this is the discreet concealment of some of the more mundane aspects of the house; butler's pantry, guest toilet and laundry. Using the cedar paneling that cascades down the hallway, these spaces have been blended so well into the cedar wall that upon first glance, most people miss them when they visit our show home. This was an exciting challenge for us when building, as it required perfect alignment of every panel and a precise finish to create the illusion of invisibility. We were over the moon with this show home, but in all hon-

esty we make all our houses to be award-winning show home quality. As traditional craftsmen, our passion is in the perfection and detail that goes into building. And when the details are so perfect they become unnoticeable it means we have done the job to our standards.

G.J. Gardner Homes Clean Up Week

Keep New Zealand Beautiful (KNZB) is proud to present the G.J. Gardner Homes Clean Up Week, ran from Monday 10th September until Sunday, 16th September.

Clean Up Week sponsor, G.J. Gardner Homes, have mobilised their extensive franchisee network right throughout New Zealand, contributing to a record number of volunteers set to take part this year. Over 49,000 volunteers are already registered and more are joining events across the country every day. KNZB encourages events of all sizes, with organisations, community groups, individuals and even full school and early childcare centre facilities coming on board this year to create the biggest G.J.'s Clean Up Week in recent memory.

G.J.'s Clean Up Week is a community pride initiative run by Keep New Zealand Beautiful, aimed at empowering communities to work together to keep their corners of New Zealand cleaner, safer and more beautiful.

Heather Saunderson, CEO of Keep New Zealand Beautiful, said "G.J.'s Clean Up Week is one of the biggest community pride initiatives in our calendar. It empowers individuals and everyday New Zealanders to each do the right thing, with their actions accumulating to create a tide against littering that reaches every corner of New Zealand. In 2016 alone, Clean Up Week saw enough litter removed from our environment to fill 120 rugby fields over 1/2 a metre high, and this year is set to exceed these

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results.”

A surge in registrations from schools this year is attributed to the increased priority on education programmes from KNZB, with the Young Reporters for the Environment competition this year receiving a record number of entries, and the Term 3 launch of the Kiki Kiwi - Litter Less Programme to primary and intermediate schools in New Zealand.

Saturday, September 15th also marked World Clean Up Day, with 60 events registered to take place for World Clean Up Day alone.

Individuals and groups wanting to join a public event are able to see events happening within their region by checking out the G.J.'s Clean Up Week page on the Keep New Zealand Beautiful website.

Maddren Homes Tradie of the Month

It's hard to believe that a retaining wall and excavation site can not only be functional, but also pretty - but Ben Manion from Formation Earthworks somehow manages to do it. And it's these specialty skills that saw the new boat ramp and seawall at Herald Island come off without a hitch, that's earned him the Maddren Homes Tradie of the Month. Ben's attention to detail and careful



excavation planning alongside low tide times, ensured a safe and secure seawall and boat ramp was built for locals, that's well deserving of a voucher from proud sponsor Western ITM. Keep up the great work Ben.

Is less really more?

Less is more is a saying bandied around in the design world all the time. And for me I do agree considered placement within and in design of our homes is important. There is no point to an extra space, nook or cranny unless it serves a purpose. And in our personal lives this principle is overflowing with sensibility. We could all benefit from taking stock of prioritising our time and breathing in the summer air..... Give yourself permission to sometimes take the easy option.

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Signature Homes West Auckland can assist with the process of subdividing, design for a new build or alternatively knocking down and rebuilding. We will facilitate the entire process working alongside you, the council and other professionals required to enable a smooth build.

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HUAPAI SHOWHOME: 3 Podgora Ave, Auckland Hobsonville | Open Wed-Sun 12-4pm

SHOWROOM/OFFICE: 80 Main Rd, Kumeu, Auckland | Open Mon-Fri 8:30am-5pm | Sat-Sun 10am-2pm

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Food:Beverages

No more plastic straws for the Coffee Club NZ

The Coffee Club New Zealand, one of the country's largest and fastest growing café brands, has announced that it will no longer be using plastic straws. From 10 September, The Coffee Club's 63 stores will be using Eco Straws instead, a paper straw that is 100% recyclable and compostable.

The move will eliminate nearly one million plastic straws annually (898,000).

"Like many of our customers, we are concerned about the negative environmental impact of plastic straws being disposed of irresponsibly," explains The Coffee Club Co-Director, Andy Lucas. "Earlier this year, we stopped using straws for many drinks that simply didn't need one, which reduced our straw usage dramatically. Moving to a non-plastic straw for the remaining drinks will allow us to further reduce waste and minimize the impact that our stores have on the environment."

Recent news and studies have shown alarming consequences of the growing threat of plastics to the world's oceans and wildlife. The Ocean Conservancy, a non-profit environmental advocacy group, estimates that eight million metric tonnes of plastics enter the ocean each year, on top of the estimated 150 million metric tonnes that currently circulate the planet. This prevalence of plastics in the ocean has been making its way into the diets of marine animals that mistake it for food and become sick or even die.

With the commitment to eliminating plastic straws from its



stores, The Coffee Club joins the ranks of other New Zealand organisations and brands working to reduce the use of single-use plastic, such as Bird on a Wire, Countdown, Burger Wisconsin and Mexicali Fresh.

The Coffee Club stores can be found throughout both the North and South Islands. For more information visit thecoffeeclub.co.nz.

You can't 'beet' this relish

Beetroots are highly nutritious root vegetables that are a great source of vitamins and minerals, rich in antioxidants and known for their anti-inflammatory properties, ability to lower blood pressure, increase blood flow and cleanse the liver.



