

the **Westerly**

FREE monthly community magazine for Massey to Hobsonville Point

PROPERTY MARKET REPORT

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

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Circulation is 16,000 print copies.

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

Contact John Williamson on 021 023 54173 or jbw51red@gmail.com

August 2018

2018

Intro

If you have seen Gwyneth Paltrow in Sliding Doors (available on YouTube), or read Ray Bradbury's A Sound of Thunder (on-line), you will know the potential impact of the long-term consequences of a decision. In the science fiction story "A Sound of Thunder" a group of hunters travel back in time to shoot a dinosaur that was about to die anyway. One hunter panics and treads on a butterfly (very beautiful and very dead), the tiny change cascades through the years, altering the future, and they return to a world apparently similar, but more dangerous than the one they left. In the film "Sliding Doors" a sacked executive travels home from work, but two parallel stories unfold. In one she catches her train and makes an unwelcome discovery when she gets home. In the second she is delayed at the station, the train doors slide shut and getting back home much later she finds no problem on her return. Had the hunter chosen to follow the rules, or the executive had chosen to leave a little earlier, the outcomes would have been different.

Making choices is part of life. Sometimes big ones such as our job or where we live, some-time small ones like picking up some litter (perhaps that bottle before it gets broken and causes an injury). We don't know what the outcomes of our choices will be, and we can speculate on "what ifs", but each decision will lead to changes. We can only make choices based on the information available, every choice you make, makes you.

There is so much to choose from in this month's Westerly. Travel is in the air, a welcome temptation these cold days. Read about local talent, a barista champion and a chef from an award-winning restaurant. A special library talk, a musical production at Massey High School, a secondary schools music competition, and a course on parenting. There is a psychic on national television, our usual tradie of the month and a Miss Universe New Zealand finalist.

Hobsonville Point has its own page again, and you can seek nourishment nearby for your taste buds and for your mind. If you have the energy, get active, help is within our pages for those winter injuries! Perhaps you could support Miro? Maybe the kids could enjoy some glorious mud? Read the article! There's even an item about a man with a tank.

As usual you can find Graham's guidance on understanding the local housing trends, suggestions for improving your house and garden, tips on fire-safety and protecting staff in the workplace, and looking after your pets.

So many ideas. The choice is yours. Have a good month.

John,
Editor



the Westerly

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Community: Notices

Hobsonville psychic in Sensing Murder

Sensing Murder series started again on Thursday July 19th TV 2 at 8.30pm running over a 6 week period. Kerry-Marie is one of the new psychics on the Sensing Murder series and is an experienced psychic medium who lives in our community giving readings and healings to those in need. She hopes she can help the victims, their families and loved ones left behind and only hopes to give some comfort, answers and closure. 28th of September she has a show Bridging the Two Worlds, where she brings loved one through to the audience, giving messages of love hope and peace. To book her show go to: www.eventfinda.co.nz/2018/bridging-the-worlds/auckland/parnell. To book a service with Kerry-Marie go to: www.spiritualdecisions.co.nz/bookings-payment.



Two markets operating out of the Massey Birdwood Settlers Hall

The Massey Birdwood Settlers Association is now playing host to two markets. The first is a craft market which has been successfully operating on the fourth Saturday of every month since March. A Vintage Market is set to start on the first Saturday of the month, starting on the 4th August.



So, what is a craft market? A craft market features, jewellery, felting, knitting, children's wooden toys, crochet, restored brass, decorative canvasses, finger puppets, soft toys, souvenirs including paua jewellery, handmade cards, soaps, soy candles, crystals and gemstones. Jams, sauces and other wonderful food is also available to delight visitors.

A Vintage market on the other hand features all lovers and purveyors of vintage, retro, mid-century, antique, and collectable fabrics, clothing, accessories, ceramics and furniture. Both markets have coffee, smoothies and wonderful food to

eat.

So, come along and enjoy great Saturdays shopping in between cycle rides or soccer games being played on the Massey Domain.

The Mobile Car Specialists

Buying or selling a car? The best thing you could do to maximise the sale price is have a paint corrective cut and polish done to remove / minimise fine scratches, blemishes, sunscreen marks, oxidation and most other unsightly marks. The condition of the exterior makes a big impact with potential buyers so make sure it's looking good. Likewise, if you've just purchased; often your vehicle could do with a professional polish, or dents removed, and NOW is the time to do it, otherwise you'll never end up getting it done until it's time to sell. Our other services include: Dent removal – small to large, yellow/foggy headlight restoration, deep clear coat scratch removal, ceramic coating paint protection and signwriting removal. We are a fully mobile operation, meaning we come to you to make your life easier. Contact us on 0800 20 30 20 for a quote, or visit www.TMCS.co.nz to see our work and 5 star reviews.

School holiday fun at West Harbour Christian Kindergarten

The team West Harbour Christian Kindergarten regularly put in place a School Holiday Programme for the children who continue to attend through the holidays, and any past pupils (up to the age of 6) who want to join us. Despite not closing



we are aware that many of our children have siblings who are home so we like to take that extra effort to make kindergarten fun for them. This last term break we have had a Sports Day, Pet Day, Grandparent and Movie Days – all in-house. Because this happens every holiday the children know now to expect something a little out of the ordinary (and our parents are happy to support these endeavours), and it means that our school holidays are full of fun and laughter. Seeing the children happy

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and participating together is what it is all about. Holidays are always full of memories.

We can help get you away from this cold weather

With all the cold and wet weather we have been having, don't you just want to get away and have some sun?



Here at YOU Travel Westgate,

we have some amazing deals for Rarotonga for travel from now through to the end of the year (Blackouts: 10 Jul - 24 Jul 18, 29 Sep - 15 Oct 18 & 15 Dec 18 - 28 Jan 19) Return flights (seat and bag) with Air New Zealand, 5 nights' accommodation and return airport transfers, all from *\$1,310 per person, based on twin share *YOU Travel Terms and Conditions Apply.

It's always great to have something to look forward to, a special occasion, a night out, a holiday in the sun, even for a few days, relaxing and recharging your batteries. The winter is long, so take some time out and get away - Rarotonga, Fiji, Tonga, New Caledonia, Cruising; there is so much to see and all so close to New Zealand.

Email me paula@youtravel.co.nz and be added to our data base to stay informed and updated of the latest travel specials. Or pop in/call, Paula, YOU Travel Westgate, 18 Westgate Drive, Westgate. Phone 09 831 0018.

Follow the yellow brick road

Massey High School are proud to be performing 'The Wizard of Oz' from 6-10 August from 7pm each evening. The musical will be held at the school, in the Bruce Ritchie Performing Arts Centre, 274 Don Buck Road, Massey. Tickets will be on sale from the 24 July - Ph 09 831 0500. Adults: \$20, Students & Seniors: \$15, Family (2 adults/2 children): \$60. The cast have been rehearsing tirelessly; it is shaping up to be a spectacular event. Come along and follow Dorothy's adventures along the yellow brick road.

Dementia: Reduce their anxiety and gain peace of mind for yourself

It can be challenging to find products that continue to fit the needs of people with memory loss. Remaining as independent, active, and involved with others as possible is important. Not being able to keep track of the day, time, or even whether it is day or night can cause confusion and anxiety. Our Digital

Day Clock reduces this with large clear text displaying the time, day of the week, time of day, and date. And it has no confusing abbreviations. You can even set the display to only show the day, and time of day. Alarms and medication reminders are also available. This clock comes with time and date set, just plug it into the wall.

We also stock puzzles and games to keep New Zealanders feeling connected and uplifted. Subscribe on our website to receive monthly updates on products, and articles on related topics. Visit www.mindjig.co.nz to see our resources for people living with dementia or brain injury. Or contact us email: info@mindjig.co.nz Phone: 09 600 3251.

Mindful Parenting course

A 7-week course in West Harbour on Wednesdays from 7:00 - 8:15pm, beginning 15 August - \$140 per person or \$245 per couple.

Parenting is one of the most complex, demanding and rewarding activities that we will do.

The reality is that sometimes we lose sight of being able to feel happy, have fun or guide and treat our children fairly; or maybe we haven't been taught how to do this by our own parents.

While our brains and bodies are wired for connection, happiness, well-being and a sense of fun, putting that into practice while we parent can sometimes be a challenge!

Mindful Parenting is a practical course designed for parents (or intending parents) who would like to deepen their parenting ability and further enhance the relationship with their children. Parents will learn the moving mindfulness exercises of Yuan Qigong. They will also explore ways to respond more thoughtfully to a child's difficult behaviours, by bringing more awareness to common patterns of reactivity. All throughout the course, parents will be supported to build on what they do well and explore ways to effectively change what is less helpful in their lives.

This course will be taught by two Yuan Qigong teachers, Dorrie van Roij and Bridget Baker.

To book a place or for more information, please contact Dorrie on 021 517 197 or joostdorrie@gmail.com

Facilitated by: Dorrie van Roij is a parent of two teenage children (15 and 17 years old) and a Yuan Qigong Master. She is also a therapist, and specialist in Neurolinguistic Programming and Psycho-physical training. Dorrie is thoughtful, practical and caring.

Bridget Baker is a parent of two boys (4 and 5 years old), a Yuan



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Qigong teacher and former marketing and events manager. Bridget is compassionate and pragmatic in her approach. 100% money back guarantee, if you gain no benefit from the course.

Swimming lessons for life

The drowning statistics in New Zealand are rather frightening with 104 drownings in 2017 and 88 of these being preventable. We live in a country surrounded by water – whether it's the ocean, our stunning rivers and lakes or the multitude of pools at residential homes – and it is integral that both ourselves and our children are capable and confident in their swimming abilities. At Hilton Brown Swimming Hobsonville, we offer lessons to babies, pre-schoolers, school age children and adults. Please pop in and say hi at 5 Rawiri Place, Hobsonville or check us out on www.hiltonbrownswimming.co.nz. We have a variety of lessons across different days and times.



Stand up stand out 2018 finals

Saturday 1 September 3pm-6.30pm at the Vodafone Events Centre, Manukau. \$5 at the door. Will you be there to see our future stage stars perform before they "go big"? Don't miss the awesome entertainment at the Stand Up Stand Out 2018 Finals on Saturday 1 September. Come along to support your favourite performer and their school and discover the amazing talent and energy of Auckland's young people. From over 1,000 Auckland secondary school students who took part in the high-

ly competitive heats and semi-final rounds, the top music and dance talent will take the stage and battle to impress our judges at the Stand Up Stand Out 2018 Finals. Plus, there's a special guest performance from Onehunga hip-hop collective SWIDT, winner Best HipHop Artist 2017 at the Vodafone New Zealand Music Awards. The finalists will go head-to-head to impress the judges and win more than \$6,000 of prizes, and the opportunity to attend an exclusive masterclass workshop with industry experts. This year the judging panel of industry professionals features contemporary dancer Joash, multi-instrumentalist and award-winning producer Brandon Haru, vocalist and songwriter Cherie Mathieson, along with b-boy Antonio Bukhar (Uganda). From RnB, reggae, folk and rock to jazz ballet, contemporary and hip hop, this unmissable showcase of talent is your chance to see the stars of our future. Stand Up Stand Out is Auckland's premier secondary school music and dance competition and is brought to you by Auckland Council.

Waitakere Volunteer Fire Brigade

Winter is certainly upon us now with rain, wind and cold weather so make sure you follow these fire-safety tips to help keep you and your family safe and warm.

Electric blankets: If your electric blanket or cord is showing any signs of wear, have it checked by a competent service person or have it replaced. Don't take the risk, always make sure that your electric blanket is switched off before getting into bed. Never use pins or sharp objects to secure the electric blanket to the bed and never tuck it in under the bed. If the blanket becomes soiled, sponge it lightly and allow to dry naturally on a flat surface. Do not dry-clean or use a washing machine or spin dryer. When putting your electric blanket away for summer, don't fold it – roll it.

Heaters & clothes dryers: After kitchen fires, fires involving heating and drying are the next most common reason the Fire Service is called out.

Remember the heater-metre rule – always keep furniture, curtains, clothes and children at least one metre away from heaters and fireplaces. Don't store objects on top of your heating appliance. Never cover heating appliances. Don't overload clothes dryers and clean the lint filter after each load cycle.

Fire stations welcome new members so if you live close to a fire station call in and say hi or go to fireandemergency.nz/volunteering/with-us/ to find out more about being an emergency responder. Denis Cooper - Station Officer, Waitakere Volunteer Fire Brigade.



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People:Places

helloworld Hobsonville



We managed to grab some precious time with Carolyn Hedley, the Owner Manager of helloworld Hobsonville and asked her some questions about the brand and the retail store.

What makes the helloworld brand so good?

Helloworld is a fresh new travel brand launched in February 2016 bringing together over 45 years' of experience with former Harvey World Travel Stores, some former United Travel stores and Air New Zealand Holidays Stores. Helloworld is the only retail travel brand in New Zealand that allows customers to earn and spend Fly Buys points. Fly Buys points can be redeemed for helloworld vouchers which can be used towards the cost of a holiday.

We also accept American Express membership Rewards points as a payment option.

What experience can the public expect?

