

# the **Westerly**

FREE monthly community magazine for Massey to Hobsonville Point

**PROPERTY MARKET REPORT**  
**TRAVEL FESTIVAL**

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

**FEATS OF CLAY**

Circulation is 16,000 print copies.

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

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2018

September 2018

# Intro

We are what we eat. Your red blood cells are replaced every 120 days, and almost all your body renews itself every 7 - 15 years, depending on the tissue. So it matters what we eat, and you may wish to think whether you want to incorporate just any foods into your tissues. As Michael Pollan says in his book *In Defense of Food* (available through Auckland Libraries) "Eat food. Not too much. Mostly plants...Don't eat anything your great-grandmother wouldn't recognize as food". But we are all susceptible to the power of advertising. There are multi-million dollar companies trying (and obviously succeeding) to persuade us to buy all manner of convenient foods. Many of the "wrong" foods are those promoted by advertising. Supplements and vitamins are also heavily publicised. When recommended by a trained professional, these have their place, but based on advertisements, research suggests they are unnecessary as they can be provided by a good diet.

New Zealanders throw away over 122,500 tonnes away each year, half of which is avoidable food waste from buying too much and not storing it correctly. The current UK TV series "Eat well for less" (also on YouTube) educates families to plan their food shopping, to eat well and spend less, reflecting the role of Home Economics in The New Zealand Curriculum. Would you rely for your food choices on a trained educator, or a well-scripted advertisement? This month we have the benefit of contributions from two locals, a dietician and a pharmacist and nutrition medicine practitioner.

The Westerly this month should appeal to all tastes. Travel is on the menu. There are community happenings, a new centre for young children as the local population increases, the opening of a long-awaited garden at Hobsonville Point. sport, cultural activities, challenges for teenagers, places to explore, and a psychic show by a local TV celebrity. An Auckland Heritage Festival is coming soon. Read a tip from the police to help recover your keys if you lose them. There are our usual ideas for looking after your pets, take care of your own health, food suggestions, and property advice aplenty. Have you time to commit for your community? Do you know what the Citizens Advice Bureau does? There you could learn to offer guidance to individuals trying to sort out a practical problem. Maybe you could join the clean up in Massey and Henderson to Keep West Auckland Beautiful.

Don't be shy. If you have a local event or service you would like to promote, why not send in the details to appear in the Westerly? Thank you to all our existing contributors and advertisers. Have a good month.

John,  
Editor



# the Westerly

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# Community: Notices

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## Kids' birthday parties

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parties & events are suitable for boys, girls & adults of any age. We're based in Greenhithe, but we travel Auckland-wide ~ we look forward to seeing you soon!

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## Westgate Shopping Centre now has free Wi-Fi

Westgate Shopping Centre now has free Wi-Fi.

Head down to Westgate Shopping Centre to enjoy free Wi-Fi. Even more reason to visit Westgate.

Find out more at [www.westgate.kiwi](http://www.westgate.kiwi).



## Croatia is calling

Picture yourself, relaxing in a deck chair, soaking up the rays, cold drink in hand and the Dalmatian Coast drifting slowly by with its crystal clear waters and beautiful white brick buildings to rest your eyes on. If this is how you imagine your next holiday, then a sailing trip in Croatia is calling.



Hayley had the amazing opportunity to sail the Dalmatian Coast for a week in June this year during her 3 months overseas and it was one of the highlights of her trip. She started in the idyllic Old Town of Dubrovnik and finished up in the Blue Lagoon of Split. Along the way she had the chance to visit Mljet and its National Park, kayak in the beautiful waters surrounding Korcula, climb to the Fortress in Hvar for breath-taking view, grab some gelato and relax in Stari Grad and go canyoning on the Cetina River in Markaska.

An experience, like hers, is definitely one that everyone must have, at least once in their life and is the best way to see Croatia in all its glory. Don't think twice and contact our office to find out more or secure your own Croatian holiday today.

We have a "Journey around Croatia" evening on the 11th Sep-

## Special thanks

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

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tember so contact us to register or join our Facebook page to keep up to date with our events.  
Contact: hobsonville@helloworld.co.nz or phone 09 416 1799.

## The Mobile Care Specialists

We Kiwi's sure do love our cars and the freedom they offer. However, keeping them in sparkling condition is easier said than done. The friendly team at The Mobile Car Specialists makes it easy with multiple car restoration services.



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## Why Kip McGrath Education Centres are successful

The Centres are successful because we offer the following services: Professional, experienced teachers who remain with the children over time and understand their special needs. Free, no-obligation assessment. No hidden fees – everything is provided. Individual, graded programmes and homework activities. Computer-assisted learning which helps motivate the student. Work relevant to the child's school needs. Neutral, low-key setting – not home, not school. A positive learning environment in which success is there for all children.

Who is Kip McGrath? Kip McGrath is a qualified teacher who began tutoring students in Australia. He developed carefully graded curriculum programmes in the basic subjects. This material was organised into computer activities, text books, activity sheets and booklets, making use of modern technology to interest and motivate children. These basic skills programmes have proved so successful that there are now Kip McGrath Education Centres in Australia, USA, UK, South Africa, Canada, Fiji,

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When I wear my "Initial Love" pendants, it's not just about me keeping my children close, they totally love seeing their initials hanging around my neck.

They will often talk about the pendants and even play with them, given the chance. I am sure this reaffirms to them how much they are loved and reminds them that they are always in your thoughts and in everything you do.

Visit my website [www.preciousimprints.co.nz](http://www.preciousimprints.co.nz) to view my range of personalised and symbolic earrings, rings, necklaces, key rings and more. Also feel free to email me [jo@preciousimprints.co.nz](mailto:jo@preciousimprints.co.nz) if you have an idea you would love to see turned into a piece of jewellery.



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## Massey Police

How much is a replacement key for your car \$100, \$1000 ... or the replacement of your bunch of keys that have your life on a ring, car, house, garage or work?

How easy is this? Get a dog tag engraved with your Drivers Licence number (Your drivers' licence number stays with you for life, only the version number changes on replacement).

Police will be able to return them to you.

Hundreds of keys are handed into Police, most are nonreturnable as there is no identifier on them.

Get smart - engrave your keys and your tools!



## Local psychic medium

Kerry-Marie is a new star on the most recent Sensing Murder series and is putting on a show on the 28th is September in Parnell. You can book tickets through [www.eventfinda.co.nz/2018/bridging-the-worlds/auckland/parnell](http://www.eventfinda.co.nz/2018/bridging-the-worlds/auckland/parnell). It's your chance

to see her working live as she brings through your loved ones



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from the other side giving messages or peace, love and comfort. You don't want to miss out so book now. Group bookings are available at a discounted rate. For further services you can peruse is book through Kerry-Marie's website: [www.spiritualdecisions.co.nz](http://www.spiritualdecisions.co.nz).

## Gym Zone

Free-Play at Gym Zone. Come along and try out our huge foam pit, trampolines, tumbling track and gymnastics equipment. 1hr sessions are open on Saturday and Sunday for all ages. Pre-school Free-Play sessions Monday - Friday 10.30am-11.30am entry fee includes a free coffee for caregivers. For more info go to the Free-Play tab on our website. Let us entertain the kids at your next birthday party! We have options for self-catered and fully catered parties, an exclusive party room and lots of gymnastics fun. Gym Zone - Where movement begins. 4 Workspace Drive, Hobsonville. Read more at [www.gymzone.co.nz](http://www.gymzone.co.nz).

## Can you light a rubbish fire

New Zealand has sent 36 fire fighters to the United States and 65 to Canada to help combat the growing number of wildfires. Eight of the team that have been deployed are from the Auckland region.

New Zealand has agreements with Mexico, the United States, Canada and Australia to help in circumstances like these. Rubbish fires are proba-



bly the calls we dislike most. We often find ourselves "dammed if we do and dammed if we don't". On one hand we have the disgruntled person who lit the fire because if it is unsafe then we extinguish it. On the other hand, if the fire is safe then we will not extinguish it which then raises the ire of the person who had put the call in often for a smoke nuisance. A simple guide: Fire and Emergency NZ will only extinguish a fire if it is deemed unsafe. If the fire meets the permit conditions, is contained with no chance of it escaping and starting another fire then we will not extinguish it. A smoke nuisance is managed by Auckland Council. Below is a link to report a smoke nuisance. [www.aucklandcouncil.govt.nz/licences-regulations/outdoor-fires/Pages/report-smoke-pollution-from-fires.aspx](http://www.aucklandcouncil.govt.nz/licences-regulations/outdoor-fires/Pages/report-smoke-pollution-from-fires.aspx). To find out if you require a fire permit to light a fire visit [fireandemergency.nz/checkitisalright/fire-types/](http://fireandemergency.nz/checkitisalright/fire-types/) You can then apply for a permit while on the site. If in doubt, go to check it is alright website link above before you light the fire light. Denis Cooper - Station Officer, Waitakere Volunteer Fire Brigade.

**K A A**

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For details and submission forms visit [www.kumeuartscentre.co.nz](http://www.kumeuartscentre.co.nz) **2018**

**Receiving Entries Now until Oct 16th**



# People:Places

## G.J Gardner Home Rodney West

We managed to secure some time with Rachael and Matt Lelan, the Franchise owners for G.J. Gardner Homes Rodney West and asked them some questions about the brand and their Franchise.

Tell us what makes G.J Gardner brand so good?

G.J. Gardner Homes acknowledge that customers determine our success and that excellence in customer satisfaction is our highest priority. We pride ourselves on our reputation for integrity, value, commitment and dependability, and combined with over 20 years' experience, we are proud to have delivered great quality homes.

What experience can the public expect?

Your G.J. Gardner Homes franchise is an independent, locally owned and operated business supported by a national franchise that means great systems, processes and buying power. This allows us to deliver the highest quality home for the sharpest price to our customers. We have a passionate team that puts customers first, and are experts at turning a wish list of their dream home into a reality with the best possible house for their budget and location.

What do you want to achieve with the consumer experience?

From a great customer experience, our objective is to have all of our clients so delighted with their new homes that they refer our company to their closest friends and family for the construction of their new homes.

In your opinion why do customers engage with the brand?

We are proud to have been awarded New Zealand's most Trusted Home Builder, a reputation built on quality, proven value and no surprises. We project manage everything, every step of the way with a building contract covering costs, workmanship, material guarantees and completion dates, with the home covered by our 10 year warranty providing long term peace of mind.

What makes the public so passionate about GJ Gardner?

Again, our reputation for value and quality. Our vision is to have every customer recommend us to their closest friend, we are committed to fulfilling our customers' dreams and exceeding their expectations and this shows through to the onsite experience our customers have when they choose to build with

G.J. Gardner Homes.

For more information you can contact Matt on 027 838 7128 or matt.lelean@gjgardner.co.nz, or Rachael on 027 412 8917 rachael.lelean@gjgardner.co.nz.

You can pop in to their offices at 1A Tapu Road, Huapai, their opening hours are Monday to Friday 8:30am to 5pm. Phone the office on 09 412 5371. Visit one of their two show homes - 7 Grove Way, Riverhead open Monday to Sunday from 12pm - 4pm. 31 Nobilo Road, Huapai open Tuesday to Sunday 12pm - 4pm.



Graham McIntyre

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# In Brief updates: Events

## New Shoots

Whenuapai's first Early Childhood Education Centre, New Shoots, opened in August to meet the demand of Whenuapai's growing population. The architecturally designed centre will cater for up to 90 children, with multiple play-rooms for different ages, all of which open onto outdoor play and activity areas. "We are thrilled to be opening our doors in Whenuapai," says local, and Centre Director, Roslyn Jephson. "Whenuapai has a great, tight knit community, and with more and more families settling in the area, paired with the new housing developments in Hobsonville & West Harbour, it has been clear that there is a growing demand for an early childhood education centre nearby," says Jephson. The newly built centre is architecturally and sustainably designed, is based on eco-friendly values and provides light and open spaces that encourage free play, socialisation and creativity. The New Shoots Whenuapai centre is the third to open north west of Auckland in 2018, following Westgate & Hobsonville, and they are currently accepting new enrolments and interested parents are welcome to visit the centre. New Shoots Whenuapai is located at 1 Maramara Road. For more information visit [www.newshoots.co.nz](http://www.newshoots.co.nz).



## Seniornet West Auckland

As we are getting to the end of the year and our classes finish early December, we are now offering reduced membership to

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anyone who wants to do our classes. This will now be just \$10 to the end of December plus class fees. We are currently looking at running a class based on Google Arts and Culture which is a great way to see the world of art and history. If you are interested please ring Pam and let her know. We will show you how to navigate the site and what you can see. We have just updated our desktop computers to give better access. If you want to do a class you are welcome to bring along your own device but we do have laptops and Apple Mac that you can use also. Classes cover iPhones, iPads and Samsung Tablets and phones as well as computers.

We will be participating the International Day of the Older Person on the 28th September which is held at the Kelston Community Centre so please come along and see us. This is a showcase of things one can do to keep both mind and body active as we get older. Our class coordinator is Pam phone 8272156 - give her a ring if you want any information about our classes. If you leave a message she will get back to you. For Apple Mac classes please ring Janet on 021 993 341.

We have a Help Day on the second and fourth Tuesdays from 10am to 12 noon at our Learning Centre which is in the Henderson RSA in Railside Avenue, Henderson. This is great for those needing a little help or for people to come and find out what we do. We also have a monthly meeting on the 3rd Tuesday each month at Kelston Community Centre, Cnr Awaroa Road, Kelston starting at 10am with a guest speaker and morning tea.

## What does it take to start a community garden?

It takes 'thyme', a rich loam developed of passion and patience, small hands to help plant seedlings and, a sunny disposition. What, no watering? That's almost in place as this goes to print!