'NoShortcuts' Beetroot Relish goes well with all meats and game, particularly roast beef and as a marinade for pork fillet; fabulous with smashed avocado and egg on five grain toast; ideal in hamburgers, sandwiches, antipasto platters; perfect with sour cream/cream fraiche as a dip or with crackers and cheese.

There are no artificial flavours, colours or preservatives and every jar is packed full of fresh natural beets; it's handmade – just like mum made.

'NoShortcuts' produces for today's time poor yet health conscious and environmentally aware consumers, a range of traditional chutney, pickle, relish and jam that is wholesome, real food, in the fast and easy convenience of a recyclable glass jar. Order online at www.noshortcuts.co.nz.

The Herbalist Craft Beer

With spring upon us, it is still great to hunker down with a hearty meal on the cooler nights. This recipe can be used with either lamb shanks or ribs. Ribs will need about 5-10 minutes of grilling at the end of cooking.



Lamb Shanks With Beer Recipe: Ingredients: 2 shanks, 3 tablespoons brown sugar, 1 teaspoon five spice, 1 teaspoon ground coriander, ¼ teaspoon ground black pepper, 1 ½ teaspoons Hi-

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malayan salt, 2 cloves garlic (crushed), zest of an orange, 250mL The Herbalist Manuka Ale, 50mL brandy. In an oven dish with a lid, mix the marinade ingredients together then add the lamb shanks. Marinade in the fridge for 2-4 hours, then cook covered for approximately 2 hours at 150C. Quartered onions, chopped carrots, potatoes or kumara can also be cooked with the lamb for extra flavour. Serve with freshly steamed vegetables. The Herbalist Stockists: The Bottle-O Huapai, Black Bull Kumeu, Fresh Choice Waimauku, Boric Food Market, Soljans Estate Winery, Riverhead Fine Wines and select West Liquor stores.

Hallertau

It has been collaboration time for Hallertau Brewery and their neighbours Boric Food Market. Hallertau have been foraging Boric's seasonal fruit and using them as adjuncts in a run of seasonal beers. Lemon Curd Sour Ale was a tarty treat using heritage lemons for a citrus tang. Currently pouring are Speakers Grapefruit IPA weighing in at 7.4% abv which packs a tropical and hoppy hit, also on the taps soon is a Belgian style Tangelo Witbier 5.5% which will be a sensational spring thirst quencher and ideally garnished with a tangelo slice. Drop by the Hallertau Biergarten for a pint or a flagon fill.



Soljans Merlot Month Mushrooms and Pork Chops

It's #MerlotMonth #MerlotMe this month so we've put together a delicious recipe for you to enjoy with a glass of Merlot!

Ingredients:

- 1 cup beef stock
- 2 tablespoons milk
- 2 teaspoons flour
- 2 teaspoons Dijon mustard
- ½ teaspoon salt
- ½ teaspoon white pepper
- 450g pork chops
- ½ teaspoon paprika
- ½ teaspoon fresh thyme
- ½ cup Soljans Merlot|Cabernet|Malbec
- 1 onion, sliced
- 300g quartered mushrooms

Instructions:

1. Combine stock, milk, flour, mustard, salt, and pepper in a



small bowl, whisk.

2. Coat each pork chop with paprika and thyme.
3. Heat a large skillet over med-hi heat. Add vegetable oil.
4. Add pork to pan; sauté 1 ½ minutes on each side or until pork is done and lightly browned.
5. Reduce heat to medium-high. Deglaze with Merlot.
6. Add onion and mushrooms; sauté until lightly golden.
7. Add remaining broth; bring to a simmer. Cook 2 minutes
8. Add milk mixture. Stirring with a whisk.
9. Add pork, turning to coat; cook 1 minute.
10. Serve with a glass of Merlot and enjoy.

Apricot, date and ginger slice

- ¾ cup chopped dates
- ¾ cup chopped dried apricots
- 125 g butter
- 1/3 cup sugar
- 60 g crystallised ginger (sliced thinly)
- 3 cups cornflakes
- 150 g dark chocolate

Place chopped fruit, butter, sugar and ginger into a pot and heat slowly until butter melts and fruit softens. Add cornflakes and mix well. Press into a lined slice tin and refrigerate for 1 hour. Melt dark chocolate carefully in microwave and spread over cooled slice and refrigerate again until chocolate sets.

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@paulajancakes.co.nz or visit www.paulajancakes.co.nz.

Jesters Westgate

Jesters Westgate is proud to be supporting local schools with raising much needed funds. Why not organise a Hot Pie Lunch with your school? For every hot delicious Jesters pie sold your school will receive \$2. Contact enquiry@kindo.co.nz for more information.

Wedding Expo
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Petstips:advice

The most important rule of dog safety for children

ALWAYS ASK. Yes it sounds simple but it is the number one rule to drill into your children's minds: it can keep them safe.

Teach your children that they should always ask the owner before approaching a dog. Asking 'Please can I pat your dog?' or 'Please can I say hello to your dog?' firstly announces to both the dog and its owner that the child is there and would like to interact with the dog.

Imagine if you were walking down the street and a complete stranger randomly walked up to you and hugged you or your child; we can guarantee most of you would be pretty worried and unimpressed, you would be uneasy to say the least. The same goes for when someone or you are walking a dog and suddenly there's a group of children touching the dog.