The public can expect well-travelled and experienced consultants who can create the perfect tailor made holiday options for their clients. Our helloworld Stores are experts in flights, holidays, tours, cruises and more. We offer value based and innovative holiday solutions. Our cruising knowledge, both ocean and river cruising is second to none with myself having achieved Cruise Master status. Cruise Master status is achieved through

study undertaken and having experienced a number of cruises. The other staff are working towards this also with Lesley having achieved top seller awards for a number of cruise companies.

What do you want to achieve with the retail experience?

We aim to ensure our clients and their families have the most enjoyable and memorable experiences on every occasion and we take the worry and hassle away from them by ensuring we take care of all the details including advice on visas, insurance, foreign currency and easy payment options through Q Card. We offer a duty of care with our clients and are available 24/7 should they need assistance while travelling.

In your opinion why do customers engage with the brand?

The brand is well recognised in New Zealand and we have 64 stores nationwide providing convenient choices. We are TAANZ (Travel Agents Association of New Zealand) so client funds are always protected under this TAANZ bonding. We have a history of providing warm friendly service backed up by considerable expertise.

For more information phone 9 416 1799 or go to ww.helloworld.co.nz or visit them in store at the Hobson Centre, 124 Hobsonville Road, Hobsonville.



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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In Brief updates: Events

House of Travel Hobsonville

With industry leading CLIA (Cruise Lines International Association) accredited agents House of Travel Hobsonville really is your cruise specialist. From a local P & O, family fun Royal Caribbean, luxury Ponant, Antarctic expedition and everything in between we have got you covered. They say there is a cruise for everyone and our consultants will work with you until we find the perfect fit. All at the best possible price and no nasty hidden extras that internet booking suffers from. We also have some great local events coming up. Like us on Facebook and we can keep you in the loop for exclusives you won't find anywhere else. If you're the sort of person who likes to beat their own path we specialise in tailor made itineraries around the globe. Mike (Buzz) spent many years running adventure travel tours throughout the Middle East and Asia. You'd struggle to find a more experienced travel agent who'll work with you until the perfect itinerary is created. With families of our own we are also great at booking family holidays near and far. We understand those little details that can be the difference between an unforgettable trip and an average one. With 55 years of combined industry experience we'd love the opportunity to help plan and book your next journey. House of Travel Hobsonville, Cnr Hobsonville Point Rd and De Havilland Rd Hobsonville Point. Hob-



sonville@hotmail.co.nz 09 416 0700.

Show Dad how much you love him

Father's Day is fast approaching. How are you going to show him you care this year? Socks? Craft beer? Tools? BBQ equipment? OR why not do something different this year and buy him a personalised gift from Precious Imprints. Choose from rings, key rings, guitar picks, pendants and more, or we can work together and create something unique to your relationship with him, something only you and he will "get". Visit my website www.preciousimprints.co.nz for inspiration or feel free to email me jo@preciousimprints.co.nz so we can start creating an original gift for Dad, one that he can treasure forever. Father's Day – Sunday 2nd September – order now to be sure you have the perfect gift in time. And don't forget the Grandads too!



Pack your bags and take a trip

These days, there's more to retirement than reading the paper, playing bingo and growing oversized marrows. On any given day, a minimum of 5% of Summerset at Monterey Park's residents have packed their bags and had their passports stamped, and are on their way to an overseas destination –whether it be a river cruise from Budapest to Amsterdam, or a family holiday in Fiji. The team at Hobsonville Point's House of Travel, recently treated the village to a presentation about the amazing Small Boat Expeditions on offer around the world. We enjoyed it so immensely that it got us thinking about what other events we could co-host in the future. Buzz, the owner-operator of House of Travel, came to us with a fantastic idea: To host a Travel Festival, right here, in the village. We thought this was a brilliant idea and knew our residents, their families, and friends would be happy to take advantage of any special deals on offer. We then realised it would be a fantastic opportunity to show off our uniquely beautiful village, and decided to open the festival to our local community. And so, on Sunday 16th of September, the "Travel Festival: Life Begins at 50 – Summerset at Monterey Park", will become your travel destination. 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



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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, as yet to be announced. Stay tuned for more exciting news to come. For more information, visit www.travelfest.co.nz. We expect it will be an extremely busy day; so we have arranged to utilise Hobsonville Point Secondary School carpark for the day. A shuttle will operate back and forth from the village for your convenience.

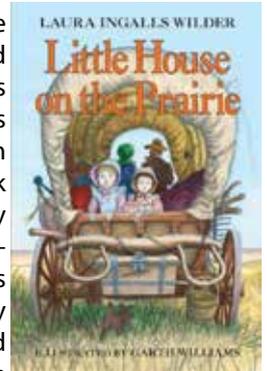
School maths has changed

Are you finding it more difficult to help your child with their maths homework? Do you find they do things differently in school now? National Standards in education now require students to demonstrate several strategies to solve problems - whereas, in the past, they could use just one - usually an algorithm. Now children develop their understanding of a concept by approaching it several ways. Greater thinking skills and an increased number of strategies are required. They not only have to find the answer to problems but also demonstrate their thinking in the process. At NCEA level, students may only achieve Excellence if they present a detailed explanation - both verbal and numerical - of how they reached their conclusion. The teachers at Kip McGrath Education Centres are all qualified teachers who follow the National Curriculum. They support cur-

rent educational approaches to the teaching and learning of mathematics in the classroom but concentrate on the basics of Numeracy to ensure all essential skills are developed. They also communicate with teachers at the various schools to ensure consistency. If you are having problems helping your child with their homework, call Lynne or Roy at Westgate Kip McGrath - 09 831 0272.

Little House on the Prairie

Do you remember Little House on the Prairie, the drama series revolved around the 1870s adventures of the Ingalls family based on Laura Ingalls Wilder's books? On Saturday 4 August from 2pm to 3pm, Dorinda Duthie will give a talk in the John Dawson room at Massey Library (Corner Don Buck Rd and Westgate Drive, 09 377 0209). This free event is part of the Massey Library Family History Month. You can see tools like Pa would have used, clothes like Ma would have made and other original items similar to those mentioned in the books and used in the TV series. These items will be on view from 1pm. Dorinda will talk about all the books in the series, the prequels, the sequels, background books for adults and children, other books about American pioneering life and similar books about NZ pioneering life. Dorinda is a qualified primary school teacher with a special interest in making history relevant and interesting for children and adults. For further information please speak to one of the Massey librarians.



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Annual competition reveals Auckland's top supermarket checkers

Over the past few days, 253 checkout operators from New World, PAK'nSAVE and Four Square stores across the Auckland region went till-to-till in Foodstuffs North Island's 70th annual Checker of the Year competition, which has attracted a record number of entries this year. The top three checkers from Auckland Central were Reuben Jamieson-Soper from PAK'nSAVE Glen Innes in first place, Maryanne Faleta from New World Stonefields in second place, and Blessing Taulagi from New World Stonefields in third. The top three checkers from Auckland North were Debz Bott from New World Warkworth in first place, Cathy Elloso from PAK'nSAVE Lincoln North in second place, and Isabella Burns from New World Whangaparaoa in third. The top three checkers from Auckland South were Paige Brown, New World Waiuku in first place, Shahil Raj from PAK'nSAVE Botany in second place, and Bronwyn Webber from New World Botany in third. The checkers competed on stage against one another while being judged by a team of eight senior Foodstuffs staff. Checkers were assessed on their speed, presentation, customer service and accuracy as they scanned 30 items as quickly as possible, while also staying friendly and composed. Foodstuffs North Island CEO Chris Quin said this competition celebrates the skills of those who are at the front-line of the public's experience of their local supermarkets. "Our checkout operators are the face of our business, and this event is an opportunity to shine the spotlight on them and show our sincere appreciation for the contribution they make every day to our success in meeting customer expectations. "The fact that this is the 70th anniversary of the competition, and that it is bigger than ever before with over 120 stores par-



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icipating, reflects the value that our staff see in it. It gets quite competitive, but is also a chance to have fun and build relationships," said Mr Quin. When it began in 1948, it was known as the 'Listing and Adding' competition, and was a maths-based challenge requiring checkers to add the prices of items manually. Reflecting the changes over the years since then, the competition has evolved to focus on a broader range of skills. With a 'blast from the past' theme this year, competitors' colleagues, family, and friends dressed up to reflect a decade of their choice from the past 70 years, cheering the competing checkers on with banners, chants and store mascots. The winners received an HP Sprocket Printer, while the second place-getters won a Bluetooth Speaker and the third place-getters won an Omen Headset. The other checkers in the top 10 each received a \$50 Prezzy Card. There were also prizes for the best dressed team and the best supporting team. As the winners of the Auckland regional heats, Debz Bott, Reuben Jamieson-Soper and Paige Brown will go on to compete against the winners of the seven other regional heats held over June-July. Each regional winner will be mystery shopped between August and November to determine the overall North Island Checker of the Year winner and two runners-up, which will be announced in November.

helloworld Hobsonville

I have returned from Florida where we went to the Orlando Theme Parks, cruised on the mega-ship Oasis of the Seas, and self drove around Florida Keys, what an experience. We didn't have enough time in Orlando to do more than a couple of the theme parks but the "Wizards World of Harry Potter" was my favourite area, the rides were great even for my thrill avoiding husband. We had our two adult kids with us and everyone loved this area. While we were there "Toy Story" opened but we didn't have time for that. There are queues everywhere so definitely upgrade your tickets to front of line or express where you can; otherwise you are limited to only a few rides each day. We also went to the Kennedy Space Centre, well worth spending a full day there and we ran out of time. This was one of our highlights of the holiday, just fantastic. And shopping, shopping, shopping, the outlets are fantastic no matter where you are in the USA. I chose to cruise on Oasis of the Seas, wanting to experience what they offer and why they wow people everywhere. This is my third cruise this year so I have now experienced Ponant – small expedition cruising 5 star, Seabourn – ultra luxury 6 star inclusive cruising, and now mega size 6000 passenger cruising. The first thing you notice is the number of



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people exploring Central Park on the ship, hard to move. After the first day people spread around the ship more and if you didn't want to stand in the pool then the other areas were pretty good. Stand, not swim, too many people. The ship was great actually; we loved the shows which were world class. The Aqua show had Olympian divers, and world class synchronized swimmers and the pool/stage was sometimes full, then empty and then full for the divers which were diving from a huge height. The show in one of the theaters was fantastic, aerial and Cirque de Soleil style – wow! One of our favourites was on the ice rink (yes ice rink onboard), and was themed around the movie Frozen. The ice dancing was something you would see at the Olympics with lifts, jumps dancing and the costumes for the characters was fantastic. Once off the ship we picked up a car and drove down to the Florida Keys, I loved this area. A huge Spanish speaking area only 10 miles from Cuba and Jamaica but the weather, restaurants, accommodation, was all something to love. We didn't have enough time here either but would have loved to hire a boat to explore much more. Come and see me if you want to know more about these cruises and these areas, as there is not enough room here to talk about it. If you want to find about more about any of this please phone 09 416 1799 or email hobsonville@helloworld.co.nz.

Westgate Shopping Centre

Be into win Dad a \$500 Westgate gift card or 1 of 10 x \$100 Westgate gift cards this Father's Day at Westgate. Simply spend \$30 or more at one of our participating retailers during the month of August, then go online or in store to fill in an entry form to enter. Offer valid from 1st August to 26th August 2018. Terms and conditions apply - see our website for details www.westgate.kiwi.



SeniorNet West Auckland

This monthly meeting which is on the 21st. August 2018 at the Kelston Community Centre, Corner Awaroa Road, Kelston, starting at 10am, we have as our guest speaker is from the banking sector and is going to speak about Internet Banking. How to go about setting up and how to manage your banking on line. She will explain all about the security of the site as this is one thing that often puts people off getting started. It does not matter which bank you use, so please come along and even if you al-

ready do banking on line we are sure you will find this interesting. Security being of importance to everyone. We have ongoing classes for Windows 10, gmail, photos, phones and tablets. Just ring our class co-ordinator Pam on 09 827 2156. Leave a message and she will get back to you. For AppleMac please ring Janet on 021 993 341. Our computer classes are for seniors and taught by seniors and usually there is 1 Tutor to every 3 students. You do need to be a member of SeniorNet to attend. Our monthly meetings are held on the 3rd Tuesday of every month with a guest speaker and morning tea. You do not need to be a member to attend. Entry by a \$2 raffle ticket that could win one of 3 prizes. Classes are held at our Learning Centre in the Henderson RSA in Railside Avenue, Henderson.

Dancing at home

At the beginning of this year New Zealand Morris Dancers played host to dancers from USA, England and Australia, during their annual 'tour', which was held in Auckland. We had a great time showing off the city to our overseas guests, dancing at Glenbrook, both on and off the vintage steam train, at The Pumphouse on the shores of Lake Pupuke, on the waterfront, on Mt. Victoria in Devonport, and elsewhere. The whole event was filmed and many participants interviewed. A question asked of almost every dancer was 'what does it feel like when you are dancing The Morris?' Here are some of the answers; I feel like I'm flying/ Joyous/ I love the physicality of it/ It takes me out of myself/ euphoric/ I love that everyone works together/ I really like the excitement of some of the vigorous stick dancers. Now you too can see what it feels like, by visiting my fb page 'Dancing At Home', where there are instructional videos of how to perform some of the steps: www.facebook.com/morrisdancingathome. There is also a clip of the dancers in action. Next year the tour will be held in Geraldine, in the South Island. There is plenty of time to learn some steps and to be part of this amazing event. For more info Phone Errol 021 184 1653.

