

the Westerly

FREE monthly community magazine for Massey to Hobsonville Point

Property market report

The birds and the bait

- People & places
- Home & garden
- Community notices
- Food & beverage

New Shoots

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

October 2019



Greetings

Time. We expect time to be constant. After all, if you look at a clock or digital time-piece, the seconds tick by, and one hour passes much like another. As the seasons move on we might notice that the sun is rising further to the right, the angles of light changes in our homes, the evening sky is brighter later. Time is something we move through, although the true nature of time is still being debated by physicists and philosophers. However, most people would agree that time seems to move smoothly and continuously.

We have built-in biological clocks, as do plants, animals, fungi and cyanobacteria. These are important in determining the sleeping and feeding patterns of all animals, including human beings.

However our experience of time may not be the same as a clock. While it never seems abnormal as you experience it, as people get older, time appears to pass quicker. It's common for young children to have a disproportional appreciation of time passing compared to adults, such as the length of a car journey. Some say that this is because a period of time for a child is a larger proportion of their lives so that an hour is a much larger percentage of a child's life than an hour is to an adult. Another explanation is that most external and internal experiences are new for young children but repetitive for adults. Children have to be extremely engaged in the present moment because they are absorbing new information. Adults on the other hand "skip past" details they have previously experienced. Highly emotional and dangerous situations, such as an accident or a robbery, may seem to make time appear to go in slow motion, possibly because memories are more densely packed during frightening situations.

Hopefully you can take time to enjoy this month's Westerly. There should be something for all tastes and interests. There is plenty going on in our area. A wide selection of clubs and organisations exists with a full range of activities to exercise your body or mind. Read about food and health, and what's good for your pets. Graham will inform you about the local trends in the housing market, and this is supported by advice on many aspects of property ownership and responsibilities, with tips on improving your house and garden.

Have a good time in October.

John, editor



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People & Places

We're better together



There is something wonderfully different about a New Shoots centre. You notice it the moment you walk in the door. From beautifully designed and sustainable buildings and toys, to the highly-trained and caring early childhood teachers, everything has been carefully chosen and mindfully presented - It's a home away from home and a supportive community for you and your family.

Consciously choosing to move away from the traditional model of daycare, New Shoots Children's Centres are known for their holistic approach to education. One which encompasses care, inspiration and connection to the environment.

"We're here to help families grow and learn, which means supporting everyone through the ups and downs of parenting young children," says Michelle Pratt, New Shoots Co-Founder.

"We believe that every person is unique, with something valuable to offer, whether they're young or old - we are here to listen and create a better world - one child at a time," adds Pratt.

New Shoots has three unique, custom build centres in North West Auckland - in Hobsonville, Westgate and Whenuapai. Each centre has been purpose built to reflect their vision for a better and more balanced world.

The centres endeavour to ensure that their resources, equipment and toys are hand-picked and often designed for early childhood to support an ethical supply chain and increased longevity.

In addition, the whole team are committed to creating spaces for children to thrive through individuality.

"Children at our centres have the freedom to play and explore through a play-based curriculum that encompasses a range of educationally holistic practices and research within a New Zealand context," says Jade Hunt, Centre Director at New Shoots Whenuapai.

New Shoots Parents who felt nervous about going back to work and were supported in this transition by the team are the biggest advocates for the centres, according to Hunt.

"They are part of our family, and love seeing their children having such a positive learning experience and connection with our kiako".

New Shoots is well known for their passionate teachers who are supported in every way to build relationships with tamariki and whanau in order to provide quality care, understanding and encouragement.

"This means ensuring that every child has a special connection with their whanau support teacher - one teacher from their room that is their primary caregiver," says Hunt.

In addition to New Shoots firm focus on sustainability and caring for the environment, each centre is committed to educating tamariki about healthy meals and nutrition.

Not only is the food lovingly handmade in centre kitchens and jam-packed with nutritious, seasonal ingredients but tamariki are taught how to grow their own vegetables and encouraged to try new and healthy foods every week.

New Shoots also offer educational resources and workshops throughout the year, for parents and members of the community with various partners such as the Food Tree and Dorothy Waide.

We are proud to support our entire community - nothing makes us happier than watching children discover and develop their own unique strengths and abilities says, Pratt.

"We'd love to get to know you and your family. Come in for a chat and play and get a feel for what we do".

New Shoots Children's Centre - a life-long love of learning - phone 09 320 3479 or visit www.newshoots.co.nz.



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Community News

Best of Wanaka

The Hobsonville Community Trust is organising a film show in the Sunderland Lounge, corner of Hudson Bay Road, Hobsonville Point. Saturday 12 October, the NZ Mountain Film Festival Film Tour - Best of Wanaka - "Kiwi Made Selection". Ticket prices are \$15 adults, \$10 students and under 5 years free if seated on lap. This will be cash door sales only. Doors open 6.30pm, films begin at 7pm. First in, first served, and limited to the first 200 people.



helloworld group in Greece

In August Carolyn escorted a small group tour to the Greek Islands cruising around the idyllic and seldom visited small ports. We were on Azamara Pursuit which is a 700 passenger vessel and therefore is able to get to ports that the large ships are unable to. On arrival in Athens we stayed at a fabulous hotel in the centre of Athens overlooking the Temple of Zeus and the rooftop bar/restaurant that had views to die for of the Acropolis.



Our first port of call was Mykonos where the ship was in Port all night so we were able to dine at one of the fabulous restaurants around the port and wander back to the ship at leisure. Next we were in Thessaloniki and then Kavala which are both seldom visited by cruise ships and we were able to experience a meal at a local's home and wander the small villages around the area. What a fabulous experience and the food, although simple, was very tasty and we loved it.

Then on to Patmos, famous for its monastery and this was a small island town and very authentic with few crowds. On to Turkey and in Kusadasi we again ate at a local's home visiting the small village of Sirence and we found it is where the local Turks go on their day off, lots of arts and crafts and homemade jams and oils and loads of other items. On our return to Kusadasi we were treated to the art of carpet making and we were all tempted to purchase one to bring home.

That evening was our Azamazing evening (one on every cruise) where we were treated to a string orchestra under the stars in a 2000 year old amphitheatre, amazing acoustics and what an experience. One of the highlights was upon our return to the ship we were greeted with a glass of champagne and our guest opera singer out on deck welcoming us

back to the ship and that was spine tingling.

On to Rhodes which was my favourite, gorgeous beaches and the husband wants to retire there. Of course Santorini is the highlight of any Greek Island cruise and she didn't disappoint with iconic views and we had a fabulous lunch at a local restaurant with jaw dropping views.

Sadly our return to Athens meant the end of our time together as a group, Carolyn continued on to Croatia, (and you can read about this in the next issue) but this cruise will be remembered and we are busy planning our next escorted tours. Contact us at hobsonville@helloworld.co.nz if you want join our mailing list and keep up to date with what events we are having and tours we are planning or phone 09 416 1799, or follow us on facebook [helloworldhobsonville](https://www.facebook.com/helloworldhobsonville). We also have a solo traveller club so let us know if you want to join that, it's free to join.

Dance24seven

What a year it has been - from competing at USASF Worlds through to achieving the some of the top results in the country for Jazz and then there was the feedback for Tap and Ballet - "the highest standard I have seen in years" (NZAMD examiner Miss Lester).

But it doesn't stop there. It's show time! This year we are performing the Nutcracker with ballet, jazz, tap, hip hop, contemporary AND Acro. It will truly be a sight to see. If you are wanting a great night out and thinking about a Dance studio for 2020, come see the show on the 16th and 17th of November at Avondale College.

Photo: Ella Colligan and MacKenzie Waters - Top in NZ for GDQ Jazz (Foundation and Development).



Balance and stability

"Did you know that falls are the leading cause of injury in those aged 65 years and above?"

Balance & stability is the focus of new exercise class at Summerset at Monterey Park. As we age, we can get a bit unsteady and the risk of falls increases. Yolanda van Vugt a Clinical Exercise Physiologist from Kintex is now taking the weekly classes at the village.



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Community News

The classes feature a combination of exercises which challenge your stability, strengthen the muscles of your legs, hips, and core, and improve flexibility.

A few tips for balance training at home:

Balance training can be done at home and requires very little equipment or space. To challenge our balance, we can achieve this by either reducing the size of our base of support (the contact area of our feet on the ground), or by changing the sensory feedback being received by the brain.

A few examples include:

- Standing on one foot, or standing in tandem stance (heel to toe with one foot in front of the other)
- Reducing the visual feedback (closing one or both eyes - do this one next to a wall if you feel unsteady!)
- Changing the surface of the ground - standing on top of something soft like a pillow or rolled up towel.

It is good to take your shoes off when doing balance exercises - this makes it slightly more challenging by reducing the support offered by your shoes. It also allows the receptors on the bottom of your feet to become more sensitive to the sensory information being received from the ground, improving the ability for the body to respond quickly to a loss of balance when needed.

Communicare's 60th birthday - a cause to celebrate

Auckland not-for-profit Communicare cares for the health and well-being of the city's seniors - a task that it has quietly, and very successfully, undertaken for 60 years.

At a time of life when many find themselves home alone, vulnerable and socially isolated, Communicare offers support and companionship through its locally run friendship centres.

Twenty-one friendship centres operate across West, South, East and Central Auckland, including Massey, providing games, activities and refreshments.

A recent event at the Massey centre celebrated Communicare's 60th birthday. Among invited guests from the local community were Mate Marinovich, President Waitakere Grey Power, Adorate Mizero, Manager of Massey Community Hub along with two staff members, Monique, from Manutewhau Community Hub and Craig Atkinson from Ryman



Healthcare.

Says West Auckland Field Officer and Massey Coordinator Linda Borman, "It was great to have our new General Manager Janferie Bryce-Chapman on hand to greet our special guests and to cut the birthday cake. We all had a lovely community lunch together."

If you would like to know more about Communicare, and keeping our seniors safe, please contact Selina by phone 09 631 5968 or email office@communicare.org.nz. www.communicare.org.nz.

Epilobium

We usually think of an endangered species in terms of animals, birds or insects because of habitat loss or competition from other invasive species. See if you can get hold of a copy of Tim Low's Feral Future, a harrowing account of the effect of imported species on ecologies, in which New Zealand is a major exporter of pests.

The Epilobium hirtigerum is a quirky, native, non-woody plant that was "nationally critically threatened", its populations being destroyed by housing, road works and through competition from large, and faster-growing weeds. Known as hairy willowherb, it grows on disturbed ground, and has been taken under the wing of the secondary school at Hobsonville Point and the nursery on Bomb Point Drive run by the Kaipatiki Project, where it has been nurtured for people to plant it locally, so that it is no longer threatened. A series of Epilobium trial blocks set up around Hobsonville Point are a growing success. After a dry summer and autumn, the Epilobium has put on lots of lush new growth with the winter rain. If you are interested in helping, please email Derek at restoration@kaipatiki.org.nz or call 09 482 1172. Photo credit: Kaipatiki Project.



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Community News

Construction and trade supplies specialists

Whether you have a weekend project underway, building and maintaining farm fencing/sheds or constructing your dream home, no job is too big or too small for the team at Western ITM in Kumeu. Visit westernitm.co.nz today for a free online quotation.

Western ITM Kumeu | 154 Main Road Kumeu | Phone 09 412 8148 | OPEN Monday – Friday 6:30am – 5pm and Saturdays 8am – 4pm.



Welcome to spring

With the warm weather came the Waitakere Kindergarten's gala that the Brigade supported. It started off with a shower of rain but cleared to fine with an enjoyable day held by the community. The Waitakere Volunteer Fire Brigade celebrated the achievements of its members with family and friends at an honours afternoon/evening. The honours ceremony



recognises the service and commitment that the individuals have put into

supporting the community. The honours received ranged from 3 years to 17 years' service. Honouring service starts after a 3-year commitment. If you have a few spare hours a week and want to volunteer to support your community, we would love to hear from you.

With the start of daylight savings don't forget to test your smoke alarm by pressing the button to sound the alarm. Remember you can't smell smoke while you are asleep. Keep safe, Denis Cooper, Station Officer - Waitakere Fire Brigade. Phone 09 810 9251.

Reaching great heights

When it comes to reaching the highest levels of dedication, skill and professionalism, Shaun Cross is your man. Shaun is currently working for GrantBuild on a 3 level highly complicated build in Remuera. He is precisely the right man for the detail involved, and is using all of his skills to get the build completed to a very high standard, making a very difficult job a lot easier as a result. Shaun's approach to his work and dealings with both Maddren and the client is the reason why he is the Tradie of the Month. Thanks for all your commitment and hard work Shaun, enjoy your voucher from our proud sponsor Western ITM.



Pinc and Steel cancer rehab

At NorthWest Physio + we have our fully qualified cancer rehab physiotherapist's Laura and James who are here to support, guide and rehabilitate people through every stage of their cancer journey. The PINC and STEEL rehabilitation programs 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. We tailor all our sessions specifically for your needs from 1:1 physiotherapy to group classes. We are here to help those with any cancer type and various sources of funding are available to those who need. To find out more about physiotherapy and cancer and how we can help you please contact Laura at NorthWest Physio+ on: laura@nwphysioplus.co.nz or 09 412 2945.





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In Brief Updates

North West Toy Library grand opening a success

On Saturday 6 July the North West Toy Library opened its doors for the first time. The grand opening was a grand success as children raced inside to play with all the toys on offer, have a turn on the bouncy castle or get their face painted.

Graeme Edmonds presented the Toy Library with a cheque on behalf of the Waimauku Lions Club to be spent on toys for children to rent in the future.



"The North West Toy Library would not have been possible without the support of the community who have donated over 300 toys so we can get up and running," said Chairperson Rosie Cordy.

"We would especially like to thank New Zealand Retail Property Group, Waimauku Lions Club, Massey Matters, Lotteries NZ, Cash Converters New Lynn, Bridgestone Tyre Centre Westgate, Cathro Financial Services, Bowring Print, Henderson-Massey Local Board and Upper Harbour Local Board for their support."

At the end of the day, you can judge the success of the toy library not only by the 29 families who signed up in the three hour period, but by the number of kids (approximately eight) who cried because they didn't want to leave. Future members - you have been warned.

Since this article was written, the toy library now has 40 families as members.

The toy library is a membership non-for-profit organisation which allows its members to rent out toys for a two week period. It is solely run by volunteers. The opening hours are Thursday 9:30am – 12:30pm, Saturday 9:30am – 12:30pm and Sunday 3:00pm – 5:00pm and it is closed during the school holidays. The Toy Library is located at Shop 5, Westgate Outlet Centre, 7-9 Westgate Drive, Massey. For more information or should you wish to join or volunteer please contact northwesttoylibrary@gmail.com.

Photo: From left to right Katherine Wilson (Secretary), Councillor Linda Cooper, Rosie Cordy (Chairperson) - in front: Andrew Wilson.

