

the **Westerly**

FREE monthly community magazine for Massey to Hobsonville Point

Property market report

Guest student contributor

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

Boric Food market

Circulation is 10,000 print copies.

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

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

December 2019



Greetings

We are almost at the end of 2019, and approach the time of celebrations and, for many, a break from the usual routines and a chance for relaxation. We have inherited a number of customs, from the broad cul-tural mix that makes up our country, over the last couple of centuries. Christmas itself was apparently first celebrated on 25 December nearly 1700 years ago, an arbitrary date to correspond with the midwin-ter festivals enjoyed by the Romans. So it's not to commemorate Christ's birth (which is not recorded) and many of the images and traditions we see around Christmas portray the least important messages of Christian teaching. Prince Albert, Queen Victoria's husband, introduced ideas from the German way of celebrating the occasion that still have a strong influence. Red robins, short days, frost and snow, are not part of the usual experience of the southern hemisphere festive season. As the number of New Zea-landers grows, one person in three having been born overseas, the Christmas tradition will be interpreted and celebrated in a wide variety of ways by our ever-expanding population.

There is so much commercial pressure these days, but perhaps we should stop to consider those around us, both family and friends, and not lose sight of the gift of time. Whatever the way you choose to cele-brate Christmas, let's take the opportunity to have a good time and enjoy ourselves, sparing a thought for those who are obliged to work while others relax.

This issue of the Westerly is the last until February 2020. I hope you will enjoy the details of activities in your community. Not surprisingly for the season, food, drink and holidays play a prominent part. Descrip-tions of gifts and activities may help you, and you may be inspired by the stories of generosity and achievements. As usual we celebrate the action at Hobsonville Point, as well as advice for the house and garden, and Graham's summary of property market trends.

We are grateful to all our contributors from the community who provide the material for you to enjoy read-ing, and thank you also to our advertisers for their support. Many thanks to Graham, Stacey, Geoff and Gail for all their work through the year that makes this magazine happen.

We look to celebrate 2020 with our readers, may you all have an enjoyable festive season, summer break and return to our pages refreshed and ready for the year ahead.

John, editor



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ENQUIRIES / FEEDBACK:

John Williamson

P 021 028 54178

E jbw51red@googlemail.com

W thewesterly.co.nz

COVER PHOTO: Frank Boric

PRINT RUN: 10,000 copies, Treehouse Print

EMAIL DATABASE: Sublime NZ

DISCLAIMER: Articles published are submitted by individual entities and should not be taken as reflecting the editorial views of this magazine or the publishers of the Westerly Limited.

Articles are not to be re-published unless written consent is granted from the publisher (Graham McIntyre).

People & Places

Boric Food market is a truly unique destination



Located just 20 minutes from Auckland's CBD in the beautiful Kumeu countryside, our wonderful food market is the vision of Boric brothers, Franco and Stefan - third generation caretakers of the Boric Orchard.

Nurtured for three generations. Boric Food Market has been a local favourite for decades. The multi-generational Boric family orchard has evolved from a roadside fruit stall to what it is today.

Growing up and playing in the orchard as kids is something brothers Franco and Stefan fondly remember. The creation of the outside deck and kids play area on the footsteps of where they ran, is a nostalgic nod to those happy memories. A multi-generational family business since 1942.

In 1942, Frank and Zorka Boric purchased a 28 acre orchard in Henderson. In 1962, they shifted to the Kumeu property and over the years with the help of their sons Milenko and Barry they planted it with fruit trees that are still producing today. Later they were joined by their wives Sonja and Maria and started operating a produce shop, trading as Boric Orchards up until 2012.

In 2012, third generation brothers Franco and Stefan Boric along with their wives Nada and Verity-Jane, created the concept of 'Boric Food Market'. This evolved by expanding the sheds to house a vibrant speciality food market and deli.

Arriving minutes after harvest, we're committed to bringing you the finest and freshest seasonal fruit and vegetables delivered straight from our backyard orchard. Fifteen traditional varieties of apples are grown in the Boric orchard, along with pears, citrus, figs, plums, peaches and quince. To ensure freshness all year round, we partner with local suppliers to offer a wide variety of seasonal produce that match the integrity of our own fruit and vegetables. We've teamed up with a local market gardener and grow a variety of vegetables onsite.

Today our orchard is managed by Michael Boric, the son of Milenko and his wife Sonja. The orchard is now mostly organic, with limited spraying, and lots of beneficial insects to help reduce pests and diseases. For better quality control, our fruit is 'select picked' as they ripen rather than 'strip picked', where you just pick every fruit on the tree. This way our fruit's natural sugars and flavours are allowed to develop. By being left to ripen on the tree, the fruit develops more flavour, sweetness and beneficial antioxidants. The apple skin is also known to be packed with vitamin A and C – the old saying 'an apple a day keeps the doctor away' – wasn't coined for nothing.

Come and get some fresh, feel the difference at Boric Food Market at the corner of SH16 and Coastville-Riverhead Highway. Open daily from 8am to 6pm, no pets allowed on premises please. For more information please go to <https://www.boricfoodmarket.co.nz>



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M 021 888 824
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Auckland

Geoff Dobson
MEDIA

P 027 757 8251
E geoffdobson2017@gmail.com



Community News

Project Sense

After 15 years of working with small to medium businesses and large enterprises it comes down to a few key issues that make for expensive projects, long time frames and painstaking work to sort it all out.

Does this sound like your business?

- Wrapping manual solutions and complexity around business processes
- Picking the wrong software - horses for courses, but it can't scale with your business as it does
- Master data - stored all over the place, in various software programs, someone's head or on paper
- Need a health and safety plan but don't know where to start
- Have a dysfunctional team that is paddling in different directions

So, what can you do about it? You can continue to meander along and try and work things out for yourself or...You can engage with experts who can help.

At Project Sense we like to keep things as simple as possible. Our team can help you navigate the daunting task of getting your 'ducks in a row'.

We help you: Identify the problem or issue, Develop a response or solution, Help to implement the solution.

For more information go to our website: www.projectsense.co or get in contact info@projectsense.co.



Gym Zone

Gym Zone is the latest offering from Gym Kids Ltd. This month we would like to let you know about our Christmas gifts options and holiday programmes.



Are you stuck for Christmas gift ideas for your active child? How about a voucher for a term of gymnastics, a day at our holiday programme or some of our great merchandise including drink bottles, leotards and track suits. Please contact us for vouchers and see our online store for all our merchandise.