A group of enthusiastic residents at Hobsonville Point met recently to celebrate the opening of the Catalina Community Garden, after three plus years of negotiations, regulations and planning. The results of which are a dedicated garden area bordered by fruit trees that encloses 29 raised garden beds, with easy access to water, compost bins and fully-developed pathways. Front of place in the garden is the herb bed, developed by the Hobsonville Herb group for the





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community to share and learn about the multiple uses for herbs. Much of the development has been thanks to the council, the Upper Harbour Board, Waterford – the developer of the adjacent retirement village, and HLC Homes Land Community – the developers of the land and community at Hobsonville Point. Not to forget the passionately determined band of volunteers. The aim of the Catalina Community Garden is to promote healthy living through environmental sustainability, that is, growing and sharing produce while learning new gardening skills and developing a sense of community. Composting lessons are booked with the Compost Collective and arrangements are underway to collect coffee grounds from the local cafes. The opening barbeque was one of more to come and by summer we're looking forward to the sausages being accompanied by home-grown salads.

## Looking for affordable swimming lessons for your children?

Massey Amateur Swim Club (MASC) offers the best value swimming option around. MASC has been involved in the community for 30 years. We are a community based swimming club that promotes water safety in the Massey, Westgate, West Harbour, Hobsonville area. We hire the Massey High School pool and meet twice a week. Lessons on a Monday night, and Wednesday is club night where children are timed and strive



to improve their own personal best. All children (5+ years of age) of any ability are welcome to join. The complete season from October to April is only \$100 for one child or \$140 for two children from the same immediate family, or \$160 for three or more children from the same immediate family. Registrations for MASC are now open for the 2018/2019 season. Please visit our website at [www.sportsground.co.nz/masseyamateurswimming](http://www.sportsground.co.nz/masseyamateurswimming) for more info, or find us on Facebook. Massey Amateur Swim Club [www.facebook.com/search/top/?q=massey%20amateur%20swim%20club](https://www.facebook.com/search/top/?q=massey%20amateur%20swim%20club).

## Auckland Heritage Festival 2018

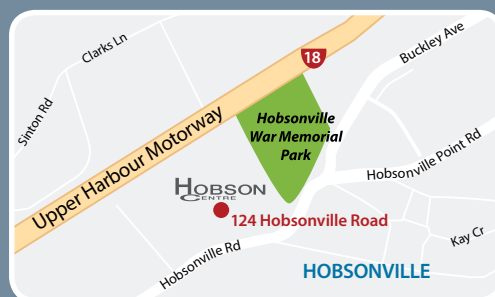
29 September to 14 October. Over 200 free or low cost events throughout Auckland. Celebrate the people and cultures from all corners of the world that have made Tāmaki Makaurau the diverse city it is today at the 2018 Auckland Heritage Festival. Explore the sacred spaces of the beautiful Bharatiya Mandir Hindu temple, marvel at Gottfried Lindauer's majestic Māori portraits, tour Eden Park with historians to uncover the stories and characters behind our national stadium or join a walk to celebrate the Pasifika peoples and stories of Karangahape Road. From exhibitions, walks, talks and tours, to a vintage market day and have-a-go gold panning, there's a huge range of events to suit all tastes and ages.



# Food, Health, Beauty, & more...

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[www.hobsoncentre.co.nz](http://www.hobsoncentre.co.nz)  
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This year's festival theme is 'Ngā iwi o Tāmaki Makaurau – Celebrating the heritage of our people', bringing together the heritage stories of the many different cultures and communities that make up Auckland.

The Auckland Heritage Festival is brought to you by Auckland Council. From early September see [heritagefestival.co.nz](http://heritagefestival.co.nz) for the full list of events and programmes will be available from Auckland Libraries or selected cafes.

## Keeping West Auckland beautiful

The Massey Birdwood Settlers Association, the Rotary Club of Henderson and Keep West Auckland Beautiful are combining to clean up streets around Massey and Henderson on the 15th September.



The day is part of G J Gardner Homes and Keep NZ Beautiful Clean up Week, which this year is part of world clean-up day. Last year Keep West Auckland Beautiful and the Massey Birdwood Settlers Association picked up litter along Don Buck Road, between Red Hills Road and Royal Road roundabouts and contributed to more than 67000Kg of litter collected during Keep NZ Beautiful clean up week and the members were part of the 72000 people who participated in the project nationwide.

The not-so-fun facts:

- Almost half of the plastic existing today, has been produced during the last 15 years. (National Geographic, June 2018)
- Plastic debris tends to accumulate at the centre of ocean gyres. The North Pacific Gyre, for example, has collected the so-called "Great Pacific Garbage Patch", which is now estimated to be about three times the size of France (approximately from 700,000 to 1.6 million km<sup>2</sup>).
- Every year 4.8-12.7 million tonnes of plastic finds its way into our oceans from the coastal areas and riverways. That is 15 bags filled with plastic waste per every metre for all the coastal lines

in the world. If all this waste was put on lined up trucks, the line would stretch around the world 24 times. (Jemma Jambeck, University of Georgia, 2015)

- That also equals dumping the contents of one garbage truck into the ocean every minute. If no action is taken, this is expected to increase to two per minute by 2030 and four per minute by 2050. (Ellen MacArthur Foundation report, 2016)
- From all the plastic ever made, only 9% has been recycled. (Jemma Jambeck, National Geographic, 2018)
- More than 3.5 billion people do not have access to the most elementary waste management services (ISWA, Globalization and Waste Management, 2012)

About Keep New Zealand Beautiful

Keep New Zealand Beautiful is a not-for-profit organisation that focuses on keeping New Zealand communities clean, safe and beautiful. Keep New Zealand Beautiful increases environmental awareness through a range of sustainability and education programmes.

For more information or registration contact John Riddell - Secretary Massey Birdwood Settlers Association – email [maaasey-birdwood@gmail.com](mailto:maaasey-birdwood@gmail.com).

## TS Bellona

Not your average boredom-buster for your device-addicted teens. When your kids are small you know all the activities and groups to keep them amused during



the day and after school. As they get older, unless they're into sports, there are not so many obvious outlets for their energies. But every Thursday nights, down at Hobsonville Point there's a group of teenagers who've left the magnetism of their devices at home and are living the dream for real.

TS Bellona is the Hobsonville Point-based Navy Cadet unit for high schools students, or those aged 13+. The dark, cold winter nights didn't put off two new recruits from joining the cadets. Although blustery weather meant little sailing over term 2, the cadets got out to the rifle range at Swanson. Over the next few weeks the cadets are involved with an international exchange with other Navy cadet units from Canada, USA, Australia, UK and Hong Kong. As the weather warms up the Navy cadets get involved in tramping, camps, sailing and shooting. Developing not your everyday skills and experiencing some totally different challenges that you won't find anywhere else.

We'd love to see you. Thursday nights from 6.45pm at Hobsonville Yacht club. For more information find them FB @TSBellona – Navy Cadets, IG TSBellona or email [trainingshipbellona@gmail.com](mailto:trainingshipbellona@gmail.com), or come along and visit on a Thursday night.



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## NorthWest Rewards campaign

The NorthWest Rewards campaign ran at the NorthWest Shopping Centre between 18 June and 22 July. Eleven participating schools were lined up to grab a share of a \$6,000 total prize pool. Shoppers could allocate points to their school of choice. Participating schools were Huapai District School, Helensville School, ACG Sunderland, Waimauku School, Riverhead School, Massey High School, Hobsonville Point Primary, Hobsonville Point Secondary School, Colwill School, Waitakere Primary School and Kaipara College. Winners were based on the highest average spend per student. In the end it was very close between Huapai District School and Helensville School, Huapai had 10,906 points, while Helensville had 10,241. Voters and schools were tracking each school's progress in-centre or via the NorthWest Shopping Centre website. There was a total of 2708 votes from the community for the 11 schools. Huapai, the overall winning school, will be using the \$3000 prize towards sun shades for their playground. Helensville School received \$2,000, and Hobsonville Point Primary received \$1,000.

Photo: Caprice (left) and Erika (right), with Huapai District School Principal John Petrie.



## Stems Flower Barn

Spring is early this year, so we are also hoping we have an early summer with lots of sunshine and warm lazy summer days coming.

Over winter we have been busy moving our roses into new growing beds, and starting new plant varieties

to add to our list. One of the new ones is Gerbera Tetra Cupid, a really fluffy pink Gerbera with a fabulous long stem. Keep an eye out on our Facebook or Instagram pages as these are limited in numbers. Coming up soon we are also offering PYO flowers from \$1 per stem. You will need to bring your own secateurs and bucket. Please register your interest here [www.flowerbarn.co.nz/page/PYO/subscribe/login](http://www.flowerbarn.co.nz/page/PYO/subscribe/login).

Did you know we are now offering our greenhouse and barn for Pop Up Weddings? It's perfectly suited to small weddings. We can cater for up to 20-50 people. Such a great setting for spring, summer and autumn. Don't let an unsettled spring or



summer ruin your perfect wedding day and have your photos taken all under cover away from those driving winds and wet dreary days. We look forward to helping to create an intimate, gorgeous memorable wedding day for you. Contact Monique or Angelique on 09 412 7606 to book your space or go online to our website [www.flowerbarn.co.nz](http://www.flowerbarn.co.nz).

## Soljans 2018 Wedding Expo

Soljans Estate Winery is showcasing their stunning and unique wedding ceremony and reception venue at their 2018 Wedding Expo. So come along and grab a complimentary glass of award-winning Fusion Muscat on arrival, or better yet enjoy a wine tasting station with more of Soljans famous drops. Delicious canapés on offer and go into the draw to win some prizes and deals that Soljans has to offer on the day.

We have also invited, and will be showcasing, some of Soljans special guests - our preferred suppliers! We will have wedding cakes on display and Little Black Photo booth will be there to add to the fun.

If you have any questions, please do not hesitate to contact us via Facebook or email [Chloe on weddings@soljans.co.nz](mailto:Chloe@weddings@soljans.co.nz).

Saturday 27th October 10am – 2pm at Soljans Estate Winery and Café. 366 State Highway 16, Kumeu.



## September is Comic Book Month at Auckland Libraries

The world of superheroes, Japanese comics and graphic novels. From Superman, Green Lantern, Spiderman and X-Men to manga, anime and unique handcrafted zines, there is something for everyone. Customers who take out five graphic novels during September and get their "Take five" card stamped can go into the draw for free tickets to the Armageddon Expo and bundles of magazines. The "Take five" cards will be available at the library from the beginning of September.

On Tuesday 11 September from 5.45 pm to 6.45 pm there will be a special event at Massey Library, Cnr Don Buck Rd and Westgate Drive. Are you a hero or a villain? Pose in front of our green screen and we will email you a photo of you looking like a hero. Will you be the Minute it to Win itHero, or are you going to be the next Kahoots Hero? Prizes for the best hero and villain costumes and a few spot prizes. Popcorn and iceblocks for supper. R.S.V.P. Limited space so please book your place by emailing

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There will also be a school holiday programme in October and the theme is "Time Turners". This will be advertised in September by the Library.

## The Travel Festival

We have a really awesome event planned for the 16th of September you might be interested in attending?

The Travel Festival is for everyone aged 50+ looking for ideas and inspiration for their next big adventure. We have gathered together some of the best suppliers in the industry, all bristling with knowledge, ideas, new products and of course great one-off deals exclusive to the Travel Festival. You'll find top airlines, river and ocean cruise lines, coach tours, tailor-made specialists, great rail journeys of the world, walking and cycling, resorts, travel tech, gadgets and so much more. All showcased in an informative and interactive setting on the shores of Hobsonville Point. Pre-register for your chance to win an amazing South Pacific holiday staying at Return to Paradise and flying Air New Zealand. There are other prizes are yet to be announced.

To find more information and to pre-register check out the website (for your chance to win a holiday) [www.travelfest.co.nz](http://www.travelfest.co.nz).

[www.eventfinda.co.nz/2018/the-travel-festival-for-50-plus/auckland](http://www.eventfinda.co.nz/2018/the-travel-festival-for-50-plus/auckland).



## House of Travel Hobsonville

We are very excited to announce the first ever Travel Festival. Hosted at the beautiful Summerset Monterey Park designed for those 50+ looking for travel inspiration and ideas in a fun, friendly and picturesque environment. House of Travel Hobsonville and Summerset have gathered dozens of the world finest travel companies, cruise lines, destination experts and Travel tech for a one-day celebration of all things travel. As well as displays we have an incredible line up of presenters you can enjoy listening to while sipping a cold or hot drink. (Please bring along some cash to help us support Hospice)

September is the perfect time to be seeking inspiration and planning travel for 2019. The early birds do get the best choice of flights, prices and early booking discounts especially for Europe.

On the day you'll also find exclusive discounts and show deals plus the chance to win a South Pacific holiday and many other amazing prizes. Please also go to [www.travelfest.co.nz](http://www.travelfest.co.nz) to enter

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the draw, check out some of the companies attending, and find the travel talk schedule and parking instructions.

We can't wait to see you there! Mike (Buzz) Thomson 09 416 0700 [hobsonville@hotmail.co.nz](mailto:hobsonville@hotmail.co.nz) Cnr Hobsonville Point Rd and De Havilland Rd.

## Belvedere Law

Gareth, Linda and Jennifer are Hobsonville lawyers, with offices based just behind Countdown supermarket in Settlers Avenue.

We (Gareth and Jennifer) moved to Hobsonville from the Wellington region just over 2 years ago. We closed

our law firm there and started afresh to build a new firm reflecting the needs of our new community. We met Linda early in 2017 and asked her to join us as she shared our values of being responsive to our clients and working hard for them.