Auckland swimming league news

The Fools Pools, Auckland Swimming League team, were placed 2nd in the Auckland Primary Schools League for Term 2. The competition was held over 4 meets at Cameron Pools in Mt Roskill. The team trains with head coach Brad Mullins at Fools Pools Swim School based in Oaia Rd, Muriwai. They swam exceptionally well throughout the competition, and particularly in the final and finished in 2nd place overall behind Ponsonby. There is some very competitive racing in this competition, and the Muriwai team were up against some top level age-group swimmers, but pulled out all stops for the finals.

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Property:Advice

Property market report

Three years ago we experienced annual property price increases of 20 percent, and this year the property prices in Auckland are down 2.2 per cent to March year end.

But let's put this into context. The number of properties sold under the \$750,000 price band experienced 4 percent more sales to March year end and the \$750,000 to \$2 million price band had 5 per cent fewer sales for the same period. New Zealand's total number of house sales fell almost 10 percent over this period and took longer to sell.

The number of houses sold fell to 7,768 in March down from 8,622 a year earlier, which was the biggest single sales month in 2017, with Auckland sales numbers down 12 percent to 2,386. While activity has been slowing, prices remain resolute, with the house price index rising 4.2 percent in New Zealand. Excluding Auckland, the index climbed 7.2 percent, while Auckland Property had a modest 1 percent increase.

House sale records were set elsewhere in New Zealand. Gisborne prices rose 17.9 percent year on year to reach \$330,000, the Hawke's Bay rose 11.7 percent to \$445,000 and Wellington prices rose 10 percent to \$583,000.

Auckland has also featured some way down on a global measure of house price rises. In April, The Guardian newspaper reported on the Knight Frank residential index: "London was ranked 101st with a 2 per cent gain while Auckland, dropped to 99th. Berlin topped the index with a 20.5 percent jump last year. Property enquiry numbers and open home traffic is running positively and we certainly are seeing a lack of supply and an increase in purchaser demand in the current market. Let's have a look at those sales for the month:

Herald Island \$970,000 to \$1,977,000.

Hobsonville \$708,000 to \$1,480,000.

Massey \$565,000 to \$1,080,000.

Royal Heights \$762,000.

West Harbour \$710,000 to \$2,075,000.

Waitakere \$1,300,000 to \$1,500,000.

Whenuapai Residential \$1,030,000 to \$2,675,000.

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. Like-wise, before you go to market, have a chat with a few highly educated real estate professionals about the best process, marketing support and relationship that will deliver the best return on your asset. It may well save you thousands, make you thousands and deliver

a much more enjoyable experience.

Call me today on 0800 900 700, text 027 632 0421 or view www.grahammcintyre.co.nz - Mike Pero Real Estate Ltd Licensed REAA (2008).

The 5 C's of lending - what do lenders look for?

When applying for a loan, it's important that you have a good understanding of where you sit in the big world of lending.

Below are some of the areas that lenders look at.

Character - When banks evaluate character, they look at stability — e.g. how long you've lived at your current address, how long you've been in your current job, and whether you have a good record of paying your bills on time and in full. If you want a loan for your business, the lender may consider your experience and track record in your business and industry to evaluate how trustworthy you are to repay.

Capacity - Capacity refers to considering your other debts and expenses when determining your ability to repay the loan i.e. in the banks eyes, do you have enough income to pay back the loan? Not many people know, but some banks use 7% in their calculations, even though most rates currently sit in the 4% range.

Capital - Capital refers to your net worth — the value of your assets minus your liabilities. In simple terms, how much you own (for example, car, real estate, cash, and investments) minus how much you owe.

Collateral - Collateral refers to any asset of a borrower (for example, a home) that a lender has a right to take ownership of and use to pay the debt if the borrower is unable to make the loan payments as agreed.

Some lenders may require a guarantee in addition to collateral. **Conditions** - Lenders consider several outside circumstances that may affect the borrower's financial situation and ability to repay, e.g. what's happening in the local economy. If the borrower is a business, the lender may evaluate the financial health of the borrower's industry, their local market, and competition. Some lenders develop their own loan decision "scorecards" using aspects of the 5 C's and other factors.

For further details feel free to contact Ivan on 027 577 5995 or email 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.

Graham McIntyre
LICENSED SALESPERSON
BRAND & TERRITORY OWNER





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Selling your house

Do you understand the Vendor Warranties & Undertakings clause? In the standard agreement for Sale and Purchase, the clause for Vendor Warranties and Undertakings provides warranties from the vendor to the purchasers as to the state of the property and set actions that will take place as part of settlement. For example, they provide that the vendor confirms that the chattels are in working order, any work done to the property meets government regulations and that the vendor has not provided undisclosed consent to third parties which may affect the property. Vendors should read the vendor warranties very carefully to ensure that there are no outstanding issues that they are aware of, especially where they might have done work to the property. If there are any issues, a special condition can be included that will put the purchaser on notice and shift the burden. An example of this is a "as is, where is" clause which might relate to, say, an unpermitted garage. By Carmen Franich, Smith and Partners Lawyers phone 09 836 0939 or visit www.smithpartners.co.nz.



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We are a family owned and operated company based in Auckland. With over 15 years' experience in the industry, we have all your needs covered. Precision Roofing pursues in providing high quality work at a reasonable price. We use the highest quality materials to meet your home or businesses requirements as we understand that Auckland is prone to various weather conditions. Our team has attention to detail, so all our work is Precision quality. The Precision Roofing team are specialists in all aspects of roofing, meaning you only need one company to cover all your roofing needs. Our services include; colour steel roofing, tile roof restoration, replacement of gutters and downpipes, and we also provide repairs on all of the above. All of our replacements, restorations and repairs on homes and businesses in Auckland are backed with an exceptional 10 year workmanship guarantee, and manufacturers' warranties also apply on most materials of up to 30 years. Precision Roofing and Spouting - phone 0800 002 222, email info@precisionroofing.co.nz or visit www.precisionroofing.co.nz.



Bright line test and the family home

Most homeowners are aware that the family home is exempt from the bright line test. However, this does not mean one can sell the family home freely during the bright line test period (which is now 5 years). Firstly, it has always been the law that if you purchase a house with the intention of reselling it, you are probably carrying out a taxable activity. Secondly, Inland Revenue policy (usually available from the Inland Revenue website) indicates that you may only claim the main home exemption twice over any two-year period. Moreover, there are other issues arising such as whether you rent out part of the house or the minor dwelling. You risk losing the main home exemption if you do not use more than 50 % of the space in the main home for your living purposes. These are always areas for specialist advice if you have any doubt -Luke Kemp or Dail Jones – Solicitors, 09 412 6000.

What is Fringe Benefit Tax (FBT)?

Fringe benefit tax affects many business owners. A fringe benefit arises when an employer provides a non-cash benefit to an employee or their associates. With the exception of a wage/salary or residential accommodation, most benefits provided to employees (arising as a result of the employment) are classed as fringe benefits. Cash benefits (wage/salary/residential accommodation) given to employees are taxable to the employee and employers must deduct tax in the form of PAYE. On non-cash benefits that are classed as fringe benefits, the employer is liable for tax in the form of FBT. The major forms of taxable fringe benefits are motor vehicles made available for an employee's private use, goods/services provided to employees either free or subsidised, low-interest loans advanced to employees, and employer contributions made to sickness/accident/death benefit funds, superannuation schemes (excluding KiwiSaver) and specified insurance policies. To find out more about fringe benefits and how they affect your business, contact your local specialist Mark Foster and the friendly UHY Haines Norton team at 329A Main Road, Kumeu, on 09 412 9853 or email kumeu@uhyhn.co.nz.

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area property stats

Suburb	CV	Land Area	Floor Area	Sale Price
Herald Island	940,000	1449M2	100M2	970,000
	1,400,000	685M2	230M2	1,977,000
Hobsonville	1,000,000	202M2	164M2	970,000
	986,000	189M2	153M2	929,500
	775,000	162M2	100M2	736,000
	670,000	91M2	77M2	708,000
	1,235,000	343M2	205M2	1,480,000
	1,330,000	450M2	223M2	1,300,000
	950,000	225M2	178M2	940,000
	1,050,000	266M2	188M2	1,162,000
	1,030,000	538M2	190M2	925,000
	Massey	970,000	462M2	178M2
680,000		680M2	80M2	600,000
870,000		809m2	170M2	848,000
690,000		609M2	80M2	735,000
870,000		673M2	280M2	913,000
990,000		6078M2	210M2	865,000
770,000		607M2	90M2	760,000
890,000		921M2	260M2	880,000
670,000		411M2	130M2	650,000
650,000		943M2	90M2	706,500
620,000		745M2	100M2	720,000
670,000		592M2	130m2	722,500
1,200,000		572M2	265M2	1,080,000
550,000		628M2	80M2	592,500
600,000		811M2	130M2	565,000
625,000		1168M2	110M2	725,000
860,000		544M2	169M2	872,000
695,000		1131M2	130M2	750,000
600,000		370M2	130M2	610,000
635,000		5032M2	90M2	650,000
620,000		644M2	90M2	693,000
990,000		857M2	140M2	740,000
840,000		471M2	165M2	820,000
1,025,000		825M2	200M2	1,050,000
780,000		584M2	170M2	720,000
680,000		680M2	160M2	750,000
730,000		10694M2	100M2	710,000
630,000		505M2	128M2	733,000
1,000,000	600M2	185M2	840,000	
Waitakere	1,150,000	4.1HA	150M2	1,300,000
	1,475,000	4HA	200M2	1,500,000
West Harbour	1,950,000	840M2	310M2	2,075,000
	700,000	474M2	92M2	715,000
	1,100,000	700M2	210M2	1,035,000
	760,000	264M2	133M2	725,000
Whenuapai	1,200,000	357m2	264m2	1,188,000
	1,350,000	395M2	302M2	1,225,000
	2,050,000	1998M2	289M2	2,675,000
	1,125,000	304M2	241M2	1,061,000
	1,075,000	301M2	226M2	1,035,000
	1,180,000	344M2	256M2	1,080,000
	1,150,000	330M2	249M2	1,130,000
	1,150,000	330M2	249M2	1,125,000
	3,790,000	1.6HA	184M2	3,000,000

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Brand & Territory Owner



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

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REAL ESTATE

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CLOSE TO EVERYTHING

3 1 1

\$540,000

2A Parakai Avenue, Parakai
\$540,000

This private three bedroom bungalow is close to everything, across the road from the shops an easy walk to school, surrounded by the various hot springs and pools Parakai is famous for and just down the road from the park. What more could you want? This weatherboard bungalow has good indoor/outdoor flow with a great deck off the large lounge room. There is a large single car garage and a large secure paved parking area, an easy care garden will give you plenty of time to enjoy the local attractions. The CV on this property is \$540,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email lyndsay.kerr@mikepero.com.



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PERFECTLY POSITIONED, HOBSONVILLE POINT

3 1 2

By Negotiation

9 Kanuka Road, Hobsonville Point
By Negotiation

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



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BRICK AND TILE ON 2403SQM - ELEVATED VIEWS

4 2 2

By Negotiation

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.



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SUPERIOR BUILD, SPACIOUS LIVING, HOBSONVILLE POINT

3 2 2

By Negotiation

16 Harvard Street, Hobsonville Point
By Negotiation

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.



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www.mikepero.com/RX1505411



STUNNING, SUN-FILLED AFFORDABLE CORNER HOME



By Negotiation

30 Oioi Road, Hobsonville Point
By Negotiation

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.



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2 1 1

Offers Over \$789,000

46 Oraha Road, Huapai
Offers Over \$789,000

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



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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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THE PERFECT LIFESTYLE PROPERTY

4 2 2

Asking Price \$1,298,000

87 Zanders Road, Waimauku Asking Price \$1,298,000

This is the most sought after lifestyle property, 1.9HA (5 acres approx.) nestled in a quite rural cul-de-sac in the Ararimu Valley, 10 mins from Kumeu or Waimauku villages. Spacious, Maddren four bedroom, two bathroom brick home with internal access to a large double garage. Large wooden deck accessed by two double bi-fold doors and a ranch slider provide great indoor - outdoor flow. A double bi-fold door opens onto a concrete courtyard, from the large kitchen / family room area. Land is easy to moderate contour and enjoys a pleasant rural outlook. The grounds are neatly laid out, featuring fruit trees and palms. Pasture is divided into 4 paddocks of improved pasture. The fencing is to a good standard. A small dam is at the bottom corner of the block.



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

4 1

Offers Over \$729,000

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

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



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www.mikepero.com/RX1369936

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THE KIWI DREAM

4 2 1

Asking Price \$960,000

289 Motutara Road, Muriwai
Asking Price \$960,000

Four bedroom home on quarter of an acre with the beach a ten minute stroll down the road. This beautifully built character home is looking for a new owner who will appreciate the skill that was employed to build to this quality. Extensive use of Kauri and other quality timbers make this home a rare find. A modern kitchen is complimented by a pristine Shacklock range with a wetback. The formal lounge overlooks the lovely gardens. The master bedroom is a spacious light filled room. The beach and surf club are one kilometre away, the golf club is around the corner, what more could you ask for. The CV on this property is \$1,050,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email lyndsay.kerr@mikepero.com.