Our popular Gym Kids holiday programme will be running at Gym

Zone Hobsonville for the summer holidays. Children from 4.5 - 11yrs will have a fantastic time with us learning new gymnastics skills and having fun with great games, art and craft activities and making new friends.

Gym Zone - Where movement begins, 4 Workspace Drive, Hobsonville. Read more at www.gymzone.co.nz.

Rarotonga holiday - helloworld travel

If you like pina colodas and getting caught in the rain!" Words of an old classic song Escape from the late 70s.

Well, you can do both of those things in Rarotonga. And this is what my lovely wife, Lisa and I did recently when we went to Rarotonga for the very first time to celebrate our 30th



wedding anniversary. It was the perfect place to relax and get away from the hustle and bustle of city life. We flew Virgin Australia and travelled in their Economy X seats. These are great value, for just an extra \$55* per person per direction over and above your economy class airfare, you get priority check in, priority baggage and get extra leg room plus you are able to board with Business class and get served first in the economy class cabin. While VA arrive late you do make up for this lost time on your last day as you leave late in the evening. When we landed, this is where we got caught in the rain, well a tropical downpour actually, having to cross the tarmac to the arrivals hall, no covered bridges here. We were greeted by friendly staff and a small group of singers, who welcomed us into the airport and their country. We split our trip into two, 3 night stays. Our first stop was at the Edgewater Resort on the northwest side of the main island and is the largest of the resorts on the island and very much caters for big groups and families. We stayed in a Beachfront Deluxe room on the third floor where we overlooked the lagoon. From here we witnessed two amazing sunsets. You can go for a lovely walk along the beach and snorkel directly off the sand at this resort. Rarotonga is about 35km round and is serviced by a clockwise and anti-clockwise bus system. We spent our last three nights at the lovely Moana Sands Lagoon Resort located at the south end of the wonderful Muri Lagoon on the eastern side of the island. This is an adults only resort that has just 24 rooms overlooking a stunning 20 metre pool. This boutique property is compact but has great outdoor space. The rooms are beautifully appointed and the property has the latest equipment in kayaks, reef shoes and snorkel

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Community News

gear, all complementary. From the front of the property you can take romantic walks along a beautiful beach, wade into the lagoon to explore the coral or kayak further into the lagoon to discover the sea life. Laguna Restaurant is on site and is fabulous. We had wonderful dinners every night and at very reasonable prices too. This is where the pina colodas come in, happy hour here runs from 11am to 7pm and the PCs are only NZD\$10**. We soon got talking with other guests in this very friendly environment and listened to some good stories and had plenty of laughs which made for a great stay. In summary, Rarotonga has very much a bach feel about it with no footpaths to speak of around the bulk of the island, reminding you of the good ol' days and this is its charm. We loved Rarotonga, you can relax straight away and we will definitely visit again, next time with friends. Our reflection of Rarotonga is like the song, we had gone back in time, back to the 70s and it was a great Escape. If you want to know more please contact Neil Harkin, travel consultant at helloworld Hobsonville - 09 4161799 or email neil.harkin@helloworld.co.nz

P.S Please don't ask me to sing the song!*Subject to change by VA
**Bar prices and hours are subject to change by Laguna Restaurant.

December events at Hobsonville Point

Christmas on the Point - Sunday 8 December, 4.30-6.30pm, Rifle Range Amphitheatre on Bomb Point Drive. Christmas carols, free bouncy castle & sausage sizzle, visit and photos with Santa. Brought to you by your local churches.

Childminder's Course for Teenagers - Saturday, 14 December 10-2pm at Headquarters Building, 214 Buckley Avenue, Hobsonville. \$20pp. Brought to you by Hobsonville Community Trust. Register by email through courses@hobsonville.org.nz.

Planning for the business year ahead

It's nearly the end of the year. Summer holidays are almost here. This is a great time to get away from the business (retail excluded) and have time to think about your business.

How did you go this year? Did you achieve your goals for this year? What came up that was unexpected and what lessons can you learn from it? Is your business profitable and are you earning what you want to earn? Are you spending enough time with the family?

It is also a good time to look ahead. What are your goals for next

year and in 5 years' time? What projects do you need to work on this coming year? What key performance indicators are you going to use to measure your progress? Do you need to hire staff? Do you need to engage with a trusted advisor? Do you need to start thinking about how to exit the business?

Summer is a great time to spend time with the family and recharge the batteries, but it also gives you headspace to make good decisions.

Ann Gibbard is a Business Success Partner with Oxygen8 Consulting. For help with your business plan, contact Ann at ann@oxygen8.co.nz or 021 682 014.

Kaipātiki Project

Gifted season is upon us, which unfortunately does turn into 'wasteful' season.

We at Kaipātiki Project, would like to encourage people to make conscious choices this season. Therefore, we're offering a friendly alternative as a season's gift - a native tree that we'll look after and plant on their behalf. Such gift is helping our local reserves, their biodiversity and will continue to grow for many years to come! It also eliminates any unnecessary wrapping, packaging and transportation.

Gifted native trees will be looked after by our volunteers at our nursery until we plant them on behalf of the people gifting and receiving them. Planting will take place in Eskdale Reserve on Auckland's North in the new year during planting season, and we'll make sure that everyone involved is invited to join us.

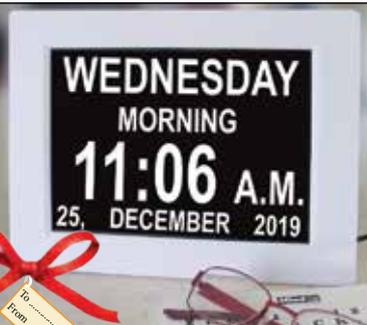
Waitakere Grey Power

Waitakere Grey Power General Meeting on Wednesday 4th December 2019 at 10.00am at the Swanson RSA 663 Swanson Rd. Our Guest Speakers are from St. John Northern Region and they will be speaking about defibrillators, St. John personal alarms and the benefits of being a subscriber to the St. John Supporters scheme. At 12.00pm we invite members and friends to join us for lunch at the Swanson RSA Restaurant at a cost of \$20 per person. We look forward to a good turnout of members at our meeting and lunch. For further information please contact our Waitakere Grey Power Office on 09 838 5207. Wishing all members and friends A Merry Christmas and A Happy and Healthy New Year 2020. Mate Marinovich President Waitakere Grey Power Association 247 Edmonton Rd, Te Atatu.