Loving the wonderful diversity of cultures in Auckland we value working with our Mandarin speaking community throughout the city. And we are fortunate to have a nationally recognised expert in family matters to help sort out legal issues for parents and children when things go wrong for families.

With our varied backgrounds and life experiences we bring a lot of empathy and professionalism to our work with people.

Gareth Bodle - Linda Wang - Jennifer George. [www.belvedere-law.co.nz](http://www.belvedere-law.co.nz) or 09 416 6562.



## Culture Evening

Hobsonville Point Secondary School is presenting a Culture evening on Wednesday 5th September from 5pm to 7.45pm. Celebrate our diversity through various games, activities, food and performances. Bring a dish from your culture to support our culture evening. The School's

Kapa Haka will be performing - please support them with a gold coin donation. The programme will be 5pm - 6pm Activities, 6pm - 6.45pm Food and 6.45pm - 7.45pm Performances. The venue is at 70 Hobsonville Point Road, Hobsonville.



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

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# Property:Advice

## Property market report

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

Hobsonville Point, home of the Block 2018 and a poster child for new-age housing developments. Land sales in the area are \$388,000 to \$475,000 over the last month compared to \$200,000 to \$466,000 for the year ending August 2018. Median value in the area sits at \$894,000 for the month compared to \$628,000 for the year ending August 2018. The highest sales upper quartile remains Constant around \$970,000. Sales volumes for the month were 21 units (average days on market 44) with annual sales at 306 units (average days on market 33) to year ending August 2018. Buyer groups are mostly younger mixed families with a cross section of children. Mature buyers (50 plus) make up less than 27% of the buyer grouping which holds consistent. This is a solid performing market for two to four bedroom homes with solid demand and stable pricing.

Huapai, home of Cadbra Developments and an area that is set for some significant infrastructure change over the next 24 months which should be welcome relief to residents and businesses alike. Land sales in the area are soft and good buying at \$344,000 to \$480,000 over the last 12 months to August 2018. Minimum sales value of home and land package is \$955,000 with a median price from last month at \$1,060,000 compared to \$1,000,000 for the year ending August 2018. High end pricing for new building activity on 600 sqm site sits between \$1,100,000 and \$1,180,000 which is comparable with the year-end figures. Sales volumes for the month were 6 units (average days on market 37 days) with annual sales at 64 units (average days on market 35) to year ending August 2018. This is a market struggling through infrastructure but will come back strongly when this has been resolved.

Herald Island	\$1,800,000
Hobsonville	\$705,000 to \$1,580,000.
Massey	\$62,000 to \$1,228,000.
Royal Heights	\$565,000.
Swanson	\$785,000 to \$1,240,000.
West Harbour	\$615,000 to \$1,430,000.
Waitakere	\$09,000 to \$920,000.
Whenuapai Residential	\$1,033,800 to \$1,240,000.

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

## When would you use a non-bank lender?

We know not everyone follows the same path, which means not every borrower will appeal to all lenders. A simple default on a utility bill from years ago could affect your credit rating and your ability to pass the criteria outlined by certain banks. Thankfully, there are alternate lenders that can help you reach your financial goals with a custom loan, and your Mortgage Adviser is well placed to explain who they are, and why they do things differently.

Get finance with an irregular income -Not everyone earns a regular PAYE income. You might be self-employed, a contractor, or you could work in a seasonal business and earn all of your income during just six months of the year. This makes it hard for some lenders to assess risk when you apply for a loan. As a result, many borrowers in this situation are unable to obtain a loan. Mortgage Advisors have access to custom lenders that can provide low documentation loans – which means regardless of how you earn a living, you can still be considered for finance when making your next property purchase.

Consolidate debts to stay on top - It's not unusual for borrowers to end up with debt across different loans and then find themselves struggling to pay it all off. People caught up in this situation often think that if they just keep peddling harder they'll come out the other side. Some do – but others don't, they fall even further behind.

One way borrowers can stay on top of all their repayments is by consolidating debts into one loan with a lower rate. Even if you've missed a few payments on some of your loans, your Mortgage Adviser can talk to you about options for refinancing to help get you in a better financial position.

Short term funding - In many cases, a particular need has aris-

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en in which short term finance will be required. Where such circumstances involve the impending sale of property, Mortgage Advisers may be able to help you obtain short term funds. For example, if you are a property investor and need money now while another property is pending sale.

For further details feel free to contact Ivan on 0275 775 995 or email [ivan.urlich@mikepero.co.nz](mailto:ivan.urlich@mikepero.co.nz). Ivan Urlich is a registered financial adviser specialising in mortgages, his disclosure statement is available free of charge on request.

## How to ensure your KiwiSaver withdrawal comes through on time

Applying to withdraw KiwiSaver funds (and the process of receiving those funds) takes time. KiwiSaver providers take no liability for delays in processing applications.

If the application has been filled out incorrectly, or does not include the correct supporting documentation, this can create extra delays in processing the application.

If the funds have not arrived from the KiwiSaver provider in time for settlement, they cannot be used towards the purchase. You as the purchaser cannot get a loan from somewhere else to cover the shortfall (for settlement) and then use your KiwiSaver to repay that shortfall loan.

To ensure everything goes smoothly: Get pre-approval from your KiwiSaver as to how much money you can withdraw. Allow at least 10-15 working days to finalise finance conditions. Allow at least 10 working days from the date the agreement goes unconditional until settlement date. Submit your KiwiSaver withdrawal application as soon as you can. By Carmen Franich, Smith and Partners Lawyers phone 09 836 0939 or visit [www.smithpartners.co.nz](http://www.smithpartners.co.nz).



## Company debt & personal liability

Can company debt become personal debt? That is, a company that is a separate legal entity from you personally. It should follow that you cannot be made responsible personally. However, there are instances where the Court has made a director responsible for the company debt and the cost of the liquidators (\$489,000 in total in a recent case). This is where a company has gone into liquidation in circumstances where there is inadequate record keeping by the directors. Keeping sufficient material so that a company can prepare accounts in accordance with generally accepted accounting principles is usually the starting

point. Ignorance of the record-keeping obligations of the company is also no defence against a finding of liability. Indeed, sometimes poor records become the cause of the insolvency. This is an area for specialist legal advice. Luke Kemp solicitor 09 412 6000.

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## KiwiSaver to buy your first home

Having trouble getting into your first home? You will need a chunky deposit. Think about using your KiwiSaver if you've contributed for three years, you intend to live there for 6 months, and your scheme allows saving withdrawals. 'Second time around' buyers may also qualify.

Confirm your scheme allows withdrawals, and how much you can take out. You may be eligible for a HomeStart Grant (\$3,000 - \$20,000), depending on how long you have been contributing. If using KiwiSaver or HomeStart - tell your land agent to allow enough time in the agreement.

Want to know more? Contact Henderson Reeves, solicitors - our Auckland team is mobile. Telephone 09 281 3723, or Taina 027 537 9222, Shelley 027 537 9221, or Amie 021 421 336.



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# area property stats

Suburb	CV	Land Area	Floor Area	Sale Price
Herald Island	1,475,000	809M2	220M2	1,800,000
Hobsonville	1,225,000	357M2	238M2	1,262,000
	1,375,000	300M2	268M2	1,545,000
	1,025,000	225M2	183M2	968,000
	910,000	147M2	167M2	975,000
	1,050,000	221M2	177M2	968,888
	820,000	84M2	146M2	875,500
	1,000,000	231M2	163M2	980,000
	455,000	107M2	96M2	705,000
	1,075,000	252M2	183M2	963,500
	1,250,000	341M2	235M2	1,249,000
	770,000	122M2	115M2	772,500
	875,000	187M2	181M2	970,000
	950,000	189M2	207M2	1,120,000
	1,320,000	268M2	263M2	1,580,000
Massey	1,000,000	450M2	16M2	885,000
	1,160,000	338M2	230M2	1,208,000
	630,000	660M2	120M2	670,000
	1,050,000	312M2	100M2	1,054,800
	640,000	350M2	120M2	731,000
	870,000	1124M2	90M2	800,000
	660,000	410M2	95M2	690,000
	660,000	606M2	90M2	674,000
	890,000	650M2	116M2	724,500
	630,000	370M2	120M2	708,000
	690,000	895M2	90M2	710,000
	630,000	528M2	130m2	620,000
	1,025,000	579M2	188M2	920,000
	795,000	551M2	136M2	690,000
	1,025,000	842M2	300M2	1,071,000
	600,000	466M2	140M2	685,000
	760,000	809M2	140M2	910,000
	610,000	869M2	90M2	717,000
	575,000	468M2	90M2	685,000
	880,000	432M2	120M2	700,000
	790,000	497M2	162M2	756,000
	730,000	374M2	130M2	751,000
	700,000	450M2	151M2	761,000
	680,000	643M2	70 M2	630,000
	750,000	360M2	128M2	774,000
	680,000	670M2	110M2	650,000
	830,000	741M2	165M2	960,000
	780,000	608M2	153M2	769,500
	700,000	688M2	160M2	755,000
Swanson	755,000	539M2	97M2	785,000
	1,025,000	1002M2	208M2	950,500
	780,000	466M2	160M2	820,000
	740,000	693M2	190M2	810,000
Waitakere	615,000	1276M2	88M2	675,000
	700,000	809M2	150M2	774,000
	730,000	876M2	107M2	609,000
West Harbour	1,550,000	680M2	290M2	1,430,000
	1,150,000	465M2	185M2	1,195,000
	910,000	430M2	120M2	815,000
	1,180,000	653M2	210M2	1,180,000
	1,080,000	700M2	180M2	970,000
	540,000	155M2	152M2	615,000
	960,000	735M2	110M2	760,000
Whenuapai	1,075,000	330M2	216M2	1,035,000
	1,250,000	357M2	273M2	1,210,000
	1,200,000	356M2	258M2	1,208,000
	1,100,000	301M2	240M2	1,055,000
	1,325,000	395M2	277M2	1,240,000

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

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





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**14 McEntee Road, Waitakere**  
By Negotiation

Elevated views over the valleys and green fields of Waitakere Township with over half an acre of land this hidden away treasure is worth digging deep for. Not only is the land footprint big, the home, constructed of beautiful big brick and concrete tile roof offers good insulation properties, durability and styling. A spacious four bedroom home with two living areas, two bathrooms, separate laundry and oodles of storage is an outstanding family friendly layout with separation and integration when and where you want it. The CV on this property is \$1,275,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com).

[www.mikepero.com/RX1425082](http://www.mikepero.com/RX1425082)



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OFFERS OVER \$1,039,000 - MOTIVATED VENDOR IS ON THE MOVE 4 3 2

Offers Over \$1,039,000

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

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



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SUPERIOR BUILD, SPACIOUS LIVING, HOBSONVILLE POINT 3 2 2

Asking Price \$1,049,000

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

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



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CENTRAL MASSEY LOCATION, ELEVATED AND WELL PRESENTED



By Negotiation

**19 Zefiro Drive, Massey**  
By Negotiation

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



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CHARMING CHARACTER HOME ON A SUNNY 923 SQM



By Negotiation

**21 Punga Road, Whenuapai**  
By Negotiation

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



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[www.mikepero.com/RX1604749](http://www.mikepero.com/RX1604749)



**STUNNING, SUN-FILLED AFFORDABLE CORNER HOME**



**Offers Over \$719,000**

**30 Oioi Road, Hobsonville Point**  
Offers Over \$719,000

Occupying a prime position on a sun-filled North facing corner site, this immaculately finished near new G.J. Gardner two-level, two bedroom freehold townhouse offers modern designer living. Downstairs you will enjoy a sleek open plan living and dining area, perfect for entertaining. High stud ceilings complete with designer lighting, sophisticated kitchen, ample custom cabinetry and large storage cupboard flow onto a lovely outdoor area complete with low-maintenance garden. Upstairs you will find two spacious bedrooms with built in wardrobes along with the main bathroom. The very large master enjoys afternoon sun with the second generous bedroom enjoying morning sun and sea views. With its own large car-park, located directly outside your front door, and plentiful street parking.

[www.mikepero.com/RX1534452](http://www.mikepero.com/RX1534452)



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cherry@mikepero.com



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



**Asking Price \$915,000**

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

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

[www.mikepero.com/RX1567258](http://www.mikepero.com/RX1567258)



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POTENTIAL, PERSONALITY, POSSIBILITY AND FUTURE URBAN - KUMEU 2 1 1

By Negotiation

**46 Oraha Road, Huapai**  
By Negotiation

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



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VENDOR SEEKS OFFERS - HOME, VIEWS ON 1092M2 4 2 1

Asking Price \$1,050,000

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

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



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## HOBSONVILLE - AFFORDABLE FAMILY HOME

3 1 2

Offers Over \$869,000

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

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

[www.mikepero.com/RX1610906](http://www.mikepero.com/RX1610906)



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## BUILD YOUR DREAM HOME WAIMAUKU

By Negotiation

**908 Old North Road, Waimauku**  
By Negotiation

Often sought but seldom found, this flat easily accessed 1.7 hectare site ticks the boxes for the lifestyle buyer that seeks a flat no nonsense property to create a piece of magic. It features: 1.76 hectares, No building covenants. Down a private ROW, Fenced, Flat site, In a rural glade with shelter belt trees to the south west. A short drive to Kumeu and Waimauku shopping centres, transport links and schools. The CV on this property is \$760,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com).