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THIS IS THE ONE! SUNSHINE, VIEWS AND TWO PARKS

2 2 2

Set Date of Sale

301A / 160 Hobsonville Point Road, Hobsonville Point

Set Date of Sale - 5pm, Thursday 9th August 2018 (unless sold prior).

Wow check this one out! Stunning views, two double bedrooms, two bathrooms, a bath, two car-parks, your own storage locker, access to a bike room and extensive quality chattels. This well presented Brickworks apartment delivers value in spades! Fabulous easy care apartment living or a great rental property for the discerning buyer. Enjoy the sunny North facing aspect, corner windows, alfresco dining on the covered deck and wide views across the park through to the Inner Harbour. Whether you want lock and leave or the simplicity that this property can give you, it is a real winner. Quality Chattels included with the Apartment.



Cherry Kingsley-Smith
021 888 824

cherry@mikepero.com

www.mikepero.com/RX1431549

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EXTENSIVE PANORAMIC VIEWS - VENDOR SAYS SELL

Offers Over \$784,000

731A Ridge Road, Riverhead Offers Over \$784,000

Elevated mixed pasture and bush in an upmarket and established development. One of the last sections available. Options here to capture the view, create a little paradise and enjoy. 2.3943 ha (approx 5.6 acres) of land in an established country lane, a short distance to Riverhead shops and school. The land is semi fenced post and rail and has a house cut in place. From this cutting the views are plentiful through the valley and afar. Additional information is available to purchasers keen to put the dream home on a great land holding. Services at the lane side close to the proposed house site. The CV on this property is \$810,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

www.mikepero.com/RX1055369



AFFORDABLE SECTION - CLEARED BUILDING SITE

Tender

747 Scenic Drive, Henderson Valley For sale by Tender - 5pm, Friday 12th August 2018 (unless sold prior).

This flat circa 1600 sqm section boasts a flat, cleared building site with plenty of potential and possibility, delivering an opportunity to create a footprint of peace, tranquillity and sustainability. Elevated and generous sunshine envelopes the section which currently has an old derelict work-shed on site. A great opportunity to create your hideaway from the hustle and bustle of the city yet only 10min drive away (off-peak) from Swanson train Station. Value has been added to this property by an architectural design house which gained Resource Consent. All relevant investigation have been completed and approved e.g. Geotechnical Report, Storm Water Mitigation Report etc. All of these are available as part of the negotiations.



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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.



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www.mikepero.com/RX1571757



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.



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www.mikepero.com/RX1570684



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.



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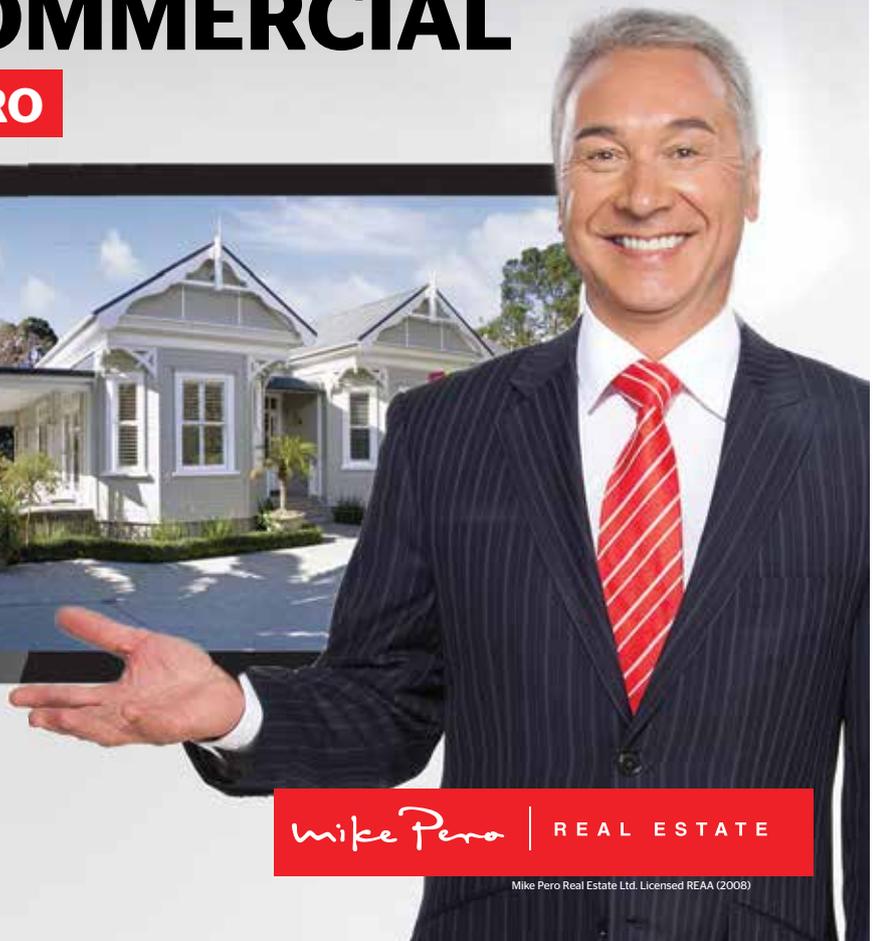
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Hot:Property



Superior build, spacious, Hobsonville Point

This two level spacious home is an exceptional Beacon Pathway demonstration home packed with additional features and built to exacting standards. Located in the original Buckley Precinct, prized for its established gardens and design, you will find this gorgeous and immaculate, light filled home with wonderful 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 din-

ing, 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. Double tandem garage, guest bathroom, four heat pumps and plenty of additional storage make living here a breeze.

The Hobsonville Point community enjoys a vibrant lifestyle with farmer's market, cafes, restaurants, local shops, parks and a magnificent coastal walkway with easy access to the water and so much more. In zone for great schools, close to the motorways



and transport links, including the ferry to downtown Auckland. Don't delay, view at the open homes or by appointment with Cherry on 021 888 824.

The CV on this property is \$960,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email cherry@mikepero.com. For further information call Cherry Kingsley-Smith of Mike Pero Real Estate on 021 888 824. Mike Pero Real Estate Ltd Licensed REAA (2008).

Watch the video link - <https://youtu.be/VzsOPqRE68c>



Hobsonville:Point

Family threads woven into Fabric Café

Welcome to the Hobsonville Point Page. This month we highlight the newest addition to the many exceptional eateries we are so fortunate to have in our neighbourhood. Also this month, we introduce Leanne Silver, our Hobsonville Point page photographer. If you have a special occasion that requires lovely photos or portraits you can contact Leanne on leanne@argent.me. I am your local real estate specialist and I am delighted to sponsor this page. Please contact the page editor, Sue Heggie (heggies@xtra.co.nz) with any items of interest or give me a call on 021 888 824, Thank you, Cherry.

The new Fabric Café and Bistro is situated at Catalina Bay close by the Farmers' Market overlooking the picturesque inner harbour. It has its place in the history of Hobsonville Point, so named because at one time, the building was used to build and repair seat covers and some items of clothing. Hobsonville Point residents remember family members repairing the aeroplane canvases and parachutes. Aaron Nelson, an avid local historian says, "Fabric Bay was home to the TEAL and Imperial Airways flying boats until the mid-1950's. During that time there was a section which fixed the air force parachutes and seating covers and uniforms. It shut down in the late 1950's with the scrapping of the flying boats."

The building has seen many changes over the years with a multiplicity of uses including as the base for the Naval Air Support Unit.



Romance is in the Air (force)

Fab Fabric, today though, houses a lovely new café/bistro run by Luke and Melissa Meo. Luke has his own history interwoven into the area that he only discovered when they signed the café/bistro lease. Luke's grandparents were Kevan Ivan Sainsbury Shore and Lila Pearl Shore (nee Bobbett). They met during WW2 as they were both based at Hobsonville Point.

The New Family

Melissa says, "Luke and I have both been in Hospitality for a long time but had no aspiration to own our own restaurant. However, we saw this space and just couldn't resist - we love the area and knew instinctively what we felt it needed. We sold our house and moved out here, knowing that we would need to embed ourselves into the community. We share a lot of the community's values and we love it here. Our vision for the cafe was a nice, comfortable and welcoming space. We wanted the locals to have somewhere beautiful to sit and enjoy the water and what the area has to offer. We wanted to serve beautiful food and great service, but with warmth." And they do!

Luke and Melissa (pictured) have two children, Zac, 4 and Frankie, 1.



Their chef is Kei Suzuki, he is Japanese but his culinary influences are classic French cookery. However, there is a nod to his heritage in their delicious prawn salad, the dressing is his wife's family sesame dressing and he is always very impressed when she makes it for him. Kei was head chef at Rata, Josh Emmett's renowned restaurant in Queenstown.

I had to carry out extensive research for this article and therefore had to sample the prawn salad, the marinated salmon, the duck pappardelle, the olive butter, the breakfast cheesecake, a variety of coffees and hot chocolate, the sunrise smoothie, the egg tartare, and the lamb...

So far, top of my list is the lamb, melt in your mouth delicious, everything else is jostling for second place. Oh and did I mention the extensive wine list?

So, I encourage you to create some new history in the area and put on your best threads and head on down to the Fabric Café and Bistro sometime soon. www.fabriccafebistro.co.nz.

"As first home sellers Cherry went above and beyond for not only us but to make sure the buyer was happy and well informed. She knows Hobsonville Point. We always felt Cherry had our best interests at heart and worked hard to secure a sale in a tough housing market. We would recommend Cherry to anyone who wants an agent that is dedicated to the sale of their home." Warren and Tay, July 2018.

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Home:Garden

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So why choose Laser Whenuapai? We have been trading since 1985 – so choosing us means choosing a solid, reliable and experienced company that you can depend on. As part of our 'Totally Dependable Guarantee', we stand by all our jobs by offering warranties, and always use New Zealand made products. To contact Laser Whenuapai, phone 09 417 0110. We are open 5 days a week from 7am-4:30pm and are located at Unit 4, 3 Northside Drive, Whenuapai. www.whenuapai.laserplumbing.co.nz.

Waimauku Garden Club

No bus trip this time ... instead we celebrated a Mid-Winter Christmas together at one of our local venues, The Settlers

Country Manor, in Waimauku (the old Dairy Factory).

Our festive lunch date was on such a cold, wet day, even the fire struggled to warm us in the high-studded room.

However we were cheered up by the hearty and attractively plated lunch delivered to us with precision by our two waitresses.

Following our meal, Janice Chandler entertained us by taking us on a journey through Eastern Europe. For a time we were made part of that particular culture, as this quick-change artist draped herself in colourful costumes decorated with embroidery and embellishments, along with trinkets and jewellery, giving a taste of how other people express their culture.

What a compulsive retail therapist she is.

August we're off to Titirangi. Te Uru, Earthsong Eco community, Althea 021 123 6448, Bette 021 145 1854, Diana 027 478 8928, Jan 021 108 7925, Judith 02 7272 9994.

Vireyas – Growing Tips

Awa Nursery currently has some beautiful Vireyas and the colour display is very eye catching. The Vireya is such a popular plant that will reward you with regular displays of exotic blooms in an array of colours. We thought we would pop a few tips on the general maintenance of these beauties.



Where to Plant: Vireyas need to be grown in a frost-free location, with good light, preferably where they will receive full sunshine in the morning and dappled light in the afternoon.

They will need very free draining soil as they dislike becoming water logged. Ideally when planting the Vireya, make the hole shallow and mound the soil up above the ground just enough to cover the root ball. These plants are easily grown in pots, having the advantage of portability.

Pruning: When a plant is young, it is a good practice to pinch out the new growing tip as it emerges at the end of each branch. This encourages the plant to put out more growth, making it more compact and bushy. Feed the plant before pinching helps with this new growth. If your Vireya has become too leggy with many bare lower branches, this could be a result of too much shade, and it is worthwhile moving it to a sunnier site. This will often promote new growth on the stems. However, if a large

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plant needs reducing in size, cut one third of the branches back to the desired height, cutting just above a set of leaves, leaving a few leaves on each stem. Once new growth has emerged and hardened, you can repeat the procedure.

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

Kumeu Garden Hub

It's all about the roses...

Plant now to enable the plant to get the roots established before the summer months. Rose care is easier than you think—anyone can grow them successfully.

For the best show of flowers and the healthiest plants, rose bushes should receive six to eight hours of sunlight daily.

Roses also thrive when planted in well-drained soil that is rich in organic matter

Fertilise when planting with a controlled release fertiliser and then every 4 weeks during the growing season. Watch for diseases like powdery mildew or black spot. We have a very good three in one bee friendly spray that is seaweed based. An insecticide, fungicide and fertiliser - three jobs in one. Water regularly in the drier months especially the first year.

We have a lovely selection of plants at the Garden Hub.

It's time to prune existing roses too. It's not as hard as you think! There are good tutorials on YouTube or come into the garden centre for advice.



Prevent staff injuries with this 8 point checklist



Even if you are confident that your organisation is compliant in terms of Health & Safety, remember that being compliant is measuring just a moment in time.

Use the following checklist to reconsider some of the ways that your staff could be injured in your workplace.

See if you can score all 8 points.