Scams

There's an old saying. If its sounds too good to be true it probably is. Simple enough truism but people are still getting ripped off, as scams become more sophisticated and brazen. The best defence to a scam is knowledge. Scams continue to operate and victimise people from all walks of life. If you have been scammed, my advice is to report it

as soon as you can. Being the victim of a scam can be distressing and embarrassing. In most cases sharing your experience will probably result in more awareness and less people being scammed in the same manner.

Below are a number of good websites that offer real-time advice on scams currently operating as well as means to beat them.

www.consumerprotection.govt.nz

www.theorb.org.nz

www.netsafe.org.nz

www.consumeraffairs.govt.nz/scamwatch

www.police.govt.nz/advice/email-and-internet-safety/internet-scams-spam-and-fraud

In a recent example: A victim was phoned at home by a person claiming to be from a NZ telco. They insisted on immediate remote access to the victim's computer in order to check a supposedly faulty internet connection. Access was granted via a few clicks of the home-owner's mouse and whilst speaking to the homeowner on the phone, the scammers managed to gain access in the background to the victim bank accounts, which were duly emptied.

How to beat the above? Don't be rushed. Don't open or click on anything in an email you don't completely trust. Ask questions. Never give any bank details over the phone. Take a reference number from them - no one calling from a telco or the IRD for example, will be offended if you ask to call them back on their main 0800 number (not a number given to you by the caller). Trust your gut if it doesn't feel right and hang up.

It is best to be suspicious of any contact you weren't expecting. Taking time to consider an offer could be the difference between being caught in a scam and avoiding it.

Police have launched a new non-emergency number: 105

Call 105 if it's happened already to report non-emergencies to Police

Go online to 105.police.govt.nz to report and get updates on certain types of non-emergency situations (currently lost property, intentional property damage, shoplifting, general theft and theft from a car)

If a crime is taking place or there's a threat to life or property, it's an emergency so call 111.

Too much time online

How much time is too much time online? If you feel like the time you're spending online is making you feel unhappy or having a negative impact on other parts of your life then it might be worth looking at some ways to cut down.



It's easy to lose track of how much time you're spending online. Lots of

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In Brief Updates

online games, apps and platforms are designed to keep you engaged for as long as possible. To help counter this, an idea might be to set up a schedule of how much time you want to be spending online. Change your settings to stop you from getting sucked in to checking your device constantly. Are you feeling pressured to keep responding to private messages or comments you've tagged? Busy group chats especially can start to seem like a part time job to keep up with. Responding in your own time is okay and a few "what did I miss" messages in the group chat aren't going to hurt.

Try talking to a friend about wanting to cut down on your screen time and see whether they'd be keen to cut down with you. It's always easier to make a change when you're not the only one doing it! Have you ever lost sleep because you've been sitting up until late checking your phone? Try leaving your phone outside your room when you're sleeping at night. For the full article, visit netsafe.org.nz.

New Zealand's Best Retail Travel Brand award

House of Travel just won New Zealand's Best Retail Travel Brand award again. Did you know that House of Travel are New Zealand's most awarded travel agency? Those Aussie companies just can't compete with the experience and duty of care provided by this New Zealand owned and operated travel agency.



At House of Travel Hobsonville, we would love the chance to help you plan and book your next journey. We have five consultants with over 70 collective years of experience in the industry.

Look out for these upcoming events and tours;

Princess Cruise Night with Princess Pete. 23rd of October at 7PM.

October is the best possible time to plan and book a cruise. We have Princess's top NZ representative joining us for a special evening. If you are new to cruising, would like to find out more about Princess cruises or just want pick up a sweet deal please RSVP to Hobsonville@hot.co.nz Places are very limited.

November Community Quiz Night.

More information coming soon on our Facebook page.

Hosted Journeys.

We have a luxury 21 day small group hosted journey of India departing on the 9th of April 2020. Our last departure was so popular only a few places remain. Please get in contact if you'd love to see India with a

like-minded fun group of people. Singles, friends and couples welcome. \$8800 per person including flights. Single supplement is only \$99 per day.

House of Travel Hobsonville - Cnr Hobsonville Point Rd and De Havilland Rd, Hobsonville Point 09 416 0700 Hobsonville@hot.co.nz.

Running for good

Support Hospice Hero Lily to raise funds for her mum.

Lily Buttrick (Rachel Elizabeth) will be running the 2019 Auckland Marathon on October 20th to raise money for Hospice West Auckland; "Hospice have been so supportive of my mum and myself. I wanted to give something back to help other people who can use these services in the future."



Hospice West Auckland holds immense significance for Lily; having lost her father to cancer in 1999, Lily has now taken on the responsibility of being her mother's full-time carer, alongside the support of our Hospice West Auckland community palliative care team.

"We first met Hospice when my Mum was diagnosed with terminal ovarian cancer. You never think it's going to happen to you and then it does, and we are so incredibly grateful for all the support Hospice gives us; emotional, psychological, practical and so on."

Lily wants people to get behind Hospice West Auckland and never be afraid to ask for money.

"I simply say to people 'this is what I'm doing, and this is how it helps people in the community. You can get healthy, you can do something to help your community, you can do something for humanity, and I think this is a worthwhile cause to get behind. Just get out there and have fun,'" says Lily.

Get behind Lily and donate today to Hospice West Auckland who can keep providing the very best end of life care for Lily's mum and those people in our community, at no cost.

Make your donation here: <https://bit.ly/2kxCIWK>.

(Rachel Elizabeth, Everyday Hero - 2019 ASB Auckland Marathon page).

Seniornet West Auckland

As it gets closer to Christmas we start to think of presents and there is nothing nicer than getting something that has been especially made just for you. So why not have a look through some of your photos taken throughout the year and make up a photo book or calendar for someone

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In Brief Updates

special. We are running a Snapfish class soon where we can show you how to access this app, download photos, and make up the books etc. there are lots of options and the end results are really great. There is a small cost using this app once you have completed an assignment but they are always offering specials which often reduce the cost to nearly half. Please contact Pam if you are interested, on 09 827 2156, it's a fun class. It runs for 2hrs at a cost of \$10.00

Our guest speaker for the October meeting at the Kelston Community Centre, on Tuesday 15th at 10am, will be Heather the Financial Crime Investigator for the ASB. With all the scams etc doing the rounds at present it will be interesting to hear what she has to tell us. This will be followed by morning tea as usual. All are welcome, you do not need to be a member of SeniorNet to attend these meetings.

Our Help Days are held on the 2nd and 4th Tuesday's of the month any time between 10am to 11 am when you can call in and get help from one of the team or just have a chat and find out what we do. If you need help we do ask for a \$5 donation.

Our Classes and Help days are held in the Henderson RSA in Rainside Avenue Henderson. For further information please ring June on. 09 833 8186 or you can ring our office on 09 837 7600 and please leave a message and someone will ring you back.

Riverpark Action Group takes action on rubbish

On Monday 9th September a hardy bunch of Woodside Gardeners joined in the Keep New Zealand Beautiful/G J Gardner Clean-Up Week despite the threat of thunder and torrential rain.

The Riverpark Reserve carpark was the location of choice and in terms of rubbish available it didn't disappoint!

The four gardeners cum rubbish collectors plus dog set to work at 10 am and by 12 midday they collected 13 bags of recyclables and 6 bags of rubbish from the banks of the car park down to the mangroves (the tide was out).

When the detritus was analysed it was interesting to note that the bulk of the 13 recycling bags were made up of empty bottles and cans of an alcoholic nature.

The rubbish bags also had some interesting finds including some old boots, skipping ropes and power cords.



It was a fulfilling 2 hours but rather disconcerting to think that the patch of ground cleaned was only approximately 60 metres long. The bottles that probably took a few minutes to drink, a couple of seconds to discard into the mangroves would still be there years later were it not for the Clean-up Week – this is a somewhat sobering, confronting and disturbing thought.

Cross-country clinic with Donna and Elise Edwards-Smith

Donna and Elise take pride in producing horse and rider combinations from beginner through to the highest level and for the first time this fabulous duo are available for cross-country lessons for ONE DAY in the Northwest Auckland area. When: Sunday 22nd December. Where: Huapai Pony Club. What: Group XC lessons catering for riders, beginner/50cm-105 level. "I love seeing people finish a lesson really proud of themselves and what they've achieved, so creeping the heights up slowly as they get more confident is usually the trick. You aren't alone when not feeling confident, it's ok and it's normal, so I just try and hope to help riders feel better about themselves, then generally their horses jump better." Cost: \$90 per lesson + \$15 GF. Spaces are limited! For enquiries and bookings please contact Darryll: darryll.cole44@gmail.com.



Flippin' Fun gears up for busy holidays and 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 afterwards, contact us now.



Of course the October school holidays are up first and it's sure to be

Vote for John Riddell in the local government elections 2019

Vote for me for the Henderson Massey Local Board and the Lincoln Ward of the Waitakere Licensing Trust

"So that together we can make it happen" View us on John Riddell Local Government Elections 2019 or check out our website johnriddell.co.nz



Authorised by Dr E Ali, 3 Jammen Drive, Massey, Auckland

Special thanks

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

Countdown Westgate	Countdown Royal Heights
The Warehouse Westgate	Luckens Road Dairy
Mitre 10 Mega Westgate	Massey Leisure Centre
Countdown Hobsonville	Whenuapai Dairy
Countdown North West	Hobsonville Point Dairy
Mike Pero Hobsonville	Season's Market Massey

In Brief Updates

busy with children enjoying fun on the tramps and getting a good dose of energy burning exercise. Make sure you check our booking page for session space availability.

It's not just in normal bounce sessions when you can experience the benefits of trampolining. We have a range of skills and activity classes to suit you and your schedule. Check these out for Term 4 (kindly note, we suspend classes during the holidays)

Flip fit classes – with summer on the way it's time to start thinking about getting back that beach bod!

Flip classes – Fly with the best! For age 8 yrs+. Learn new tricks to impress your friends.

Junior flippers – a fundamental movements programme for kids aged 5 -7 yrs teaching skills core to many sports.

Little flippers – a super fun toddler session for the 5 & unders – no older kids allowed!

Need a cool gift idea for your bounce crazy child? We have Christmas Gift 10 entry concession cards available in store for only \$100. For pricing and times be sure to check www.flippinfun.co.nz or call us on 09 833 6880. Also follow our Facebook page for summer specials.

Events in hall

The Massey Birdwood Settlers Association is always on the lookout for new long-term users for its hall. The venue is ideally placed in an easy to get facility on the corner of Don Buck and Red Hills Road in Massey.

While functions can be catered for, ideally users' are long term, offering soft type activities. These could be a market on a Saturday, a church on a

Sunday. A Toastmaster or Toastmistress club or activity or a fitness group. A music teacher wanting to teach guitar or similar type lessons. A dancing group.

The hall can be used or the Den. The smaller meeting type group or music teacher may find the Den ideal with nicely carpeted floor, kitchenette and toilet.

The hall maybe best for larger groups and already Hip Hop dance lessons, indoor bowls, a church, Aikido, Kung Fu, Housie, Cake Decorating, a Wine Club and a scrap booking class are all calling the hall home along with a church, a kindergarten and the English Language Partners.

For further information please contact John Riddell email masseybirdwood@gmail.com or www.masseybirdwood.org.nz.

The Mobile Car Specialists

Water spotting can wreak havoc on a car's painted surface. Anyone who has tried to remove water spots that have been there a long time, will know that the task can be near to impossible.



To prevent water spotting happening in the first place; be sure to use a microfibre towel to dry off your car after washing and hosing down with tap water – as tap water left to dry up is the leading culprit of water spots.

If the damage is already done... and you can't remove them... then get in

Massey Birdwood Settlers Association Inc.

Our hall is situated on the corner of Red Hills Road and Don Buck Road in Massey and is the home of:-

- Redhills Community Kindergarten - phone 09 833 6401.
- Massey Indoor Bowls – Wednesday nights from 7pm
- Massey Housie – Friday nights from 7pm
- Waitakere Cake Decorating Club – second Saturday of the month
- Aikido on Monday nights
- Hip Hop Dance classes – Tuesdays from 4pm to 6.30pm.
- Kung Fu on Thursday nights
- Scrap book classes in the Den first Friday of each month
- English Language Partners – weekdays during the School Term
- All Nations Church on Sunday
- Massey Birdwood Settlers Association (your local resident and residents and ratepayers' group)



For information about the hall and Massey you can contact our Secretary John Riddell on 09 833 6972, email - masseybirdwood@gmail.com, check out our website www.masseybirdwoodsettlers.org or our Facebook page www.facebook.com/masseybirdwoodhall.

In Brief Updates

touch with us and we'll take care of it for you before they become worse and more ingrained.

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Kip McGrath Education Centres: a reputation for excellence

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



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

At Kip McGrath you will see your child... enjoy learning, develop confidence in his/her natural ability, make real progress and achieve better results at school, finally 'get it' and smile. NZ relevant assessments and teaching methods.

To ensure your child gets the right help with learning, we will assess him or her against the National Curriculum and use teaching resources and activities best suited to your child's learning style.

A positive learning environment - Your child will also love the friendly, kind, positive reinforcement of our carefully selected teachers whose goals are to see that every child gets results, loves learning and grows in confidence.

Testimonial: "We cannot thank you enough for all the time and effort you have put into our son. He is now a confident young man and knows he can put his mind to anything - and succeed! His latest school report is the best he's ever had." Mrs M.

Call today for a free assessment - 09 831 0272 or book online kipmcgrath.co.nz.

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What is Cub Scouts?

A Cub is a member of the section of the worldwide Scouting movement for young persons. Cubs is for boy and girls aged 8 to 11 years.



The Cub Scouts as an organisation was founded by Robert Baden-Powell in 1916, ten years after the foundation of the Scouts.

This month's photo is from Cub's 100 year celebration at Western Springs in 2016

Each young Cub was taught a much simpler form of Scouting, including basic knotting techniques, basic first aid and tracking.

Cub Scouts are organised into Packs.

Like Scouts, Cub Scouts are assigned to small teams within the Pack. The teams are known as Sixes, referring to the six members of the team.

Cubs is based on a programme of fun, where the Cub gets satisfaction from meeting challenges, having friends, feeling good about themselves, and feeling they are important to other people. Cubs learn new things, discover and master new skills, gain self-confidence, and develop strong friendships.

Cubs take part in a wide range of activities including camping, crafts, cycling, swimming, sailing, cooking over fires and a whole lot more.

Do you want to know more? Then email me: zl.waitoru@zone.scouts.nz or visit www.scouts.org.nz. Craig Paltridge - Waitoru Zone Leader.

The square metre rate for home offices

The square metre rate is a useful option for calculating the proportion of a building's expenditure used for business purposes, such as a home office. Rather than calculating how much of each home utility expense should be attributed to the business, the IRD sets an annual rate for the cost of utilities per square metre of housing. For 2019 the square metre rate is \$41.70. Note that it does not include mortgage interest, rates or rent so a portion of these should also be claimed based on the floor area designated for business.