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## PANORAMIC VIEWS - EASY LIVING IN SWANSON

4 2 2

By Negotiation

### 1069 Scenic Drive North, Swanson By Negotiation

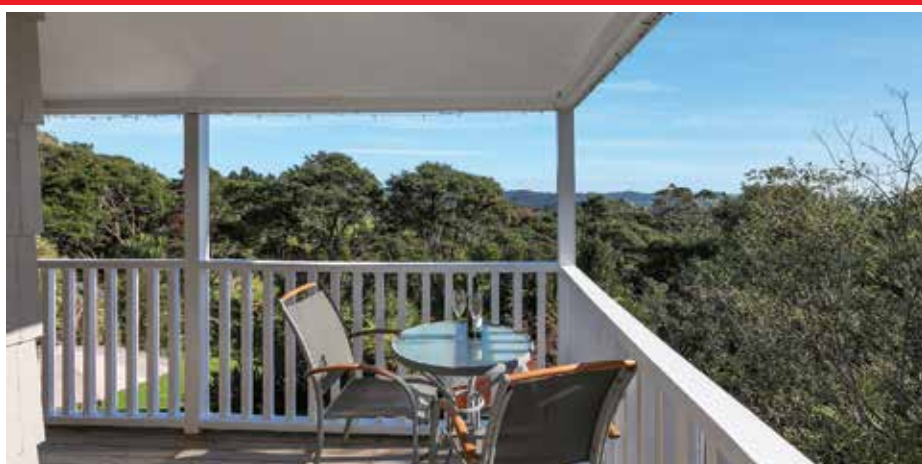
Easy living on a traditional ¼ acre site (1012 sqm). The large north facing home offers a modern open plan kitchen and dining, opening up to a large lounge, leading out to decking area with panoramic views of the Waitakere 's. Three generous double bedrooms, master bedroom with ensuite and wardrobe,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

[www.mikepero.com/RX1570684](http://www.mikepero.com/RX1570684)



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## NORTH FACING WITH VALLEY VIEWS - SCENIC DRIVE

3 1

Offers Over \$780,000

### 1143 Scenic Drive North, Swanson Offers Over \$780,000

This generous three bedroom refurbished home delivers comfortable living, easy care section, great neighbours and views as far as the eye can see. North facing, the home is elevated and provides an excellent open plan family kitchen, lounge and dining with sunroom and wrap around decking. The wow factor is certainly the view but behind this view is some excellent value and options to further develop underneath the home, currently a storage area. Close to Swanson Café and train station, convenience shopping and multiple primary schools and day care options. The CV on this property is \$715,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com).

[www.mikepero.com/RX1510406](http://www.mikepero.com/RX1510406)



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# Hot:Property



## Affordable Family Home

With a six Homestar rating, this home has been beautifully finished by Jennian Homes, built in 2016 with a 10 year master builders guarantee with time to run. The attention to detail and high quality fixtures and fittings are what makes Jennian Homes one of the most sort after in Hobsonville / Hobsonville Point. This home is ideal for you if you are seeking a modern, practical and convenient living solution for your family.

There is so much on offer here. The open plan kitchen, dining and lounge area link seamlessly out to the north facing alfresco patio, making it an inviting space to entertain in all year round. Perfectly positioned to enjoy the sun-filled patio with excellent indoor

outdoor flow through a double stacker slider allowing you a private, sheltered spot to relax with friends and family.

This home has a modern kitchen which has been thoughtfully designed with a stone bench top ideal for entertaining and for everyday family living. Other features include Fisher and Paykel appliances with gas hob, an elegant tile splash back and a range of soft closing drawers and cabinetry for storage.

A clever floor plan downstairs allows for additional extra features including a small study, guest toilet, laundry and under stairs storage which are conveniently accessed off the main living area. Upstairs are three generous sized bedrooms including a gorgeous master suite with walk-in wardrobe and spacious ensuite. All rooms are fitted with built-in double wardrobes and neutral sun





roller blinds and drapes. In addition, two linen cupboards and a family bathroom completes the upper level of the home. A single garage with storage and workshop space is accessed via a private laneway at the rear of the property. Adjacent to the garage is a second allocated carpark for your exclusive use. This home also comes with LED lights, smart wiring, heat pump, USB power points, gas hot water and cooking, keyless entry and alarm system. The home is two level, attached, on a fee-simple title, without body corporate or Hobsonville Point Residence Society membership fees. Both Hobsonville Point and Hobsonville offer modern contemporary living within a vibrant, thriving community. This

home is well located and situated within easy walking distance to the War Memorial Park, Countdown, Restaurants, Decile 10 primary and secondary schools, farmers market and coastal walkways. Also, just a short drive to either Albany or Northwest Shopping centres. Enjoy the additional benefits of easy access to transportation options including motorway interchanges, buses and both the Hobsonville and West Harbour ferry terminals. If you are looking for a modern, family home which is low maintenance and easy care then this is for you. Offers Over \$869,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com). For further information call Graham McIntyre on 0800 900 700. Mike Pero Real Estate Ltd Licensed REAA (2008).



# Hobsonville:Point

## Feats of Clay

Welcome to the Hobsonville Point Page for September, a lovely time of the year to explore. This month our story writer Sue Heggie discovers a wonderful local footbridge with a rich history. Photos are provided by our resident photographer, Leanne Silver [leanne@argent.me](mailto:leanne@argent.me). Sue Heggie can be contacted at [heggies@xtra.co.nz](mailto:heggies@xtra.co.nz) with any items of interest or feel free to contact me on 021 888 824. I am your local real estate specialist and delighted to sponsor this page. Thank you, Cherry.



Hobsonville Point has a beautiful walk way and everyone knows about this picturesque loop around the Point. When I say loop, it is not quite the full circle yet but I'm sure by the time Santa is making his rounds it will be all finished ready for the Christmas bikes and scooters.

However, a small but fascinating local area appears to be less well-known by Hobsonville Pointers and I can highly recommend a jaunt to the bright yellow Clark's Footbridge.

Simply head down the road past the local supermarket and the park towards the bowling club and you will find this little gem. This bridge gives access to pedestrians and cyclists over the motorway but also provides an historical connection to the area and the pioneering ceramics industry founded here.



While crossing the bridge take time to admire the clay artworks beneath your feet. The ceramic tiles are fired from a variety of local clays. These reference the early clay pipe industry, initially based at nearby Limeburner's Bay and founded by the Clark family. These first rustic ceramics, fueled by a need to drain the poor farming land, led to the establishment of the famous Crown Lynn pottery. The tiles bordering the bridge were created by Waitakere artists, Matt and Kate McLean and pave your way to the far side of the motor way. The tiles feature images of maps and topographical contours from the Hobsonville area and include truck and cycle treads.



Don't just look down at your feet though because when you raise your eyes to look ahead you will see an intriguing "window" sculpture by John Radford. The sculpture incorporates some of the windows salvaged from the original Sinton House homestead which was unable to be relocated at the start of the motorway project.

Once on the other side, there is a feeling of stepping into a remote country village where workers' cottages line the road. These cottages are deemed heritage buildings representing the area's early history and as a legacy of the Clark family, who provided significant local employment.

By turning left at the end of this country lane a walker can continue around towards Brigham Creek and back to the Point or for those looking for a longer walk or cycle, Herald Island makes for an interesting destination.

While investigating the background to the art work on the bridge, Leanne Silver, our resident photographer, and I took the opportunity to visit the free Crown Lynn Museum, Te Toi Uku, in New Lynn. What it lacks in size is made up for by the wonderfully informative and enthusiastic curator Ronnie Pace.

What a trip down memory lane! The white swans, the brown daisy plates, the cups and saucers we all seemed to have at home. Our visit was awash with, "Oh mum had a set of these" and "We've still got those plates at the bach" and, "We had a set of these plates in our Dunedin flat".



The Clark family pottery legacy is fascinating and integral to the area, so cross that foot bridge when you come to it, you won't be disappointed.



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# Home:Garden

## Meet Laser Whenuapai's office manager – Samantha Wing

Sam is our amazing Office Manager who not only looks after all the Laser accounts and office administration, but also manages the Maintenance Plumbing team and will arrange a plumber to attend to all your plumbing needs. Sam brings many years of office management and accounts expertise to Laser Plumbing. We couldn't function without her.

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

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

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

Contact Laser Plumbing & Whenuapai for all your service needs from plumbing through to roofing, drainage, gas and pumps and drain unblocking on 09 417 0110. Open five days a week



from 7am- 5pm, we are located in new offices at Unit 4, 3 Northside Drive, Whenuapai. Visit our website [whenuapai.laserplumbing.co.nz](http://whenuapai.laserplumbing.co.nz) for more information.

## Waimauku Garden Club

What a wonderful day! Off to King's Plant Barn, St Luke's for coffee before heading off to Art Space on K'Road. A very thought provoking exhibition. A young artist from Te Aroha, communicated by drawing as she was mute. Accompanying notes helped us interpret and form some understanding of her works and more about her as a person.

Before our Yum Char Lunch we were able to walk along K'Road, visit Old George Courts and St Kevin's Arcade, catching a glimpse of Myer's Park while observing people going about their daily lives.

Amongst the cramped downtown apartments and narrow streets we lunched at Grand Garden. What an enjoyable social occasion. Absolutely scrumptious!

With some time to spare members took a walk to the Viaduct area overlooking the Wynyard Quarter before boarding the bus and heading off to visit Kinder House in Ayr Street, Parnell.

This was the home of the Rev. Dr. John Kinder, Headmaster of the Church of England Grammar School, from 1857. Following an introduction to the life of the Kinders we could choose to watch a video, look at the downstairs rooms full of paintings and art works, a live art class or stroll outside....oaks, a huge magnolia tree, old English garden flowers and spring bulbs.

A stop at the Winter Gardens was a must before heading home. We fitted a lot in today. Join us in September. We are off to Crown Lynn Pottery Museum, and visiting two art galleries in Riverhead. You can contact: Judy 027 272 9994 Diana 027 478 8928 Althea 021 123 6448 Jan 021 108 7925 Bette 021 145 1854 for more information.

## Mental health and wellbeing

Did you know that the key to reducing workplace stress related incidents is sound mental health & wellbeing? Why is the issue of mental health and wellbeing so important. There are three key reasons.

1. Stress and fatigue are key contributors to onsite accidents. WorkSafe have referred on their website to the fact that workplace related stress and fatigue can be a key contributor to onsite accidents. This is especially so in office environments. Such

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stress can emanate from personal or work related mental pressures: something that we all face in our daily lives. They state that "in general, work-related stress is associated with: Illness and disease, low morale and engagement, anxiety, low productivity, antisocial behaviours". Source: worksafe.govt.nz/topic-and-industry/work-related-health/work-related-stress/).

2. Mental illness is a leading cause of disability and absence. The World Health Organisation predicts mental illness will be the leading cause of disability and absence in the workplace by 2030 if it's not proactively addressed. Geoff McDonald, former Global Vice-President HR at Unilever stated "Leaders within organisations need to give the same level of attention and priority to mental health as they do to safety, and invest in training managers and employees on managing mental health." (Source: www.business.govt.nz/news/managing-mental-health-in-the-workplace/).

3. But Mental Illness Is Not Easily Shared Or Discussed.

Mental health is a sensitive area; something that is not always easily shared or discussed. But have you noticed that it is featuring more in the public forum via the media? More of us are recognising the severity and impact it has upon society. However, people are often unsure how to ask for help, where to find help, and what to do if they are worried about someone else.

If you would like information to cover mental health and well-being in your workplace including anxiety, depression, health and resilience and stress contact John Riddell at securo4@securo.co.nz or phone on 027 477 9750 and we can put you in touch with the Develop HQ suite of online E-courses, study guides and interviews.

## Growing fruit trees

It is the time of the year to plant fruit trees, and at Awa Nursery we have plenty to choose from. Planting now ensures they have the rest of winter and all of spring to establish before their first



summer. You will want to choose a sheltered, open sunny spot for your fruit trees, with good drainage. Once you have chosen your tree or trees, (remember some trees need a pollinator) prepare your site well. Dig a hole that is slightly deeper than the root depth of your plant and partly fill with a good garden mix. Place some slow release fertiliser tablets in the bottom as well. Most of our fruit trees are recently bagged, having come to us bare rooted. The soil in the bags will be loose and the roots of your fruit tree must be kept moist. Hold the bag over the hole and cut it open so you do not lose any soil and disturb any new roots developing. Before back filling the hole, position the tree stake so you do not damage any roots. Firmly compact the soil, making sure your tree is no deeper than it was in the bag. Water

well. Water is very important when growing new trees, and regular watering in dry periods over spring and summer is a must. Mulch your trees, which will conserve moisture, protect the roots, add nutrients and prevent the growth of weeds. Make sure you do not have to mulch too close to the trunk. Come and see us at Awa Nursery and get your orchard underway. Awa Nursery phone 09 411 8712 or visit [www.awanursery.co.nz](http://www.awanursery.co.nz).

## Damara sheep

Continuing my series on animals suitable for lifestyle blocks here's a beauty.

Damara sheep. Hands up who's heard of these guys?

I first came across these highly interesting and rare sheep years ago when I was farming in Australia. A breeder approached me to purchase some alpaca guard wethers to protect their highly valuable lambs from



predatory foxes, a major problem in Australia. Alpaca hate foxes which prey on their young in South America.

Damaras are a breed of sheep that migrated down from North Africa, and ended up in Namibia. They are what is known as a 'fat-tail' variety of sheep, but are probably better described as being 'fat-rumped.' They are a 'hair sheep,' growing only a short woolly coat in the winter, which is shed in the spring. They come in a wide range of colours, and most have unique coat patterns. Where are they found?

Damaras are now widely found in South Africa, where in the short time they have been farmed, they have gained an enormous popularity. They have been exported to a number of

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countries and have done particularly well in Australia. Although they are well suited to arid conditions, they are also found in a range of other habitats ranging from minus 20 degrees of cold and snow in Canada, through to high rainfall tropical forests in New Guinea. Damaras prefer well drained pasture due to their desert origin.