1. Does Your Workplace Have An Accident Register?

Q: Does your workplace have an Accident Register? [1 point]

Q: Do you encourage the reporting of staff injuries? [1 point]

Remember a basic rule of health and safety is that all accidents and incidents need to be reported and recorded.

2. Does Your Workplace Have a Risk / Hazard Register?

Q: Does your workplace have a Risk/Hazard Register? [1 point]

Q: The Risk/Hazard Register should be available for all staff to read and access. Is yours? [1 point]

In most businesses, slips, trips and falls, carrying heavy loads, lifting and standing for long periods of times can all lead to injury.

Q: Do you have an item in your Risk/Hazard Register that deals with slips and trips? [1 point]

Controls may be cleaning up slips promptly or buffing the floors so that they are not over slippery.

Diseases, such as mumps, chicken pox, or the flu, are spread through the air when infected people cough, sneeze or speak and is a common risk for people working in a close proximity environment.

Q: If your workers work closely together, for example in retail or in an open office area, have you checked your Risk/Hazard Register to see if the above items are mentioned? [1 point]

If they are, then that is good.

If not, ensure that they are added to the Register with an action or control to help minimise the possibility of catching the flu – especially at this time of the year.

In the case of the flu an action would be that all staff wash their hands regularly.

Q: You can put signs on the mirrors in the washroom to remind staff about the need to wash their hands – a simple action to prevent spread. Do you have these signs in place? [1 point]

3. Are you protecting lone workers?

Remember that lone workers can sometimes be prone to confrontation, especially in retail, in construction and the service

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industries.

Controls may be that such workers report the reason for the visit, destination and perhaps advise a third party prior to undertaking it.

Record the timeframe from start to end that someone is likely to be alone, ensuring they report back in upon return.

Just as important is that all the risks and hazards should be rated to record the likelihood of an occurrence and the consequence of an event.

This becomes the review point to follow up on minimising or eliminating identified hazards going forward.

Q: Are you protecting lone workers? [1 point]
Need Help?

How did you go? Did you score all 8 points?

If so, great! If not contact John Riddell H&S consultant Securo, email securo4@securo.co.nz or phone on 027 477 9750.

Dorper - great lifestyle block animal

Here is another animal well suited to lifestyle blocks; these were once very expensive stock due to their unique characteristics. Now they are quite affordable.

The Dorper is a fast-growing meat-producing sheep. The Dorper is an easy-care animal that produces a short, light coat of wool and hair that is shed in late spring and summer. It was developed in South Africa and is now the second most popular breed in that country. The Dorper adapts well to a variety of climatic and grazing conditions. In Australia, Dorpers are now farmed throughout the arid and tropical areas as well as the high rainfall southern States, thriving even in the extreme cold and wetness of Tasmania.

The breed is extremely adaptable with a high ability to flourish, grow, produce and reproduce in irregular and low rainfall envi-



ronments. Dorpers are known to adapt well to feed lot conditions which offer farmers an alternative method to finish lambs in times of drought. The breed is regarded as having the ability to graze and browse which suggests it will consume plants seldom eaten by other sheep breeds.

The Dorper is an easy-care breed which requires minimal input of labour. The Dorper has a thick skin, which is highly prized and protects the sheep under harsh climatic conditions. The Dorper skin is the most sought-after sheepskin in the world and is marketed under the name of Cape Glovers. The skin comprises a high percentage of the income (20%) in South Africa. Unlike most sheep, Dorpers do not need shearing, crutching, or mulesing, and they do not get flystrike.

For more information contact The New Zealand Dorper sheep breeders Association on www.facebook.com/nzdorperbreeders.

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.

Warm and dry storage in your own garage

The big spring wet seemed to start in autumn this year and hasn't let up – I can't imagine how boggy things are going to get by spring. If you're lucky enough to have a garage with internal access there is nothing better than driving in or out of your garage without getting your feet wet. You can only take advantage of this if your garage is clear enough to get your car inside. If storage is a problem and you need space to put all that stuff, take a look at Stealing Spaces ceiling storage racks. They clear the floor and put everything up near the ceiling where it is warm and dry. We're delivering and installing locally – take a look at www.stealingspaces.co.nz.



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Auckland

The great outdoors

Provided you're in range (a significant opening statement to consider), the knowledge and convenience you can access from the touch of a finger on your mobile phone is as remarkable, as it is prolific. Finding



your way through the myriad of mobile applications that are now available relies on not much more than a topic of interest, or need, keyed into the search bar.

Land and water based activities can now be supported by valuable information ranging from the environments and conditions of your activity, the gear to use to how to use it. Clever tips and suggestions on what you might consider next, that's the technology age we now live in and the icon on your home screen takes you where you want go in an instant. Some free, some subscriber based, the options seem endless, but here are a few good ones you might want to look at.

Tramping - Ilikegps

1. View your current location and direction, a track of where you've been, waypoints of important places, and routes to guide you.

2. Shows an elevation Graph for tracks & routes. View time & speed. Includes waypoints to pinpoint key locations.

3. Sets a GoTo waypoint or route and see Distance, Bearing, Course, Compass Heading, and Estimated Time of Arrival.

Boating

Swellmap:

1. Accurately forecasts weather patterns for boating such as swell, wind direction, wind speed & tides.

2. Easy to read format isn't confusing and uses an "out of 10" rating for periods throughout each day.

3. Make informed boating condition predictions for safe and enjoyable boating.

Bouyweather:

1. A customized marine weather application directed towards mariners, coastal residents, fishermen and watersports enthusiasts.

2. Marine forecasts, passage forecasts, weather widgets and marine charts

3. Recognize when bad weather is going to present uncomfortable and potentially dangerous conditions and quickly check up-to-date forecasts

Salt water fishing

Fish Track:

1. Live time temperature SST charts and updates on changing weather patterns that affect fishing.

2. Pinpoint hotspots at sea to target areas that hold fish.

3. Plot waypoints and coordinates to plan trips in advance.

Fresh water fishing

Sun Surveyor

1. Gives an accurate prediction on sun positioning using your phone camera and a virtual sun path map.

2. Includes a moon phase calendar.

3. Sunrise and sunset times using your location.

Hunting

Bullet Flight:

1. Calculates bullet drop / point of impact for shooting.

2. Makes for consistent long range shooting and is versatile for hunting situations.

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2. Play more than one sound at the same time to mimic a group of animals or birds.

3. Also has alert sounds for if you are lost or want to alarm another hunter that you are also in the area.

4. For best results use with an amplified or bluetooth speaker. If you are using a bluetooth speaker you can set it up away from and call the animals to the speaker. Or set up the speaker next to your decoys. For more information phone 09 869 3331 or go to www.huntingandfishing.co.nz.

West Harbour Tide Chart

Date	High	Low	High	Low	High
Wed 1 Aug	-	04:02	10:18	16:12	22:43
Thu 2 Aug	-	04:42	10:57	16:51	23:23
Fri 3 Aug	-	05:24	11:38	17:34	-
Sat 4 Aug	00:06	06:08	12:23	18:22	-
Sun 5 Aug	00:52	06:55	13:13	19:16	-
Mon 6 Aug	01:42	07:48	14:10	20:16	-
Tue 7 Aug	02:37	08:47	15:13	21:20	-
Wed 8 Aug	03:38	09:49	16:18	22:22	-
Thu 9 Aug	04:41	10:51	17:20	23:23	-
Fri 10 Aug	05:44	11:51	18:19	-	-
Sat 11 Aug	-	00:21	06:45	12:47	19:14
Sun 12 Aug	-	01:17	07:42	13:40	20:07
Mon 13 Aug	-	02:11	08:36	14:32	20:59
Tue 14 Aug	-	03:04	09:28	15:23	21:51
Wed 15 Aug	-	03:55	10:19	16:13	22:41
Thu 16 Aug	-	04:46	11:09	17:03	23:31
Fri 17 Aug	-	05:36	11:59	17:55	-
Sat 18 Aug	00:21	06:26	12:50	18:49	-
Sun 19 Aug	01:12	07:18	13:45	19:46	-
Mon 20 Aug	02:04	08:13	14:42	20:44	-
Tue 21 Aug	02:59	09:11	15:41	21:42	-
Wed 22 Aug	03:54	10:09	16:38	22:36	-
Thu 23 Aug	04:50	11:030	17:30	23:27	-
Fri 24 Aug	05:43	11:52	18:173	-	-
Sat 25 Aug	-	00:13	06:32	12:36	19:01
Sun 26 Aug	-	00:56	07:16	13:16	19:41
Mon 27 Aug	-	01:37	07:57	13:54	20:20
Tue 28 Aug	-	02:16	08:36	14:31	20:57
Wed 29 Aug	-	02:55	09:14	15:08	21:35
Thu 30 Aug	-	03:34	09:52	15:46	22:14
Fri 31 Aug	-	04:13	10:31	16:26	22:55

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



Build:New

Questions about your house and land package with Signature Homes



Whether you're looking to demolish, subdivide or start fresh on a brand-new section, Signature Homes can help you find the perfect solution.

What is a house and land package?

House and land packages are created when a company such as Signature Homes secures land from a developer or property owner and matches the land with a home design perfect for the section. The company then finds the right buyer for the section, works with them to personalise the home to their tastes, then manages the consent process and project manages the build. It's an easy, secure way to buy a new home.

What makes Signature a great provider of house and land packages?

There are lots of house and land packages out there but Signature Homes offers a service unique for its guaranteed outcome. "We give people transparency and surety of costs," says Brad

Hay, National Sales Manager for Signature Homes. "Where possible, we offer our customers a firm and final price that we can go to contract with, as per our advertisement."

Where in New Zealand can I purchase a house and land package?

Signature Homes has House & Land packages available from Northland to Otago and pretty much everywhere in between. We have worked with developers to find great sections, and then match each section with the perfect house plan to suit its climate, topography and orientation to the sun – all you need to do is add your personal touch.

Can Signature Homes help me demolish my home and build fresh?

Yes! If you are thinking of removing or demolishing an existing dwelling, you have many different options to choose from (see the Knock Down & Rebuild home on page 36 of Signature Style magazine, Issue 4). You can knock down the old house and build the home of your dreams, or build two, rent one and live in the other, or simply sell one or both. The Signature Homes Knock Down & Rebuild service offers expert guidance on all aspects of your project. Signature will manage the project for you and guide you through the process every step of the way.

Can Signature Homes help build my dream home from existing plans?

Signature Homes has been building houses across New Zealand since 1983, and can build from architectural drawings or plans that you have drawn up for your new home. We will work with you to ensure your home is built to plan and on budget. Quantity Surveyors are on hand to price up your plans prior to construction, and a Guaranteed Completion date will be set.

How long will it take for my house to be ready for moving day? From the date of signing the contract, your Signature home can be ready in approximately 40 weeks, depending on the com-

We build homes as unique as you



Signature Homes can help you design and build a home that is perfectly suited to your family and lifestyle. You can bring your own plans to us, or engage our experienced architects and interior designers to take your dream home off the back of an envelope or Pinterest page, and make it a reality.

If you are thinking about building, whatever stage you are at in your journey, we can help.

Contact us today to find out how we can build your dream home, your way.

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plexity of your build and time for the consent process.

What will I need to do to move in?

Signature Homes can provide all utility connections as part of the service. Any changes of address are facilitated on your behalf and ensuring a stress-free move from your existing property to your brand-new home is our priority.

Can Signature Homes help find the perfect home and section for my family?

If you've decided a Signature Homes House & Land package is right for you but can't see an existing home on our website that suits your needs, we can help. Our expert team can help you find the perfect piece of land and take you through the process of selecting and building a home to suit you and your family.

I love my existing house but want to subdivide. Can Signature Homes help?

Subdividing and building on your property can be a great option, potentially offering very good financial rewards. However, the subdividing process can be complex and time-consuming, with consents, hidden costs, council restrictions and planning regulations just a few aspects of the project that will need to be considered. And all of that comes before a new home is built on the site! Signature Homes has created a one-stop solution we call Subdividing Services. This streamlined service puts together a number of specialists to guide you through the process of subdividing from start to finish. Our team will also be able to give you a much clearer idea of the costs involved to complete your project.

I live in Auckland and am worried about how the Unitary Plan might affect me. Can Signature Homes help?

We are the Auckland Unitary Plan experts and can give you a quick and easy assessment of what could be possible on your property. Signature Homes phone 0800 020 600.

Maddren Homes tradie of the month

She's mysterious, can inspire people to work on Saturdays at short notice and is an expert at getting clients out of a pickle. While she's not Spiderman, Sara from Safety Nets is as close to a superhero as you can get, and also Maddren Homes Tradie of the Month. When an install date comes in at short notice, she moves heaven and earth to make it happen using her calm and unflappable communication skills. And it's this can-do attitude that deserves recognition. Well done Sara, you've earned yourself a little something from Western ITM.



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Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$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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Food: Beverages

Coffee master will compete against world's best after winning NZ Barista Champs

One of New Zealand's best baristas is on her way to the Gold Coast to take on other coffee experts from around the globe. Chrystal Rameka was crowned champion of The Coffee Club New Zealand Barista Championships 2018 on 27 May, beating five other contestants to take the title. The competition took place at The Coffee Club's packed Lunn Ave cafe. The baristas were challenged to make six coffees in eight minutes, under the scrutiny of five judges who evaluated everything from the preparation of the workspace to the taste of the finished coffees.