This is intended as a general guide. Please contact Mark Foster and the friendly UHY Haines Norton accounting team to discuss your specific circumstances on 09 412 9853 or email kumeu@uhyhn.co.nz.



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Parents/Caregivers: NO, please don't add me to Westgate Shopping Centre's database. I don't want to receive information about future promotions and services.



To enter: Colour in this picture and then pop it into the entry box located in Toyworld, Westgate Shopping Centre.

* Competition closes Sunday 13th October 2019. For our full terms and conditions please see our website at www.westgate.kiwi

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Property

Buying property? Always get a solicitor's approval condition

Lawyers, like many other industries including real estate agents, have a regulating body and legislated rules to ensure that professionals act in a competent and ethical manner. For lawyers, the regulating body is the New Zealand Law Society and the rules are the Lawyers and Conveyancers Act 2006 and the Lawyers Conduct & Client Care Rules 2008. In particular, when providing legal services, lawyers must act competently, in accordance with client instructions, protect and promote clients' best interests and act free from compromising influences or loyalties. In short, lawyers must act independently and in your best interests. Lawyers are not permitted to be influenced by other factors, such as obtaining a personal and/or financial advantage. The upshot is that your lawyer is acting for you, and you alone, in your best interests and no-one else's. In the property sector, we often see conflicting and competing interests arising. And it's for this reason we encourage property buyers to ensure a lawyer looks over their property agreement prior to signing it. Often conditions are left out or are very vague and which can have severe consequences resulting in stress and costs. At Gina Jansen Lawyers we want our purchasing clients to be fully informed prior to signing an agreement, and to be able to cancel an agreement if the property doesn't work for our client after they have signed. Despite the common misperception, the standard conditions of finance, LIM, builders report and title are not necessarily going to allow a purchaser to escape a lemon property after they have signed up. We provide our clients with lawyer drafted conditions and advise our clients to ensure these are inserted prior to signing a contract. Given the huge price tag, no one wants to buy a lemon – so why rely on the "advice" of non-legal professionals, who are not obliged by law and professional ethical standards to look after only your best interests? Contact Gina Jansen Lawyers on 09 869 5820 or email us at gina@ginajansen.co.nz if you want us to review your agreements before signing them.



Property market report

Let's be sure to understand that the market has reset, and the time to buy at discounted prices is all but over. What I mean by this is that over July and August we saw a lot of property pulled off the market. We also saw a lot of property sold through the last two months. This has balanced the books, so to speak, and we are entering a phase of careful buyers meeting considered sellers. Many sellers are appreciating the market has

stabilised and pricing needs to be conservative. Many buyers do not have the wide ranging choice that was on offer in the first six months of 2019. In addition many speculators have rented out their homes and curbed the supply of new homes in order to protect capital gain. Banks continue to be over opinionated and fussy about homes and land titles but without a great deal of reasoning to justify that. It also begs the question how are Banks going to cope with shared ownership under the new kiwibuild debacle. Answer – best of luck with that, another impending fail for kiwibuild awaits. The sooner Government and Council understands that they need to reduce the cost of red-tape, compliance costs and GST on developers and builders to achieve affordable housing the better.

Recent sales for the month:

Hobsonville Residential	\$650,000 to \$1,820,000
Massey Residential	\$614,000 to \$1,035,000
Swanson Residential	\$635,000 to \$1,090,000
Waitakere Residential	\$590,000
West Harbour Residential	\$697,000 to \$1,225,000
Westgate Residential	\$770,000 to \$1,230,000
Whenuapai Residential	\$785,000 to \$1,341,000
Whenuapai Lifestyle	\$5,600,000

To ensure you get the very best return on your property sale, ensure you have the best relationship possible with your chosen agent, agree on a focussed marketing plan and an audience profile coupled with a process that will deliver competition and commitment. Failure to understand that this is a very careful and considered market is a failure to complete a sale. I would recommend that you and I get together and have a chat about the advantages that a Mike Pero solution delivers in services and support to ensure the very best price is achieved in the very least amount of time. Call me today on 0800 900 700, text me on 0276 320 421 or email me at graham.mcintyre@mikepero.com. See more at www.grahammcintyre.com - Mike Pero Real Estate Ltd Licensed REAA (2008).

Insurance

This winter has seen more compliance changes for landlords than any time in history with the implementation of Minimum Standards for Insulation and the release of the Healthy Homes Bill which really comes into effect for landlords in July 2021. The other changes which have had a bit less media exposure is the RTA amendments bill #2 which lays out better clarification on 3 issues that have been troublesome for landlords in recent years, tenants liability for damage, unlawful residential premises and methamphetamine.



Graham McIntyre
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M 027 632 0421
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E graham.mcintyre@mikepero.com
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Property

One immediate impact for landlords is the tenants liability section because landlords are now required to provide details for their insurance cover on a rental property at time of offering and new tenancy agreement, the details required are the insurance company, policy number, expiry date, if it covers tenancy damage and what the various excesses are for the policy, some have 3 different excesses for differing events.

Landlords are not legally required to have insurance for tenancy related damages, the law simply states that the tenants will be liable for the owners excess - if applicable, or up to the amount of the bond (typically 3 or 4 weeks rent) if they have incurred damage the rental property. Insurance information must be provided at the start of the tenancy, so tenants understand the terms upon signing. Existing tenants must also be provided insurance details if they request it.

One area that has always been a concern regarding landlord insurance is that different areas of property damage that are proven to be caused by one tenancy are treated as separate claims and therefore an excess is applied on each, this often makes it not worthwhile to claim, we hope tenancy tribunal will rule accordingly in these situations if the claim is proven to have incurred numerous excesses.

Many landlords will be reading this and asking why their insurance should be used for accidents and damage incurred by tenants but this is an improvement on what we have had for the last few years due to the precedent set in high court case Hollier vs Osaki which meant landlords could not claim the excess on insurance claims were tenants had unintentionally caused the damage, the new law has provided some clarity and improved this situation for landlords.

I will write more about the other changes in future columns but if anyone has any queries regarding this information, I am happy to be contacted directly by phone or email, Brendon Stuckey from Quinovic Property Management West Auckland, brendon@quinovic-wa.co.nz, 09 837 6000, 027 490 7777.

The truth about asbestos

Environmental Scientist and Asbestos Assessor Stephanie Brookes answers some of your asbestos-related questions:

Q: If I have asbestos in my house, do I have to remove it?

A: No. Asbestos is perfectly safe if it's in good condition, sealed and poses no risk to tenants or workers. You may have to remove asbestos if it's in poor condition (can't be fixed) and if it poses a health and safety risk of fibre inhalation.

Q: I'm planning to renovate my house. By law, do I need to have a survey done before I start?

A: Yes. If your house was built between mid 1940-2000 and you're



engaging contractors to work on your house, then you must have an Asbestos Survey completed before they start work.

Q: How do I ensure the asbestos in my house is safe?

A: It must be kept in good condition, no cracks or raw edges, be well painted or sealed and have no visible fibres exposed. Keep a photo-diary and photograph the asbestos material every 6-12 months to determine if it's deteriorating.

Q: Can I remove asbestos myself?

A: Yes. If you're the homeowner and the total amount is less than 10m2. If you have more than 10m2 of asbestos to remove, you'll have to call in the professionals.

Q: I have a 'popcorn' 70s style ceiling. Does it contain asbestos?

A: Visually you can't tell if asbestos is present or not as the fibres are microscopic. However, it was very common to use asbestos within textured ceilings from the 60s to the 80s, so the probability of it containing asbestos is very high!

Methwise.co.nz | 022 134 1621 | info@methwsie.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 a EPA's in place for you. Phone 09 973 5102 to make an appointment.



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Area Property Stats

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

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
HOBSONVILLE	620,000	84M2	0M2	650,000		750,000	653M2	1547M2	650,000
	1,180,000	316M2	231M2	1,100,000		700,000	630M2	110M2	725,000
	950,000	240M2	145M2	980,000		600,000	394M2	90M2	570,000
	1,900,000	615M2	345M2	1,820,000		700,000	172M2	90M2	720,000
	950,000	207M2	143M2	943,500		682,000	494M2	128M2	724,000
	680,000	133M2	82M2	692,000		770,000	451M2	147M2	685,000
	1,380,000	385M2	282M2	1,258,000		1,055,000	1313M2	200M2	795,000
	1,150,000	303M2	218M2	1,080,000		550,000	400M2	80M2	614,000
	960,000	132M2	163M2	970,000		700,000	597M2	100M2	625,000
	1,100,000	300M2	210M2	1,097,000		1,125,000	707M2	235M2	1,065,000
	1,200,000	306M2	235M2	1,154,000		860,000	926M2	80M2	801,459
	1,075,000	353M2	181M2	1,075,000		610,000	568M2	93M2	770,000
	1,350,000	354M2	273M2	1,308,000		980,000	660M2	290M2	1,015,000
	1,150,000	200M2	190M2	972,000	WEST HARBOUR	860,000	680M2	180M2	750,000
	930,000	187M2	199M2	935,000		860,000	738M2	90M2	789,000
	730,000	125M2	99M2	710,000		1,100,000	1011M2	110M2	778,000
	1,075,000	176M2	222M2	1,200,000		770,000	685M2	80M2	767,000
	1,100,000	284M2	190M2	1,050,000		820,000	717M2	80M2	780,000
	1,200,000	321M2	245M2	1,140,000		590,000	351M2	243M2	1,225,000
	1,180,000	320M2	230M2	1,050,000		1,150,000	832M2	270M2	1,125,000
	1,000,000	207M2	182M2	948,000		880,000	749M2	110M2	821,000
	1,400,000	618M2	156M2	1,381,500		1,250,000	663M2	260M2	1,175,000
	1,375,000	335M2	285M2	1,180,000	WESTGATE	720,000	212M2	160M2	847,000
	695,000	131M2	85M2	695,000		1,205,000	1017M2	160M2	1,230,000
	735,000	195M2	73M2	722,500		860,000	450M2	138M2	770,000
	690,000	155M2	73M2	690,000	WHENUAPAI	895,000	274M2	167M2	882,000
	705,000	119M2	99M2	738,000		9,585,000	4.72HA	143M2	5,600,000
MASSEY	810,000	405M2	126M2	830,000		810,000	141M2	146M2	785,000
	1,075,000	389M2	238M2	1,035,000		1,100,000	314M2	236M2	1,008,000
	630,000	521M2	91M2	655,000		1,100,000	330M2	227M2	1,061,000
	1,125,000	474M2	253m2	1,007,000		960,000	809M2	130M2	830,000
	780,000	458M2	166M2	730,000		1,730,000	905M2	269M2	1,341,000

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

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Mike Pero Real Estate Hobsonville also provide statistical data FREE from cost to purchasers and sellers wanting more information to make an informed decision. Phone me today for a FREE summary of a property and surrounding sales, at no cost and no questions asked.

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Voluntary gold coin donations will be collected and fundraising will go to The Back to School Project.



GREENHITHE - FAMILY AND ENTERTAINERS HOME 4 2 2 **By Negotiation**

8 Archer Rayner Place, Greenhithe
By Negotiation

Excellent design meets five star construction, this home offers the best of modern living with modern materials. Set on a North facing aspect, the home has a front to back split giving the open plan living environment almost a regal introduction from the entrance way. With study or guest room to the left and the balance of bedrooms and bathroom off a central hallway to the right. Entertainers kitchen with access on two sides to the alfresco patio and decking that dances in the sunshine for most of the day. Further an additional lounge area that connects to the kitchen's breakfast bar.



Graham McIntyre
027 632 0421

www.mikepero.com/RX2017773



STYLISH AND AFFORDABLE 2 1 **By Negotiation**

24 Rangihina Road, Hobsonville Point
By Negotiation

Stylish and affordable quality G.J. Gardner, two level, two bedroom, free-hold home on a rare and spacious corner site. Offering immaculate and modern designer living, sophisticated kitchen with granite bench top. Light and sunny with indoor/outdoor living extended through wide glass sliders, leading to a lush back garden. In a sought after location on a safe and private laneway.



Cherry Kingsley-Smith
021 888 824

www.mikepero.com/RX1998175

REFURBISHED 4 ROOMS + GARAGE 3 1 1 **By Negotiation**

72 Gallony Avenue, Massey
By Negotiation

This refurbished three bedroom plus separate office delivers great space on the outside and the inside. New kitchen and very well presented bathroom and separate laundry area. Open plan living and dining with sliders to north facing decking, the home delivers options for the whole family. Fenced for pets with a single garage and off-street parking.



Graham McIntyre
027 632 0421

www.mikepero.com/RX1825742



THE COMPLETE LIFESTYLE PACKAGE

4 1 1

By Negotiation

7 Kaipara Lake Road, South Head By Negotiation

Set high overlooking the exclusive Tupare Estate is this fully renovated four bedroom home. Open plan living with great indoor outdoor flow to a huge deck make this home an entertainers delight. The commanding view of the Kaipara Harbour is panoramic. The harbour can be accessed from the Tupare Estate's private boat ramp. This 16,699 sqm or 4.12 acre property is divided into four paddocks of improved pasture, great soil. There are two paddocks with animal shelters and one with a three bay shed with a concrete floor and two roller doors, all paddocks have reticulated water from the estate bore.

www.mikepero.com/RX2039027



Lyndsay Kerr
027 554 4240



HARBOUR VIEWS

3 1 1

\$690,000

69 Garfield Road, Helensville Asking Price \$690,000

This fully renovated home offers commanding views of the surrounding countryside, the Kaipara River and the Kaipara Harbour overlooking the Kawau Parua Inlet. Spacious three bedroom home features a large light filled open plan kitchen and living area with a conservatory, three large bedrooms. There is internal access from the garage which is accessed by a remotely operated door.



Lyndsay Kerr
027 554 4240

www.mikepero.com/RX1861152

THE PERFECT LIFESTYLE PROPERTY

4 2 2

By Negotiation

535 Peak Road, Kaukapakapa By Negotiation

Nestled on the side of the hill this property enjoys north facing panoramic views of the surrounding countryside. A spacious four large bedroom home provides plenty of room. A large open plan kitchen with breakfast bar opens out to the dining area and the lounge, there is also a large media/family room which opens out on to the two level deck. There is plenty of grazing on this 3.1 ha property (7.66 acres).



Lyndsay Kerr
027 554 4240

www.mikepero.com/RX1803721



ENTERTAINERS HOME

3 1

By Negotiation

1014 Coatesville-Riverhead Highway, Riverhead
By Negotiation

Offering a very modern open plan living out to sunny North facing decking to melt away the autumn shades. The home boasts three generous bedrooms and comfortable bathroom off the central hallway with ample storage all on one level.