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In Brief Updates

Hobsonville Community Choir

Our very own 'Hobsonville Community Choir' will be performing Christmas songs all over Hobsonville Point this Christmas, along with a big 'all choirs in' Christmas charity celebration in town. First up the Choir will sing down at the Catalina Markets on Saturday morning 30th November, followed by another performance up at the Sunderland Lounge Christmas Fair later that morning. Then there will be another Catalina Market performance on Saturday morning the 21st December and also a repeat of last year's caroling at a local rest home.



Then at 4:30pm on Saturday 14th December, in the Dorothy Winstone Theatre, 16 Howe St, Freemans Bay (Auckland Girls Grammar School), will be Everybody Sings mega Christmas music celebration in which eight regional choirs join together to sing spectacular carols and special songs. This mass choir, which includes Hobsonville's, will be 200 strong! Tickets (adults \$25, unwaged \$20, kids \$10) can be purchased from www.thechoir.co.nz with proceeds going to the Auckland City Mission. Last year \$13,000 was raised for this charity. This year the aim is to sell out the 800 seat auditorium and raise \$15,000 for this worthy cause. See you there.

Join Mary Lambie's October 2020 Hosted Journey of India!

For the last 11 years we've been Hosting small group Journeys to India from New Zealand, with Buzz from House of Travel organising the logistics and NZ Support. Our combined knowledge, pre departure care, value, approachability, thoughtful itineraries down to the last detail and unforgettable hotels make this trip something extra special.

Our April 2020 itinerary sold out in just 12 days due to the wonderful reviews and word of mouth from the people who went with us this year. This is the most amazing and inclusive 13-day itinerary which leaves very little left to pay for.

For TV personality Mary Lambie travel is in her blood. She started travelling when just 18yrs old. That first 'OE' took her to America,



UK and Europe. After finishing at university and getting a few years journalism experience, she was asked to be Radio New Zealand's foreign correspondent in Japan. The contract was originally for one year - she stayed for three.

Back in New Zealand came the big job hosting the Good Morning Show for TVNZ. Then came three children with her broadcaster husband Jim Mora. But that didn't slow her down. When her kids were young, she packed them up and took them to see the 'real' Santa in the North Pole. While over there she showed them all around northern Europe, UK and Ireland.

Mary has explored the Pacific, cruised the Mediterranean and Caribbean and cycled, tramped and run pretty much all over New Zealand. One of Mary's travel highlights came when asked to host an episode of Intrepid Journeys located in Iran, an experience which inspired Mary to seek out paths less travelled and her next big adventure which will take her to India in 2020.

Why don't you join her for a fun filled, exciting, unique and exotic fortnight in this stunning country!

Departs October 15th for only \$7949pp including flights. Based on twin share. Single supplement available. Singles, Couples and Friends welcome.

For a full detailed itinerary, inclusions and T's and C's or if you have any questions at all please get in contact with us. Hobsonville@hotmail.co.nz 09 416 0700. Spaces are limited.

Ideas for gifts to delight

Are you having difficulty thinking of fresh gift ideas for someone in your life? It could be they have retired or reached an age where they no longer enjoy activities they once did. Perhaps a physical or mental impairment has changed things, and you want to give them something uplifting.



Finding a practical solution for a challenge this person faces is something you could think about. If an individual cannot move around or get out and about as they once did, it may be harder to keep themselves mentally stimulated. A puzzle, game, or new activity is an idea.

Reduced memory or eyesight can become stumbling blocks for others. Something practical like a clear clock with the day and time of day included, or a simple music player may be much appreciated.

At Mindjig we have a range of puzzles, activities and practical gift ideas that are great for all types of personalities. Visit www.mindjig.co.nz or feel free to email info@mindjig.co.nz, call 09 600 3251, or

Preloved Womens Fashion Clothing Sale

Designer labels

Saturday 7th December 2019
at 9am-12 noon.

at Catalina Room, The Headquarters
214 Buckley Ave, Hobsonville Point

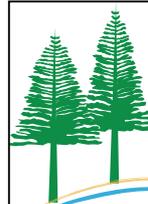
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Funds raised will be gifted to charity by Inner Wheel



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In Brief Updates

call or text 022 480 3022.

Join us at West Auckland COGY Club

Do you walk with stick or stroller, but don't usually enjoy a long walk? Are you a wheelchair user? How about coming along to West Auckland COGY Club? It's free. We started this club so that wheelchair users can have a chance to exercise. Koko, a fitness instructor, attends and guides us for a safe and fun experience. Our favourite meeting place is Hobsonville Point. All ages. Dates are usually last Saturday of the month, 2-4pm, however it varies almost every time. Please email gocogy@gmail.com and check. Volunteer help also most welcome.



Guided tours to France with 2 French/Kiwi locals

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

Boutique Tours France, the venture of French/Kiwi locals Catherine and Patsy, organises amazing guided tours for small groups (max. 8 people) to France in 2020.

Catherine and Patsy are both French and take you to those special places. Your guides know France inside out and know what Kiwis want to experience. The tours are fully organised so your travel is carefree.

"I enjoyed the whole trip, great guides who treat you like a friend. I am so keen I am booking another trip with these girls. On this trip we went to lots of places you wouldn't see on a bus tour."

In 2020 we travel in June and in September to Provence and Normandy - Brittany. We also offer a discovery tour to Spain in 2020. Check out the dates and itinerary on our website www.boutiquetoursfrance.co.nz.



boutiquetoursfrance.co.nz

You are in good hands with the ladies from Boutique Tours France.

Time to view life with a new lens

Discover your inner peace, freedom, well-being and a meaningful life in this turbulent world. This book is a practical manuscript. It follows my journey through my life. I write about how I immigrated to New Zealand in 2008 and eventually through my life cultivation and development reached enlightenment. Through practical examples I explain how you can take the freeing steps in your everyday life to find a home within yourself. Nothing changes like a person - you are the architect of your mind and ultimately your life.

I hope this book will be of your interest, for more information please have a look at my website: www.lifeofdorrie.com.



The Mobile Car Specialists

Well, well, well... we're almost 'there' eh? The silly season is upon us and most of us will be enjoying some much earned time off in just a few weeks.

We'd like to thank the team at the Westerly for another year of continued support, and also thank all of the fine people who have had their cars 'made awesome again' through us over 2019.

From the team at The Mobile Car Specialists - thank you!