For Chrystal, from The Coffee Club Hobson Centre, this was her second appearance at the championships. She credits the experience of taking part in the 2017 championships for her win. "I learned a lot at last year's competition – I realised afterwards that I had spent too much time cleaning. This year I tried to build on last year, ironed out some of those mistakes and practised a lot to be ready."

Asked for the key to her success, she responded, "I just make sure that everything is super clean, the grip heads, everything. I also make sure to ask my customers for feedback. I want to learn from every cup of coffee that I make, so I can get better and better, and provide our customers with exactly what they want." Five judges oversaw the competition in which the contestants had to make two short lattes, two espressos, one flat white and



one cappuccino. Under one head judge, two judges oversaw the technical evaluation, checking 20 different criteria in the preparation and making of the coffees. Two judges oversaw the sensory evaluation, assessing everything from the appearance to the taste of the coffees.

"Temperature is a big thing for me," said judge Amanda Pike from Fonterra. "You are looking for the consistency of the milk, but also that the heat is right and not too much."

Chrystal now gets to travel to the Gold Coast in October to take on baristas from the rest of the world. Chrystal will compete with other national champions from The Coffee Club as they vie to be crowned International Champion.

Brad Jacobs, Director of The Coffee Club New Zealand, said the championship really highlighted the effort that goes into making a good coffee. "It has been an amazing effort from the contestants. Many of them have practised after work to be ready for this. They've dealt with the competition really well, it isn't easy to make a coffee when you have so many people and cameras watching you."

"I'm pleased for all our finalists, the standard they produced was very high and I know they care about the quality they provide," added Brad. "We are thrilled for Chrystal, and we wish her the best for the competition in the Gold Coast. We will be supporting her all the way."

Something special for Dad

With Father's Day looming on the horizon, NoShortcuts are making available for the very first time, free delivery North Island wide on each of their gift packs.

It's so easy to choose from the NoShortcuts range, because it offers something for every taste, from the tried

and true Mustard Pickle and Gherkin Relish through to the spicy Sambal Ulek and exotic Feijoa Kasundi.

These products and all the others are handmade – just like mum used to make – meaning all the health benefits, flavour and aroma are retained. And of course, there are no added artificial flavours, colours or preservatives.

The award winning range of 'NoShortcuts' chutney, pickle, relish and jam is wholesome, old fashioned real food in the fast and easy convenience of a recyclable glass jar.



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The Herbalist craft beer

This is a tasty mustard recipe with a strong mustard seed flavour which pairs well with salted or cured meats e.g. corned beef or ham and hard cheeses. It is based on a recipe from the New Zealand Gardner's The Art of Preserving book.

Beer & Honey Mustard Recipe:

Combine 100g yellow mustard seeds, 100g brown or black mustard seeds and 1 cup of The Herbalist Manuka Ale in a small bowl, cover and allow to soak overnight. The next day, set aside half of the soaked mustard seeds and puree the rest along with 140ml runny honey, 2 tablespoons olive oil, 2 tablespoons apple cider vinegar, 1 ½ teaspoons salt, 1 teaspoon Worcestershire sauce and 1 teaspoon tamari. Once pureed, scrape out of the blender into a bowl and stir in the reserved whole mustard seeds. Mix well. Store in the refrigerator. Makes approximately 3 cups. You can also add fresh herbs, chilli or citrus peel for additional flavour.

The Herbalist Stockists: The Bottle-O Huapai, Black Bull Kumeu, Fresh Choice Waimauku, Boric Food Market, Soljans Estate Winery, Riverhead Fine Wines and select West Liquor stores.



The Gallery Café and Japanese restaurant

10 free dumplings when you spend over \$40 dollars on our takeaway menu.

At the Gallery Café we offer a delicious all day café menu but we also offer the option of Japanese meals for lunch or dinner to give you the ultimate culture experience within your meal. Our community is continuously growing and so is our menu to satisfy our customers and keep things exciting for you all. If a romantic dinner for two or a family dinner with the kids sounds like what you're after give us a call and book in now. Not only do we deliver delicious meals but our talented chief has previously done photography for National Geographic and has some of his work including his own publishing book "Land of the long white cloud New Zealand" on display right



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Big news for The Tasting Shed

Reopening on the 1st of August after our winter hiatus, The Tasting Shed team are ready to deliver our 8th year of award-winning food and service. And we have BIG news! We're thrilled to announce that Head Chef Alok Vasanth from Auckland's number one award-winning restaurant, Cassia, is joining



The Tasting Shed family and manning our stoves from August, bringing his unique and exciting passion for Kiwi produce to you. We're looking forward to kicking things up a notch and giving our customers a destination dining experience to remember. For bookings online go to www.thetastingshed.co.nz or phone 09 412 6454.

GGs wood fired pizzas

GGs is now running our winter menu with some great new prices and tasty new pizzas. Remember if you have a wood fire at home and like to cook your own pizzas but don't have time to make your own dough, we sell dough balls and precooked bases for you to take away. Our unique formula uses imported Italian '00' flour, olive oil, yeast, a pinch of salt and nothing else. All our meats and cheeses are selected by us so quality is assured. (We use animal Rennet free cheese when available). GGs

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Wood fired pizzas, 316 Main Road, Huapai (Across the road from the Huapai Tavern). Phone 09 412 5060, Open Tuesday - Saturday from 4pm.

Lemon and Poppyseed muffins

2 cups self raising flour
1 cup sugar
1/2 cup poppyseeds (one packet)
finely grated rind of 2 lemons
100g butter
2 large eggs
1 cup milk

Topping:

Juice of 2 lemons

1/4 cup sugar

Measure flour, sugar and poppyseeds into a large bowl. Grate in lemon rind.

Melt butter, add milk and eggs. Beat with a fork to combine.

Tip liquid ingredients into dry and fold together until flour is dampened. Do not over mix.

Spoon into 12 greased or oil sprayed muffin tray and bake at 200°C for 10-15 minutes.

Topping:

While muffins cook, squeeze lemon juice and mix with sugar.

As soon as muffins removed from tray, brush lemon sugar glaze over top of muffins. Cool on a wire rack.

Recipes supplied by Wedding and Birthday cake specialists Paula Jane Cakes. Contact Paula on 021 208 8604 or Jane on 021 273 6139, email info@paulajanecakes.co.nz or visit www.paulajanecakes.co.nz.



Ice-cream can give you nightmares

Are you one who loves ice-cream at night? Or are you like me and love a cheese platter before dinner? In fact any form of



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dairy late in the afternoon or evening before bed can bring on nightmares or intense dreaming. It doesn't matter what age you are it still seems to affect you. The earlier you have it seems to lessen the affect but those late night 'hot toddies' (hot chocolate if you aren't old enough for this expression) before bed, can in fact make your sleep worse by waking you up with nightmares. The other thing that can cause constant nightmares or severe dreaming, is if your bed is located on Geopathic Stress (Noxious Earth Energy). Make sure you have had your home tested for this phenomenon. Call Nicky 021 545 299 or visit the website www.clearenergyhomes.com.

New release 2016 Soljans Tribute

Last month at Soljans we released the new vintage of our top, premium red wine, Tribute. This has been a long wait, being a blend of Merlot and Malbec that has seen 18 months in French Oak Barriques. Displaying blackberry, red cherry and a savoury spice on the nose. When sipped you get deep plum, cocoa and a hint of liquorice. Mocha and leather add to the complexity with an underlying spice that grows over time. A luxurious finish with firm tannin structure that makes you fall in love with red wine, all over again. Tribute is a gorgeously succulent and rich red which is best drinking now through to 2028. This wine is truly a 'tribute' to the Soljan family's winemaking heritage. This is the perfect wine to have alongside a variety of meals in our award winning café. Come along and enjoy at 366 SH16 Kumeu.



Hallertau's divine seed

Early August see's Hallertau's latest seasonal beer release 'Divine Seed' Saison 6.5%. Saisons are a sturdy farmhouse ale style that were traditionally brewed in the winter, to be consumed throughout the summer months. Not so long ago it was close to being an endangered style, but over recent years there's been a massive revival. A very complex style with yeast tones, mild to moderate tartness, lots of spice and with a medium bitterness. Try it at the brewery with some available as a limited edition 500ml bottling.



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Petstips:advice

West Harbour Cattery

Is your cat's vaccination still current? According to Veterinary Care NZ, due to cat's natural roaming habits often bring them into contact with other animals which increases their exposure to disease. Several diseases can be fatal especially for kittens. Fortunately vaccinations are available to prevent many cat diseases. It's highly recommend that cats are vaccinated against Feline Enteritis, the two viruses that cause Feline Respiratory Disease and Feline Immunodeficiency Virus (FIV). Feline Enteritis is highly contagious and causes vomiting, diarrhoea, fever and intense abdominal pain. 75% of kittens who get this virus die within one week. Feline Respiratory Diseases also known as the cat flu, are highly contagious and easily spread in the air from cat to cat. They cause sneezing, coughing, discharges from the nose and eyes and ulcers in the mouth. The diseases can be fatal in young kittens and older cats. Feline Immunodeficiency Virus. This virus causes a potentially fatal disease which interferes with the immune system of a cat. At the West Harbour Cattery, all cats boarding with us MUST be vaccinated yearly against cat flu and feline enteritis and the vaccination must not be given no later than 10 days prior to arrival. We insist to sight the current veterinary certificate when you drop off your cats. If you need more advices on cat vaccination, please feel welcome to contact us on 09 416 5586 or contact your local vet. Cat joke of the month - Q: What is the cat's favourite TV show? A: The evening news!



What is the purpose of a pet photographer?

Some people have a little giggle when I tell them I'm a professional pet photographer. Others think that I've taken my passion for dogs a little too far by focusing on what they think is such a limited service ... however most don't realise the extent and purpose of my job. So, what is my



role as a pet photographer? Yes, the goal of many of my photo sessions is to capture adorable portraits of your four legged family members (because who doesn't want a beautiful image of their pet on their wall?). But, I also do family shoots, romantic couple sessions, engagements, weddings, and more ... as long as pets are involved. I am a specialist in working with pets in any photography scenario. You know the saying "never work with kids or animals" right? Well I'm the crazy one who is happy to take on both at the same time! Over the years, I have gained valuable experience by working as a dog handler at Sharrow Boarding Kennels in Waitakere. Understanding and dealing with different temperaments is a strength of mine, so don't worry if you think that your dog isn't cut out to be a model - I know how to make it work. Being a pet photographer is a job which requires endless patience, treats, toys, and an interesting repertoire of weird noises and whistles. I know how to get those cute head-tilts! The pet culture in New Zealand is growing substantially. Pets are now being referred to as "fur babies". Some doggy daycares even give your dog a report card and school photo at the end of the year. Our pets are family members, so of course we want to involve them in our special occasions, and include them in the memory-making moments of our lives. Whether that be family portraits, engagement photos, pregnancy reveals, or walking down the aisle at your wedding. These are the moments we want captured to treasure forever. If you've been considering getting some photos involving your pets, I'm your photographer. Plus, we are so lucky here in West Auckland that we have some of the most beautiful locations for photoshoots. Bethells Beach is my all-time favourite, especially with the sun setting. Sound appealing? Get in touch! www.dogandco.nz. kirsty@dogandco.nz. 021 024 1575.

Your cat's four favourite places to be petted

By Katie Finlay from "I heart cats". All cats are individuals with their own likes and dislikes, but there are some generalisations we can make. Chin - Most cats love a good chin scratch. A chin scratch is enough to make most cats even doze off a little bit. Base



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of Ears - When you rub this area, you're not only giving the physical satisfaction of the massage, you're marking yourself with your cat's unique scent. Cheeks behind Whiskers - Whiskers are sensitive, so be sure not to scratch them too hard, just behind the whiskers on your cat's cheek is an area that sets the purring machine off quite often. Base of Tail - This seems to be a love or hate thing for cats. Some cats hate it, but most cats love getting the base of their tails scratched. For the full article go to www.facebook.com/kanikapark/notes. For more info contact 09 411 5326 E: info@kanikapark.nz.

Dog safety tips

With the ever growing number of home delivery services being provided by retailers and other grocery suppliers, staff will increasingly need to be aware of the risks associated with entering a private residence, or even some businesses, where there may be a dog present. Over the past 10 years New Zealanders have reported over 123,000 bites at a cost of over \$40 million. Last year alone there were over 14,500 dog bites reported that required medical attention. So how can we protect our workers? Education and training is the key. Does your staff understand why a dog may bite? Do they recognise the signs when a dog is nervous? Are they inadvertently behaving in a manner that may scare the dog or intimidate it thus causing a bite? Here are some tips from The Dog Safe Workplace around miscommunications between humans and dogs that can help keep your staff safe: A wagging tail – many of us have been told that this is a sign that the dog is happy. Unfortunately



this is not always true. Research has shown us the tail wagging shows that the dog is engaging with something in its environment. They could be engaging in a positive or negative way. The Dog Safe Workplace has videos of aggressive dogs with their tails wagging. Rolling on its back – again many of us think this is because they want their belly rubbed. Again not true. They are actually telling us that they are scared and small so please don't hurt me. Bringing you their toy – yes they are showing you their toy and want you to play with them. Not always true. They may want you to play with them. Though this is not always the case and if you go to take the toy or pick up the ball they may try to snatch it back which could result in a bite. Also there may be certain rules that need to be followed or commands given when playing with that particular dog. If you have staff entering properties with dogs it is your responsibility as the PCBU to ensure you are educating your staff to avoid known risks. Dogs on properties are a known risk, we cannot eliminate the risk but we can take steps to minimise the risk as much as possible. Please pass these tips onto your staff and for more information contact The Dog Safe Workplace on 0508 DOG SAFE or email admin@dogsafeworkplace.com.