Although Damaras have been in New Zealand for a number of years, they are still considered very rare. There has been little regulated or recorded breeding, but recently flocks have registered with the New Zealand Sheepbreeders' Association, which will see the establishment of a sounder genetic base for the breed.

Why have them?

- Damaras are the ultimate easy care sheep. No shearing, no crutching, no tailing, and resistant to fly strike.
- They have a strong flocking instinct, which makes for ease of handling. They are excellent mothers and should never require assisted lambing.
- They can be hardy and adaptable, but prefer dry conditions. In many ways they have the temperament and requirements of goats, without the nuisance factor.
- They are excellent foragers and browsers, doing equally as well on poor unimproved pastures, as on good grasses.
- They are early maturing, and can average a lambing every eight months, with a high proportion of twins. They produce a high return of meat per hectare.
- They produce a high quality, fat free meat, ranking highly in tenderness and taste tests.
- They produce a high quality hide that is used in products such as furniture or fashion.
- The most impressive thing about the Damara is not just one thing, but the combination of such a large number of factors being found in one breed. It is highly prepotent, and stamps its mark strongly on any cross breeding programme that may be entered into.

If you require any further information on this fine animal or other lifestyle block animals give me a call, if I don't know the answer I will know somebody who does. Lyndsay Kerr your local Mike Pero Real Estate lifestyle and residential expert. 027 554 4240 or 09 411 7854, lyndsay.kerr@mikepero.com.

## Need scaffolding?

Roman Scaffolding Ltd is a Kumeu based scaffolding company which specialises in both residential and commercial scaffolding. Tony and the team at Roman Scaffolding have more than 10 years'



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tation as being some of the best scaffolders Auckland wide. We supply scaffolding to a wide range of clients, including home owners, builders, construction companies, roofing companies and painters.

Our scaffold specialists are certified scaffolders who are committed to safety and quality, and are also official 'Site Safe' members. All scaffolding jobs are carried out to the highest of standards, so our customers can have peace of mind when arranging their scaffolding with us.

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## Rural/lifestyle block, construction & 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 - 154 Main Road Kumeu. Phone 09 412 8148.

## \$85 = Exposure for a month

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



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# The great outdoors

## Taste the wood fired difference



When it comes to outdoor cooking in NZ, nothing gets the blokes more excited or feeling important than the concept of standing around with a few mates, enjoying a cold beer while tanning some meat on the BBQ. It's long been our element, our happy place where we have control and our contribution to the meal is of greater significance to anything going on in the kitchen. It's a man's competitive advantage where we'd struggle to do wrong, a safe place away from the kaos inside.

In recent times there has been a real shift in mindsets away from the convenience of gas to the use of wood or coal fired BBQ's. Television shows such as Pitmasters or BBQ wars capture the art at a different level but one thing is for certain and that's the demand for slow cooking outdoor options is steadily on the rise. Brands like Webber, Komodo Joe, Big Green Egg are all speciality coal burners and aside from the fun of controlling the temperature, provide sensational results for the experienced and adventurous chef. Offset wood burners are also growing rapidly in popularity and operate under the same premise as the aforementioned coal cookers. The taste benefits of BBQing with solid fuels is obvious and the appeal of controlling the heat via incremental changes in air supply is akin to an art that does require skill and attention. The fire must be tendered, the meat continuously basted, it all adds up to plenty of time spent around the BBQ, in our happy place.

These solid fuel BBQs are awesome but they do require attention and now there is a middle ground on offer that not only burns wood but it does so in a totally controlled manner. Traeger BBQ's are the fastest growing brand in the USA BBQ market sector and for good reason. They offer the convenience benefits of a gas BBQ but burn wood chips as fast or as slow as you choose to go, which makes them the most versatile BBQ around. These awesome units burn wood pellets in a combustion chamber, driven by an electric powered auger and the results are incredible. Slow cooked, wood fired meat to die for! The speed of the auger dictates the amount of wood burnt and hence the temperature. This is controlled by the flick of a switch so you are presented with a BBQ with incredibly capability. It can be dialled down to smoulder away at 60 degrees creating the perfect fish smoker, or can be turned right up to in excess of 230 degrees whereby you have a wood fired pizza oven. Top end units are available with Blue Tooth connectivity where you can select your dish and the operation takes care of the cooking process completely on its own, including periods at different temperatures and different degrees of smoke. With the assistance of the

supplied temperature probe inserted into the meat you put it on and an alarm on your phone will tell you when it's ready.

Traeger BBQs are now available at both Hunting & Fishing North Shore and at Westgate. If you get down in the early afternoons on the weekend you'll likely time your visit perfectly for the pork ribs that will have been slow cooking all morning and will be 'falling off the bone' ready for consumption. We've been experimenting with all sorts of different cuts of meat and the Traeger cooks it all like a star. Pop on down and taste the Traeger difference for yourself.

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

## West Harbour Tide Chart

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

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



# Build:New

## Weatherboard tradition at its finest

Five out of five - three gold and two silver. An outstanding result to walk away with at the Registered Master Builders House of the Year Awards last week and we couldn't be happier. Here's the first of five that we'll be profiling over the coming weeks to show just what goes in to an award winning home.



This 'Modern Classic' weatherboard with four bedrooms and three bathrooms over two levels was a gold winner in the Nu-Look New Home \$700,000 - 1 million category. What sets this warm and inviting family home apart is the modern contemporary design with classic traditional touches. Inviting timber flooring flows through the main living level which is complemented by timber detailing in the kitchen and butler's pantry to create a rustic touch reminiscent of eras gone by.

Entertaining and relaxing is well and truly catered for with an expansive wrap-around deck that flows to the living area through bi-fold doors. Quality craftsmanship is in our veins and it's humbling when this is recognised with gold. The awards are not just about design but the level of craftsmanship that has gone into a build, which is closely inspected by the judges to determine

its award worthiness. Energy efficiency is also on the judges' radar, and this home ticks those boxes with a ducted ventilation system for efficient cooling throughout the year and a crackling built-in fireplace for the colder months to snuggle up in front of. A nice touch has been added on the upper level with a cosy library nook with window seat for some bookish escapism on a rainy day. Maddren Homes - 248 Main Road, Kumeu phone 09 412 1000.

## G.J. Gardner Homes

G.J. Gardner Homes are delighted to announce they have a brand new show home located in the Huapai Triangle. Named The Nobilo after the Nobilo family who are renowned for producing great local wines on this spot.

Beautiful home in wine country



We are proud to introduce this stunning show home for family living designed for all day sun - it offers 2 family living areas, 4 bedrooms and 2 bathrooms. G.J.'s have operated in the local area for over 20 years and have a wealth of local building experience and knowledge. They are a committed team who have built a reputation that ensures all customers will receive excellent service, quality workmanship and quality product. The whole team in Rodney West understand that you are an individual and you have unique requirements when building a home. By working together with you they can design and build a home that suits you, your lifestyle and your needs. Their experience and passion are a real asset for those preparing to build a new home. Helensville, Kumeu, Riverhead, Coatesville are just

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some of the areas they build in the Rodney West District. Discover for yourself why more people trust G.J. Gardner to build their home than any other builder. Come and meet the team today at our two showhomes located at 31 Nobile Road Huapai or 7 Grove Way Riverhead or the office at 1A Tapu Road, Huapai.

## Questions about building guarantees

Signature Homes offers a number of comprehensive guarantees to give you peace of mind during your build and after the keys are handed over. Find out more about what they are and how they work. What is the Comprehensive Guarantee Programme? Signature Homes offers an independently bonded building guarantee for completion of a client's home as set out in the building agreement. The programme gives our clients optimal protection and covers not only home completion, but other aspects including weather tightness, structural and non-structural defects. These guarantees are indemnified by RIL (Residential Indemnity Ltd), a company set up solely to underwrite the guarantee. RIL is independent from the Signature Homes Franchise Builder who you contract to build your home.

What are the differences between RIL's Home Completion Guarantee and other 'completion' guarantees? Other building guarantees have set limits in relation to the total amount that can be paid out for loss of deposit and/or non-completion, and some have excesses to pay on any claim. This means that the difference in the claim limit set by the guarantee company and the actual costs to complete the home then need to be paid by the client. RIL's Home Completion Guarantee has no set limits around how much any client can claim. Should there be a prob-

lem, RIL simply guarantees to finish the home as per the building agreement – at no extra cost to the client. There are not any excesses to pay on any claim made against RIL's Guarantees. When do the guarantees start and finish? The loss of deposit and completion aspects of the Comprehensive Guarantee Programme come into effect from the date your application is accepted by RIL (usually within two weeks of your building agreement becoming unconditional) and the cover remains in place until the Practical Completion of your home. The structural, weather tightness and non-structural defect guarantees apply from the practical completion of the home. Non-structural defects are covered for two years and structural and weather tightness defects are both covered for a period of 10 years from Practical Completion. Should a claim need to be made on the Completion Guarantee what is the maximum cover? The maximum cover available is the cost to complete the home (if any) over and above the remaining progress payments that are to be made under the building agreement. The provided cover is based on the home being finished as per the plans and specifications in the original building agreement, and any subsequent variations. What is the financial strength backing the Home Completion Guarantee? The Home Completion Guarantee is backed by a performance bond of \$1 million issued by ANZ Bank New Zealand, plus significant cash reserves. The performance bond and cash reserves are independently audited by Deloitte on an annual basis to ensure the bond and cash reserves are adequate to cover any potential claims. Read more about our guarantees at [signaturehomes.co.nz](http://signaturehomes.co.nz) or call 0800 020 600.

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# Food:Beverages

## This cuts the mustard

Mustard has been around since time immemorial and has an amazing reputation in culinary applications as well as traditional herbal medicine. Hailed by the father of medicine himself, Hippocrates, mustard is credited with improving digestion, assisting diabetes management and balancing fluids.

'NoShortcuts' Mustard Pickle is low in salt and goes well with ham, bacon and corned beef; delicious with strong cheeses, sausages and mash and is a tasty favourite in sandwiches.

There are no fillers, concentrates or preservatives and every jar is packed full of fresh seasonal vegetables; it's handmade – just like mum made.

'NoShortcuts' produces for today's time poor yet health conscious and environmentally aware consumers, a range of traditional chutney, pickle, relish and jam that is wholesome, real food, in the fast and easy convenience of a recyclable glass jar. If you can't find them nearby, email the name of your local store to [mary@noshortcuts.co.nz](mailto:mary@noshortcuts.co.nz) or order online at [www.noshortcuts.co.nz](http://www.noshortcuts.co.nz).



## Hallertau

As far as marriages go, sausage and beer have more than ticked off their diamond wedding anniversary. Hallertau have been celebrating this perfect union with an annual competition named the Hallertau Beer Banger Challenge, kicking off this year on Tue 28th Aug.

Hallertau will again challenge six Auckland sausage makers to make a new sausage with a different Hallertau beer. All six sausages are served on the Hallertau Brewery menu for a week and customers vote for their favourite snarler. The butcher with the highest number of votes will take home a prize pack including a keg of beer - and the honour of their winning sausage on the Hallertau menu for one year. This year Hallertau welcome



Whenuapai Meat Merchants and Alpha Butchery, Huapai to the competition for the first time.

## Brown sugar shortbread

½ cup brown sugar  
250 g soft butter  
¾ cup cornflour or rice flour  
1 ½ cups plain flour  
Pinch salt

Beat the butter and sugar until soft and creamy. Mix in the sifted dry ingredients. Knead together gently and roll out to 1-1.5cm thickness. Cut into rounds with cookie cutter and prick the tops with



fork. Bake at 160 degrees for 30-35 mins. Cool on tray before transferring to cake rack. Makes approx. 35

Recipes supplied by Wedding and Birthday cake specialists Paula Jane Cakes. Contact Paula on 021 208 8604 or Jane on 021 273 6139, email [info@paulajanecakes.co.nz](mailto:info@paulajanecakes.co.nz) or visit [www.paulajanecakes.co.nz](http://www.paulajanecakes.co.nz).

## The Kitchen Project

The Kitchen Project is a local initiative helping emerging food entrepreneurs in West Auckland realise their business dreams, offering affordable kitchen space for product development and a local mentoring programme.



Launched in November last year, The Kitchen Project aims to enhance Auckland's foodscape by supporting the development of food and beverage with a focus on culture, healthy food and sustainable business practices. The initiative has been built by Panuku, ATEED, Healthy Families Waitakere and Healthy Families Manukau, Manurewa-Papakura, in conjunction with local community groups and is based in Henderson.

Healthy Families Waitakere Manager Kerry Allan says The Kitchen Project celebrates the diversity of the vibrant West Auckland community and offers the stepping stone that many emerging food businesses need to get off the ground. "This combination of mentoring and affordable kitchen space can make all the dif-



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ference, enabling enterprising food business dreams to become a reality. At the same time The Kitchen Project is about reflecting the vibrancy of our community, while bringing healthier and diverse food choices to the communities of West Auckland." Te Atatu resident Yvette Brooks was one of five entrepreneurs selected for the first intake of The Kitchen Project. Her business, Red Hot Kiwi Company, makes traditional Mexican salsa. Her love of Mexican food and ultimate business dream started on a road trip in America where she lived for 16 years before moving back to New Zealand. After returning home, Yvette and her husband Chris realised something was missing, and they set about making beautiful fresh Mexican salsas and corn chips, selling them at the Oratia Farmers Market and Te Atatu Peninsula Night Market.

Since joining The Kitchen Project, they've expanded into both the Grey Lynn and Titirangi markets. Yvette is grateful for the enormous benefits of being involved with The Kitchen Project saying the mentoring, knowledge-sharing and camaraderie is second to none. Visit [thekitchenproject.co.nz](http://thekitchenproject.co.nz).