Graham McIntyre
027 632 0421

www.mikepero.com/RX1814073



LIFESTYLE AFFORDABLE ON 1.3 ACRES

3 2 2

By Negotiation

805 State Highway 16, Waimauku
By Negotiation

This small acreage lifestyle property delivers traditional kiwiana, 1950's with weatherboard cladding and painted galvanised steel roof. Generous rooms, two lounges, two bathrooms and three bedrooms, the home offers some excellent entertaining space and alfresco to north facing decking.



Graham McIntyre
027 632 0421

www.mikepero.com/RX1820684



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5 5 3

By Negotiation

296 Taupaki Road, Taupaki
By Negotiation

The home offers a total of five rooms, two lounges, three bathrooms, laundry area and open plan entertainer's kitchen, dining and lounge. Three double garages, two box stables and a tack room certainly delivers storage and amenities for a family wanting to have a horse or a pony, and with 1.5 hectares of land it provides just enough space for a ride or a graze.



Graham McIntyre
027 632 0421

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428SQM SECTION

By Negotiation

43 Nobilo Road, Kumeu
By Negotiation

This beautiful showhome package has truly been designed to showcase today's entertaining lifestyle. A stylish kitchen features stunning stone bench tops, that lead you out to the large entertaining area. Buy the section as is, or work with our building partner; Maddren Homes, a highly skilled team of multi-award winning Designer and Master Builders, priding themselves on quality, service and excellent outcomes.



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027 632 0421

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813SQM SECTION

By Negotiation

8 Drovers Way, Riverhead

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Flat, easy access, section in desirable Deacon Point. Take the time to appreciate the value attributed to the unique section within a short stroll to reserves, coastal walkways and the changing tidal patterns of the inner Waitamata harbour. Buy the section as is, or work with our building partner; Maddren Homes, a highly skilled team of multi-award winning Master Builders.

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428SQM SECTION

By Negotiation

11 Papa Orchard Drive, Kumeu

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This beautiful Maddren Homes package has been designed to deliver convenient, easy living. Buy the section as is, or work with our building partner Maddren Homes, a highly skilled team of multi-award winning Designer and Master Builders.

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472SQM SECTION

By Negotiation

38 Vinistra Drive, Kumeu

By Negotiation

Flat, easy access, section in Kumeu. Take the time to appreciate the value attributed to the unique section within a short stroll to sports park, Beer spot, convenience shopping, restaurants and cafes. Buy the section as is, or work with our building partner; Maddren Homes, a highly skilled team of multi-award winning Master Builders, priding themselves on quality, service and excellent outcomes.

www.mikepero.com/RX1834904



Graham McIntyre
027 632 0421



451SQM SECTION

By Negotiation

42 Jane Maree Road, Kumeu

By Negotiation

Blank canvas to build in Kumeu. Take the time to appreciate the value attributed to this unique section within a short stroll to sports park, Beer spot, convenience shopping, restaurants and cafes. Buy the section as is, or work with our building partner; Maddren Homes, a highly skilled team of multi-award winning Master Builders, priding themselves on quality, service and excellent outcomes.

www.mikepero.com/RX1835003



Graham McIntyre
027 632 0421

Hobsonville Point

Setting the traps to catch the rats that eat the birds and skinks at Hobsonville Point...

Welcome to the Hobsonville Point page for October. This month our story writer Sue Heggie and photographer Leanne Silver introduce Neil Henderson and his team at the Kaipatiki Project's "Pesky Pests Brigade", doing very important work to keep Hobsonville Point predator free, protecting our native birds and skinks. Read on to discover if you are a "dude" or a "twitcher". More "ratters" are also always welcome. I am your local real estate specialist and delighted to sponsor this page. For a free no obligation appraisal of your home, contact Cherry Kingsley-Smith on 021 888 824 or cherry@mikepero.com.

Hobsonville Point is home to a wide range of bird species, but it is also home to a large number of predators curbing the bird population.



The Hobsonville Point Pesky Pests brigade are a hardy group of ratters ranging from students at high school through to a resident of the retirement village and everything in between. We were brought together by the Restoration Activator for the Kaipatiki Project, Neil Henderson, our very own Ratandtail Dundee.

Neil, who trained in Zoology, is keenly aware of the impact our furry predators have on birdlife, having worked in the past for DOC at Pureora Forest near Te Kuiti, catching, tagging and tracking kaka as well as being part of kokako population studies.

The results are in, rats prefer Pic. Rats are quite gourmet in their tastes. They love hazelnuts best, however our budget only stretches to the lowlier peanut butter but even here they prefer the Pic brand. Fortunately, as far as we know, nut allergies do not seem to feature in rats. I admit to a slightly gruesome feeling of glee when I trap a rat because I see in my mind's eye a safer place for the cheeky

fantail, a diving kingfisher or the banded rail with its hilarious gait as it darts around the mangroves. So far, the HPPP group have caught more than 30 rats in the last "pulse" in August/September. For their efforts, Hobsonville Pesky Pests has reached the finals of the Mayoral Conservation Awards in the Collaboration category and the results will be announced on September 19. A big thank you goes to local resident and ratter Anna Gehrke for making the submission.



Birders Which are you, a dude or a twitcher?

I'm a dude, that means I am a novice bird watcher and Leanne is too as she seeks out birds primarily for photography. A twitcher is a much more serious birder who wants to add as many species to their lifelong list as possible.



Watching you watching me. Research shows that while you are gazing at birds, they are also gazing at you!

In New Zealand there are scientific categories for bird species status. They include categories of 'threatened' (nationally critical, nationally

Hobsonville Point

endangered, and nationally vulnerable) and 'at risk' (declining, relict, recovering and naturally uncommon). We are so fortunate here on the Point to have several birds in these categories and we need to look after them. In time we may even be able to support species not yet resident here, such as the banded dotterel.



In the threatened - nationally critical we have the grey duck and we likely have occasional visits by the black-billed gull.

In the threatened - nationally vulnerable category, residents have spotted the Caspian tern.

In the **at risk - declining** category we have the delightfully shy banded rail, the South Island pied oystercatcher as well as the red-billed gull.

Notably we have the New Zealand dotterel, which is classified as **at risk - recovering**; in fact, we have 1% of the New Zealand dotterel population of NZ here on the Point. Also seen around the Point are pied shags and the variable oystercatcher, in the same category as the New Zealand dotterel.



We also have lots of other lovely native birds enjoying the Point as their habitat. And it's not just birds. We hope to encourage the ornate skink to take up residence and outnumber the Aussie Plague skink (AKA Rainbow skink). We would also welcome the native copper skink to set up home here.

We all know dogs are folks' best friend but sadly they are not a bird's best friend. Please keep your pooch on lead unless in the off-leash

designated area. The shoal bays are special places for many wading birds, so those areas are out of bounds for dogs too.

Would you like to be involved?

This year Neil is planning to engage with the Hobsonville Point community as well as the wider Upper Harbour residents to establish some regular monitoring of shore birds and waders. Anyone who has a good pair of binoculars and a bit of time to sit still and observe is welcome to contact Neil at Activator@kaipatiki.org.nz. If things take off, Neil is also hoping to establish a binocular lending library at Hobsonville Point. Donations much appreciated!



Other upcoming new community events:

Inner Wheel NZ Inc is establishing a new charter in Hobsonville Point and are holding a meeting for women in the Westgate, West Harbour, Hobsonville Point and surrounding area. It is for women who want to meet new people and give service to their community. www.innerwheel.org.nz. Email: nz291membership@gmail.com.

The Headquarters Building, Te Mahere 214 Buckley Road, Hobsonville Point. Wednesday 16 October 7:30.

New Probus Group Probus provides you with the opportunity to join a social club in your local community to meet retirees on a regular basis, listen to interesting speakers and join in activities.

Headquarters Building - Te Mahere, 214 Buckley Avenue, Hobsonville Point. For further information please contact, Wayne McDonald T: 09 478 3044 M: 021 786 753 E: waynemcdonald@xtra.co.nz.

Date/Time: Monday 11th November 2019, 10:00am to 12:00pm

Your feedback and ideas are welcome:

Story Writer - Sue Heggie, heggies@xtra.co.nz

Photographer - Leanne Silver, leanne@argent.me, Argent photography on Facebook, [instagram@argent_photography](https://www.instagram.com/argent_photography)

All photos above are the property of Argent Photography and may not be used without permission. Please email leanne@argentphotography.me if you would like to use one of the images.

Hot Property



Riverhead – Historic village with modern convenience

Back in the day, Riverhead was a trading port. A healthy gum trade (used for making glue) and an iconic pub and boarding hotel called the Deacon Inn. Today, Riverhead is a blend of old world charms and fancy new homes mixed with modern conveniences, pubs cafes and restaurants.

A blend of old and new which is ironically what is on offer and display

with 1014 Coatesville-Riverhead Highway. A period bungalow with all her eye's and graces mixed with modern internals, delivering expansive open spaces linking to alfresco decking to the west. It seems everyone wants to mix a cocktail of late afternoon sunshine to melt away the day and socialise in the outdoor elements.

The decking and period piece railing certainly adds character aplenty and street appeal while the extensive planting will come into its own over time.

Intelligent design has all three bedrooms off a central hallway, separated

Hot Property



by a double internal cavity slider. Off the hallway is a laundry cupboard and generous bathroom. The bedrooms are all north facing attracting good sun and have loads of space. Brand new CCC issued on the home.

Make the most of the new, modern interior with an exterior character charm.

For viewing and more information, contact Graham now on 027 632 0421 or graham.mcintyre@mikepero.com - Mike Pero Real Estate Ltd Licensed REAA (2008).



Home & Garden

Hydrovac

At Hydrovac, we're experts in wastewater and septic tanks. In fact, we're the largest privately owned wastewater treatment system service provider in New Zealand... and we're local. We love helping our community so we want to share four good tips on how to get the best from your wastewater system by keeping it healthy and happy.



1. Do not use bleaches or chlorine (like Napisan or Janola).

These products kill bugs which means they also kill off the good bacteria in your tank, causing it to smell unpleasant and block up the filters. Use these products in a bucket if you need to but DO NOT tip the bucket down your drains!

2. No fats or oils should go down drains.

These block the filters and kill the good bacteria in the tank.

3. Don't wash tea leaves or coffee grounds down drains.

These block the tank filters. Instead, put them in the bin or drop your coffee grinds under your rose bushes – they love it!

4. Don't wash your paint brushes or dispose of paint down drains.

These products will not only kill the bacteria in the tank, but the residue is very difficult and costly to remove.

If you do have any issues with your wastewater system or septic tank, we're happy to help. Call us on 09 973 4866 or check out our website: www.hydrovac.co.nz.

Mulching - are you smothering or feeding the weeds?

It's that time of year when everything in the garden bolts, including the weeds.

One of the best and easiest ways to get on top of the weeds is to place a thick layer of mulch on top of them while they are still small. This smothers them so they can't grow. You will also not disturb the ground surface exposing other weed seeds.



The problem is...many people do not put the mulch on thickly enough, they only put on a thin layer. The weeds love this, it's more food for

them. Weeds will not grow without sunlight, so it's important to layer it on thickly. Unwanted bulbs may need to be dealt with a bit differently.

Well-rotted down mulch is great food for your garden.

Best practice is to put a layer of at least 100mm mulch on. We recommend 150mm and if you want to get really good results, 200mm. This thick layer of mulch will help to retain moisture enabling your plants to grow better over the summer months which reduces the need for extra watering. If you would like mulch, call Dave on 027 1962 19.

Palmers Westgate

October is one of the most exciting gardening months on the calendar. Labour Weekend marks the traditional time to plant tomatoes, however you'll find all of your favourites already in store, plus everything you need for growing a successful crop. Have a chat to our friendly team for our top tips and tricks.



While you're in store, why not check out our new additions – the Palmers Westgate Dinosaur and the Palmers Westgate Tree. Located in a leafy haven by the doors out to the garden centre, the Palmers dinosaur and friend, the Palmers Tree wait to greet friendly faces with a roar and a wave.

Palmers Westgate: Corner of Maki Street and North side Drive, Westgate. Phone 09 810 8385. Open 7 days from 8:30am. www.palmers.co.nz.

Solarcraft – solar energy – the tera-what?

Solar-snippets that keep us in awe of solar energy...

Most sustainable resource - Our sun is an infinite source of free, clean energy that is not depleted when it's used.

Solar Energy (the Sun) is the most abundant energy resource available to earth – a hefty 173,000 terawatts of solar energy hits the Earth, continuously. This is 10,000+ times more than the entire world's energy requirements.

A tera-what? The terawatt (TW) is equal to one trillion (10¹²) watts. A



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terawatt-hour is a unit of energy equal to outputting one trillion watts for one hour. Your monthly power bill works in kilowatt-hours. To give you even more of a scope on the extreme power of our Sun? 20 x TW-hours = 20000000000 x kW-hours.

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Laser Plumbing and Roofing

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



Meet our fantastic maintenance plumber Dave. No job is too big or too small for Dave. Whether you have a dripping tap or a blocked toilet, our experienced and friendly maintenance plumber, Dave will be there when you need him. With over 20 years' experience, Dave is very thorough and meticulous, and never leaves any mess behind. You can rely on Dave and all our Laser Plumbing staff to offer complete plumbing solutions.

Here is what some of our customers have to say about Dave:

"Dave is always professional, knowledgeable and very likeable. I don't think I could find a better plumber/gas fitter".

"Good communication; always helpful and a very competent plumber (Dave)". "Friendly and professional service from Dave - very happy!"

We are looking for someone to join Dave in our Maintenance Team. If you are an experienced Maintenance Plumber and would like to join Dave and our team at Laser, then get in touch today. Phone 09 417 0110 or whenuapai@laserplumbing.co.nz.

Laser Plumbing & Roofing Whenuapai are your local specialists in hot water systems, roofing and gutters, plumbing maintenance, repairs and installations and all drainage solutions. We offer a state of the art 24 hour drain un-blocking service and 24 hour plumbing service. And you will always receive our 'Totally Dependable' service, guaranteed.

Contact us today! We are open five days a week from 7am-4:30pm and are located at Unit 4, 3 Northside Drive, Whenuapai. Phone 09 417 0110 or visit our website whenuapai.laserplumbing.co.nz for more information.

Whenuapai Floral and Garden Circle

With the Club still in recess perhaps now would be a good time to encourage any prospective members to come along and check us out. We meet at 1 p.m. for a couple of hours at the Village Hall, Waimarie Road on the second Thursday of most months, well make that February through May and September through November. No need to phone

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Home & Garden

ahead, just turn up on the day and you will be welcomed.

A small entry fee and reasonable annual subscription will not break your bank and you can enjoy the fellowship of likeminded keen gardeners, also learn from the other members and guest speakers and purchase bargains at the trading table, plants and seedlings and often times over abundance from others' gardens. There is a raffle run at each meeting also best bloom and produce displays for friendly competition.

For further information please phone Pat Hooper 09 416 8403.