Secondly, by asking you are giving the owner the opportunity to say 'no'. If they say no there is probably a reason why not. It may be that the dog isn't particularly fond of children or has had a bad experience with them in the past. It may be that your child is wearing a hat and people wearing hats spook the dog. It could be that the dog is ill, injured, tired or just having a bad day and the owner knows the dog won't appreciate being touched by strangers. Or the dog could be in training and the owner needs the dog's full concentration on them, it may be that the dog is new to the family and they aren't sure yet on how it reacts to children. There are so many reasons why an owner may say no, but remember it is highly likely the 'no' is coming for you and your child's safety so please teach children not to take it personally when it happens. Instead of getting sad, or grumpy, teach them that it is okay and it might be that the next dog they see they are able to say hi to.

The 'always ask' rule is also a great way of teaching children what to do if the owner is not there. If the owner is not there then there is nobody to ask, and as they always have to ask: the answer is NO!

This could be if a dog is tied up outside a shop waiting for its owner or a dog may be poking its head out of a hole in the



fence. Children need to be taught that if they see a dog on its own then they leave it alone.

Please teach the children (and grown-ups) in your family to **ALWAYS ASK** before touching a dog.

Always Ask is the first of 3 Golden Rules from Kids Safe with Dogs Charitable Trust (KSWD). You can find out more information on keeping your children safe around dogs and the great work KSWD do on their website www.kidssafewithdogs.co.nz.

Cat lovers urgently needed

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



Kanika Park Cat Retreat

What are cats allergic to?
By Dr. Lorie Huston – www.petmed.com.

It's that time of year again. Spring-time, heading into summer. The fleas are out in full force. Plants are blooming. Pollen is flying. And your cat may have allergies.

In cats, allergies most commonly surface as skin problems rather than respiratory problems

There are a few different things cats can be allergic to, and fleas top the list

Atopy is another common allergy in cats. Atopy is an allergy to something your cat is in contact with in his environment. Food allergies can occur as well.

How are allergies in cats best treated?

Flea allergies are treated by eliminating the flea population. Atopy is treated by avoidance (if possible) and sometimes with other anti-inflammatory medications. Food allergies are treated by avoiding the food ingredient that is causing the allergy.



RYAN JACKSON

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P: 09 810 8609.

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Consult your veterinarian to determine the best course of action for your cat if you think your cat has allergies
 For the full article go to www.facebook.com/kanikapark/notes
 Contact Kanika Park Cat Retreat Phone 09 411 5326 | info@kanikapark.nz | www.kanikapark.nz.

Raw Essentials

At Raw Essentials, we feed cats and dogs on a species-appropriate diet of NZ-grown poultry, veal, lamb, fish, venison, and wild prey.

Possum are New Zealand's most damaging pest species; they devastate native forests, chewing through over 20,000 tonnes of foliage each night. They impact our dairy industry through the spread of tuberculosis, and they eat the chicks and eggs of endangered native birds.

Over \$100 million is spent each year on possum control. Our NZFSA-licensed hunters play an important role in keeping numbers down. Rather than waste the carcasses, we are able to utilise them as a nutrient-dense food for cats and dogs. The fur is removed and used in local and international markets. Our possum is sourced from TB-free areas, and inspected at an MPI-approved processing plant.

These wild, free-ranging animals are living off our rich local flora, which makes them an incredibly nutritious food for cats and dogs. They really are the ultimate food for our pets!

Raw Essentials – 9 shops Auckland-wide.



CountryPets

We're only just into Spring and the evenings are still quite chilly, our wood burner is still going, so it came as a bit of a surprise as I walked my pack today at the beach barefoot, that the black sand in parts was already getting quite hot, the dogs noticed

too. Summer is coming! And for me that means time to be more vigilant about walk routes and other needs of your beloved four legged friends.

Things are heating up and fleas, ticks, midges and biting flies are waking up! Make sure your dog's flea and worm plan is up to date, getting rid of a flea burden is not fun, get on top and stay on top before they do!

I'll be considering where we walk, is there shade, water to cool



off in and grass under foot? Black sands and asphalt heat up fast, if I can't hold my hand on it or walk barefoot neither can your pooch, paws blister easily. Walking earlier and I'll start reducing the intensity of walks if needs be. Lots more water on board, parking the vehicle in the shade and using a windscreen visor. Dogs can overheat in a hot car in no time.

At home ensure your dog is well hydrated with access to fresh cool water always. Can your dog get in the shade? As we get into the hotter months consider cool mats, fans, cooling collars and paddling pools to help your dog moderate body temperature. Be sun safe and enjoy time with your dog, summer is coming!!

Country Pets is based in Muriwai and offers small pack off leash walks. See CountryPets on Facebook or call Lisa on 027 380 0265 for more information.

Dog & Co

Woohoo! Spring has finally arrived, and with it comes a plethora of incredible photo opportunities all over Auckland! From cherry blossoms and fresh, floral backdrops, to amazing sunsets with daylight saving. It is a perfect



time for a professional photo shoot. We are particularly lucky in West Auckland with some of the most stunning locations imaginable right on our doorstep – Bethells Beach is my all-time favourite. The black sand, the mind-blowing vistas, the beautiful grassy dunes. It is a pet photographer's heaven.

I may call myself a pet photographer, but I don't just photograph animals by themselves. I absolutely love having the opportunity to do families, couples, engagements & pre-wedding photo shoots...as long as they involve pets! I also specialise in on-location photo shoots, rather than limiting myself to the confines of a studio. There is nothing more special than to see dogs get to enjoy the fresh air and experience pure joy at the beach or park. Just as it is so special being outside, taking advantage of natural surroundings and beauty. These factors make for the most unforgettable experiences and photos. Hence why I was SO excited for Winter to finally be over!