## The Herbalist craft beer

Treat Dad this Father's day with a delicious beer-infused chocolate cake. This is easy to make and is egg and dairy free. It can be served with whipped coconut cream or normal cream, chocolate icing (with or without dairy), and for some extra zing, some strained, tinned boysenberries can be mixed through the cream. Chocolate Cake Recipe: Pre-heat the oven to 175C and line a 23cm cake tin with a double layer of baking paper. Dry ingredients: 3 cups flour, 2 cups brown or coconut sugar, 6 tablespoons cocoa, 2 teaspoons baking soda, 1 teaspoon salt; sift and mix the dry ingredients together in a large bowl. In a separate bowl or jug add the wet ingredients: (NOTE: if using ¾ cup melted coconut butter, keep this separate from the wet ingredients, otherwise use ¾ cup of vegetable oil instead), 2 teaspoons vanilla, 2 tablespoons apple cider vinegar, ¾ cup The Herbalist Manuka Ale and 1 ¼ cups water. Add the wet ingredients to the dry ingredients and fold through carefully. Spoon the mixture into the cake tin and bake for approximately 45-50 minutes or until a skewer inserted into the centre of the cake comes out clean. Allow to cool before icing. Quick Chocolate Icing: 2 cups icing sugar, 3 tablespoons cocoa, 1 teaspoon vanilla, 50g butter, hot water to mix. Soften butter and mix into icing sugar, cocoa and vanilla. Add small amounts of hot water until the icing is at a spreadable consistency. Serve a large slice of iced cake to Dad with a cold Manuka Ale.



The Herbalist Stockists: The Bottle-O Huapai, Black Bull Kumeu, Fresh Choice Waimauku, Boric Food Market, Soljans Estate Win-

ery, Riverhead Fine Wines and select West Liquor stores.

## News from IsoCream

Regular readers of this publication will be familiar with IsoCream. For those who aren't, it's a high protein, reduced-fat ice cream that's low in calories and carbs, is 99% sugar free and gluten free. Here's a snapshot of our latest news:



- We're now a Crossed Grain accredited partner of Coeliac New Zealand – reassuring for coeliacs and those with gluten intolerance.
- IsoCream is now available from around 120 stockists around the country. Latest additions include Fresh Choice at Waimauku and New World at New Lynn. For stockists, see our website: [www.isocream.co.nz](http://www.isocream.co.nz).
- If you haven't tried IsoCream yet or wish to try another flavour, be sure to check our Facebook page for details of upcoming tastings – or better still, follow us and don't miss a thing!
- We're participating in and supporting a range of upcoming events such as marathons, dance competitions and the Fitness & Health Expo.
- We have drawn the lucky winners of the competition featured in July's issue – we trust they're gorging themselves on luscious and healthy IsoCream!

## \$85 = Exposure for a month

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

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# Petstips:advice

## Health advantages to having pets in the workplace

Many of us know the benefits of owning pets, companionship, exercise, unconditional love to name a few but did you know that studies show that dog owners are less likely to suffer from depression than those without pets. They have lower blood pressure in stressful situations and playing with animals can elevate levels of serotonin and dopamine, which calm and relax you.



One study found that when people with borderline hypertension adopted dogs from a shelter, their blood pressure declined significantly within five months. Test results also show pet owners have lower triglyceride and cholesterol levels (indicators of heart disease) and the list goes on. So do these benefits transfer to the workplace? According to a research study in the US there are three major benefits for bringing your pet into the workplace.

1. It reduces stress. A 2012 research study published in the International Journal of Workplace Health Management states that: On-the-job stress levels fell among a group of employees when they had their dogs at work with them.

2. It encourages longer working hours. Employees don't have to rush home to check on their pet. Studies show that organisations that allow pets in the workplace have employees who are willing to work longer hours and that absenteeism fell.

3. It improves working relationships amongst employees. Suddenly that person with bad manners and smelly breath becomes someone you can talk with when they bring their cute puppy into work.

One Auckland company have really stepping up and as part of their staff training brought in experts to run 6 classes and put over 300 of their employees through a Canine Body Language course. Not only was it fun and educational but it was a really positive and forward thinking educational programme for their team.

With the new Health & Safety at work act 2015 it highlights that the PCBU is responsible for risk assessment and have to either eliminate or minimise risk. So it becomes more important that companies have the buy in of their staff and training to minimise the risk around dog bites. For more information or if you

wish to discuss Canine Body Language email [jo@dogsafeworkplace.com](mailto:jo@dogsafeworkplace.com) or go to [www.dogsafeworkplace.com](http://www.dogsafeworkplace.com).

## Falling in love

I started my career creating oil paintings and I fell in love with producing pieces of art for people to proudly hang on their wall. I loved it so much that I took the plunge and committed to studying fine art full time. My world was filled with colour, I was



happy, and it wasn't until we started creating masterpieces with cameras that my life changed. I fell in love for the second time. I used to be a shoot and burn photographer, basically someone that takes pictures and hands them over on a CD... but something was missing. The masterpieces that I was creating were sitting in a digital corner, crying out to bring joy to more than a timeline anniversary or a five year reminiscence binge. ...something was missing... It wasn't until I started printing the pieces of art that I fell in love for the third time. ...and it wasn't just me, the indescribable happiness of seeing my clients' masterpieces, that we created together, every day is one of the reason why I love my world. If you're looking for something to bring you joy every day, let's get your masterpiece started right now. Can't wait to me you! - Salome. PS There are still digital files in the mix to satisfy any digital binge session. To get to know me better, head over to Facebook / Instagram @yellowlabpetphoto or visit [www.yellowlab.co.nz](http://www.yellowlab.co.nz).

## How to keep your kitty happy indoors

You know the dangers of letting your cat outside (like predators, cars etc), can an indoor cat truly be happy? Here are 7 Humane Society-approved tips for keeping your kitty happy indoors.



Start young - Kittens who start their life indoors are usually quite content to stay there rather



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P: 09 810 8609.

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than go face the unknown outside. Walks - If you live in a safe neighbourhood, you can train them to walk on a leash. Provide safe spaces outdoors - Whether it's a screened porch, a "catio," there are many cat-safe options for letting your cat get a taste of the outdoors. Bring outdoors inside - Cat trees give your kitty the chance to explore vertical heights. Cat grass gives your kitty a taste of the outdoors - literally! Clean litter boxes frequently - Cats can be neat freaks, and you may need to scoop the litter box often. ID them - Accidents happen, you never know when your cat might sneak out an open door or window. Toys - You should play with your cat every day. They should also have constant access to toys they can play with when you are not around. View the full article [www.facebook.com/kanikapark/notes](http://www.facebook.com/kanikapark/notes). At Kanika Park Cat Retreat, we have cat trees, lots of toys, windows for outside viewing and lots of time with people. Phone 09 411 5326 | 027 550 1406 | Email [info@kanikapark.nz](mailto:info@kanikapark.nz).

## Country Pets

Harringtons Pet Food surveyed 2,000 dog owners finding the average pooch is taken out for a walk 10 times a week, with each trip lasting around 34 minutes. Four in ten owners say other dogs stop them from letting their pet off the lead more often, while 31 per cent worry too much to let their dog roam free. Others say they don't



let their dog off the lead because they aren't allowed to do so in the area they walk in (17%), they aren't well behaved off the lead (18%) or that they feel it's too dangerous (31%). But the study found that while 89 per cent enjoy walking their dog, 39 per cent admit a lack of time stops them from going out more often. Poor weather (47%), feeling too tired (20%) and finding it difficult to find places where they can walk their dog off the lead (9%) also means they don't go on as many walks as they should or would like to. Ok, so this is a UK based study, but the findings likely translate to working dog owners worldwide. If you're in the 39%, finding it too hard to get your pooch out for the level of exercise he needs to maintain good behaviors at home, consider the services of a professional dog walker. Your dog will thank you for it and your home and family will too. The highlight of your dog's day will be the sound of Country Pet's vehicle arriving to take him on his adventure. Small groups, no more than six dogs, head out to the beach, or the forest for an off leash play, returning home tired and satisfied, with inner calm for the remainder of the day. Contact Country Pets on 027 380 0265, find them on Facebook @Countrypetslimited to see photos of

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# Health:Beauty

## Replacing running shoes

Running in a shoe for too long (ie 3-4 years) can result in overwear and increase your risk of injury.

Over time, the cushioning in a shoe compresses and deteriorates, resulting in a harder feel to the shoe and therefore less shock absorbing.

Shoes also develop a wear pattern over time, ideally this is even, however if you are someone who either over or under pronates, this wear pattern can be detrimental and result in your feet being encouraged to under or over pronate further which in turn alters the load on your muscles and joints. To get the best out of the cushioning and support from the shoes and avoid injury, it is advisable to replace your shoes every 800-1000 km.

It is important to remember that shoe companies regularly update their shoes, changing the support, width, depth, cushioning, lace configuration and general feel of the shoe. Often these changes are minor, however sometimes they are bigger changes. If you have previously had a certain model shoe that worked well for you, the updated version may not feel as good, or could even cause pain. It is important to also remember that our feet, legs and bodies change over time as well. Therefore we always suggest you try on a range of shoes and choose the one that feels best, not just the one you have always run in.

Hobsonville Podiatry, Level 1 124 Hobsonville Road, Hobsonville 09 390 4184.



## Calling all over 60's who want to be active

Are you finding that old or new health conditions are getting in the way of the physical activities that you love to do? Cross-Fit Red Dragon are launching our 'Silver Dragons' exercise class specifically designed for ANY fitness level.

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These classes are designed to build functional strength and mobility, whether it's getting in and out of a car or climbing stairs, or getting back to doing activities you love such as sport or playing with the grandkids!

10 week pack of 2 classes per week is \$180 - that's only \$9 a class!

Classes run Wednesdays and Fridays 10:30 - 11:30am starting September 5th. Get in touch now by emailing [silverdragons@crossfitreddragon.com](mailto:silverdragons@crossfitreddragon.com).

## A pharmacist expands his toolkit to help heal himself and his patients

People often ask me: "Why is a Pharmacist so interested in nutrition?" The answer is simple; to help people get well. I have always wanted to be a pharmacist so that I could understand all about how medicines affect the body, and with that information I could help people to be healthy. But after about 15 years in the profession, I started to become disillusioned that so many of the people I was seeing in my pharmacy were not actually getting better.

Have you ever heard of anyone going on a medicine for high blood pressure and getting cured? Or pain killers curing arthritis? Unfortunately, for many chronic diseases the treatments reduce symptoms rather than cure.

Then the real turning point came. I got diagnosed with a debilitating chronic disease called ankylosing spondylitis. This is a nasty form of arthritis that robbed my father of his quality of life (and eventually killed him). This is when I started to look outside of conventional medicine for answers to this painful disease.

Nutrition Medicine to the rescue - At this time, I found the science of "Nutrition Medicine", and enrolled in a post-graduate course run by one of the most knowledgeable clinicians in this field; Professor Mel Sydney-Smith from RMIT University.

Using what I learned in my Nutrition Medicine studies I turned off my ankylosing spondylitis. To my delight, not only did I get complete relief from my painful and stiff spine, but I regained all my energy and vitality. At that stage I was in my late 30s and needed a sleep every afternoon to get through the day - crazy I know. After getting my nutrition right, I had the energy



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to not only get through my standard day, but I started a Nutrition Medicine Clinic within Massey Unichem Pharmacy so that I could help other people with chronic medical conditions. I also started teaching other pharmacists about how nutrition could help their patients to get well. In fact, in 2015 I was awarded the Supreme Award at the NZ Pharmacy Awards for my work in Nutrition Medicine.

My mission now is to educate people about how they can ensure optimal health through diet and supplements. If you want to know more, contact Martin at Massey Unichem Pharmacy, 396 Don Buck Road, Massey, Phone 09 833 7239, [www.Martin-Harris.co.nz](http://www.Martin-Harris.co.nz), or find him on Facebook (Martin Harris Optimal Prescription Health).

## Top Notch Massage

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Injuries cost - personally - at home with the family, friends. And mate... is that a leak in your bank account? In 2013 work-related claims were highest among tradies - self-employed were double employees.

But we're told our treatments make a difference. Shoulder and neck issues are rife with builders, drain layers and sparky's. We see lots with lower back pain. Plumbers and carpet layers, I bet you have knee injuries too.

So whether you're still on the tools or between quotes, don't keep battling pain & discomfort. Hang up your boots for an hour. Top Notch Massage can help.

Phone 09 212 875 or email [info@topnotchmassage.co.nz](mailto:info@topnotchmassage.co.nz). Hobsonville - 295 Hobsonville Road, Hobsonville. Massey - 402 Don Buck Road, Massey, Auckland.

## What is your non-exercise movement like?

Non-exercise movement is any movement you do that is not associated with traditional exercise (i.e. gym work or team sports). Research has shown that even if you exercise 3-4 times a week at a reasonably high intensity, it still not enough to counteract the negative effects of a predominantly sedentary life (If you sit at a desk all day at work then this could be you). If you can increase the amount of non-exercise movement in your day, then your body will function better and it will help to counteract the negative effects of sitting. I recently posted a short video explaining this as well concept as well as some simple examples. Visit our Facebook page or website to watch it or read the blog.



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

## Mums and diet

As a Mum and a Dietitian, I am seeing increased societal pressure landing on Mums to get their 'pre-baby body' back. The outcome being an increased level of stress, anxiety, exhaustion and a rise in disordered eating and over exercising - all things we can do without when we are already dealing with sleep deprivation and all other changes a child brings to our lives.



Our relationship with our body and food is like any other relationship. It changes during pregnancy, childbirth and motherhood. It needs to be nurtured not punished. It needs to be cared for not controlled. It needs compassion not judgement.