Any queries phone Pat as above, or Mary Anne Clark 09 416 7819.

Tank water

With summer only a few months away, it is time to give a little thought to your water tank system. Now is the best time to have your tank cleaned if it has been over 2 years since it was last done. Cleaning a full tank involves vacuuming the sludge from the base of the tank. The advantage of this method means you don't need a water delivery.



This method of cleaning typically uses 30-40cm of water. Having a clean, full tank of water is ideal coming into the summer months.

In the height of summer, tank cleaning companies and water delivery companies are flat out. Trying to organise a tank clean and fill, in one day is not always possible.

There are potential health and plumbing issues present when a tank is low on water with a sludge buildup.

If you do happen to run out of water this summer, and you don't have enough time to get the tank cleaned, let the water stand for at least 2 hours before you turn the pump on. This will reduce the risk of plumbing blockage.



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I can assist with water tank repairs, tank cleaning, pumps and filtration. More information can be found on the website, www.healthywatersolutions.co.nz. Healthy Water Solutions (est. 2005) is run by myself, Joe Hall, as the sole owner/operator.

Spring gardening and standard iceberg roses

With spring under way, it is so nice to see the deciduous trees leafing up, along with the ever popular Standard Iceberg Roses. Awa Nursery currently has a good stock of these stunning Iceberg Roses. These classics are looking great and are currently pruned into shape with their new spring leaves increasing every day! Plant in a location that enjoys full sun. Early spring is the perfect time to apply a good slow release fertiliser to your existing plants ensuring bigger and healthy flowers. Regular dead heading will encourage more flower buds to develop.



If you are developing your orchard, these is still time to plant fruit trees, feijoas, citrus and berries and any other plants for that matter. It is a great time of the year to be planting, and your plants will be getting established before the dry summer months. Spray your stone fruit trees with copper to protect from leaf curl disease, and prune back your citrus after picking the fruit, to open up the plant for more light to get to the centre. It is also a good time to fertilise your plants and mulch your gardens to aid moisture retention over summer.

Lawnmower and weed eater servicing

Believe it or not, spring is all but here. That means the grass is growing and so are the weeds. This becomes a very busy time for our lawnmower service and repair workshop, causing some unwanted delays for repairs when machines are most needed. So to help, at Grasslands we are encouraging our customers to have their lawnmowers, ride-on lawnmowers and grass & scrub





Luke Kemp
LL.B., B.COM., DIP. HORT



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cutters serviced now, to avoid any delays. This means the machines are ready to go when you need them. We offer a pick-up & delivery service, so give us a call on 09 412 7880 or book on-line at www.grasslands.co.nz, or you can just bring your equipment to our Kumeu store at 20 Shamrock Drive Kumeu at your convenience Monday to Friday 8:00 to 5:00, or Saturday 8:30 to 3:00. Grasslands are your local Outdoor Power Equipment Specialists.

Do you have green fingers?

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

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

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

We can help you with advice for managing the symptoms of arthritis, protecting your joints, splint provision, advice about adapted gardening equipment and other aids

Call us at the Hand Institute and make an appointment today...we have clinics in two convenient locations in Rosedale and Huapai
09 412 8558 Huapai or 09 479 8438 Rosedale.



'Magic in Mangawhai' all you need for a club visit

So...that's what we did.

An early start saw us on our way, arriving at the Museum to see the tables set up ready with china plates, cups and saucers, jam, cream and warm scones plus the endless tea and coffee. Our hostesses set the tone for a very special day. Before our lunch at The Mangawhai Tavern we strolled through the creative and informative displays that introduced us to the history of the place and a chance to meet the early families. A true reflection of bygone days. Memories were of many of our childhoods too.

After being fed well at the Tavern, we headed along the road to Bennett's of Mangawhai where we watched a short video, sampled some chocolates, bought some to take home before visiting the Smashed Pipi Gallery and heading home again.

Up and coming trips: Oct 17 Coatesville and Waimauku.

Nov 21: Red Boat Trip/picnic lunch to "the bottom end" of Waiheke. Dec

19: Christmas Lunch at the Muriwai Golf Club.

Contacts: Althea 021 123 6448, Bette 021 145 1854, Diana 027 478 8928, Jan 021 108 7925, Judith 027 272 9994, Veronica 027 755 4645.

West Harbour Tide Chart

Date	High	Low	High	Low	High
Tue 1 Oct	-	02:40	09:05	15:00	21:25
Wed 2 Oct	-	03:29	09:54	15:50	22:15
Thu 3 Oct	-	04:17	10:43	16:40	23:05
Fri 4 Oct	-	05:06	11:33	17:32	23:55
Sat 5 Oct	-	05:56	12:25	18:27	-
Sun 6 Oct	00:47	06:48	13:21	19:25	-
Mon 7 Oct	01:41	07:46	14:20	20:26	-
Tue 8 Oct	02:39	08:49	15:20	21:25	-
Wed 9 Oct	03:39	09:52	16:17	22:21	-
Thu 10 Oct	04:38	10:49	17:10	23:12	-
Fri 11 Oct	05:32	11:39	17:57	23:58	-
Sat 12 Oct	06:20	12:21	18:40	-	-
Sun 13 Oct	-	00:40	07:03	13:00	19:20
Mon 14 Oct	-	01:19	07:42	13:37	19:58
Tue 15 Oct	-	01:57	08:19	14:13	20:36
Wed 16 Oct	-	02:34	08:55	14:49	21:13
Thu 17 Oct	-	03:12	09:32	15:27	21:52
Fri 18 Oct	-	03:50	10:11	16:08	22:33
Sat 19 Oct	-	04:30	10:52	16:51	23:16
Sun 20 Oct	-	05:13	11:38	17:40	-
Mon 21 Oct	00:04	06:01	12:29	18:35	-
Tue 22 Oct	00:56	06:56	13:27	19:36	-
Wed 23 Oct	01:55	07:59	14:30	20:40	-
Thu 24 Oct	03:00	09:06	15:35	21:44	-
Fri 25 Oct	04:07	10:12	16:36	22:45	-
Sat 26 Oct	05:11	11:12	17:34	23:42	-
Sun 27 Oct	06:09	12:08	18:29	-	-
Mon 28 Oct	-	00:36	07:04	13:00	19:21
Tue 29 Oct	-	01:28	07:55	13:50	20:13
Wed 30 Oct	-	02:18	08:45	14:40	21:03
Thu 31 Oct	-	03:06	09:33	15:28	21:52

Source: LINZ

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Central's Tips

October 2019



Spring is well and truly here and it's time to feed the garden with a fertiliser and get stakes ready for climbing plants.

Control pests like aphids and protect apples and pears from codling moths.



Feed the lawn

Get lawns looking their best for summer by re-sowing bald patches and spreading fertiliser.

Our Prolawn spreader is great for evenly applying fertiliser or spreading grass seed.

In the Veggie Patch

- **Apply liquid fertiliser** around all edible plants and over the foliage. Make sure you put in frames or stakes for fast growing crops that you intend to train up. This includes tomatoes, beans and corn
- **Plant pumpkin seeds** in a spacious area that has had plenty of compost dug through it.
- **Apple and pear trees:** once you see small fruit forming after blossom, protect from Codling Moth by hanging sticky traps in the branches. An effective alternative control is to spray every two or three weeks with Yates Success Ultra. (Maximum of four sprays per season).
- **Get the yummy summer herbs going:** French tarragon, chervil, sage etc. (Leave basil until November when it's usually warmer)
- **Aphid control on edibles:** Where there are just a few, squashing them with your fingers can interrupt the growth of colonies. If the plants are seriously under attack, Aquaticus Bugtrol is an excellent organic remedy.

The rest of the Garden

- **Fertilise established lawns with Turfmaster Gold:** ProLawn's handy spreader is excellent for applying the correct amount evenly.
- **Watering becomes important** in a windy, dry spring, especially where trees, shrubs and perennials are newly planted. Deep watering every few days for bigger plants is better, but smaller seedlings and perennials may need daily irrigation.
- **Planting Clematis:** both NZ varieties and the large flowered types introduced here – can be notoriously tricky to plant: make sure you dig through plenty of Living Earth organic Compost. Dig a hole and position the rootball a couple of centimetres below the ground surface. Mulch well or place large river stones on top to maintain cool roots. If it wilts, leave it in the ground as it will probably re-shoot in a few months.
- **Other great climbing plants for walls or fences:** Flowering: bougainvillea, rambling roses (Alberic Barbier is excellent), mandevilla. Evergreens: climbing hydrangea, NZ tecomanthe and the star jasmine.

Project for October

Planting trees, climbers and shrubs in our Nutra-Soil is the best way to go.

Nutra-Soil, which has a heavier texture than Garden Mix, aids root establishment for larger plants. Watch our Topsoil or Garden Mix video on our Youtube channel: <https://centrallandscapes.co.nz/pages/topsoil-or-garden-mix-video/>

And visit our website <https://centrallandscapes.co.nz/products/nutra-soil>





We dig holidays!

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*Visit our website for T&C's.



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Build New

What matters to you?

"Scott is able to take complex and intricate building details and make them easy to understand.

He was always quick to answer any questions we had with relevant information that mattered to us.

Not just irrelevant statistics and technical jargon. And we were relieved with the level of transparency Scott provided with regards to the pricing, specification and the overall process.

Scott methodically documented all of our specific requirements and incorporated them into the specifications and pricing for the build. Thank you!"

This new customer experience captures the way I love to operate. Whether it be at work or play. Adding real value to an experience is what matters to me.

Focusing on the stuff that can make someone's day. Transforming what could have been difficult into easy.

That's what my motor runs on. The systems and the people that make up Optimal Homes operate in exactly the same way.



From the initial home planning phase right through to building completion. What matters to you when it comes to building new?

I would love to see how I can help. Send me a message at scott@optimalhomes.co.nz or give me a call on 027 406 3684.

Check out the cool kid on the block at 186 Wainui Road

Maddren Homes will be raising eyebrows this week with the opening of a striking, new show home in Millwater that pushes the limits in design. Officially opening this Saturday, October 5th, this edgy, mono-contrasted urban home is easily the cool kid



on the block with the wow-factor both inside and out. Established building company, Maddren Homes have never been content with following the crowd. While they are passionate about using traditional craftsmanship, they are innovators in design and embrace new technologies that are proven to be the best. "Building premium, contemporary homes is what we do, but helping people realise the vision for their lifestyle is who we are", says General Manager, Rodger Scott. Contrast is king and plays a huge role in the visual impact of this house. "We wanted to create an experience for all the senses and we're pretty chuffed with the end result", he continues.



Suburban living with a rural vibe

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Sylvan Estate Sanctuary

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Build New

The four-bedroom, two living show home has uber street appeal with its black pitched pavilions offset by ivory weatherboard pods. Stylish cedar eyebrows frame the exterior and draw you into the vast central living space with high raked ceilings. There's a warmth throughout, from the elegant privacy wall panel of the living area, to the precise 36 degree angled pergola that provides optimal midday shade yet lets in the afternoon rays. Maddren worked closely with designers, One Space Architecture in creating a family home that pushed the limits on structural expertise and design excellence. Even on a compact suburban site, there's no shortage of space. The clever layout has two wings that separate the private from public areas and a concealed second lounge shares a tranquil rear deck with the master, perfect for enjoying your morning eggs bene. Hidden details, native landscaping and perfect finishes, Wainui Cove has it all and more.

Signature Homes

We proudly announce our involvement in this stunning boutique subdivision, positioned beautifully at Natures doorway to the North West's most magnificent natural wonders. Explore the splendour of Muriwai black sand and rugged coastline, enjoy the wilderness via nature walks, horse trekking, or perhaps a round of golf at Muriwai Links golf course. Take a step north of Sylvan Estate and you will find more world class activities including Woodhill Mountain Bike Park and Tree Adventures.



Following the experience of nature's wonderland indulge in the local renowned wine and culinary experiences. Day to day living at Sylvan Estate is easy, offering local amenities an easy stroll away; including kindergarten, decile 10 primary school, supermarket, doctor surgery, cafes, restaurant, hair stylist and more. With an easy commute down the North Western Motorway to enjoy inner city life. Sylvan Estate offers 64 sites boasting 800sqm, organised around a link road featuring a gorgeous wetland planted with a diverse range of native species. Furthermore stunning Sylvan Estate is bordered by New Zealand's beautiful countryside. Rare as hen's teeth, Sylvan features large blocks awaiting grand homes, a smaller build with a landscaped paradise, swimming pool or home and income. The generous sites enable all opportunities to be explored.

Here at Signature homes North West Auckland we pride ourselves on being all you need to fulfil your dreams. We have a range of house and land packages, prepared and priced awaiting your final colour choices. We can create a bespoke design with our in-house architectural designers, we offer a range of pre designed plans and can also price a set of plans of your own. Our team includes a sales team who guide and support your journey, quantity surveyors who price your design preferences to create a fixed price, draughting coordinator, who works with the Auckland Council, project managers who assist our contractors to create your home ensuring Signature quality is maintained, interior designers who advise colour and textile choices. We have all your bases covered. Come in and discuss your options today. We would love to give you a glimpse of our passion and service driven team through a no obligation, free consultation. Call our team at Signature Homes North West to discuss your options; obligation free 0800 020 600. www.signature.co.nz

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Pets

Why do cats wrap their tails around their paws?

Your cat's tail is a major means of communication. It can tell you when they're feeling angry, playful, or scared.

The placement of their tail over their paws isn't accidental. Here's what it could mean.



Cold - Cats use their tails to help conserve heat. Cats that are cold crouch close to the ground, folding their ears against their heads, covering noses, and be as small as possible. If they're sitting upright, they're most likely not cold.

Avoidance - Ruling out cold weather, a tail over their paws could be a passive display of evasion. It's their way of saying they'd prefer to be left alone. Certain cats value alone time.

Nerves - Sometimes, the tail over the paws is a combination of passive evasion and nerves. There's a good chance an alert cat sitting upright with their tail wrapped around their body is watching something they're not comfortable with.

Consider the tail over the paws to be similar to a person crossing their arms. Crossed arms are a classic defensive manoeuvre. Wrapping their tail around their body is a way of saying they're not going to get aggressive, but they're also not completely happy.

The full article can be found on our Facebook page. Phone 09 411 5326, email info@kanikapark.nz.

Spring into Vets North

Can you have such a thing as "too much of a good thing"? Well probably yes. Alpaca are great paddock pets. They are friendly, will interact with you, talk to you and are generally pretty easy to take care of. However, with too many come problems and ill health.

Most of the problems we see with alpaca have a root in too many animals for the area of pasture. The grass is always very short so the animals end up thin or you have to buy in hard feed which increases the risks of digestive upsets & stomach ulcers. Constantly grazing close to the ground significantly increases the risks of the two major alpaca disease, facial eczema & haemonchosis & both of these are regularly fatal for alpaca.