Enjoy the sun, surf, highways and freedom over Dec/Jan. We'll hopefully see you in 2020.

Our services include: Dent removal - small to large, high quality paint correction / cut and polish, ceramic coating paint protection, Yellow / foggy headlight restoration and signwriting removal.

We are a fully mobile operation, meaning we come to you to make



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In Brief Updates

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Contact us on 0800 20 30 20 for a quote, or visit www.TMCS.co.nz to see our work and 5 star reviews.

Get Christmas sorted while avoiding the crowds

Have you left the Christmas shopping a little late?

Struggling with time to get to the shops?

Take the hassle out of Christmas and let them choose their Christmas gift by giving them a Precious Imprints gift certificate.

Available online, so there's no need to wander around the shops aimlessly hoping an idea will jump out at you. Simply jump online, choose the denomination and where you would like the gift certificate sent (physically or electronically) and there you have it. Shopping.All.Done.

At Precious Imprints we create jewellery that is inspired by the people, places and things you love, so your loved ones will love the sentiment and meaning behind your purchase.

With a variety of styles and options to choose from they are bound to find something they love, OR they can even design their very own piece.

Visit www.preciousimprints.co.nz today and get your gift certificate sorted.



Inner Wheel NZ

Inner Wheel District NZ291 has held several successful interest meetings at Hobsonville Point over the past few months. We meet at The Headquarters, 214 Buckley Avenue, Hobsonville Point at 7.30pm with our next meeting being held on January 22nd.

We are women in action, working together to make a difference and improve lives.

Come along and find out how you too can be part of one of the world's largest women's organisations in the world, make new friends and be involved in supporting charities both locally and internationally.

Special thanks

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

Countdown Westgate
The Warehouse Westgate
Mitre 10 Mega Westgate
Countdown Hobsonville
Countdown North West
Mike Pero Hobsonville

Countdown Royal Heights
Luckens Road Dairy
Massey Leisure Centre
Whenuapai Dairy
Hobsonville Point Dairy
Season's Market Massey

For further information email : nz291membership@gmail.com.

SeniorNet West Auckland

This year has been a little different to those past in that we have had less set subject classes than usual and are helping people with individual queries with their computers, phones and tablets during our help days, even going so far as to help some people to set up their new laptops and iPads. Our last Help Day for the year is on the 10th December. These sessions are run from 10am to 11am but we will stay longer if someone needs more time. Where we can be of help we do ask for a \$5 donation.

We are situated in the Henderson RSA, Railside Avenue, Henderson just behind the shopping centre. We recommence in February 2020 on the 2nd and 4th Tuesdays of the month. Our next Kelston Meeting will be on the 18th February which will also include a very short AGM followed by a guest speaker.

We look forward to being able to help you all again next year and from all the SeniorNet West Auckland, Committee and Tutors, we would like to wish you a Happy Christmas and a safe New Year.

Hazardous items sending recyclable materials in smoke

Auckland Council is appealing to Aucklanders to do the right thing when they need to dispose of flammable and hazardous items following the third kerbside recycling collection truck blaze in less than a month. The fires mean that potentially up to 19 tonnes of valuable recyclable materials have had to be sent to landfill instead of being recycled.



Recently, a fire broke out in a recycling truck in a Warkworth residential street. Investigations are under-way to determine the cause. The truck had to be diverted and the load was jettisoned in a new subdivision where the load was assessed without posing a risk to local residents, housing, or passing pedestrians and with minimal disruption to traffic.

"Our kerbside recycling collection service is designed to only recycle plastic, glass, steel, and aluminium containers from our kitchens, bathrooms, and laundries, as well as paper and cardboard. Flammable and hazardous items pose a significant risk in our recycling trucks, especially when the compaction equipment is



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In Brief Updates

used," said Parul Sood, General Manager Waste Solutions.

"It's a shame to see tonnes of recyclable materials going up in smoke. Once the materials are burnt and contaminated by foam, we have to send the materials to landfill. It's a backwards step for our environment. On the 'hit list' of worst items that end up in kerbside recycling bins are shoes, batteries, medical waste, disposable nappies, clothing, and single-use plastic bags. We encourage Aucklanders to do their bit and recycle right."

Annual General Meeting results and Massey representation

The Massey Birdwood Settlers Association held its 94th annual general meeting in October.

Dr Ershad Ali was re-elected President, Colin Tucker vice President, John Riddell Secretary and Brian Lay Treasurer.

On the executive are Craig Andrew, Allen Davies, Warren Flaunty, Keith Hammett, June Lay and Olga Mills.

The Association was formed in 1925 as a resident and ratepayers' group. As a resident and group the Association represent the views of the community to the local Council and Government, ensuring adequate resources are spent in the community that will benefit the whole community.

It was noted that with executive member Warren Flaunty losing his seat on the Henderson Massey Local Board, nobody sits on the local board who is a resident of Massey.

The Association believes this has to change, and notes that a similar situation exists on the Upper Harbour Local Board, where local board members live on the North Shore side of Greenhithe Bridge.

With the size of the Henderson Massey Local Board, the Association believes that local democracy would be better served by "subdivisions" being created in the local board area so that at least two people come from Massey.

Subdivisions are not uncommon in Auckland, with Rodney, Albert - Eden and Franklin local boards having subdivisions.

The subdivisions more than likely create better voter interest in the Local Government elections and community engagement in local decision making.

The Association is likely to make submissions to the Auckland Council with a view to the Henderson Massey local Board having a Massey subdivision in 2022.

The Fireplace, Bar and Restaurant

Welcome to The Fireplace, Bar and Restaurant. We are your friendly local restaurant in Kumeu that is located at 64 Main Road, Kumeu and open for lunch and dinner 7 days a week. We offer weekly specials and \$12 lunch specials. To find out more please check us out on Facebook at www.facebook.com/TheFireplaceBarandRestaurant/ and see our lunch menu! We look forward to meeting you soon.

Massey Birdwood Settlers Association Inc.