If you have been thinking about getting some professional images of your family & pets, now is the time to get in touch. I offer a selection of affordable packages, all of which include both prints and digital images. So there is no obligation or pressure to purchase a fortune worth of prints or wall art on top of what you are already paying. It's easy, fun, and affordable. I also have gift cards, so keep that in mind with Christmas quickly approaching! Bring on the warm weather!

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Health:Beauty

Therapeutic massage for women

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

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

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

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

Find Jaw relief with Top Notch Massage Therapy

Are you getting jaw pain?

The joint in your jaw is called the temporomandibular joint (TMJ) and it can become very painful, inflamed with chewing, biting, grinding (bruxism), clenching and you may experience headaches.

To get benefit we target the two major muscles that help the jaw function, the masseter (located in your cheeks - FYI, it's the strongest muscle pound for pound so keep that in the back of your mind for future pub quiz's) and the temporalis muscle (located on the side of your head by your temples). We also look at the pterygoids that help with opening the jaw which can be accessed within your mouth safely and effectively. We don't adopt the no pain-no gain with this area as we aim to reduce your sensitivity not increase it, so be aware of this type of therapy. Most importantly we won't forget to look at your neck (and shoulders) as they also have connections into your face and jaw. The Jaw relaxation trick – The long surprise

Spend long periods of time (up to an hour) with your jaw wide open (if you can do so without pain) This is a better way to approach rather than trying to remind yourself not to clench.

Top Notch Massage Therapy - Phone 09 212 8753 or email info@topnotchmassage.co.nz. Hobsonville - 295 Hobsonville Road, Hobsonville Massey - 402 Don Buck Road, Massey.

Do you use a standing desk?

Standing desks are becoming more and more popular these days. We all know that sitting is bad for us so the idea of a standing desk makes sense. I recently released two videos giving some simple tips to help make the most of your standing desk. These tips will help take the strain off of your lower back and feet and allow you to feel better at the end of the day. For example, you can use a stool to perch against or use a fidget bar to help take the strain off of your lower back. I also discussed what shoes or flooring you should use with your standing desk. To watch the short videos, simply visit our Facebook page or the blog section on our website.



Facebook page - www.facebook.com/elevatechiropractic

Website - www.elevatechiropractic.co.nz

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

Spring ... yeah!

Go to our Facebook page Hobsonville Optometrists - Glasses and Gifts to see our gorgeous new selection of 'different' gifts and home-ware.

We are looking forward to your comments, feedback and suggestions.

It's all about Lanterns and Wall Art this year - floor lanterns, table lanterns, pendulum lanterns - in wicker, bamboo, metal and shell.

Our wall art is simple, neutral and elegant in metal and glass front frames.

While you're browsing (Monday to Saturday 9am to 5.30pm) look through our large selection of sunglasses. Do you need sunglasses in your prescription? Not a problem. We stock the best sunglasses in the world - Maui Jim. Come in and we will show you why they're the best.



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When daily life takes its toll... tension headaches

It's been one of those days...too much to do, too much stress... and BANG you've got a tension headache. It's a pain you can feel at the base of your neck, like a vice. Usually caused by muscle tightness in these areas, tension headaches are very common and can develop into a chronic condition. While this muscle tightening is often a response to stress, depression or anxiety, there are other physical causes as well. Activities done in one position for a long time like computer work, or sleeping with the neck in an abnormal position can also trigger tension headaches. Other causes may include spinal misalignment, eye strain, fatigue, excessive alcohol, smoking, or caffeine use, sinus infection, nasal congestion, overexertion, colds and the flu. Along with stress reduction and regular stretching, Chiropractic Care can help relieve the tense muscles and misalignments of the spine in the neck and upper back area. Get back to living the pain free life you deserve... Contact Hobsonville Chiropractic for your Spinal Examination today Phone 09 416 7589.

Kaia app reduces low back pain by 40% in the U.K.

Low back pain (LBP) is an increasingly widespread and expensive condition worldwide. The World Health Organization (WHO) states that back pain is the worldwide number one reason for disability. The Office for National Statistics determined that back pain accounted for almost 31 million days of work lost in 2013 which is estimated as costing the UK economy £14bn a year. This could now however be on the brink of a big change, thanks to a FREE Smart Phone app. The Kaia app, was found to significantly reduced the pain intensity of LBP by 40% in a recent clinical study.

An estimated one-third of the UK adult population are affected by LBP each year. The Kaia app has been developed by a leading digital therapy company in conjunction with physiotherapists, pain management specialists, orthopedic surgeons and clinical psychologists. The app has been approved as a valid medical utility in Europe. The app allows users to self-manage their non-specific back pain (all cases of back pain that do not require specific treatment).

The app uses a digital approach that offers users education, physiotherapy (including exercises for the lower back and core muscles) and psychological strategies (including mindfulness). The App tailors treatment programs for each user from over 120 exercises, and motion tracking technology ensures that the exercises are performed correctly using a smartphone. Sessions

last for 15 minutes, and can be accessed anywhere 24 hours a day. The app also features a chat function which connects users to a physiotherapist or sport scientist so you can ask them questions.

Studies based on people using the app thus far show a significant reduction in LBP, 40%, which is well above the clinically important threshold of pain improvement.