If you have, or intend to have, alpaca on your "lifestyle" block register for our evening talk on the care, management & diseases of alpaca. We will discuss pasture growth & management as feeding is so important to animal health.

With knowledge you can avoid many problems and recognise early when things are not right. You can do the regular health maintenance jobs such as nail trimming & also put in place preventions to stop disease before it starts. Knowledge will enable you to have a better lifestyle and to enjoy your alpaca fully.

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 www.thenzcatfoundation.org.nz. Phone 09 412 2636 or 021 929 999 for further information.



Dog and Co

Hello! I'm Kirsty, a professional photographer who specialises in pets, and involving pets in family, couples and special occasion photo shoots. Utilising the beautiful outdoor locations that Auckland has to offer, I am passionate about using natural light to create vibrant & striking portraits. I love highlighting the personality of your pets in gorgeous moments as well as capturing the bond between pets and their families. My sessions can take place at any location in Auckland, whether it's your favourite beach, a park, a forest, or in the comfort of your own home. Muriwai Beach is one of my favourites...especially when the sun is setting!



One of the biggest challenges which photographers face these days is finding ways to set them apart, and make it worthwhile for clients to invest in professional photos. In an age where everyone has the capability of taking their own photos thanks to the cameras in our phones, I make it my mission to take and edit images in a way which I call photographic art. They are images which can't be achieved through a simple phone camera, and images which are begging to be hung up on your wall at home. I love being able to create art which families are able to treasure forever.

Lyndsay Kerr
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Pets

Have a look at the gallery on my website to check out some of my favourite past photo shoots, and don't hesitate to get in touch to discuss booking your own pet photography experience. I also do gift vouchers if you are looking for something special for a loved one. Website: www.dogandco.nz Email: kirsty@dogandco.nz.

Education around canine body language

What it means for us and reducing the number of dog bites in NZ.

Over the past 10 years Accident Compensation Corporation (ACC) have recorded over 125,000 dog bites costing almost NZ\$40 million. We have seen an increase from 10,764 reported bites in 2008 to 14,694 in 2017, which is an increase of over a 25%. What makes these statistics even more alarming is that, studies completed in the Netherlands have shown that under 40% of dog bites are actually reported. In NZ, bites can go unreported for a multitude of reasons; the person may know the dog and not want to cause ill feelings between themselves and the owner, the bite may not have required medical attention, or in a workplace it may be that the bite is reported through the insurance company so the figures are not shown in ACC statistics.



Dogs are a very popular pet and with the increase of dogs in society, we are unfortunately seeing an increase in dog bites. It is popular belief that many of these bites would have been avoidable, if the person had a basic knowledge of how to read dogs and their body language. Education is the key to reducing dog bites.

In 2014 The Animal & Society Institute (MI USA) stated – 'Varied kinds of studies strongly suggest that the most effective way to reduce dog aggression in general may be simply to educate people'.

In 2014, we started investigating where these numbers were increasing the most and what education was currently available and what was missing. We noticed that there was a lot that we could do to help educate people, with the goal being to reduce dog bites both in NZ and internationally.

We met with and started working with companies whose workers come into contact with dogs and are therefore at risk of being bitten. We worked with organisations throughout Europe and the USA and looked at situations where people were being bitten, what was potentially causing the bites and what was currently being offered to help. We found that the general consensus was that there was a lack of understanding from the large majority of people, regarding what dogs were telling them, plus some misconceptions about what certain behaviours meant.

As a result we developed a Canine Body Language course. The course is designed to help people who own a dog, are looking at getting a dog, work with dogs, are scared of dogs, plus families and communities as a whole.

The course covers a variety of information with the purpose being for the learner to understand a dog's body language. To begin with some background information is given on dogs in general and a few myths about dog behaviour are discussed. Then the course dives deeper into more specific behaviours that dogs will use to communicate with humans. This is all done through text, pictures and videos. The learner is then asked to complete a quiz to show that they have learnt and understood the information in the course.

A more specific course has also been developed for companies that have workers who enter properties where dogs may be present. This course deals more specifically with how workers can read the body language of dogs to allow them to recognise when the dog's body language changes. This allows them to respond appropriately and the course also teaches them how to remove themselves off the property in the safest way possible in an attempt to prevent them getting bitten.

The course is online which allows people to view photographs and videos, showing behaviours of dogs, as many times as they need to assist with their understanding. The course allows them to recognise how a dog is showing them when they are scared, apprehensive or do not want to interact. The course also requires that the participant pass a quiz. This ensures they understand the information that they are receiving. They can return to the course as many times as they require to complete it.

Mark Benson – The Operations Manager of Wells Instrument & Electrical said that "They have had a dramatic decrease in dog bites since they started using our services".

Education is a key component in reducing dog bites. We are very proud to be able to offer these courses to help educate people both working and living in the community.

Joanna Clough - Director and Founder, The Dog Safe Workplace and Kids Safe With Dogs Charitable Trust. Jo@dogsafeworkplace.com.

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October Behaviour Seminars
Free - Spaces Limited - Book Now

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22nd Oct. 6.30pm:	Environmental Enrichment for Cats

09 412 7577
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Food & Beverages

Westbrook

Westbrook is your local friendly winery, just a hop skip and a jump up the road at 215 Ararimu Valley Road, Waimauku. You are welcome to visit us and try some of our delicious wines. Westbrook produces wonderful wines including our famous Crackling Rosé, Pinot Gris and Chardonnay, Pinot Noir, Malbec and more. The Cellar Door always has six current release wines open for tasting.



You can also purchase a glass or bottle of wine (or a Hallertau beer or Phoenix juice) to enjoy along with a tasty wine-matched platter to suit red, white or aromatic wine. Platters include Grinning Gecko cheeses, Eurodell cured meats, various antipasto options and crackers or artisan bread. Fresh bread is available on the weekends or you can ask us to order some in call 09 411 9924. Our Cellar Door is open 11am – 5pm daily for wine-tasting, sales and platters. Please drop in and say hello!

The Herbalist Craft Beer

No one can resist the delicious aroma of hot bread coming out of the oven. This easy-to-make Beer Soda Bread recipe from the book "Cooking With Beer" by Mark Dredge makes great open cheese and pickle sandwiches or toast, and is delicious with soup and stew meals served with your favourite beer.



Ingredients: 2 cups wholemeal flour, 1 teaspoon salt, 1 teaspoon baking soda, 1 tablespoon honey, 2/3 cup of your favourite beer, 1/3 cup natural yoghurt, 3/4 cup grated cheese plus your choice of fresh herbs, onion slices or caraway/fennel/dill seeds which can be added into the bread and used as a decoration for the top of the loaf.

Method: Pre-heat the oven to 200C. Mix all of the dry ingredients together in one bowl and all of the wet ingredients together in a separate bowl, reserving a third of the grated cheese to decorate the top of the loaf. Pour the wet ingredients into the dry ingredients and mix well. Using a little extra flour, shape the dough into a ball with your hands. Place the loaf onto an oven tray lined with parchment paper. Decorate the top with the grated cheese, a few finely sliced red onion rings and some finely chopped herbs or seeds. Bake for approximately 45 minutes. To check if the loaf is ready, turn it over and tap the base. If it sounds hollow, it is ready.

The Herbalist stockists: The Bottle-O Huapai, Black Bull Kumeu, Fresh Choice Waimauku, Boric Food Market, Riverhead Fine Wines, select West Liquor stores, Farro Fresh stores and The Fine Wine Delivery Company.

Soljans

Our Fusion Sparkling range has a fresh new look, and Fusion Sparkling Moscato has a couple of friends to keep everyone happy. Fusion Sparkling Rosé, raspberries and strawberries and a lovely floral nose, perfect paired with sunshine and coming into summer the timing couldn't be better. Our Fusion Sparkling Sauvignon Blanc is full of fresh passionfruit and lemongrass, sharp and refreshing. Fusion Sparkling Moscato is of course still a favourite for many with sweet Muscat



notes and a lovely perfumed nose, a wine that can be enjoyed anytime. Come along and check out the new labels, try the range in our café and cellar door, there's something for everyone.

Café open 11am-3pm weekdays and 9am-3pm weekends.

Cellar Door open 9am-5pm 7 days a week.

Check us out online www.soljans.co.nz or via phone 09 412 5858.

The Fireplace, Bar and Restaurant

We have been located in the heart of Kumeu wine country since 2006, with one owner Mike who prides himself in his restaurant and his connection with the local community. We supply locally sourced wine from Westbrook winery and all vegetables and poultry are from local suppliers.



We offer lunch, snacks, dinner, desserts, drinks, shared platters, Happy Hour, weekly specials as well as a function room that can be booked for events.

There are some exciting new things coming up so please "LIKE" us on Facebook to stay in the loop www.facebook.com/TheFireplaceBarandRestaurant/

If you would like to book a table or chat about using our function room then please call Mike on, 09 412 6447.

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Food & Beverages

You can also view our menu, here www.thefireplace.net.nz/menus#

Our hours are from 12-10pm, 7 days a week! And located at 64 Main Road, Kumeu. This is Tyler and Keeva they are two of our friendly employees!

NoShortcuts

NoShortcuts is celebrating a year of achievements, in particular their award winning trio...

In October last year NoShortcuts' Feijoa Kasundi took out the NZ Food Awards Countdown Grocery category for innovation, followed by a Silver Medal in 2019's Outstanding Food Producers Awards. There is no doubt this Kasundi packs a complex culinary punch. It's an Indian style chutney, made with fresh feijoas, garlic, ginger, turmeric, and spices - and is Vegan, Gluten Free, low in salt and sugar, with no preservatives or chemicals.

The Feijoa & Ginger Jam is a previous Food Awards finalist, and was presented to the Queen as part of a Kiwiana artisan hamper.

Also a finalist in the last NZ Artisan Awards, Mustard Pickle is aromatic, versatile and perfectly matched with strong cheeses and salty meats.

For more info and to find stockists, go to www.noshortcuts.co.nz or follow Noshortcutsnz on Facebook/noshortcutschutneys on Instagram.



Allely Estate

Did you know that as well as weddings, Allely Estate also does awesome events? We love hosting milestone birthdays, engagements, reunions and epic corporate parties, like our Freaky Friday theme... We developed this for those businesses who are sick of the same old work parties

- instead, we create a really memorable GHOSTS & GHOULS evening! Imagine this: your team dresses up in theme, we decorate our gardens and marquees with glow-in-the-dark creepy-crawlies, hanging skeletons and things that go "Boo!", we serve scary snacks (along with our usual delicious dinner fare), we can book a DJ or speaker if you want to get your freak on, and your team has a frightfully good time. Amp it up with some team-building beforehand or just book in for the evening - either way, it's creepy how much fun you'll have. If you'd love to scare your team - in a totally good way - talk to our events manager Athina: athina@allelyestate.co.nz or 09 412 7206. This theme best suits companies with 100+ people, due to set-up. www.allelyestate.co.nz.



Café Botannix

Café Botannix is renowned for their cabinet food, with all pastries, cakes, slices and savoury treats being made in-house by the patisserie chef and owner. For those with a sweet tooth, the Mushroom in the Garden; cherry filling, chocolate soil, topped with a white chocolate éclair, is an absolute must!



If you're looking for something savoury, why not try one of Chef Pete's pies? With a hearty-homemade filling of chicken and vegetables and fresh, fluffy pastry Pete's chicken and vegetable pie made the top ten in the Baker's Pie competition 2018.

Open 7 days from 8:30am. Enjoy no surcharge on public holidays.

Phone 09 810 8385 | www.palmers.co.nz/cafe-botannix.

Hallertau

Hallertau is taking full advantage of the bounty of fruit available from their neighbours' orchards with two fruited beers being released this month. Tangelo Witbier 5.5% is a Belgian-style wheat beer spiced with tangelos. Crazy fruity esters of banana courtesy of the yeast and aroma of delicious tangelos, light soft body with a tart finish. Also the annual release of the I Like Your Speakers 7.4% Grapefruit Edition IPA. A large aromatic and hoppy IPA in the West Coast style, with dank, tropical and citrus notes. Come fill your flagons at Hallertau this spring.

Peko Peko

Are you looking for a new lunch place? We have all our Rice Bowls and Bento sets as well as some light meals on our new menu, like bao buns and homemade dumplings. We are located 102C Hobsonville Road, open lunch for Monday to Friday 11-2pm. Please check our menu on our Facebook page and you are welcome to place an order by phone on 09 416 1197.



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Health & Beauty

Vaccinations

Vaccinations get discussed a lot in our house. Not only because I work within the medical field; or because we have a toddler; but because my husband and I have together collaborated on some research measuring people's attitudes towards vaccination.

In the recent weeks, there is rarely a day that goes by when we do not read about the measles outbreak in New Zealand. According to the Auckland Region Public Health Service, as of 2nd September, there were 804 confirmed cases of measles in Auckland this year. Frightening.

What is measles? Measles is a highly infectious virus which would have been eradicated if everyone within the population were vaccinated. Measles can have some serious complications such as pneumonia, or encephalitis (inflammation of the brain). This is serious stuff. Measles encephalitis can cause the nerve cells within the brain to die. This can lead to serious mental disability and sometimes death. Measles encephalitis is not something seen very often these days, because of the introduction of the Measles Mumps and Rubella (MMR) Vaccine.

I think we can sometimes forget how serious and frightening these diseases can be. Vaccination works so well that we do not often see these diseases, and thankfully do not live with the horror of watching our children suffer from them.

However, because many people have decided not to vaccinate their children, and there has been an outbreak of measles, we are now seeing this serious disease resurface. I was lucky enough to speak to a nurse colleague who used to work in a care home which housed many patients who suffered from measles encephalitis. She believes that if there was more knowledge about the seriousness of this condition, vaccination rates would increase. She reported most of these patients needed round the clock care and monitoring, and were unable to function within society.

There are still thousands of parents who are too scared to vaccinate their children. In 2013/2014, 5.5% of New Zealanders were strongly opposed to vaccinations. This statistic of 5.5% is from a paper we published using data from the New Zealand Attitudes and Values Study.

Common parental concerns are around the components of vaccines and the belief that they cause harm. In my 11 years of working as a doctor and treating sick children and their families, the worst side effect I have seen a patient suffer from after a vaccine was a fever and a mild rash.

In order to eradicate measles, and protect ourselves and our children from measles and other illnesses such as whooping cough, cervical cancer and rubella, more people need to be vaccinated.

Please be wary of the information you read online, (and yes, I am aware



of the irony if you are reading this online right now). There is a plethora of inaccurate information which claims to be from reliable sources but is not. Please talk to a qualified health professional. After all, just as you do, we have your family's best interests in mind.

Having seen these illnesses first-hand, I had absolutely no hesitation in vaccinating my toddler.

If you would like to discuss vaccines further, please make an appointment with your GP or practice nurse. They will be able to give you all the relevant information. In addition, the Immunisation Advisory Centre Website also has reliable information. The address is www.immune.org.nz and they have a hotline if you have further questions.