The overwhelming expectation that women's bodies are to go back to the body before they grew, delivered and fed a child (and in a short space of time) means we are judging instead of celebrating women's bodies. A dangerous narrative that breeds disconnection and poor relationships with food and body.

The culture is wrong and needs to be fixed, not our bodies.

If you would like help with improving your relationship with food and your body in a non-judgemental environment please feel free to reach out. I would love to hear from you. Sarah works as a private practice dietitian in Hobsonville, specialising in family feeding, body image concerns, disordered eating, eating disorders and non-diet nutrition for improved health. [sarah@bodybalancenutrition.co.nz](mailto:sarah@bodybalancenutrition.co.nz) Phone 021 716 175.

## What are you prepared to give up for better fitness?

We once enrolled a tax inspector named John. His goal was to reduce his 'pot belly'. As scary as his occupation was, John had a permanent scowl on his face. I tried hard to cater for John's goal. But one day he rather grumpily yapped at me "Your programme's not working! I haven't lost my pot."



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I confess to feeling quite inadequate and began to have doubts in my own ability.

Then as John impatiently grabbed his bag and began to walk towards the door of the gym he muttered "I'm not giving up my home brew".

I turned, "What's that John. You drink home brew?". "Yes he barked.....it's my hobby".

Clearly, John had a choice to make. What choices might YOU need to make for a better, healthier life TODAY?

Paul - CEO - Club Physical.

## How do you mould and stretch a pair of shoes to fit your feet?

This is Shoe Talk's guide on how to make your new shoes fit your foot shape when you have purchased something new that you need to wear soon after purchase, please note this only works if the footwear actually fits your foot correctly to start with shoes will only ever give in width a few mm and not at all in length.



So follow the following tips:

- If the shoes pinch your heels you can soften the heels by gently rolling the back of the heel over with your thumbs to soften the edge.
- Put on a pair of socks; grab your new shoes and your hairdryer. Turn the hairdryer onto warm and gently direct the head towards the shoe, approx 15cm away be careful though as you do not want to burn the leather, if it's suede put the heat even further away. Heat the leather up to where it feels malleable. Put the shoes on your feet and walk around them as they cool. The heat will soften the leather and allow it to mold to the shape of your foot. Repeat if required.
- Finally notice any points that feel like they will rub on the first

wear and put a plaster on this will ensure you have a great night and no sore feet or blisters!

## Vacuuming can be dangerous

Vacuuming is perhaps the most common cleaning activity in our homes. Not a rocket science - hold the hose with an attachment and push-pull to gather the dust and debris. The usual stuff. Yet, it can be risky for our spines. Standing upright and twisting around is not too bad, but the real problem may start when we try to get to those awkward places, such as under beds and hidden corners. A lot of people bend, twist and reach forward too far, putting their spine at risk of straining. To avoid spraining your back or shoulder always try to keep you spine straight and vertical. If you need to get to a tight spot, kneel down first or ask someone to move the furniture for you. If you did your best to avoid injury, but still ended up with a sore muscle in your back or neck, come and see us at Family Osteopathic Clinic. We will release the strained soft tissues and make your back functional again. For an appointment call 09 416 0097, 39 Hobsonville Road, West Harbour.



## Trigger finger

What is trigger finger?

- Trigger finger affects tendons to your fingers or thumb, causing catching and pain with movement
- The tendons that bend your fingers glide through a tunnel called the tendon sheath and the tendon or sheath becomes inflamed and swollen, causing catching and pain with movement



- Trigger finger is more prevalent in women; 40 to 60 year olds; occurs more frequently after activities that strain the hand e.g. forceful gripping and is associated with certain medical conditions e.g. diabetes

Treatment:

- Splinting to rest the tendon for about six weeks
- Avoid aggravating activities while your finger heals e.g. applying pressure to the area by massaging or holding objects firmly; over exercising, repetitive gripping and avoiding contact with vibration

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- A referral may be done to the doctor for further assessment
  - Non steroidal anti inflammatories (NSAIDS) may help with pain
- Hand Institute - 8 Shamrock Drive, Kumeu phone 09 412 8558 or email mandy@handinstitute.co.nz.

## What your eyes can tell you about your health

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

Today's tip: You're getting too much sun. Some people develop a yellowish patch or bump on the whites to the side of their iris, called a pinguecula. "A small percentage of these are pre-cancerous, but usually they're not," Herz says. "They're most often seen in people who spend a lot of time in the sun." But a December 2013 study on ultraviolet light's effects on the eye found that wearing specific lenses protects your peepers from sun damage, so talk to your optometrist if you start seeing these patches.

For Eyes, Kumeu Village Phone 09 412 8172 provide top quality eye examinations and supply UV-blocking lenses. (\*Acknowledgement: M. Bonner, Marie Claire).



## Cancer rehab class

Here at NorthWest Physio+ we are excited to be getting ready to run the NEXT STEPS class commencing in October. This is a group exercise program for men and women who have finished their main cancer treatment and want to take the next steps on their road to recovery.



The programme combines the best Pilates, yoga and cardiovascular exercises for a workout that is specifically designed to help rebuild strength, flexibility and stamina.

The programme runs for one hour every week for ten weeks and is fully funded. It is suitable at any stage after any type of cancer surgery or treatment and accommodates all ages, fitness levels and mobility.

The program is delivered by Laura, our certified PINC & STEEL Cancer Rehab Physiotherapist at 4B Shamrock Drive, Kumeu. Weekly take-home resources and exercise handouts are included.

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ed. Registration is required for the class before starting and a medical approval form completed, these can be found at [www.pincandsteel.com/programs/next-steps/](http://www.pincandsteel.com/programs/next-steps/) or to talk with Laura our physiotherapist email: [laura@nwphysioplus.co.nz](mailto:laura@nwphysioplus.co.nz) or call the clinic on 09 412 2945.

## Local man thrilled with service

A local man has reported he is absolutely thrilled at the service he received at Westgate Optometrists recently. The gentleman in question, known only as 'John', visited the practice in a not-quite-life-and-death situation for new specs and readily confirmed he would strongly agree with the suggestion that he had been given the best advice in terms of eye health and visual solutions to meet his needs. Narrowly escaping peril, he also delightedly exclaimed that he was very likely to refer his friends and family to this outstanding optometry operation. Continuing his praise for their heroic efforts, he volubly highlighted their really great service and expressed how he appreciated their speedy and professional manner in diverting a potentially hazardous, spectacle of a situation. Further bulletins as events warrant....

Phone the friendly team at Westgate Optometrists on 09 831 0202 to enjoy your own highly recommended experience. Located in Westgate Shopping Centre, around the corner from Robert Harris Café and opposite ANZ.

\* The dangerousness of the above situation may have been exaggerated for effect, but seriously, he was very pleased!

## Your safe option for pain

Pain is a serious issue for many people. The bigger problem is if you turn to over the counter drugs to get relief. Fortunately Chiropractic Care is as effective as pain medication in managing sustained pain syndromes and eliminates the side effects associated with short or long term use of medicine.

Recent studies published in the Journal of American Medical Assn showed that spinal adjustments made by a qualified Chiropractor over 6 weeks reduced back pain and improved function as much as NSAIDs (ie ibuprofen, voltarin, neuofen) but without the risk associated with over the counter pain relief.

Following this logic, Chiropractic care remains one of the safest, effective options to consider when seeking relief from back pain.

Non-invasive, simple and drug free, Chiropractic is a great way to manage pain and improve mobility so you can return to normal life as quickly as possible.

To discuss options call us at Hobsonville Chiropractic Centre, 09 416 7589 or [www.hobbycc.co.nz](http://www.hobbycc.co.nz).

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# Area:Columnists

## Dealing with growing pains

Sorting traffic congestion is top of the list for Helensville MP Chris Penk, who's just completed his first year in office.

It's the number one bugbear in his electorate which covers north-west Auckland, a

rapidly growing region including Huapai-Kumeu, Helensville, Riverhead, Whenuapai, Hobsonville, North Harbour and Albany. Chris agrees it's a problem brought about by infrastructure failing to keep pace with development.

Any fixes - whether a bypass of State Highway 16, better public transport such as light or heavy rail extensions, highway widening or extensions - won't bring immediate relief.

Indeed, Chris believes much of his electorate population will be stuck with increasing congestion issues for some years yet, especially in travelling to and from other parts of Auckland.

He sees merit in the Public Transport Users Association's push to get a passenger rail service or a shuttle system extended from Swanson to Kumeu and possibly Helensville. That could provide quicker relief than some of the other measures proposed, Chris says.

"It's too far off for many of the fixes. We need to do something as soon as possible."

While the issue is probably as much a local government matter than central government, Chris says he's working alongside local government representatives and organisations like Auckland Transport and the NZ Transport Agency to get some positive outcomes.

Congestion not only causes frustration for those involved but adds considerable cost in wasted time and productivity.



A passenger rail or shuttle link could help take some of the pressure off the roads, Chris says.

He says electorate roads are poorly maintained, and he agrees with Rodney councillor Greg Sayers that more spending is needed on roads here.

The growing population, particularly around the Kumeu District, is also leading to pressure on local primary schools. A new one opens in Huapai next year, but Chris says the calls are coming for a secondary school here too.

"The Ministry of Education is saying there's insufficient population in the right age group to justify a secondary school here, but we need to start now," Chris says.

"Even the primary schools here are chocka."

Chris believes that having sufficient good schooling in the area might also prevent parents clogging up the roads to other parts of Auckland during school terms.

Meanwhile, Chris might be contributing to the growing number of vehicles on local roads by planning to introduce a mobile office.

OK, this probably wouldn't be on the road long as the aim is to park it up in key locations so Chris can learn more about people in different areas and their needs. He's hoping to get that on the road this year.

Being based in former Prime Minister John Key's electorate office in Huapai hasn't stopped Chris from already getting out and about.

He's hosted meetings such as one covering April's severe storm to avoid a repeat of the problems caused, and he's been visiting businesses, schools, churches, community events and other functions around the electorate.

When not required in Parliament, which can take up a full working week when sitting, Chris likes to spend as much time as he can in his electorate, talking to local people about what matters to them.

Chris also keeps in contact with the Rodney Local Board and other elected members.

His law background has come in useful too. "Those skills come in handy when advocating for people. When people need help with an issue I also have to be careful I don't take sides and keep an open mind, whereas being a lawyer I was going in to bat for my client alone."

Chris is therefore involved in court related matters for the National Party. He is assisting with reforms, for instance, to improve court procedures.

He has a close association with Rodney MP Mark Mitchell on both this and defence related matters, Chris having served time in the Navy.



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Like his predecessor John Key, Chris says spending time in Opposition is a valuable learning curve and "good for observation", but he can't wait for National to be back in power to get more traction on various policies.

The next election in 2020 is also expected to come with some likely boundary changes to his Helensville electorate.

That's another outcome of the area's growth, with new boundaries expected to be set around March next year when results of this year's Census and the electorate's population are also to be released.

Chris, 38, says he's found his first year as an MP "very exciting" and that he's learned a lot, particularly from the people he's met. "I have a better feel for the whole electorate now."

## A growing business

Van Lier Nurseries keeps coming up roses after more than 50 years in business.

While celebrations were held at the company's Riverhead Road greenhouse site on August 4 to mark its establishment as a limited liability company in 1968, the nursery has actually been running a lot longer.

Walter and Maria Van Lier, pictured, came to Auckland from post war Holland in 1951.

The couple first stayed in a Khyber Pass Salvation Army boarding house.

After church on Sundays they cycled around Auckland trying to find a suitable parcel of land to buy.

Opa and Oma (Grandad and Grandma), as they were known, soon found it and began growing potatoes and other produce on West Coast Road in Glen Eden in 1952 – 66 years ago.

But Walter had long nurtured a desire to grow flowers after spotting an opportunity in the cut flower market here. So in 1961 they obtained land at Chamberlain Road in Massey, developing a nursery which continues there today.

Firstly, they grew carnations, and then roses became their main crop in the 1980s with a focus on the export market, particularly Canada. The Riverhead nursery and greenhouses were established in 2001.

Extensions to the production greenhouses were made in 2014, and a propagation house was added in 2017.

Van Lier Nurseries has become the North Island's largest rose grower over the course of its 50 years, selling its flowers to florist wholesalers and even plants to other cut flower growers.

With more than 1.5 million rose stems produced annually, it's now the second largest in New Zealand,

Roses comprise about 60% of the company's revenue, chief operating officer Joanne Hurley says.



But it continues to produce a wide range of other flowers, including more than 10 different types. These feature gypsophila, statice, helleborus, veronica, alstroemeria, parzival, limonium, solidago, florinca, green magma, Zanzibar foliage and, of course, carnations.

Imported tissue culture is grown up into plants in Van Lier Nurseries' plant propagation division, both for its own use and that of flower growers.

Maria died in 2012 in her 90th year and Walter died at the age of 96 in 2016.

Their son Theo bought the business in 1987 and runs it with his son and third generation family member Harry, pictured left, while another son, Steffan, right, is also involved in the business. Staff numbers vary between about 25 and 30, depending on the season, with some staff members serving for 20 years or more.

From the days when Walter could look at a plant and tell what it needed, the business has become more high-tech, particularly in water reticulation, shade screening and the use of gas for heating.

One thing remains constant – Van Lier Nurseries' reputation for high quality.

The greenhouses have even been used for functions other than growing. In 2015 a fashion runway was held there for Glassons and, appropriately, the Riverhead greenhouses hosted Van Lier Nurseries' 50th celebration attended by more than 200 guests entering through archways of flowers and foliage.

Theo thanks all who have contributed to making the business the success it is today.