The Kaia app was developed in Germany where it has been downloaded over 100,000 times in its first year. The Kaia app is now being offered free of charge to over 20 million patients in Germany (over a quarter of its population).

Low Back Pain Stats

- 31 million days of work were lost in 2013 due to back, neck and muscle problems
 - The cost to the UK economy is £14bn a year
 - 80 % of the population will suffer with back pain at some point in their lives
 - Approximately 8 million adults in the UK report chronic pain that is moderate to severely disabling
 - Back pain alone accounts for 40% of sickness absence
 - Back pain is the leading cause of disability
- So if you have a niggling back maybe you should try the app and self-manage your way back to health.

Emma Mackie - MPhty (sports) Physiotherapy. Hobsonville Physiotherapy, phone 021 265 6516 or email emackie.physio@gmail.com.

Have you ever been cupped?

Myofascial (myo/muscle and fascial/connective tissue) cupping is something that I have recently added to my toolbox and my clients are experiencing great results – the treatment is less intense than the traditional myofascial techniques used during massage. Myofascial cupping creates a negative pressure on the tissues, which means that it lifts, stretches and separates soft tissue that is stuck – this in turn loosens soft tissue, increases range of movement (joints move better) and increases circulation.

Using a combination of massage and cupping, my happy clients include those with post-surgery scar tissue, scoliosis, burn scar tissue, oedema (fluid retention either injury or post-operative), myo-fascial pain syndrome and fibromyalgia. A particular client is beginning to get sensation back in the surrounding tissue of a five-year-old surgical scar, it is so rewarding for me to be able to facilitate that for someone.

A potential challenge to myofascial cupping is the 'bruise' marks. At times there are circular marks left from the negative pressure of the cups. These marks are normal, non-painful and can last anywhere between 2 days to 1 week, sometimes even longer. The colouring of the marks can be an indication of the health of the tissue underneath. Darker marks mean more tis-



Are you worried about your own, or someone else's drinking or drug use? Contact me to make an appointment if you would like a friendly and confidential discussion about your concerns and options.

Rochelle Brett - registered alcohol and drug practitioner,
027 420 4556

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Milford, Auckland
www.restorecap.co.nz,
rochelle@restorecap.co.nz

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hobsonvillepodiatry.co.nz



Level 1, 124 Hobsonville Rd, Hobsonville, Auckland 0618

sue stagnation (lack of blood flow) and increased build-up of adhesion/ scar tissue.

If you are looking for professional massage services which include cupping to reduce joint/muscle stiffness and pain, reduce scar tissue or release trigger points, call Debbie from Realign Massage & NMT on 021 120 2175.

Worn out joints? Common pain killers might be making them worse

Joint pain is not something you should have to live with. The ideal treatment for joint pain should quickly and effectively relieve pain and help to restore joint health. You may be a little shocked to hear that some of the most commonly used medicines for joint pain may destroy joint cartilage, causing more problems in the long term.

Studies have compared patients with osteoarthritis who did not take non-steroidal anti-inflammatory pain killers (like ibuprofen and diclofenac) with patients who took them regularly. Patients who never took one of these medicines had more favourable outcomes for their joints in the long term. The conclusion was that these anti-inflammatory medicines might be destroying cartilage in joints. This is alarming as these medicines are commonly available in supermarkets and petrol stations.

This is important information. My goal is to be mobile and healthy well into my old age. So, if these pain killers are likely to be unhelpful in the long term, then I would rather not take them.

Healthy Pain Relief - I am not suggesting that anyone should have to live in pain. Fortunately, there are natural alternatives to these pain killers that don't cause joint damage. Nutrients like ginger, Boswellia, capsaicin, MSM and turmeric when used in combination have been found to work as quickly as the anti-inflammatory medicines.

Restoring Cartilage - The reason that joints get painful is because the spongy cushion layer (cartilage) breaks down. Did you know that your body makes glucosamine and SAME which help to make cartilage and keep your joints working well? Un-

fortunately, the older you get the less glucosamine and SAME your body can make. This seems like a bit of a design fault. As you get older and your "mileage" increases your body should start making more of the reparative nutrients.

Fortunately, you can take supplements of these joint nutrients. Studies show that after about two weeks on these products your joint health is improved. The improvement gets better if you stay on them longer.

A good diet will also help your joints. For example, lots of sugar effects your insulin which directly damages joints. Gentle exercise can also help to encourage healthy cartilage growth.

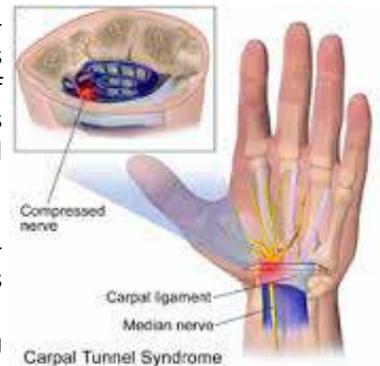
So, eat well, keep gently exercising your joints, choose natural anti-inflammatory pain killers, and support your cartilage production with repair nutrients.

Do you wake at night with pins and needles in your hand?

You may have carpal tunnel syndrome (CTS). CTS is caused by compression of the median nerve as it runs beneath the carpal tunnel ligament at the wrist.

Symptoms include:

- pins and needles or numbness in the thumb or fingers that wake you at night;
- pain, weakness or dropping things.



These symptoms may also be caused by other conditions. At the Hand Institute we provide comprehensive assessment of your symptoms and can refer you to a specialist if indicated.