Dr Isabelle Duck is a General Practitioner and Urgent Care Doctor who works at Silverdale Medical Centre. Her husband, Professor Chris Sibley is a researcher at the University of Auckland and leads the New Zealand Attitudes and Values Study. They live in Hobsonville with Lauren, their happily vaccinated toddler.

Welcome to spring

We are delighted to introduce Quirky Clay Artists - a local mother and daughter team- featuring their delightful, colourful clay creations in our spring window and inside Hobsonville Optometrists - Glasses and Gifts, 413 Hobsonville Road.

From wall art to worms, from toadstools to tea light terraces - every piece has been hand crafted with love and to a beautiful finish.

We have taken delivery of quite a lot of new treasures too - notably our spring scarves - gorgeous!

Our range for men has expanded and we are thrilled with the leather goods we have received.

We welcome you to browse among our spring display from Monday to Friday 9am to 5.30pm and Saturdays till 3pm or later.



Do you suffer from headaches?

Headaches are quite common these days and they are not something that you should just "put up with". A lot of headaches can be linked to some sort of neck dysfunction or postural problem. That is why chiropractic could be an effective way of helping to ease the discomfort associated with headaches.

I have recently written several blog posts looking at the most common types of headaches, made a video showing 5 of my favorite neck stretches

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Health & Beauty

to help with headaches, as well as what warning signs to look for when it comes to headaches (some headaches may be signs of a more significant problem).

If you want to find out more, read these blog posts and watch the video, head over to the blog on our website, www.elevatechiropractic.co.nz, there is lots more information there. Elevate Chiropractic, Shop 1, 10 Greenhithe Road // Phone 09 413 5312.

Get fit AND beat the Auckland traffic

CrossFit Red Dragon was founded in Hobsonville in 2016 and has been a strong part of the community ever since. We've been growing and expanding, and are now very excited to announce the opening of our second location, in Marua Road, Ellerslie.

Membership to our North West branch will cover both locations so locals who want to be smart with their fitness plans and beat the traffic can attend classes at either gym.

We offer fully-coached small group classes for kids, adults and 60+ age groups; for beginners or more advanced gym goers; as well as specialty classes such as gymnastics and weightlifting. Anyone wanting to try a free class at either location can email Jess on team@crossfitreddragon.com.



A great time for new beginnings

You may like to consider joining a yoga studio. A regular yoga practice will improve your physical movement and stability, it will provide you with space to de-clutter your thoughts, and you'll be surrounding yourself with awesome members for the local community.



HAIR BY CARLA
77 Waitakere Road, Waitakere, Auckland 0614
Phone: 021 814 663 [zashhair](https://www.facebook.com/zashhair)

Kanuka Yoga Space offers a variety of classes to suit all levels of ability. If you're new to yoga, then a Restore class is highly recommended. The Restore sessions help you relax and release any tension and stress. No strength or flexibility required.

If you'd like to learn more about the basics of yoga then enroll in the next Foundations of Flow series; an introduction to 20 core postures. Move through each pose slowly, hear about the cues that will provide best alignment, and feel supported as you build more strength. This series will help you get moving in Kanuka Yoga's other regular daily classes: slow flow, and power flow.

Gently stretch, flex, and improve your body's balance on the yoga mat and you might find your mindset also doing the same. Yoga means 'union' - start practicing yoga and find your own moments of peace to connect breath and movement.

Visit kanukayoga.co.nz to learn more about their classes.

Sleep, insomnia and chiropractic

If you are having trouble sleeping at night, you are not alone. Many report they occasionally don't get enough sleep, while nearly 10% admit to experiencing chronic insomnia.

For some, lack of sleep could be the symptom of another problem like neurological conditions, emotional disorders like depression, anxiety or post-traumatic stress syndrome. Other possible causes include



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Health & Beauty

arthritis, asthma, headaches, hyperthyroidism, gastrointestinal disorders or menopause.

For some people, lack of sleep is self-induced. Working long hours, taking care of the kids and increased stress-loads can lead to a restless night. Abuse of recreational drugs or alcohol, or too much caffeine may lead to less time spent in deep sleep at night.

Sleep deprivation is responsible for slower reactivity times and poor memory. All-nighters can decrease our body's ability to fight off colds and flu and sleep deprivation has also been linked to obesity.

Chiropractic can improve your sleep

If you do not want to have to take pills to improve your sleep, make your next step an appointment with us to see if a Chiropractic adjustment could help you. The vast majority of our patients notice more restful sound sleep after their adjustments Why suffer from sleepless nights - call now for a complementary consultation.

Pain, both acute and chronic, is another primary reason why people experience disturbed sleep. Whether it's back pain, neck pain or headaches, chiropractic treatments have a long history of being able to help. Hobsonville Chiropractic Centre - 295 Hobsonville Road, Phone 09 416 7589, info@hobbycc.co.nz.

New sleep positions to help breathing - research

Aucklanders' expanding waistlines and higher BMIs are forcing us to adopt new sleep positions to help them breathe - according to new research.

Around half (47%) of adult Aucklanders sleep on their side - a position which researchers say increases in preference as we age and our Body Mass Index (BMI) rises.

The new research from mattress retailer Ecosa also found that as we age, we tend to move away from sleeping in other positions such as on our back, stomach and 'freestyle' (a variation in sleep position).

The sleep position preference study which collected data from more than 325 Aucklanders around the region found that around a sixth (18%) of us prefer to sleep on our backs, a tenth (9%) sleep on our stomachs and a further quarter (26%) are freestyle sleepers.

Ecosa CEO Ringo Chan says the Auckland data is consistent with European research which found similar proportions of sleep position preference among adults.

"The New Zealand study results are in line with international data which showed one in every two adults prefer to sleep on their side.



"In addition to showing a correlation between an increase in age, the researchers also noted that preference for this position also increases with weight and BMI," he says.

Chan says understanding your sleep position is important as it can be associated with a wide range of health concerns ranging from respiratory issues through to premature wrinkles.

He says while the reasons for our preferences in sleep position are not fully understood by scientists, a number of theories have been put forward.

"Researchers have suggested that the reason the side position preference increases with age is due to loss of flexibility of the spine and/or the extra effort required for breathing in the front position.

"Side sleeping also helps to open our airways to allow for steady airflow to the lungs.

"Lying on your back and assuming a neutral body position typically results in the least amount of strain on your head, neck and spine however studies show links between this position and snoring," says Chan.

He says sleeping on your stomach may make breathing regularly a challenge because airway passages could be compromised, and others may experience neck pain or tingling in joints and muscles due to poor circulation.

Chan says research has also found a link between this position and the development of facial wrinkles.

Shoe Talk's tips on how to store your winter boots

Spring is here, with all its pretty flowers and the days are warmer and the sun is shining and it is no longer snowing or hovering in the low temperatures in the late afternoon, it can be time to put your winter boots away and start displaying your lily white legs in your sandals.



So top tips to keep your boots in top condition are: Are there any small repairs required? Have you worn your heels down, lost an eyelet or have a shoe lace that you have tied a knot in? Take your boots into your local shoe repairer and get these things done while you don't actually need to wear them.

Once they are repaired check them out for stains, if you have a suede pair you can buy the cleaners to use on any marks. If they are normal leather wipe any dust and dirt off them. Let the boots dry and then moisturise them you can either use a beeswax if they are a harder leather or use a leather balm. Please note don't use either of these products on suede or



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Health & Beauty

nubuck. This will keep the leather in top condition and stop them drying out over the warmer season. You can also freshen the inside of the boots up as well.

Now that the boots are all sparkly you can pop them away, if they are calf boots then invest in a pair of boot trees like this to stop them slouching and creasing while you are not wearing them and to keep them looking in top condition for next season.

Your amazing eyes



Eyes are one of the most fascinating and complex parts of the body. Eye health facts from Molly and Matthew about your amazing eyes...

1. During an eye examination, health conditions including diabetes and high blood pressure can be detected.
2. Diabetes is the leading cause of blindness in under-50 year-olds in NZ. (Macular degeneration is the leading cause of vision loss in seniors).
3. Research has found that a tie tied too tightly can increase the risk of glaucoma in men
4. The cornea is the only tissue in the human body that doesn't contain blood vessels.
5. Eyes heal quickly. With proper care, it takes only about 48 hours to repair a minor corneal scratch.
6. We have all have unseen, harmless microscopic creatures living in our eyelashes.

Look after your eyes with a comprehensive examination at For Eyes in the Kumeu Village, phone 09 412 8172.

Are you well?

Put Yourself to the Test. If you answered "no", then hopefully you are doing something to change that. Maybe eating better, getting more rest, going for walks on the beach, reading some inspirational material, or taking a course of medicines or supplements.

If you answered, "yes I am well", how do you know that you are experiencing optimal wellness? What if, what you thought was good health was actually only average health? I suspect there are a lot of people in this category. That is, you don't have a disease, but you aren't really experiencing radiant wellness.

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Matthew and Molly Whittington, optometrists in the Kumeu Village since 1993
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This happened to me a few years ago. I went to a seminar on nitric oxide, which is an important molecule that your body should make to ensure energy, vitality and healthy blood vessels. We all did a test of our nitric oxide levels. I expected to get top marks for my levels, since I was feeling well, ate lots of green leafy veges and beetroot, and got lots of exercise. But my test showed I was depleted. That surprised me. I decided to boost my levels of nitric oxide with a supplement and couldn't believe how much more energy and vitality I had. I didn't realise just how far from radiant wellness I was.

My goal is to ensure that everyone experiences radiant wellness. To help you, I have put together a 15-minute Radiant Wellness Check, which includes testing for nitric oxide and about 12 other markers of wellness for just \$25. You can get that check done at Massey Unichem Pharmacy. You will receive a written report of your health status, plus recommendations on what you can do to experience great health.

You deserve to be waking up with enthusiasm for your day, having enough vitality and mental clarity to perform your daily tasks, and then having enough energy left over to cook a delicious dinner and spend quality time with your loved ones. Think about what your perfect day would look like. Do you think you are well enough to live that perfect day regularly?

Prioritise your health. Pop in to see the team of health coaches at the pharmacy for your Radiant Wellness Check.

Martin Harris - Nutrition Medicine Pharmacist, Massey Unichem Pharmacy. 396 Don Buck Road, Massey. Phone 09 833 7239 or martin@masseyunichem.co.nz.

What is an immediate denture?

Your smile is a part of your identity, a part of who you are. Having a youthful, deceptively natural smile gives a boost in self-confidence and can dramatically increase the quality of life. When you have teeth extracted you have two options: to go 'gummy' for up to 6 months until the sockets have healed, or, to have denture made so that you have

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those teeth replaced "immediately".

An immediate denture is where prior to having your teeth extracted, we take impressions of your mouth and make a denture that restores your teeth as they were, yet at the same time enhancing or if you choose, completely rebuilding your smile; all of which is a process you have complete control over. An immediate denture is a common procedure that is met with anxiety and stress when the treatment process is not explained properly to you. We offer a free consultation where we can cover all aspects, questions and concerns that you may have. The most common feedback we get with our immediate dentures is "had I known it was going to be this easy and simple, I would have done it sooner. I wish I did this years ago."

Call through to our friendly team at DT Denture Clinic a free consultation 09 416 5072.

Thinking of buying a new pair of sneakers?

Thinking of buying a new pair of sneakers?

Here are five top tips to help you out. Wear the same socks to the store that you wear while you are walking or running. Check if the shoe is appropriate for the type of surface you will be walking/running on. Try on at least three different pairs of shoes, make sure you put both shoes on and lace them up. Always check if the length and the width of the shoe is comfortable. Try on new sneakers after you have been for a walk (your feet tend to swell throughout the day). We always find the team at Shoe Clinic very helpful!

If you need further guidance, head to www.hobsonvillepodiatry.co.nz

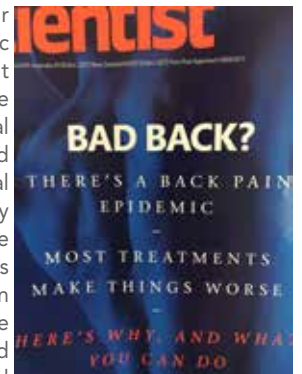


and book an appointment with one of our podiatrists.

Back pain epidemic

New Scientist magazine put that on their front page recently - 'there is an epidemic of back pain and most treatments make it worse'. Really? Going through the article it turned out the author looked at medical management of back pain using drugs and surgery with no mentioning any physical modality treatments. Indeed, with surgery and drugs there are significant risks of side effects and complications. However, there is good evidence that soft tissue mobilisation and joint manipulation are more effective for back pain than placebo. The good part of the article was on psychological mechanisms of coping with pain and the need of regular exercises. At

Family Osteopathic Clinic we always advise on stretches and regular physical activities as part of back pain management. We will forgive New Scientist for not mentioning manual osteopathic treatment for back pain and would be happy to consult them at our clinic, 39 Hobsonville Rd, West Harbour.



A clearer future for kiwi kids

It's all smiles for Colwill School Massey principal Rob Taylor and Westgate Optometrists' director/optometrist Ricky Lee as he hands over just over two hundred vouchers for free eye examinations and glasses for his students thanks to the Essilor Vision Foundation.



The Essilor Vision Foundation is bringing awareness and accessibility to eye care services

to local school children in the lower deciles. New Zealand is just one of a number of other countries that have introduced eye screening to help identify vision problems when children first start school. Yet despite these and state subsidies to finance appropriate vision correction, too many students Year 1-6 find themselves struggling to learn at school due to unidentified eye conditions like myopia. With the help of local optometrists, the goal is to improve school performance nation-wide and create a brighter and clearer future for New-Zealand's children.

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The Westerly is a focused community magazine that delivers your brand and service message directly to your localised audience by magazine, email, website and on social media.

This combined one stop shop approach delivers a unique integrated message through multiple platforms to meet the needs of business and communicate with tens of thousands in your direct local area. The publication was developed to assist local business, local clubs and networks to communicate in ways that assist them delivering a strong statement, price point, or service offer. The editorial within the publication is free from cost while the business card advertising is only \$85 plus GST per month. Therefore, if you put forward an editorial and a business card advert into the magazine it would deliver to an anticipated 25,000 individuals within the area over one month, representing a cost per exposure of \$3.91 per thousand people exposed to your message. If you were running a full page advert and editorial your cost per exposure is only \$29.90 per thousand people exposed to your message.

Feedback to the Westerly circulated through Massey to Hobsonville Point has been excellent and we've noticed that the various pick-up stands throughout the region have been emptying out fast - again showing increased demand for the publication which launched in 2015 and has continued to grow to meet its localised market.

In response to advertiser demand we offer the following options:

Business Card Advertising:

A low cost roll over brand and contact image that is truly cost effective and long term. Keeps you front and centre with your market, and allows you to link your message and your brand together in print and online. The cost is minimised to \$85 plus GST per month.