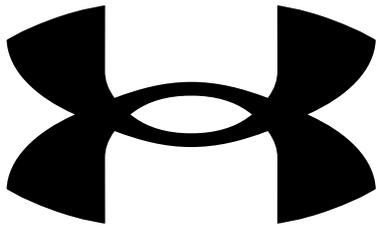
Our hall is situated on the corner of Red Hills Road and Don Buck Road in Massey and is the home of:-

- Redhills Community Kindergarten - phone 09 833 6401.
- St Johns Massey Youth Division – Wednesday nights from 4.30pm
- Massey Housie – Friday nights from 7pm
- Waitakere Cake Decorating Club – second Saturday of the month
- Aikido on Monday nights
- Hip Hop Dance classes – Tuesdays from 4pm to 6.30pm.
- Kung Fu on Thursday nights
- Scrap book classes in the Den first Friday of each month
- English Language Partners – weekdays during the School Term
- All Nations Church on Sunday
- Massey Birdwood Settlers Association (your local resident and residents and ratepayers' group)

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



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Property

West Auckland property and tax lawyers

Gina Jansen Lawyers are a Kumeu law firm who specialise in property/conveyancing, retirement home agreements, tax debt, Inland Revenue disputes and any Court matter, such as debt collection, limited work licences, bankruptcies and liquidations. We help small to medium businesses (companies, sole traders, partnerships) who have tax debt but can't seem to make any headway directly with Inland Revenue. We are the lawyers to call when Inland Revenue are pursuing you and your business for tax arrears.



Tell your accountant to call us immediately if IRD serve legal proceedings (for example bankruptcy, company liquidations, or District Court civil judgment or criminal proceedings). Our team is made up of former Inland Revenue lawyers, who are very experienced at negotiating tax debt relief and appearing in the Courts on tax matters. We are also experienced property lawyers so our firm can handle your property purchase, sale or refinance when borrowing for debt consolidation. We also advise clients on occupation agreements for retirement villages and guide them through the minefield and process. Our clients don't need to use different lawyers to convey, appear in Court, contract or deal with Inland Revenue. We can do it all. Call Gina Jansen Lawyers on 09 869 5820 or visit our website at www.ginajansen.co.nz.

Property market report

Auckland residential listings jumped by 30% from 1 September and 30 October, which has set the scene for a more "active" market in the run to the year's end.

Listings jumped from 1204 in September to 1605 last month - the highest number for 2019, with March the second busiest month of 2019 and 1571 listings. A feature of the market since March 2019 has been the limited number of listed properties for sale, and in September, the number of properties on the market was at its lowest for more than two years. In October that changed, with new listings being 30% higher than in September, and more than 40% higher than the average for the previous three months. Sales for the month increased to 824, up 6.9% on the previous month and over 3% higher than the average for the previous three months.

Prices also edged up with the average price at \$939,132 an increase

of 1.6 per cent on the average for the previous three months and the median price at \$845,000 up by 2.2% on the average for the previous three months. October's data signals both vendors and buyers are coming to accept is that the market conditions that have prevailed for more than two years now are the new norm, and that there is no big price increases or major price declines on the horizon.

So, in short a careful and sustained market with a good choice for buyers and sellers that should be mind-full that the days of month on month price increases on property have gone.

Let's review the market:

Herald Island Residential	\$1,000,000 to \$1,582,000
Hobsonville Residential	\$585,000 to \$1,705,000
Massey Residential	\$631,500 to \$1,075,000
Swanson Residential	\$560,000 to 1,150,000
Waitakere Residential	\$808,000 to \$1,800,000
West Harbour Residential	\$791,445 to \$1,570,000
Westgate Residential	\$888,000 to \$1,400,000
Whenuapai Residential	\$1,010,000 to \$1,160,000

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

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M 027 632 0421
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E graham.mcintyre@mikepero.com
www.mikepero.com

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Property

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

All of our replacements, restorations and repairs on homes and businesses in Auckland are backed with an exceptional 10 year workmanship guarantee, and manufacturer's warranties also apply on most materials of up to 30 years. Precision Roofing and Spouting - phone 0800 002 222, email info@precisionroofing.co.nz or visit www.precisionroofing.co.nz.

Need to negotiate with Santa to get onto the nice list?

Do you need some help negotiating with Santa? If you find yourself not on Santa's Nice List this year then you have a variety of options. You can decide to do nothing (which may include throwing your toys out the cot, having a moan to your mate/spouse, or just drink the beer the kids leave out for Santa on Christmas Eve), but if that doesn't sit well with you then you could write to Santa and ask him what his problem is. Maybe there is some way you could work it out, or something you could do to right the wrong - maybe Santa doesn't have a clear record of the facts and you could clear up a few misunderstandings. If that letter gets lost in the post or Santa is too busy to respond, then perhaps you could file with the Disputes Tribunal. It's a handy resource as Santa will have to attend in person and isn't allowed to take his lawyer. Assuming your wish list this year is under the magic number of \$15,000 (or if Santa agrees then \$20,000) then the Disputes Tribunal will hear your complaint, however they won't make Santa send you presents if they agree you were right but it's a good start to resolving a dispute. Another idea is to ask Santa to meet you for a chat and see if you can work it out - or maybe your lawyer could talk to Santa's lawyer and negotiate a resolution.

If your beef isn't with Santa then ClearStone Legal can also help resolve matrimonial disputes, neighbourly disputes, employment disputes, shareholder disputes - or we can help put an agreement in place before the dispute arises.

If you need some help negotiating with Santa or someone else then contact ClearStone Legal (incorporating Kumeu-Huapai Law Centre).



GINAJANSEN LAWYERS



Gina Jansen
DIRECTOR/LAWYER

Ph 0800 544 508

p 09 869 5820 f 09 929 3400 m 021 544 623

e gina@ginajansen.co.nz w www.ginajansen.co.nz

GINA JANSEN LAWYERS LIMITED

127B Access Road, RD1, Kumeu, Auckland 0891



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Telephone 09 973 5102 to make an appointment. Re-locating to the Vines, 1A Tapu Road, Huapai mid-February 2020.

Disclosure about trust assets to beneficiaries

Trustees now have a clear obligation to tell beneficiaries about the assets and investments contained within a trust. A further issue is the extent to which many trust deeds provide for not just the children of the settlor but more remote categories such as charities and the de facto partners of the settlors' children. These provisions were intended to ensure that there was a broad range of people or organisations who could benefit from the trust. Usually, however, those beneficiaries beyond close family will be oblivious to their mention in a trust deed. Against this, most modern trust deeds try and make sure that the only beneficiaries are the settlors' children and grandchildren.

We accordingly recommend a close review of any trust deed with legal assistance to establish who the beneficiaries are. Secondly, to consider the extent to which the settlors have power to remove discretionary beneficiaries. Removing the remote beneficiaries should have the effect of reducing the burden of disclosure and avoiding unwanted enquiries from those remote categories of beneficiary.