Interventions for CTS:

- splinting;
- activity modification and exercises;
- post surgical interventions

Call us to book in an assessment at the Hand Institute Kumeu 09 412 8558.

Stay cool & enjoy the view

Sunglasses are a great fashion accessory, but their most important job is to protect your eyes from the sun's ultraviolet rays. New season sunnies have now landed at



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all can be paired with our polarised prescription lenses for single vision and progressive lens wearers at competitive package prices. Stay cool and enjoy the view this coming summer. Stop by to check out our range and have a chat to our friendly team, we're just around the corner from Robert Harris Café and opposite the ANZ. Phone: 09 831 0202 Website: www.westopt.nz.

What your eyes can tell you about your health

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: You could have jaundice.



If the whites of your eyes are yellowing like old paper, this is definitely a warning sign something is wrong in your body. The likely culprit? Jaundice, a condition that occurs when there's too much bilirubin—a yellow compound formed from the breakdown of red blood cells—in your blood. If your liver can't filter the cells, bilirubin builds up causes your eyes and skin to turn yellow. Babies may be born with jaundice; in adults it's usually due to an infection like hepatitis, alcohol-related liver disease, or something blocking your bile ducts like gallstones or cancer.

For Eyes in the Kumeu Village Phone 09 412 8172 offer top quality eye examinations and treat colour-blindness, headaches and reading difficulties. (*Acknowledgement: M. Bonner, Marie Claire).

Thank you

As we head into spring, we would like to take the opportunity to thank the people of the wonderful Nor-West for their continued support of Kumeu Chiropractic, and of chiropractic care in general. The winter months have been busy with the usual sports related strains and sprains and summer is now on its way with its usual stressors about to hit us with a vengeance.



At Kumeu Chiropractic our focus is on more than just relief of back and neck pain. Good spinal health is about performance, injury prevention, healing and general well-being. Improving spinal function through chiropractic care assists your body to work better and to heal better; it's as simple as that.

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So, it is our mission to create a healthier and happier community by adjusting as many spines as we can to promote a more natural healing process within every one of us. We can only do this through your referrals and we appreciate all those who have told their friends and family to give Chiropractic a go. We have the best practice members around, and we have miracles happen in our office every day. That's why we love what we do. The team at Kumeu Chiropractic are looking forward to helping even more people to achieve their health-goals over the next year and we wish to invite you to investigate how Chiropractic Care may benefit you and your family. Give us a call now. Phone 09 4125536 - Kumeu Chiropractic. 8 Shamrock Drive, Kumeu.

PINC & STEEL Cancer Rehab

At NorthWest Physio+ we have our fully qualified cancer rehab physiotherapist Laura who is here to support, guide and rehabilitate people through every stage of their treatment and recovery.



The PINC and STEEL rehabilitation programmes are divided into 4 phases. This allows us to provide physiotherapy support right from diagnosis, through surgery and treatment, working with you on personalised goals for as long as you need.

Various sources of funding are available for those with different cancer types. Bowel Cancer Foundation Trust are now providing all bowel cancer patients with 4 sessions of physio. There is a welfare grant available from Prostate Cancer Foundation for up to \$500 and we have strong links with the Breast Cancer Foundation.

For information on applying for funding or to find out more about physiotherapy and cancer please contact Laura at North-West Physio+ on: laura@nwphysioplus.co.nz or 09 412 2945.

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Area:Columnists

Gold award for Mike Pero Real Estate

A national community award has been presented to Mike Pero Real Estate Kumeu for its outstanding service to the local area.

Graham McIntyre, Mike Pero Real Estate Kumeu and Hobsonville brand and territory owner, and the publisher of the Kumeu Courier and the Westerly, has received the accolade at the Mike Pero Real Estate 2017-2018 national awards.

Recognition comes for Graham's team for supporting the Kumeu Monster Fireworks display, Taupaki School's cookbook project, the Waitakere and Kumeu fire brigades, and the Kumeu Junior Rugby J3 Black team.

Mike Pero Real Estate Kumeu and Hobsonville last year became the supporting principal sponsor of the Kumeu Monster Fireworks Display at the Kumeu Showgrounds. It's Taupaki School's largest fundraising event and now attracts about 10,000 visitors to enjoy carnival rides, food and a spectacular fireworks display provided by sponsor Bad Boy Fireworks (the Yorks) lasting more than 20 minutes.

The event is widely previewed through media, billboards and other avenues.

Mike Pero Real Estate Kumeu was the first sponsor to sign up to launch the Taupaki School Cookbook project 'gather'.

"Life is uncertain – eat dessert first," Taupaki School cookbook photographer and co-author Nicola Topping told more than 100 guests at the launch. Nearly 30 pages of desserts feature mid-way through 232-pages of recipes from Kumeu district residents. About 2000 of the cookbooks were printed with funds helping develop the school's technology centre which also attract students from other areas.

Taupaki principal Pete Hall 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 thanked all who contributed, including sponsors like Graham and Gail McIntyre, with Gail the school's PTA co-chairwoman.

Described as "a cooking journey through North West Auckland 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.

Mike Pero Real Estate Kumeu sponsored the back page of 'gather' with a stunning advert.

The cookbook generated over \$60,000 for Taupaki School.

Mike Pero Real Estate Kumeu also purchased \$5000 worth of cookbooks on top of their school sponsorship as client gift packs.

The local firm also annually sponsors and generously donates to local fire brigades.

Graham is Waitakere Rural Fire Station chief and supports the Kumeu fire brigade during the day.