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 thencatfoundation.org.nz.



Black Barn Interiors are excited to announce the opening of our Kumeu store

The interior design aspect of the business is carried out by Brendal Thompson. After over 30 business trips to New York, San Francisco and Los Angeles, Brendal has assimilated and developed an individual style that embraces warmth, colour and comfort.

A selection of the interiors has included a country home, a converted milking shed and a Spanish Style Funeral home.

Please contact Brendal on 021 192 2333 or come visit our new store on the Main Rd- Kumeu



68b Main Road – Kumeu 0810
AUCKLAND

Health:Beauty

Does clicking your knuckles cause arthritis?

I recently posted a new video which looked at this question I am asked all the time, "Does clicking my knuckles cause arthritis?" The simple answer to this question is no, but clicking your knuckles can cause other issues. In the video I discuss what it can do to joints and how it relates to clicking your own back or neck. If you are someone who clicks their knuckles or their back or neck, you may want to watch this video. To watch the video simply look at the blog section on our website or on our Facebook page. www.facebook.com/elevatechiropractic or www.elevatechiropractic.co.nz. Elevate Chiropractic: Shop 1, 10 Greenhithe Road, Greenhithe. Phone 09 413 5312.



Are you lactose intolerant or gluten free?

Are you looking for a non-dairy milk alternative? Have you heard about the benefits of coconut milk? Have you tried the new COCOSOUL Organic Coconut Milk? Made from 100% Organic coconuts this is a yummy milk alternative for everyone. COCOSOUL coconut milk content is over 4 x higher than other coconut milks currently on the market, making it not only creamier, richer and tastier, but also highly nutritious. Rich in fibre and vitamins C, E, B1, B3, B5, & B6 and high in lauric acid.

COCOSOUL Organic Coconut Milk has no added sugar and no preservatives. If you are a coffee lover, then this coconut milk, with its creamy consistency, makes it perfect for frothing in your morning coffee or hot chocolate. It's also great as a non-dairy alternative for breakfast and delicious in smoothies. COCOSOUL Organic Coconut Milk has no added sugar and no preservatives. Available now from Huckleberry Farms, leading health food stores, selected cafes and soon to be released at Countdown supermarkets. Ask for it today or contact admin@mothernatures.co.nz 0800 655 4369 for more information.

Gone to the dogs

Hobsonville Optometrists - Glasses and Gifts has a bit of an animal theme in store at the moment. Our sweet doggie doorstop and beautiful dog encyclopaedia are joined with other beasts to warm your heart during this cold, wet winter. Retro spectacle frames are all the rage - again - and we have a large collection - our dog in the pic is wearing a pair. Come and browse in the shop anytime or have a look at our frame selection - which is very diverse in both style and price. We love to help you choose and can offer very experienced advice from Monday to Friday 9am to 5.30pm and Saturdays. www.hobsonvilleoptometrists.co.nz. Phone for an appointment: 09 416 3937.



Keep active class at NorthWest Physio+

Physical activity and exercise can help you stay healthy, energetic and independent as you get older. As we age we are more likely to become more sedentary. This can lead to higher rates of falls, obesity, heart disease and earlier death compared with the general population. As you get older, it becomes even more important to remain active if



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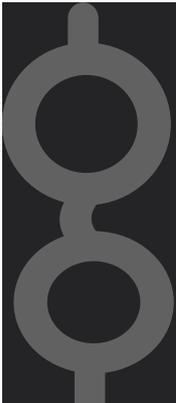
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you want to stay healthy and maintain your independence. You may find activities you previously enjoyed becoming more of a struggle, such as playing with the grandchildren, walking to the shops, leisure activities and meeting up with friends. You might start to get aches and pains you never had before and have less energy to go out. At NorthWest Physio+ at 4B Shamrock Drive, Kumeu, our physio Laura runs the Keep Active class on Thursdays at 4pm. This class incorporates reformer Pilates along with a variety of strengthening and balance exercises in a circuit-based class. We love to welcome new faces to our class of all abilities. For more information contact laura@nwphysio-plus.co.nz or 09 412 2945.

Dangers of travelling

Many of us manage to escape the winter cold and wet times by going to warmer and dryer places overseas. For New Zealanders this often means long flights and heavy luggage. This is where strains and sprains frequently happen. What is the best way to avoid coming home with sore lower back or stiff spine? First of all, one needs to be extra careful lifting suitcases and bags from the luggage carousel. Keep your back as straight as possible and use your legs to lift the load. Stand as close to the carousel as possible. Next important thing to remember is to get up and move during the flight. Joints and muscles get stiff and tight with prolonged sitting on the plane. It is a good idea to get up and stretch at least every couple of hours, for example, when going to the toilet. If you end up aching and stiff after travelling osteopathic manipulation may help to relief the discomfort. At Family Osteopathic Clinic we often help patient who get sore after travelling. Usually they recover quickly with gentle manual treatment. See us at 39 Hobsonville Rd, phone 09 416 0097.



Is pain cramping your style?

If you ever have experienced this sudden and intense pain, getting cramp can be extremely frustrating when it happens. Myths of cramping: Muscle cramping is said to be linked to low electrolytes after exercise, dehydration or exposure to extreme weather conditions (hot and humid environments) but these 'theories' have never been proven. What is proven: Accumulating evidence suggests it has a neuromuscular basis and is associated with the nervous system telling the muscles to contract, lengthen and relax. Posture issues, short muscles, intense exercise and exercising until fatigue will ramp up the nervous system to increase muscle activity and provoke cramp. Prevention:

Muscle stretching which is done slowly is the most common and effective therapy for relieving acute muscle cramps. Within the muscles, receptors are inhibited to stop cramp. Useful strategies: To lessen the effects of cramping here are some useful strategies to implement. Have a good warm up, followed by a well-controlled exercise session (avoid going too hard too soon), a good cool down with stretches and adequate rest. How's your fitness? Are you fit enough to perform the activity and are you giving your body enough time to adapt to your training programme? Commence regular stretching - the team at Top Notch Massage can show you the right stretching relaxation technique that you can perform at home during your next massage session. To book simple head to our website page www.topnotchmassage.co.nz or call 09 212 8753 or 021 181 8380 - 7 days a week, 9am til 9pm. \$10 off your first appointment.

COGY for Miro

Miro is a 24 year old boy, with cerebral palsy. He lives with his mother, who is his full time care giver, just outside West Auckland. Miro and his family are raising funds for purchasing a COGY for him. Miro cannot walk, talk, sit unaided or feed himself. He communicates by pointing to symbols in a communication book. Miro loves trains, music, animals, movies, swimming and catching up with friends and family. The first time Miro tried COGY, we were not sure how much Miro understood what he was doing. Miro does not have strength enough to pedal forward by himself, so we pushed him from behind. The pedals went around. But we were not sure if he understood the consequences of pedaling movement and going forward. The second time he tried, we became sure that he does understand. We clearly saw that he made an effort to move his legs. Still not very strong, but we saw his legs and upper body made slight twitching movements when COGY actually moved forward on a slight downward slope. For Miro and his mother, keeping Miro fit is vital. He needs help transferring himself to toilet etc. If his legs are too weak, his mother cannot hold him by herself and their freedom would be very limited. They want to introduce COGY into their lives and not only for strengthening Miro's legs. COGY activity is one of very few activities Miro can enjoy. I love his smile when he moves on COGY. Boys love bikes, skateboards, scooters etc. For Miro, that's COGY. Your donation would be extremely appreciated. Please visit give-a-little, search "COGY for Miro", or givealittle.co.nz/cause/cogy-for-miro.



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Tibial Stress Syndrome

AKA...shin splints - every runner's worst nightmare. Tibial stress syndrome is an overuse or repetitive overload injury of the front/back/side of the shin bone. More commonly known as shin splints. Incidence - 10-15 % of runners. Females have a higher incidence rate when compared to males. Risk factors - History of previous lower leg injuries, Improper running technique/form, Low running cadence, Training errors- i.e. too much too soon or for too long. Causes - Muscular imbalances around the hip, knee and ankle, inappropriate footwear, too much load. Symptoms - pain localised to the inside of the lower shin, made worse by running initially but when the area warms up it tends to improve. Once the exercise is ceased the pain returns and is usually higher in intensity. It can also be aggravated by jumping or high intensity ballistic type exercises. Treatment - Activity modification initially- bike/swim/cross trainer/walking, Load management - reduce the milage, Physiotherapy modalities addressing muscle imbalance and core activation. Running technique retraining (if appropriate). Possible complications - If not addressed appropriately then recurrence can be high and

progression on to a tibial stress fracture is possible. This is very, very bad and can mean using elbow crutches and non-weight bearing for up to 6 weeks. What should you do next? If you are feeling pain, discomfort and/or stiffness in your calf, shin or lower leg region then I recommend you get in contact with us at the clinic and we will be able to help you moving forward with your rehabilitation. Happy running.

Why we love the brands we stock

I only stock brands that I believe in and that fit the following characteristics - comfort, quality, brands that fit the Kiwi foot and are fit for purpose. So whether you are buying functional every day shoes or a pair of fashion high heels from my store the above holds true. Did you know that all my ladies fashion footwear has a padded footbed and things such as antibacterial lining, and heels are designed to balance you correctly on both the ball and heel of your foot. All this and fashionable styles as well! My Propet brand, most styles have removable footbeds, there are styles from fun active casuals through to styles for people with foot issues such as diabetes. This is why people who try my footwear on love them due to all the bells and whistles. Also my ladies and I really do talk shoes so we provide outstanding customer service. So if you haven't yet been in drop in and see us. There are now two stores; one in Henderson and one in Browns Bay and we look forward to meeting you. Shoe Talk - 401A Great North Road, Henderson phone 09 835 9936 or www.shoetalk.co.nz.



Chiropractic care and pregnancy

Many people have experienced a greater level of health and wellbeing by having their spine and nerve system checked by our chiropractors here at Kumeu Chiropractic. Pregnancy is a beautiful process, but it does require a lot from both mum and baby. Chiropractic care ensures that the brain and the body are well connected, so both the mum and the baby can go through the pregnancy with ease. For example, a study published in 2016 stated that females under chiropractic care had increased function, control and relaxation of their pelvic floor muscles. This is essential when it comes to a confident and comfortable delivery. We love helping pregnant mums function at their best, so that the new family member can thrive from its



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first breath. To start your chiropractic journey, or if you have any questions, please call us at Kumeu Chiropractic on 09 412 5536.

Acute pain mechanisms

Ever wondered why we experience pain, what causes pain and why some injuries feel different or some people feel pain more than others? Pain is defined as an unpleasant sensory and emotional experience associated with actual or potential tissue damage or described in terms of such damage. So, what does this mean? Pain is classified as either acute or chronic pain: Acute pain is a normal, protective response to warn you of actual or potential tissue damage and will subside once the damaged tissue heals (usually in less than 3 weeks). Chronic pain is when pain persists for 3 months or more and serves no biological function. It is a maladaptive response, it reduces function and has adverse emotional effects. Untreated, long-term pain can lead to depression, insomnia, depressed immune function, abnormal eating patterns, relationship issues, employment problems, and other health conditions. Appropriate control of pain requires a reasonable scientific understanding of pain mechanisms to enable the application of treatments that address these mechanisms. At Massey Physiotherapy our highly trained physiotherapists can address your pain using a multi-faceted approach to best manage your pain. Call us on 09 832 3619 to make an appointment.

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 need more ZZs. If you notice that your eyes are puffy and red, don't assume you have an infection. It might just be a sign that you're tired. "In addition to twitching, lack of sleep can make the eyes more irritated and red," Herz explains.



Optometrists Matthew and Molly Whittington suggest you note when the redness appeared - if it doesn't get better over two weeks, or if it gets worse, book in for a top quality eye examination at For Eyes in the Kumeu Village - Phone 09 412 8172. We also supply spectacles for treatment of colour-blindness, headaches and reading difficulties. (*Acknowledgement: M. Bonner, Marie Claire).

Whose responsibility is your health?

The number of stroke sufferers will balloon by a massive 40% within the next ten years. The Stroke Foundation CEO Mark Vivian said "Three quarters of strokes can be avoided by following



a healthy lifestyle. But the government must do and spend more to help Kiwis reduce their stroke risk." Really? Over the last two weeks we have stood in local shopping malls inviting passers-by, both young and old if they would like a FREE trial visit to experience yoga, Pilates and a sauna. The most common replies from the over 60's generation are "I'm too old for that", "No, it doesn't interest me." "I don't need it". Is our government really to blame if those around you prefer to ignore the value of regular exercise and eating healthily? Or should we each be totally responsible for our own health? Club Physical.