Luke Kemp - 25 Orahua Road, Kumeu. Phone 09 412 6000 OR Email luke@kempsolicitors.co.nz.

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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 Property Stats

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

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
HERALD ISLAND	1,300,000	809M2	180M2	1,582,000		1,210,000	571M2	265M2	1,350,000
	1,225,000	809M2	260M2	1,000,000		830,000	113M2	140m2	820,000
HOBSONVILLE	1,425,000	385M2	292M2	1,334,000		695,000	133M2	77M2	705,000
	1,100,000	279M2	199M2	950,000		1,050,000	225M2	180M2	958,000
	1,050,000	344M2	201M2	1,311,373	MASSEY	630,000	667M2	90M2	670,000
	670,000	76M2	89M2	688,000		600,000	474M2	80M2	631,500
	940,000	227M2	143M2	955,000		640,000	473M2	137M2	640,000
	860,000	179M2	176M2	950,000		830,000	672M2	200M2	785,000
	1,350,000	364M2	259M2	1,204,000		800,000	283M2	175M2	880,000
	1,275,000	167M2	270M2	1,150,000		760,000	238M2	160M2	855,000
	1,350,000	344M2	261M2	1,185,000		720,000	650M2	100M2	765,000
	1,125,000	299M2	223M2	1,130,000		780,000	612M2	174M2	780,000
	1,300,000	351M2	234M2	1,365,000		890,000	1240M2	180M2	925,000
	920,000	180M2	184M2	925,000		815,000	1636M2	100M2	808,000
	790,000	235M2	106M2	796,500		700,000	989M2	110M2	750,000
	1,175,000	319M2	206m2	1,035,000		630,000	566M2	100M2	700,000
	1,300,000	135M2	267M2	1,150,000		1,150,000	409M2	238M2	1,075,000
	1,350,000	357M2	267M2	1,230,000		930,000	497M2	180M2	865,000
	965,000	273M2	169M2	940,000		530,000	328M2	90M2	637,000
	1,200,000	363M2	210M2	1,132,000		540,000	517M2	90M2	645,000
	1,300,000	357M2	250M2	1,196,000		960,000	717M2	192M2	850,000
	900,000	453M2	160M2	780,000		810,000	453m2	210M2	685,000
	1,300,000	134M2	267M2	1,150,000		620,000	675M2	90M2	672,500
	1,300,000	701M2	303M2	1,150,000		700,000	678M2	134M2	737,500
	695,000	135M2	77M2	690,000		900,000	450M2	164M2	740,000
	670,000	91M2	77M2	673,000		950,000	525M2	90M2	790,000
	1,730,000	610M2	283M2	1,705,000		660,000	608M2	90M2	677,000
	1,280,000	348M2	248m2	1,225,000		760,000	530M2	142M2	680,000
	690,000	138M2	79M2	665,000		990,000	622M2	190M2	865,000
	630,000	91M2	66M2	585,000		920,000	499m2	170M2	845,000
	1,175,000	300m2	231M2	1,185,000		960,000	818M2	230M2	860,000
	820,000	84M2	146M2	858,000		760,000	840M2	160M2	739,000

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

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2.95% Up to \$490,000 (Not 4% that others may charge!)

1.95% on the balance Plus \$490 admin fee. All fees and commissions + GST

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

Graham McIntyre 027 632 0421 *Available for a limited time. Conditions apply.

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CITY LIGHTS, SEA VIEWS, CHINESE WATER GARDEN 3 2 3 **\$1,599,000**

5A Bernleigh Terrace, West Harbour

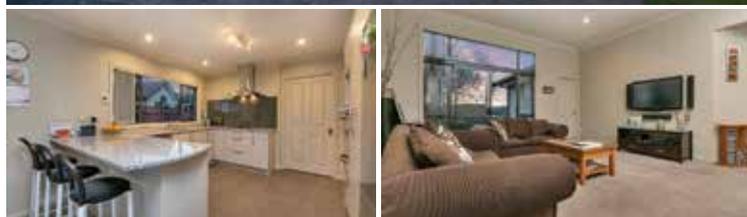
Asking Price \$1,599,000

Electric entry gates, full fencing in a quiet cul-de-sac location surrounded by high end and exclusive, million dollar homes. It is a perfect home for an executive couple that wants the convenience of lock up and leave, and the flexibility to have family or guests stay, providing them their own space so that you can live together but with independence and privacy. In addition the home has an extensive tandem double garage which could serve the interests of a home business, workshop or storage feature. Extensive landscaping, water feature and the best of the best with style, features and finishing. If you want the best of the best, you have to look for it, understand why, and enjoy the benefits that it delivers. This home has been designed for the sun and the extensive views.

www.mikepero.com/RX2080143



Graham McIntyre
027 632 0421



ENTERTAINERS HOME 4 2 2 **\$1,179,000**

8 Archer Rayner Place, Greenhithe

Asking Price \$1,179,000

Excellent design meets five star construction, this Universal home delivers the best of modern living with modern materials. The home offers: Four bedrooms, Two bathrooms, Two lounges, Double Internal garage and Two alfresco entertaining environments. Set on a North facing aspect, the home has a front to back split, giving the open plan living environment almost a regal introduction from the entrance.

www.mikepero.com/RX2017773



Graham McIntyre
027 632 0421



TWO BEDROOM HOME 2 1 1 **By Negotiation**

291 Hobsonville Road, Hobsonville

By Negotiation

A flat fully fenced section with a very tidy, refurbished two bedroom home. This brick and weatherboard home delivers a world of convenience. Offering two generous bedrooms, central bathroom and single garage. An open plan kitchen, dining, living that steps out to a north facing patio delivering generous sun and established planting in a private setting.

www.mikepero.com/RX2077529



Graham McIntyre
027 632 0421



FIRST HOME BUYERS POTENTIAL PLUS

3 1 1

By Negotiation

36 Arlette Place, Massey

By Negotiation

Owner is relocating. Now is your opportunity to secure this solid three bedroom home on a freehold elevated site. Located in a safe and secure cul de sac, fully fenced and hidden from the road, a private sunny oasis awaits one lucky family. Open plan living, kitchen and dining extend out to a deck surrounded by tropical plantings. A wood-fire provides warmth and comfort in the winter. Abundant parking on a long driveway and the convenience of a basement garage and workshop. Plenty of room in the garden for the kids and pets to play, climb the magnificent walnut tree or jump on a tramp.