He personally responds to over 200 calls annually, including structure fires, road fatalities and even horses stuck in ditches.

As the publisher of Kumeu Courier and the Westerly, Graham provides another community outlet and service in that the two magazines are largely written by the community for the communities they serve.

The Kumeu Courier includes topical community news and information, details on up-coming events, community activities and important dates. The publication also includes a number of ongoing editorial series on the history of Kumeu and surrounding districts, how Kumeu developed and the people involved in its development.

About 10,000 copies are distributed per month through letterbox drops and shop stands throughout Riverhead, Taupaki, Kumeu, Huapai and Waimauku.

The Westerly is free publication distributed throughout West Harbour. Whenuapai and Hobsonville communities, which includes topical community news and information, editorials and coming events.

It has 16,000 copies printed per month, again distributed through letterbox drops and shop stands such as Mega Mitre 10 at the Northwest shopping centre and Countdown.

Mike Pero Real Estate Kumeu sponsored Kumeu Rugby's J3 Black junior rugby team in 2017. Graham not only invested in the team over the season financially but coached them for the full season. The team won all its games.



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Mike Pero Real Estate Kumeu and Graham were among four sponsors who contributed to the \$20,000 required to take the team to the Global Games in Taupo. This sponsorship covered entry fees, food, accommodation, transport, fun activities and uniforms.

The Global Games Junior Rugby Festival is held annually in Taupo and is the largest rugby event of its kind. It attracts more than 100 teams annually, including representatives of Japan, France, South Africa and Australia.

About 22 boys aged 10-12 attended from the Kumeu club, the team runners-up in their age group.

It's not the first time Graham and his Mike Pero Real Estate team have won a community award either.

A national sponsorship and community award from Mike Pero Real Estate was also received for the 2015-2016 year.

Low carb healthy fat convenience meal start-up gets unexpected kick-start

One Auckland entrepreneur and businessman was so impressed with start-up business Simply Lose It – which offers customer's three pre-cooked meals a day based on the low carb healthy fat lifestyle – that he had three kitchens built to support the launch of the business in June.

The pre-cooked, unfrozen convenience meal service incorporates the principles outlined in the bestselling New Zealand book *What the Fat* by AUT academics Grant Schofield, Craig Rodger and Caryn Zinn.

Founder Heather Deeble, who started the business after she had to quit work to care for her ageing mother and needed 'something to do', said that 'Simply Lose It' is a subscription meal service that is only intended to run for three months, by which time customers should be educated in the low carb healthy fat lifestyle and able to continue the journey on their own.

"Simply Lose It is a way of eating that leads to weight loss and a healthier lifestyle, but it's really there to educate and to help people manage their transformation to the low carb, healthy fat lifestyle – the programme includes two consultations with dietician and author Caryn Zinn.

"The science behind switching to fat as your energy source rather than sugar-based carbohydrates is well documented, but the proof is in the eating. Simply Lose It offers the convenience of pre-prepared meals, but also demonstrates a healthy way of eating that turns the food pyramid on its head."

The business has two distinct offerings. Simply Lose It, which



is a weight loss programme, and Eat Real Simple, which is a straight low carb healthy fat meal subscription service.

"I'm extremely grateful to the businessman who sponsored the kitchens – he wishes to remain anonymous – because he made it easier for us to launch this business. You hear lots of romantic stories about starting a business at the kitchen table or in your garage, but it's just not practical when you have to maintain hygiene standards while mass producing food."

The Simply Lose It story started when Deeble's mother was diagnosed with dementia and she had to quit her job to care for her.

"I was looking for something to do when my daughter asked me to cook for her and her husband because she was on a four-week teaching practicum. The low carb, healthy fat way of eating has always made sense to me – I lost 18 kilograms for my son's wedding, and I've kept it off – so I thought 'why not?'"

"The idea really gathered momentum for me when I attended a talk at the Millennium Institute by Grant Schofield and Caryn Zinn and decided I needed to try and create this business because it could help a lot of people," she said.

Dr Caryn Zinn, who is a registered dietitian, author and senior lecturer at AUT's School of Sport and Recreation, says Simply Lose It is the only programme she is aware of that is designed to work as a lifestyle education tool.

"It's the only programme I know where the objective is to get you off it as soon as possible,"

"My role is to help to educate participants in the Simply Lose It programme and prepare them with the right calorie contribution to their food intake, as well as helping them with lifestyle management when they come off the programme," Dr Zinn, who is not a director in the business, said.

For more information visit www.simplyloseit.nz.

Flippin'Fun gears up for a busy final quarter

Looking for a more stimulating environment for your group function or party? Flippin'Fun's huge mezzanine area is an ideal separate space featuring a large screen TV, ample seating



and exclusive toilet facilities makes it perfect for large group functions. We're busy taking bookings for end of school year sessions and Christmas parties, so for an event your people will talk about for a long time after, contact us now.

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these out for Term 4 (kindly note, except for fitness we suspend classes during the holidays)

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Maddren Homes' winning ways

Winning building awards has become a bit of a habit at Maddren Homes in Kumeu. The long-established local builder has just nailed three golds and two silvers at the Auckland/Northland region Registered Master Builders House of the Year awards.



One of the gold winners, the "Woodhill" show home which opened in Kumeu in April, has also received gold reserve automatic entry into the second round of judging for the national finals in November.

Dubbed "Modern Love", the smartly designed modular cedar home impressed judges in that it can also be easily transported to a new site and additional modules can be attached to meet the needs of a growing family.