Skier's thumb can happen to anyone

Skier's thumb injuries involve a sprain or tear of the ulnar collateral ligament (UCL) of the thumb. Commonly seen in the 1980's, it derived its name, when skiers bracing themselves for falls would land on an outstretched hand onto poorly designed ski pole grips. With the advent of better designed ski poles, the incidence of this injury has reduced amongst skiers. UCL injuries are still very common. Anyone falling onto and outstretched hand is at risk of developing skier's thumb. It is commonly seen with rugby, snowboarding and netball injuries. We can initiate an ACC claim or treat you on an existing claim number. Call us at the Hand Institute on 09 412 8558 for an appointment.



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Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$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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Area:Columnists

Man buys a tank

Motorists won't be messing with Crown Xu on the roads.

He's just bought a tank – no, not a yank tank or dilapidated vehicle – a genuine ex-British Army tank.

Crown got the 1979 FV433 Abbot tank at an army supplies auction and he understands it saw service in the Gulf War.

The tank's road legal, with rubber pads in the tank's tracks to prevent road damage.

Oh, and Crown will be fixing the 105-millimetre gun so it can shoot blanks, plus there's a 50 calibre machine-gun.

But don't worry drivers – Crown plans to use it mainly in parades like those on Anzac Day and school demonstrations, but especially for events involving the Special Operations Force Re-enactment club that he leads.

The camouflage-coloured tank arrived at Crown's home with a spare diesel engine and a spare gearbox, plus all the accessories and hardware associated with such a piece of military equipment.

Crown believes it's probably the second Abbot in the country, but the only one in its paint pattern.

He's got the required licence to drive it, but needs at least three more people with military backgrounds or engineering experience to help.

"It takes four people to operate the tank," Crown says.

Meanwhile, he's been grappling with a slight parking issue. It was temporarily parked outside his home (his garage was obviously insufficient) until secure storage was found.



"I don't think anyone would want to steal it," Crown laughs. He also owns an armoured personnel carrier.

Two military Hummers (Humvees) are coming, which will make a total of seven military vehicles owned by club members. Others include two six-wheeled trucks from Australia, two Land Rover vehicles and a military buggy which looks like something out of the movie Mad Max.

"It's very exciting," says Crown who established the club about three years ago.

The club has had displays at the Kumeu Show, the Museum of Transport and Technology, a Warbirds open day at Ardmore and even appeared in Christmas parades.

Interest and membership is growing – the club now has 26 members and hopes to get around 50-70 to put on top-notch shows.

A couple of military trained German Shepherd dogs are also in the club.

Regular training sessions for members are held, usually on private farmland under former Special Air Services members' instruction. Crowns say the club will soon have its own training ground.

He expects shows featuring the Special Operations Forces club will feature this summer.

"Usually in winter the weather and ground is too wet for heavy military vehicles to be shown off properly," Crown says.

Anyone interested in joining the club or seeking more information can contact the re-enactment unit on www.specialops.nz, email specialopsreenactment@gmail.com or phone 021 66 80 28.

Miss Universe finalist setting an example

Amber-Lee Friis is proving to others you don't need a privileged lifestyle to be a Miss Universe New Zealand finalist.

The 21-year-old Kumeu resident should know. Her parents broke up when she was just two-years-old and she shifted home 13 times before turning 15.

While she enjoyed her stay at Riverhead and Waimauku primary schools, a more central West Auckland school gave her a negative experience.



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Pupils dubbed her 'Chimoan' because of her narrow eyes and tan skin – she's half Samoan but is probably of European/Dutch ancestry, with no Asian influence evident.

Kids would steal items out of her school bag, throw her books on the ground and do other mean things. Amber-Lee was often left crying as a result.

Amber-Lee says she never made any close friends at school – "because I knew I would be moving again soon".

Life didn't improve as she got older.

"I was living in my car and showed up at my aunty and uncle's and asked them if I could stay the night."

They persuaded Amber-Lee to remain and she got an advertising job and then a caravan to stay in for about two years.

She would change buses three times to get to work in Albany, waking at 5am and returning home around 8.30pm. "I had no social life."

Her uncle and aunty provided some good advice, including goal setting. So Amber put her life on track and about two years ago started going to the gym to improve her fitness and tone.

"I never thought about beauty contests."

Then a woman contacted Amber-Lee to see if she was interested in the Miss Universe New Zealand pageant. Amber-Lee was suspicious at first, and then learned the woman knew of her through her advertising work and she decided to take the chance.

"I realised 'wow, this is legit'.

"I'm now the only one in the pageant with tattoos and an ear stretcher," she laughs.

Girls don't need to come from a privileged background to enter such things, Amber-Lee says.

She went through a selection process with others, including a "stiletto camp" at Western Springs, followed by a "retreat" in Thailand, to gain entry to the 20 finalists.

On August 4, Amber-Lee will join them on stage at the Sky City theatre to select the final 10 and the top three.

She is nervous about it – "I've never done anything like this before".

The event will be broadcast live on Bravo and live-streamed to about 600,000 YouTube followers.

In the lead-up, Amber-Lee has been busy in what spare time she has doing fundraising for the pageant.

She says about half of what she raises will go to a charity of her choice. In this instance it's Variety – the Children's Charity, which gives disadvantaged Kiwi kids the childhood they deserve. That's something very close to Amber-Lee's heart.

She has helped take a few children to Rainbow's End and planned a 'Fit 4 Kids' event in the Whenuapai hall to promote fitness and well-being. Brochures are available to help children with fitness at home without the need for gym equipment.

Amber-Lee says her goal is to be a model, but she also wants to do more in graphic design. In the future she'd like a family too.

Amber-Lee also visits a younger sister who has followed in her

footsteps by taking up cheerleading.

"She's gone much further than I did at that stage and has represented New Zealand."

Amber-lee says a famous quote perhaps sums up her own situation.

"We are all in the gutter, but some of us are looking at the stars," Oscar Wilde wrote in his play *Lady Windermere's Fan* early on in his career.

It means everyone has their struggles but that some people remain positive despite their challenges and stay focused on their dreams and goals, eventually finding success in life.

To vote for Amber-Lee in the Miss Universe New Zealand pageant visit www.iticket.co.nz/go-to/miss-universe-2018, or search Facebook.

The value of mud play

At Country Bears we value outside play, no matter what the weather! As seasons change, we embrace the diversity of change as a valuable learning opportunity for both children and teachers.

There are many values for children to explore, experiment and just to have fun with mud. A lot of children find the texture of mud between their fingers and toes to be very soothing and relaxing and this type of experience



can be enjoyed individually or in groups of any size. Through these experiences, the children are learning social concepts such as emotional and language development and the sharing of space and resources.

Children's senses are stimulated as the texture, smell, sight and taste of the mud is exploding the child's whole body with curiosity and wonder. Children gain an understanding and learn to trust their bodies in the natural environment creating a love for the outdoor world.

Engaging with the natural world also opens the doors to a child's emotional development, arousing many emotions as their senses are receiving information from nature. During conversations, the children can explore and learn to communicate their feelings from uncertainty or distress, to sheer joy and happiness. As they dig and explore the mud, the children find earthworms so fascinating. Through teacher led conversations, they are also learning the importance of worms in nature, how they aerate the soil and create space for planting and smaller plants to push their roots down into the soil. Some of the questions that arise are testing the teachers own levels of knowledge, creating reciprocal learning experiences.

Here at Country Bears, the children have created their own 'Mud



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Pit', which is embraced as the seasons change. When children are given these opportunities, they can test out their theories about the natural world. A child-led curriculum allows the children to develop independence, develop and expand their self-esteem in a positive manner, and learn about team work, whilst also strengthening social skills.

If you would like to visit our wonderful Centre, designed to provide the children space and time to develop at their own individual time, give us a call on 09 412 8055 to arrange a suitable time. In the meantime, check out our Facebook page: www.facebook.com/cbearsecc. Country Bears Early Childhood Centre, 79 Oraha Road, Kumeu, phone 09 412 8055.

Big changes at Law Centre

The Kumeu district has changed considerably, and so too has the Kumeu-Huapai Law Centre.

It's been at 250 Main Road (State Highway 16) for many years, though.

Russell Lawn bought the practice from former Helensville MP Dail Jones, QSO, in the late 1990s, with Dail staying on. Dail spent more than 13 years in Parliament with National and then New Zealand First.

Sadly, Russell died on January 2, 2018, following a short illness, a shock not only to his wife and children but also his colleagues and clients.

In April 2018, Kumeu-Huapai Law Centre merged with Clear-Stone Legal, which also has offices on the Te Atatu Peninsula and has been operating for four years.

Debra Barron is the Principal of the firm, and Jane Barclay a Legal Executive.

Jane and Debra saw the opportunity with the merger to create a modern business with a model built around both the clients' needs and their own family needs.

Debra is a mum of two young boys and is married to Stacy, a carpenter who grew up at Muriwai Beach.

Jane, originally from Fairlie in the South Island, has two teenage boys and is married to Phil, an insurance advisor. They have lived in West Auckland nearly 20 years.

Debra and Jane are supported by a team of five other staff - all



women.

"We are far from the typical city-corporate lawyers who work 9-5," Debra and Jane say.

"We are everyday people who try and help clients manage their own demanding schedules juggling work and family."

Jane often sees clients in the evening or on the weekend at their home, while it's not unusual for Debra to have clients visit their office on a Sunday afternoon.

Both are embracing the opportunity the Kumeu-Huapai Law Centre offers.

"We are excited to work with Russell and Dail's clients and are available to discuss any concerns that they may have," Debra says.

Their Kumeu office is open Tuesday to Friday.

Visit www.cslegal.co.nz or phone 09 973 5102 for more information.

It's OK to be materialistic

Wanting new fancy stuff is often frowned upon. We have been trained with the idea that material stuff is not what we are supposed live for, that being materialistic is not what life is about. We are supposed to be grateful for what we have, and to not complain. We are supposed to emphasise friendship and family and being happy. These things are not wrong, but I think that wanting better stuff is not a worthy cause or is not spiritual is missing the point. All your materials things are an extension of you; they are the same as your relationship and your job. Everything in your life cannot be separate from you. If someone has stuff that you don't have it's because they thought different things about themselves. If something exists in your life, then you had a hand in it being there (the good and the bad, in this way we are transparent. The things in our life show us exactly where we are at. If you don't have something that you want, it's only showing you where your next lesson is. We cannot suddenly outgrow our own beliefs about ourselves.

So want your stuff. Dream big and enjoy it. Part of our physical experience here is to experience physical stuff. But here's where to watch yourself - it doesn't matter how much you want something, if something else in your thinking is contradicting it, telling you it's not possible, or not realistic, then no amount of dreaming is going to get you your thing. If your deep-down thinking is in lack or 'life doesn't work like that' then life will tend to be equal to that. Beliefs are thoughts we have thought over and over and they can be hard to shift. A belief is your deep-down thinking about anything. They are what you really think, they are on default and what we really think can surprise us and can be keeping us stuck. If you have things in your life that are not going away (a stuck relationship, hardship with money etc.) it's because they will somehow exist equal to whom you are being. Life is responding to our emotions. Life is listening to you. It's a subtle thing to start being aware of and gets easier. The



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pure joy of thinking about that thing you want is gold. Perhaps choosing any joyful emotion in any moment is the wisest thing you can choose to do. See if you can stay in that positive awareness. Stay there if you can without contradicting it with emotions giving you an opposite feeling. I help clients get clear on what thinking has lead them to where they are and what thinking will get them what they want. Nothing is coincidence and luck comes to those giving out the right signals. Life is giving you back what you are giving out. We should start to be pickier with our thoughts! Anna 021 555 658. anna@thinkyourbest.co.nz.

Retirement village for Nobile winery site

A retirement village offering more than 250 dwellings and an aged care service is being built on the former Nobile Estate winery in Huapai. The Country Club Huapai sales office has opened at The Vines, 1A Tapu Rd, Huapai, and visitors are welcome. The village is a joint venture with lifestyle property and retirement developers Hopper Developments and Cabra Developments and is part of the Hopper Living Retirement Group. Country Club Huapai is the third retirement village to begin construction under the Hopper Living brand and will offer high quality lifestyle retirement options for its residents. Hopper Developments is a family owned business established in 1956, known for its lifestyle waterways projects in Coromandel and Northland and the successful Maygrove Retirement Village in Orewa. Cabra Developments is also a family estab-



lished business that has over 30 years' experience in the land and property development industry. It has several high quality sub-division communities under development, including the neighbouring Huapai Triangle project which upon completion will house up to 2500 new residents. Machines are preparing the Country Club Huapai site and the first village housing begins soon. This comprises 15 single-level villas. The main building facility and apartments will start early 2019. Facilities will include a reception area much like a resort hotel, a restaurant and bar, meeting and social activity spaces, plus 46 apartments on the upper levels. Residents can select from a range of accommodation types under an "occupational right agreement" including a choice of spacious freestanding single storey villas and stylish apartments. A wellness centre will include a luxurious indoor pool, spa and gym facility and the landscaped outdoor leisure area will have a bowling green. The Country Club is well located within a short drive of the Northwest shopping centre, wineries, restaurants, cafes and beaches. Ignite Architects took inspiration from the site's winery heritage to create the village model. The village is registered under The Retirement Village Act and is a member of the Retirement Villages Association. Visit www.countryclubhuapai.co.nz for more information.

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