www.mikepero.com/RX2105955



Cherry Kingsley-Smith
021 888 824



BEST APARTMENT LIVING

2 2

\$679,000

204B/160 Hobsonville Point Road, Hobsonville

Asking Price \$679,000

Two beds! Two bathrooms! Two car parks! Safe and secure! Step inside to open plan modern, spacious living and dining, a well appointed kitchen with breakfast bar and quality appliance package included. Two bedrooms, main bathroom, master ensuite and walk in wardrobe complete the design. The deck offers indoor / outdoor living for that morning cup of tea, glass of wine or alfresco dining.

www.mikepero.com/RX2075126



Cherry Kingsley-Smith
021 888 824

STUNNING COASTAL LIVING

4 2 2

By Negotiation

105 Buckley Avenue, Hobsonville Point

By Negotiation

Located in the sought after Sunderland precinct of Hobsonville Point is this gorgeous and spacious Willis Bond four bedroom sun and light filled home, enjoying water views across the Inner Harbour. Less than a year old, this beautiful home features a superior build with quality fittings and appliances throughout and the enduring qualities of a solid brick construction.

www.mikepero.com/RX2071867



Cherry Kingsley-Smith
021 888 824



VALLEY VIEWS, PASTURE IN HUE - NEAR TAUPAKI 4 3 2 **\$1,595,000**

81 Stoney Creek Drive, Waitakere

Asking Price \$1,595,000

Pasture and park like surrounding ignite the most idyllic, peaceful and playful home, shedding, grazing and kids playground imaginable. A contemporary and modern four bedroom, two bathroom home, over two levels, elevated, tranquil and private with the most outstanding valley and bush views. Open plan kitchen and dining area flowing seamlessly out to a large deck, making entertaining a breeze. Separate lounge area which opens up to Westerly decking over-looking a lush garden, lawn and entertaining area leading to a grazing paddock. Internal access triple car garage makes life easier for the tools and toys, with a separate 12m x 9m shed providing workshop space and storage, includes a separate room and bathroom, delivers options for extra room for guests or independent family members.

www.mikepero.com/RX2109381



Graham McIntyre
027 632 0421



FRESHLY FORMED 4 1 2 **By Negotiation** **NEW ON THE INSIDE - CHARACTER BUNGALOW OUTSIDE** 3 1 **\$879,000**

40 Lumbarda Drive, Kumeu

By Negotiation

Looking for a quality build offering four bedrooms, two bathrooms and garage for toys, tools or home gym, this is the new home for you. Newly finished and offered for sale as surplus to requirements, this Golstruct home delivers a cool, open plan entertainers living environment coupled with wide sliders opening to North West patio and lawn area.



Graham McIntyre
027 632 0421

www.mikepero.com/RX2066146

1014 Coatesville-Riverhead Highway, Riverhead

Open Home Asking Price \$879,000

A beautifully finished and landscaped contemporary bungalow offering a very modern open plan living out to sunny North-West facing. Landscaped to deliver privacy and modern contemporary. The home boasts three generous bedrooms and comfortable bathroom off the central hallway with ample storage all on one level.



Graham McIntyre
027 632 0421

www.mikepero.com/R1814073



VIEWS TO THE TASMAN SEA

4 2 2

By Negotiation

94 Hinau Road, Waimauku

By Negotiation

Set on almost 1.5 acres of gentle sloping land with a bush framed vista to the Tasman Sea. This 1980's period build offering a delightful upstairs/downstairs home within a glade of gardens and native plantings, out of the wind and positioned to mingle with the Tuis and Wood Pigeons. Good space upstairs with three rooms and open plan living, linking alfresco to the east and west while downstairs has a bathroom, bedroom plus living area, double garage and workshop. Not short on space and offering some cosmetic/renovate opportunity for you to apply your personal touch of colour and style. All the foundations for an extended family or having friends or guests stay over. In close proximity to beautiful coastal walkways, Waimauku Primary School, Parks and West Coast Beaches, make this your home and your Yang.

www.mikepero.com/RX2066197



Graham McIntyre
027 632 0421



BEAUTIFUL CHARACTER BUNGALOW

3 2 1

By Negotiation

94 McEntee Road, Waitakere

By Negotiation

Classic 1960's bungalow offering three generous bedrooms, one bathroom, separate kitchen, separate dining, separate lounge and separate laundry area. You will appreciate this property for its character, its pedigree and longevity. An independent double garage and large fully fenced section completes this offering which is honest and substantial.



Graham McIntyre
027 632 0421

www.mikepero.com/RX2071416

NORTHWEST ASPECT COUNTRY COTTAGE

2 2 1

By Negotiation

203 Mangakura Road, Helensville

By Negotiation

Nestled in a quiet glade overlooking most of its 1.5 hectares is this very private country cottage. Offering a feel of ambience, a touch of nostalgia and a tranquil place of relaxing contemplation. If you are seeking land and home that oozes personality and character, this is one that will feature high on your list.



Graham McIntyre
027 632 0421

www.mikepero.com/RX2066202



THE COMPLETE LIFESTYLE PACKAGE

4 1 1

By Negotiation

7 Kaipara Lake Road, South Head

By Negotiation

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

www.mikepero.com/RX2039027



Lyndsay Kerr
027 554 4240



LAND WITH VIEWS, MULTIPLE SITES

By Negotiation

Kiwitahi Road, Helensville

By Negotiation

Hill top location, overlooking the Woodhill Valley over to the Tasman Ocean and up to the Kaipara Harbour. With over 2.9 hectares (7 acres) of rolling hill country delivering full fencing, good/ easy access. Includes a small parcel of covenanted bush which intersects with a small duck pond on the property. Title issued, no covenants affecting your plans on this north-west facing masterpiece.



Graham McIntyre
027 632 0421

www.mikepero.com/RX2066456

THE PERFECT LIFESTYLE PROPERTY

4 2 2

By Negotiation

535 Peak Road, Kaukapakapa

By Negotiation

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



Lyndsay Kerr
027 554 4240

www.mikepero.com/RX1803721

Hobsonville Point

Guest student contributor

Welcome to the Hobsonville Point page for December. This month guest writer Esme Harrison tells us about her experience at Hobsonville Point Primary School. Story writer Sue Heggie is brimming with local Christmas ideas and our resident photographer Leanne Silver provides stunning photography. I am your local real estate specialist and delighted to sponsor this page. For a free no obligation appraisal of your home, contact me, Cherry Kingsley-Smith on 021 888 824 or cherry@mikepero.com. Wishing you all a safe and happy Christmas.