The home, seen by passers-by on State Highway 16, won gold in the GIB show home category.

Maddren Homes also won two golds in the new homes \$700,000 to \$1m category for residences in Three Kings and Silverdale, another in the latter area also collecting silver.

A silver award also came in the \$1m-\$2m category for a Whangaparaoa home built by Maddren Homes.

Homes are judged on workmanship, design, style and functionality. "So the awards are not based on the cost but on the construction," Maddren Homes sales manager Keegan Anderson says.

He says winning three golds and two silvers "makes us feel proud".

"Each house is different and vary from the traditional to the contemporary."

General manager Rodger Scott says Maddren Homes doesn't

set out aiming to win awards – "we just build a house to the highest standard we can. We don't engineer our homes just to win an award."

He reckons Maddren Homes must have about 44 gold and silver awards now, including one national award.

"We're one of Auckland's most consistent gold award winners, winning at least one every year – bar one."

The awards have flowed since Keegan's parents, Tony and Tere-na Anderson took over the company in 2010.

Rodger says it's a tribute to the work put in by Maddren's team, including their many subcontractors.

Now both Rodger and Keegan are hoping the company's stand-out show home, designed by architect Richard Furze and featuring in the Kumeu Courier June issue, will help Maddren gain another national honour.

Meanwhile, Allan Wallace Builders of Kumeu also won gold in the Auckland competition for a Kumeu home worth over \$2 million.

National category winners and the Registered Master Builders Supreme Awards for House of the Year and Renovation of the Year will be announced at a gala dinner on November 24 at the Cordis Hotel in Auckland.

Visit www.houseoftheyear.co.nz and www.maddrenhomes.co.nz for more information.

Massey mum patents solution for messy problem

When Massey mum Maureen Addis was pregnant and studying she found it increasingly hard to lean down and pick up cables for her laptop, printer and to charge her phone.



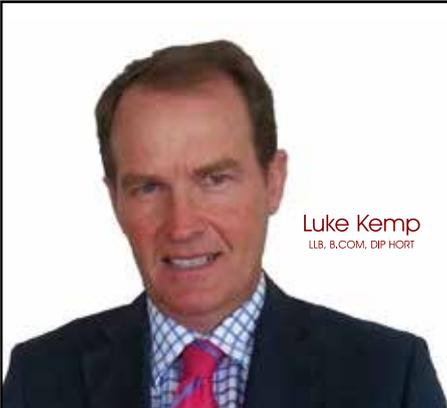
Frustrated with messy cables slipping off her desk, she came up with a solution that she's now marketing to others wanting to eliminate cable clutter from their lives.

"I asked my husband Scott, who has a cutting business, to help me design a cable holder I could attach to my desk. We fine-tuned it several times and then friends said, 'You should sell those!'"

A few short years on and Maureen is now selling a range of designer Cable Camel products.

Maureen who studied design in Chile, where she grew up, is a self-described "obsessive compulsive". She hates messy cables and has been surprised at just how many people are like her, with consumer interest in Cable Camel growing.

While there are other cable holders on the market, she says most are made from hard plastics and are not flexible for other



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uses. Cable Camel is made of firm EVA foam with self-adhesive backing and has multiple uses.

The product comes in different lengths and hole sizes for varying sized cables and can be cut down to size, not only help sort workplaces but homes as well.

"We're finding that people use Cable Camel for many different things. It can hold pens, cords, earphones, small tools, flowers and help align audio and TV cables. A friend of mine uses hers to hold up fairy lights around her daughter's bed."

Maureen strongly believes that decluttering helps to clear people's minds, improving their focus on life's priorities.

"I love organising and making spaces free of clutter. Aesthetics are very important to me. I wanted to create a practical product but it also needed to look good and add a design feature to an area."

She has also designed all of Cable Camel's branding and packaging and is selling her New Zealand-made cable management products online at www.cablecamel.com

"We're a small family business and I'm proud to have created a product that's New Zealand made and patented. We can deliver across the country and in fact worldwide. For bigger orders we can customise the product to clients' requirements as well."

Maureen says it has been challenging to offer a quality product for a relatively low price, with her range starting from just \$5.90. While there will always be stiff competition from off shore products, she's determined Cable Camel will continue to be made in New Zealand.

"It's probably never going to a huge money spinner but I love the fact that I'm now helping other 'OCD people' like me who insist on tidy and organised areas!"

She says she is living proof that a stay-at-home mum in West Auckland can identify a problem, come up with a great solution then market it online around the globe.

Maureen Addis says she's happy to deliver Cable Camel products free of charge to anyone who lives or works in West Auckland and has read this story. Contact: Maureen Addis - Cable Camel - 021 0291-4266 or mycablecamel@gmail.com www.cablecamel.com.

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Westgate is a changing place but we have now been here for over 20 years keeping you safe on the road.

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We are very grateful when customers email/post feedback e.g. "I cannot get over how amazing Gareth has been in trying to help me fix an issue with my car after eliminating that it wasn't the tyres. So much effort, very knowledgeable, no pressure for sales, very friendly, local amazing service can't say enough... Maximum stars!!!"

It is always great to receive feedback and your continued support helps us support our local community gardens, schools etc. If you would like some free advice on the condition of your tyres, maybe you are not sure how much air to put in, maybe one is wearing unevenly please call and see us, the big red building behind McDonalds, 1 Cellar Court, Westgate or call 09 833 8555 email firestonewestgate@extra.co.nz our advice is free anytime, we are happy to help.

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