Display Advertising:

A strong brand, display message that dominates the space and has immediate impact based on the key messaging that you wish to convey to market. A select range of adverts are run in the magazine allowing maximum impact in print and online exposure. The cost of a half page is \$395 plus GST per month.



Front Cover and Inside Page:

The strongest opportunity to deliver a message around your people and performance is through the front cover of the Westerly delivering not only a strong statement but the ability to link multiple messages and the face of your brand to market. As we only do eleven covers a year we offer this on a by negotiation basis, often at no cost to your company in an effort to promote local businesses and their people.



Whatever your position on advertising and marketing we welcome your feedback and input into the magazine and it's future. It is a magazine that was developed by locals for locals and has a charter all about giving back to business, groups and networks. That's why all editorial submissions into the magazine are free from cost and have the highest probability of being published.

Contact us today at editorial@thewesterly.co.nz
or phone John Williamson on 021 028 54178 or
email jbw51red@googlemail.com

Area Columnists

Low decile students need greater access to sport events

Health researchers are calling for low decile school students to have more access to organised sporting events following a new study showing the benefit of their participation.

The results of the University of Auckland and National Institute for Health Innovation research which analysed perceptual data from more than 2,400 New Zealand parents, found families from lower socio-economic areas were more likely to report that their child's self-esteem had improved - following their participation in the Weet-Bix Kids TRYathlon series.

The study led by Professor Chris Bullen from the Faculty of Medical and Health Sciences at Auckland University found that parents were more likely to see signs of improved self-esteem amongst their children after participating in the TRYathlon. The impact was further pronounced for those children who were participating in their first TRYathlon, who had trained for the event or had three or more supporters attend the event with them.

Spokesperson for the Weet-Bix Kids TRYathlon Nigel Chenery says the world's largest U16 triathlon series has introduced thousands of New Zealand children to organised sport, in a positive environment which encourages them to lead active lifestyles.

The triathlon which is now in its 28th year has grown in popularity with 36,000 kids expected to take part throughout the country.

Chenery says demand is so great for the South Auckland event that a second mid-week event has been created to accommodate the thousands of kids in the area wanting to participate.

He says the Weet-Bix TRYathlon Foundation works to meet the growing demand from children in low decile areas by providing subsidised entries and partners with local community groups and organisers to help with equipment.

Chenery says in South Auckland alone, the Foundation along with Counties Manukau Sport will be providing hundreds of subsidised entries and bikes for local school students.

"It's fantastic to be able to offer this opportunity to the South Auckland community. This event started with 500 participants in 2009, and this year we expect to have over 3,000 children take part across both events," he says.

Along with the establishment of a second South Auckland and additional Wellington event, the company has created a new introductory event for six-year-olds, who are too young to take part in the TRYathlon.



The new Splash & Dash event will be run at 16 TRYathlons this summer and will see budding TRYathletes, complete a 50-metre swim followed by a 1500 metre run.

NZ owned GAS celebrates 20 year anniversary

GAS Service Stations – a 100% New Zealand owned company with more than 130 petrol stations using its brand – is celebrating its twentieth year in business.

Over the years, GAS has been a quiet achiever. However, the business has more than held its own against the larger international brands. Growth has been consistent with a particularly strong focus on customer service and supporting local communities.

This year, GAS celebrated its anniversary by joining the AA Smartfuel loyalty programme, which will add significant further value to motorists up and down the country. This is the most recent in a series of advancements and innovations. Last year, the brand launched GAS UP, a fuel payment app that allows users to select their pump, fuel type and how much they want to spend, before paying with their credit or debit card.

GAS GIVING has also been created to support community fundraising efforts. Recent campaigns include helping Tawhiti School raise funds for their new stage (GAS Hawera), donating 5 cents per litre towards Swanson School's library and resources (GAS Swanson) and helping Kaurilands School save their pool (GAS Kaurilands).

GAS Managing Director, Tim Ellis, has led the business for almost a decade and has seen a few changes since he took over the reins, including the rise in 24 hour and pay at the pump petrol stations. Tim is positive about the future of GAS and says the team is keen to continue improving its customer offering and expanding its services.

"The future looks bright with a number of very exciting things in the pipelines," says Tim. "While the GAS brand is not, and is unlikely ever to become a major player in the New Zealand fuels market, we see this as a strength and a foundation for our community-level operations. We are, after all 100% Kiwi. For us, it's all about being there for our customers and making their journeys that little bit easier."

Founded in 1999, the great majority of GAS supplied petrol service stations are independently owned and operated. GAS aims to provide personal, friendly service and is proud of its involvement in local communities throughout New Zealand.



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For more information on GAS, visit gas.kiwi or follow the brand on Facebook @gasolinealleyservices.

First stage of New Zealand's largest retail store opens

The first stage of New Zealand's largest retail store has opened with furniture and homewares retailer Nido launching their commercial furniture interiors division - the first of three stages before doors at the 27,000sqm site open to consumers later this year.

Nido@work will carry thousands of European and locally sourced designer commercial furniture products targeting business from SMEs through to large-scale corporates and Government departments.

Paulette Redstone, nido@work's commercial manager says there is growing local demand for designer commercial furniture as more Kiwi businesses adopt a global design trend known as 'resimercial'.



"Staff are spending longer hours in the office on average and so how we live is becoming a big driver of how the spaces we work in are designed.

"We are finding businesses are adapting their office space to accommodate the flexible needs of their staff as a way of attracting and retaining talent in the firm," she says.

Redstone who has worked in the commercial fit-out industry for more than 20 years, says the term 'resimercial' is used to describe the global trend of integrating residential aesthetics in the commercial environment.

"In practice this means designing agile spaces where people can go and work how they want to work - without the company being prescriptive in how that platform is provided for them," she says.

Redstone says the trend towards flexible working environments is being driven by technology and usage analytics - with Kiwi companies increasingly turning towards smart technology to optimise the way they design their office spaces and furniture.

"It is becoming more common for businesses to attach sensors and smart devices to their furniture and fitout which collect real-time data on how their offices are used - such as how long workers spend in a particular space, how they adjust their desk or if there are any spaces which are not utilised.

"These usage statistics allow them to reconfigure the office to suit the needs of their staff who may want more common spaces for hot-desking, remote working or the ability to accommodate larger numbers for project-based work," she says.

Redstone says in addition to carrying a wide range of commercial furniture from New Zealand suppliers, Nido has secured an exclusive contract with one of Europe's largest designers and manufacturers.

Linda COOPER

My track record is common sense decision making, practical solutions and always being available to my community. We've delivered Te Atatu Library, Te Manawa/Westgate Library, unprecedented investment in our bush tracks and significant increases in bus and train services.

I've always worked in the West; Waitakere Community Board, Massey High School Foundation, Chair of Hospice, McLaren Park GP Nurse, Ranui Action Project, Waitakere City Councillor, Justice of the Peace, President of Waitakere Licensing Trust and as your current Councillor for Waitakere.

My entire life is dedicated to service. I remain committed to giving you my best.

- Making Regional decisions with the West at Heart
- Getting a fair share of your rates \$\$\$ spent in Waitakere
- I will Champion our local communities
- Keeping up the push for reliable, safe and frequent public transport
- Protecting our environment and improving beach and stream water quality

Backing the West

Area Columnists

She says their local range is being expanded at the moment with more shipments due to arrive within the coming months and they expect their range to be around 70% European designer brands and rest sourced from other international markets or locally.

"Our second sale since opening was significant giving us confidence our thinking is in line with market demand," she says.

Redstone says their product ranges will be accredited to meet international ergonomic, environmental, strength and durability standards.

Nido@work is operating from a temporary showroom at Unit 4, 91 Central Park Drive Henderson. They will occupy an 1,800sqm floor space within the nearby Nido building when it opens to the public in December this year. For more information visit the nido@work website www.nidoliving.co.nz/nidoatwork.

Getting up off the sofa

Keeping our brains and bodies sharp can become harder as we age. Health and mobility issues can make keeping ourselves active a real challenge. But we all know how important this is, so looking for fun ways to go about it is a good idea.

A physically active game such as a round of backyard (or even indoor) mini golf or a fun afternoon of board games or jigsaws are great ways of keeping active and uplifted during these winter months.

Games and puzzles that encourage movement, laughter and even friendly competition are a great way to keep us feeling young. Mindjig stocks a variety of games that cater to all people including those with different levels of physical and mental abilities.

Visit www.mindjig.co.nz to see our resources for anyone who wants to keep themselves feeling young, including those with dementia. Or contact us email: info@mindjig.co.nz Phone: 09 600 3251.



Interesting data

With anything, illness, accidents, incidents always happen to someone else, in the workplace down the road not in your one.

In the job of a Health and Safety Consultant you see and hear about many incidents many of which should be reportable to Worksafe and which are not.

Then there are the incidents that happen that are not even reported or recorded in our own workplace accident and incident register. Recently

the writer visited a client and was told that their fork hoist had fallen a month earlier. The incident was not reported to Worksafe, but should have been. While the driver of the fork hoist was only bruised Worksafe want to know about such incidents, because of what could have happened to the fork hoist driver.

Over the past year there have been plenty of incidents that have been reported.

In manufacturing between July 2018 and June 2019 there have been 8 fatalities. Construction had 15 deaths over the same period, agriculture 13. The figures do not sound alarming, and compared with our road toll the total is insignificant, thankfully. However, any death is sad for the families who have lost a loved one, for the businesses who have lost a work colleague and friend.

The figure that really jumps out is the number of injuries resulting in more than a week away from work. Between January 2018 and December 2018 across all industries there were 29742 people off work. That is 29000 plus families and individuals who may now be living on a reduced income, suddenly cannot make ends meet and may find that they will never be able to the job they once loved, will need to find another job on a reduced income or see out the rest of their working days on a reduced income.

From an accident and incident investigation, by recording the incident it may be that you can learn how to prevent a future injury. It is possible training can be rolled out to help others from suffering an injury for example manual handling. The most common factor involved in injuries resulting in more than a week away from work was muscular stress while lifting, carrying or putting down objects.

For further information on Health and Safety contact John Riddell by emailing securo4@securo.co.nz or check out the website www.securo.co.nz.

Welcome to spring

With the warm weather came the Waitakere Kindergarten's gala that the Brigade supported. It started off with a shower of rain but cleaned to a fine day with an enjoyable day held by the community.

The Waitakere Volunteer Fire Brigade celebrated the achievements of its members with family and friends at an honours afternoon/evening. The honours ceremony recognises the service and commitment that the individuals have put into supporting the community. The honours received ranged from 3 years to 17 years' service. Honouring service starts after a 3-year commitment.



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Area Columnists

If you have a few spare hours a week and want to volunteer to support your community, we would love to hear from you.

With the start of daylight savings don't forget to test your smoke alarm by pressing the button to sound the alarm. Remember you can't smell smoke while you are asleep. Keep safe, Denis Cooper, Station Officer at Waitakere Fire Brigade.

Amazon LOTR at Kumeu

Amazon Studios' television project based on The Lord of the Rings is expected to provide a massive boost for Auckland's economy and unprecedented opportunities to grow jobs and careers.



Filming for the series set prior to The Fellowship of the Rings and reported to focus on a young Aragorn is due to start in 2020 at several Auckland sites, including the Kumeu Film Studios and other northwest locations.

Pre-production is already underway and the series is likely to premiere in 2021.

A team of screen attraction and investment specialists at Auckland Tourism, Events and Economic Development (ATEED) played a lead role, alongside the New Zealand Film Commission and regional film offices, in bringing the series to Auckland and New Zealand.

"This is a really exciting opportunity for Auckland," Auckland Mayor Phil Goff says.

"This production will support Auckland's world-class screen businesses to grow, create jobs and provide an immense boost to our regional and national economy. We already have a billion-dollar screen industry and being the main production base for Amazon's new TV series will take it to a new level."

The Amazon Studios series' name, budget details, crew size, and production plans are still in development, but the production's likely scale is unprecedented for New Zealand, the council says.

Auckland's screen and creative sector has grown an average of 6.2% per annum in the past five years.

Flow on from the Amazon series is forecast to be significant, including for catering, security, cafes near studios, and equipment rentals, Phil says.

ATEED will also investigate long-term tourism opportunities.

Scotland was expected to be a front-runner for filming the Amazon series but reports suggest Brexit uncertainty may have counted against it.

While confirming Auckland as the main production base, Amazon Studios has not announced any detail of the locations or studios where it plans to film, saying production details are still in development.

And ATEED says strict confidentiality agreements prevent it commenting on any potential involvement of Kumeu Film Studios.

Amazon does say that the executive producers and showrunners for the series are J.D. Payne and Patrick McKay.

J.A. Bayona (The Orphanage, Jurassic Park: Fallen Kingdom) will direct the first two episodes and also serve as executive producer, alongside his partner Belén Atienza.

Executive producers are Lindsey Weber (10 Cloverfield Lane), Bruce Richmond (Game of Thrones), Gene Kelly (Boardwalk Empire), Sharon Tal Yguado, Gennifer Hutchison (Breaking Bad), Jason Cahill (The Sopranos), and Justin Doble (Stranger Things).

Meanwhile, James Cameron's Avatar sequels which reportedly include some West Auckland filming may be released within the next few years, Avatar 2 possibly in December 2021.

Fireworks feast on October 18

The Monster Fireworks Display is back for its 34th year on Friday October 18. A fundraiser for Taupaki School, the family night of fireworks, food stands, entertainment and more at the Kumeu Showgrounds starts at 5pm with the fireworks display starting after dark at around 8.30pm.

It also marks a long running association with the York family of Taupaki through their Bad Boy Fireworks brand.

A not-to-be-missed event, the Monster Fireworks Display features nearly half an hour of synchronized fireworks clearly seen but safely let off by professionals in the show's fenced off main arena.

One lucky person even gets the chance to push the red button starting the display in a competition costing \$2 a ticket (or three for \$5) – having their name called in the process, tickets available until October 17.

Other raffles and auctions also abound.

Carnival rides and entertainment including the Rocking Tug Boat, Cup & Saucer ride and Mini Ferris Wheel feature alongside other entertainment like Smile Amusements' mini hotrods, reverse bungy and Fun as Inflatables before the main event.

More than 14,000 people are expected to attend the display, the year's main fundraiser for Taupaki School.

"As Taupaki School moves into a new era of STEAM (science, technology, engineering, arts and mathematics) education across the school and working with our community on our inquiry learning it's fantastic to have an event like this to ensure our students have the resources they need to prepare them for the future," Principal Pete Hall says.

Early tickets are available from the Taupaki School office for \$35 a family (two adults and up to four children), or \$40 at the showgrounds gate on the night. Adults are \$15 and seniors or children just \$5. In the event of rain, the show will be held on Friday November 8, notified on www.monsterfireworks.co.nz and the Facebook page.

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