Walter and Maria have left a lasting family legacy and it's sure to continue growing for a long time yet.

## Yachts to help disadvantaged youth

A new lease of life is being given some yachts with interesting histories.

Auckland businessman and yachtsman Geoff Hunt is looking for people to help him with his project to tidy up two yachts in Kumeu and another in Waimauku.

It's part of the NZL 14 Foundation he's set up to restore six yachts to help young people considered at risk.

"The boats just need a clean-up, not a rebuild," Geoff says.

One of the boats is a kauri sloop which infamous drug trafficker Marty Johnstone sailed as a boy.

Two others have been sailed by Sir Russell Coutts, including America's Cup boat NZL 14 which Geoff bought and has in Queenstown Bay.



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Some others are Etchells Class boats, designed by EW 'Skip' Etchells as an Olympic keelboat which is both fast and stable, and can be sailed by three or four people.

Geoff says he's getting disadvantaged youth to enjoy the benefits of ocean life through learning to sail.

He's particularly keen to help those with Asperger's, like a son and those with attention deficit hyperactivity disorders (ADHD), autism or other mental health issues.

"Being out on the ocean is the best medicine.

"I'd like to leave a legacy that continues after I'm gone," Geoff says.

He says a life on the ocean, including sailing boats for some of London's elite, has helped him, especially after leaving school without any qualifications. Geoff says he's had his share of ups and downs since.

He enjoyed the high life for a while, but it didn't last.

Geoff's had about 22 boats over the years, and still has "quite a few".

"But now I want to put my money back into things which help others."

He's also keen on having yacht clubs use some of the boats to help with training programmes.

"I'd like to recruit people to look after the yachts so that they always stay in good condition."

If you can help Geoff then email him at [99onlondon@gmail.com](mailto:99onlondon@gmail.com) for more information.

## Join us! West Auckland COGY Club

Have you had a stroke and having difficulty with walking? Do you have any neurological condition which affects your walking? Join us and use COGY, pedal wheelchair for better function of your body. We are planning a West Auckland COGY club. Express your interest by contacting Koko to 021 029 35242 or [kokocogy@gmail.com](mailto:kokocogy@gmail.com).



Anyone with walking difficulty can join us after a COGY instruc-

tion session (free of charge, individually booked). We will have a venue to have COGY for our use, where someone is always available to happily assist us getting on/off COGY. Club members can use COGY anytime we like. Commitment from the members will be a monthly fee (\$TBC, about \$20-40/month). Other costs will be covered with local government funding etc.

For more information, contact Koko 021 029 35242 / [kokocogy@gmail.com](mailto:kokocogy@gmail.com).

## The Tasting Shed

If you haven't been in to experience The Tasting Shed's new Head Chef Alok's menu, then you're in for a special treat. We are showcasing some of his newest ideas, along with dishes from the whole kitchen team, in this month's Trust the Chef on Wednesday the 29th of August. Tickets to these nights get snapped up within days of launching the event, so be sure not to miss out! You can book online at [www.thetastingshed.co.nz](http://www.thetastingshed.co.nz) or call to secure your place on 09 412 6454.



## Emotions and eating too much

There are some of us who quite simply put more food in our mouths in any given day than others. There is lots of trying to lose weight in a variety of different ways but the love of food and the enjoyment of eating usually wins. Have you ever stopped to wonder why? People who don't understand emotional eating say its lack self-control and will power. But those things have nothing to do with it. At some stage in life – most likely when we were a child or teenager, we developed a relationship with food that was not based on survival or social enjoyment – it was based on feeling better. Food started to be a tool we used when we were sad or angry. It was used to soothe something inside us. This happened again and again and eventually became habitual. When I was much younger it became obvious to me that we all treated food differently. I studied closely how the people around me ate. I could see the way I treated food was very different than, for example, my sister-in-law.

I created a mini research project in my head. After watching for a few months, I labelled everyone either a type 1 or a type 2. If you are type 1 you don't eat much, you don't cook if you don't have to and usually nothing fancy. When you get stressed, depressed or worried you usually lose your appetite, you can easily only eat half a meal and not give it a second thought. You stop eating when you're full. Your body is naturally thin. A type 2



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is generally a bit rounder, they have curves! They enjoy food, cooking it, and feeding people. When they get stressed, depressed or worried they turn to food for comfort. Type 2's have a different relationship with food, food is important and not to be taken lightly! They will nearly always finish everything on their plate and have dessert even when they are full.

Type 2's use food for an 'up' feeling. Like a drug. Not every moment of every day, but a lot of the time. All the feel-good chemicals go off like fire crackers. It is a habit as well as a coping tool. Type 1's naturally didn't develop this relationship with food (don't worry they have other habits!)

So why do we use food like this? Well as long as we are doing it, means we are still needing to feel better, we need a little cuddle on toast. Ask yourself, what is going on that is causing tension? What beliefs have you carried about yourself since you were little? What about you and the way you are perceiving yourself and your life feels not good enough? Feeling not good enough or not loved enough and situations happening throughout our days 'proving' this, will be a huge trigger for most of us. Other triggers are also our reactions to normal everyday life - logging on to online banking can cause tension, when the kids don't eat their dinner, when we think about the boyfriend who dumped us 10 years ago, when the boss calls a meeting, when the employee is late yet again, when we haven't brought the birthday present in time, when we wake up and there's no coffee. Even looking in the mirror and experiencing disappointment is an emotion that will need soothing. There are a million things to cause us tension if we choose and unfortunately to cope with it all we put food in our mouths.

I asked a client last week - 'do you really think it's possible to change your relationship with food?' Do you believe it's possible to eat only when you're hungry, and cut the cord linking you with food? To not have the 'wanting' or the 'need' all the

time would be fun and freeing. When the cheese and crackers hit the table do you think it's possible to have half the amount that you usually would? What would it take for this to happen? It would mean being able to manage your emotions differently, with more awareness. Because I tell you, if it did happen, it would change your life. This is not so much about nutrition! Don't get me wrong, I love being educated about what foods are best for my body, but to begin with we need to look at HOW we are eating. Because over-eating the healthy chicken dinner you cooked last night is undoing all the good. Changing your relationship with food would make much of weight loss very effortless.

Dr Libby Weaver says, if you are putting something in your mouth and you're NOT hungry ask yourself 'what do I really want?' I used to say to myself "you will not find what you are looking for in this food". Ideally the goal isn't to become a type 1! Its tongue and cheek but you would be going for a 1.5. This sits nicely in the middle and is a relaxing, fun place to be. I believe it's totally possible to change your relationship with food. I help clients in this area. I have done a lot of work in this area myself and create powerful mediations around this. Meditation is the tool I use. It's no good doing a nutrition plan, at this stage it's about doing the inner work. Call Anna for a session 021 555 658 or email [anna@thinkyourbest.co.nz](mailto:anna@thinkyourbest.co.nz).

## Why volunteer in a Citizens Advice Bureau?

As well as the satisfaction from seeing the difference you make, CAB volunteering will equip you with new skills that stay with you no matter what you do next. Many volunteers make friend-

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ships that can last a lifetime.

No wonder so many people choose to be a CAB volunteer. How about you? What does it take to be an adviser?

All sorts of people volunteer as CAB advisers and provide free, confidential, independent and impartial advice. There are some things bureau advisers have in common, though. CAB advisers:

- Are good listeners
- Work well in teams
- Can read and write English, and do basic arithmetic
- Are open-minded and don't judge people or their circumstances
- Enjoy helping all kinds of people
- Are prepared to commit 4 to 6 hours each week
- Are willing to learn new skills
- Feel good about the difference they make

You don't need special skills or knowledge to be an adviser, as your bureau will give you all the training you need.

What does an adviser do?

Confident Advising - training, support and development

Being a volunteer adviser can seem a little daunting, but don't worry!

From the very first day you start at your local CAB you'll get all the help you need. We've created a comprehensive, integrated training programme to prepare you for advising. Using a clear, staged approach, we'll help you develop the skills and knowledge you'll need in the CAB. The programme uses observation, shadowing, supported interviewing and training sessions run in the bureau, all supported by an extensive training. Want to know more? Then we want to hear from you!

The role of a CAB adviser is varied. Some of the things advisers do include:

- interviewing clients – usually in person, but sometimes by phone or e-mail
- using Cabnet, the CAB Service's electronic information system, to give information to clients
- explaining the choices faced by clients, and what they mean

- offering practical help to clients by writing letters, making phone calls and helping fill in forms
- referring clients to other agencies if they are better placed to help
- keeping confidential records of clients' cases
- preventing future problems by identifying issues that affect a lot of clients. This information can then be used to try and change laws, regulations and business practices - this is called "social policy" work.

Contact Barbara at CAB Massey 09 833 5775 or drop us an email [massey@cab.org.nz](mailto:massey@cab.org.nz) Or come and see us in the Massey library building cnr Don Buck Rd and Westgate Dr.

## My Science Playroom

We have noticed in the research and current practice that teachers and parents of young children have started to really analyse the way children play. Through these observations it became clear that children are taking their play seriously and are actually forming ideas and understanding of concepts that they test and apply after observing them in real life. When they have enough time and space to keep exploring an activity on their own with a variety of resources to enhance that 'research', they do come up with some amazing play scenarios. In our various dramatic play display areas we try to make sure that the resources are very relevant and encouraging interactive, innovative and creative play. We are noticing that regular children take up where they left off at a previous visit and take the play to more complex areas. These link directly into an integrated curriculum with outcomes than we would never have been able to do as teachers 'teaching'. One example that I saw yesterday was of two



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children of 6 and 7 years that decided to go on a space trip in the space ship. They planned their trip, checked the 'emergency escape capsule', the alarm system of dangers and then set up their areas for sleep, collected juice, water, vegetables and fruit for the journey from the vegetable shop and plants from the Nursery. All the while they delegated jobs to each other.....one went to fetch a baby, bed and food for the baby, the other went to fetch the medicines, "just in case they got ill!". One decided they need to take pets too. If you looked at it without knowing you would have thought it was a mess. But listening in to their play you realise the schemas that went on in this play, the thinking, understanding and forward planning that showed understanding for long and short term goals. At My Science Playroom at 406 Great North Road Henderson we are having fun creating new and exciting displays. When we started to analyse our visitor numbers we noticed that by 31st March 2018 we've had 25,300 visitors since we started in June 2016! We have also seen interest from locals who have started to engage and support displays, such as the local Queen Bee shop on Highway 16 that loaned us a working Beehive (without the bees) for children to look at. Another new display that is popular is the Augmented Sandpit where children (and adults) can move the sand around to form different kinds of topographical landscapes. It is a sensory play exploration that is very soothing and rewarding to play with. The magical outcomes that reactions from our chemistry experiments have for young children are always a favourite and are on offer every day that we are open from 11 am and again at 2pm. It is that time of the year when people plan end of year functions or parties and our facility are well suited for families who would like to have the facility exclusively for their own functions. We have a special on at the moment for August parents/adults who come in the afternoon with paying children come in for free. Please check out our website at [www.scienceplayroom.co.nz](http://www.scienceplayroom.co.nz). And we always let you know if we are fully booked or have a large group coming on our Facebook page @scienceplayroom.

## The Kaipatiki Project

The Kaipatiki Project is an organisation that is hoping to restore the Hobsonville Point area, so the NorthWest wild link can be fully joined from the Waitakere Ranges all the way to Tiritiri Matangi. Their aim is to help regenerate the Kaipatiki area and parts of North/North-west Auckland. They are a completely chemical free nursery, and allow the plants to grow with hardly any human contact. Most of the work is done by volunteers, who either go in the mornings (Wednesdays 9am-12pm) or go to the events Kaipatiki organises every so often. Without the volunteers help it wouldn't be possible for Kaipatiki to do these things. Kaipatiki Project is currently working on a very exciting project in the Hobsonville area, Epilobium. Volunteer and help

save one of Hobsonville Point's coastal plants, Epilobium hirtigerum. Epilobium hirtigerum is Hobsonville's Kakapo. If you would like to volunteer to help a local community organisation, email - [office@kaipatiki.org.nz](mailto:office@kaipatiki.org.nz) or call - 09 482 1172 or visit [kaipatiki.org.nz/volunteer/epilobium-hobsonville-point](http://kaipatiki.org.nz/volunteer/epilobium-hobsonville-point).

## Businesses must have marketing

Marketing is the essential life blood of a business to communicate with its stakeholders that invest time, money and effort. It is so important that a recent small business study said that "Marketing isn't simply an important part of business success – Marketing is the business itself". The term marketing covers a host of activities, all directly associated with selling your company, its services and product. But it doesn't stop there. Today marketing relates to messages in print, digital and mass media, no one medium is exclusive in its ability to control all principles nor does any one area have the ability to best convey information.

It is one of the fundamental reasons that The Westerly was created, a 48 page, full colour, glossy magazine that showcases editorial, product and service statements from local companies, and then in turn broadcasts that editorial on Facebook feeds to provide both digital and print exposure. The magazine provides an open editorial donation policy allowing local companies the opportunity to submit free editorial, 150 words and a colour photo (no logos). Preference is given to advertisers but 95% of all editorial submitted is used. In addition if you are a regular advertiser within the Westerly you will be offered a feature spot on the front cover and an inside page showcasing your brand and customer service values, an offer that is simply not available from any other local media, almost an endorsement of you, your brand and customer experience. So no matter how big or small, if you are retail or business to business, take another look at your companies marketing plan and see if the Westerly can feature in your development. Call publisher Graham McIntyre on 027 632 0421, email [graham@thewesterly.co.nz](mailto:graham@thewesterly.co.nz) or view [www.thewesterly.co.nz](http://www.thewesterly.co.nz).

## Cat lovers urgently needed

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



Phone 09 412 2636 for further information.



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