Endings and Beginnings by Esme Harrison, year 8 student at Hobsonville Point Primary School.

Imagine a school where you can sit with your friends, wherever you like. Imagine a school where you choose to learn what interests you, not what your teachers choose. Hobsonville Point Primary School (HPPS) is that school.

One of the many things that sets this school apart is our love of project-based learning. Every term we have a series of immersions to get deeper understandings of the world, then decide on a project idea. I have done a few over the years, some research projects on people or events that made differences, and others on science or sustainability. My favourite project I have done so far is one I did last year. My friend Tiotiana and I decided to run a Christmas gingerbreadmen and card making workshop for the elderly community at a local retirement village. We spent a long time composing an email and then we finally sent it. The sad thing was that we never got a reply, but it all worked out well in the end. We just taught the workshop for the little 5-year olds. So even though we didn't get the result we wanted, we found a way around the problem and still felt happy with our results.

Another of my favourite things about this school is negotiated learning. For instance, just the other day for maths, I really wanted to do some baking. So I turned my ratios lesson into baking cupcakes to find the best ratio of cupcake to icing.

Something else special about our school is PINs workshops. PINs stands for passions, interests and needs. A PINs workshop is a

workshop run by kids for other kids. This teaches students how to listen and collaborate. The best part is that you can run a workshop on anything you want, such as LEGO or baking. It's just great to have a group of kids doing fun activities together without needing an adult. I especially love to run workshops on drama games or drawing because those are the things I never get to do during class, which makes PINs the highlight of my week.



HPPS uses a dispositional curriculum. This means focus on 'soft skills', such as collaboration, resilience, and much more. Usually every week we write reflections on goals we have set across the whole curriculum. Some of these are shared on Linc-Ed (a blog) for our parents to read. I have never been a big fan of sitting down somewhere quiet and writing reflections, but this year I have grown to love writing all about what I am doing and looking forward to. This was especially so when my teacher Sarah was sick as I would write her long reflections every week about what I had done and she would reply with advice and tips.



Now at the end of my journey at HPPS, I feel perfectly set up for

Hobsonville Point

secondary. I've attended fun classes at the high school; one about planning a colony to live on Mars and another on apartheid and Nelson Mandela. I also met with the deputy principal to discuss my interests for next year. Also coming up is orientation day; a full day at the high school, doing team building challenges and engaging with my new classmates.

I have enjoyed my time at HPPS, and I am grateful for the many ways it has set me up for the rest of my life.



Gift Ideas and Yuletide Yahoos - humming along please....

"On the first day of Christmas HP gifted me, a kotare in a coastal tree..."

On the second day of Christmas HP gave to me two manicures, (you get the picture).

- 3 candles glowing
- 4 blocks of fudge
- 5 pure oils
- 6 Christmas lilies
- 7 chewy dog treats
- 8 festive cupcakes
- 9 games a-playing
- 10 cups of coffee
- 11 tubes of sunscreen
- 12 craft beers

And a kotaaaaaree in a coastal tree.

Where to purchase your 12 Christmas ideas:

- Kotare sightings are free but you might consider buying binoculars for bird spotting on the Point
- Manicures and pedicures from Kiwi Nails and Spa
- Candles are available at Hobsonville Point Pharmacy, Hobsonville Optometrists Glasses and Gifts and Earthbound Honey and Hushwood Candles at the Catalina Bay Farmer's Market (CBFM)
- Fudge from Chocolate Oasis at CBFM
- Pure oils and diffusers are at Cascade Oils at CBFM
- Christmas lilies and beautiful Christmas wreaths are available from Agnes at Art Fleur, CBFM

- Dog treats are available at Wagamuffin Pet supplies CBFM and online Healthy Dog and Co. made by local resident Helen Trigg.
- Cupcakes are available at the market from Jenna-Maree Cakes, and Cakes by Laurize, 92 Hobsonville Point Road and from justjess.co.nz another local online. (Her donuts look fab too).
- Hobby Games 74 Hobsonville Point Road, open weekends 10-4 have an amazing array of board games for all ages. Great for Christmas gifts. James and Geraldine seem to have played every game and they are very knowledgeable about them.
- Coffee can be found at 25 ML, 160, Catalina Café, Fabric Café and Bistro, CBFM, Siamese Doll and Little Creatures
- Sunscreen available from Allie at Hobsonville Point Pharmacy. She also has a range of lovely Christmas gifts.
- Craft beers from Little Creatures of course. You can purchase beer to take away. They also sell branded clothing and caps etc.



DYI: Grab a CBFM bag and design your own hampers and add Salty River produce, smoked fish and seed crackers, Whitestone cheeses, Gourmet Gannet and Zeki's breads and goodies, an Art Fleur bouquet, Salash's preservative-free dried meats and /or purchase vouchers for food, coffee or gifts from any businesses on the Point. And when you have finished your shopping take some time out with a Lalele organic ice block and some ready-made market lunch. This list is not exhaustive so check out the Catalina Famers Market FB page.

Support your local and have a gorgeous, gourmet, gluten free (or not), grand old happy Christmas.

Wishing you masses of festive frivolity from the HP page. See you in the new year for some 2020 vision.



A very merry Christmas from Cherry, Sue and Leanne

Home & Garden

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Get in touch with us today on 09 417 0110 or whenuapai@laserplumbing.co.nz. We are open five days a week from 7am-



4:30pm and are conveniently located at Unit 4, 3 Northside Drive, Whenuapai.

Palmers Westgate

The Silly Season is upon us. Avoid the queues at the mall and do your Christmas shopping at Palmers Westgate.

There's plenty of gift inspiration in store for every person on your list.

From outdoor games, books for all ages, quirky retro toys, giftware and treats, to terrariums and houseplants that are wrapped and ready to give.

Plus join us for our late night on December 19th and enjoy stress free shopping, free gift wrapping and great gift ideas.



Merry Christmas from the team at Palmers Westgate

Palmers Westgate | Corner of Maki and Northside Drive, Westgate

Open 7 days from 8.30am.

Phone 09 810 8385 | www.palmers.co.nz.

Subtropical garden

With the recent weather we have been having and summer to come, it is a great time to consider the favourite of many gardeners, the subtropical garden. The warmth and humidity can produce astonishing growth rates which can appease even the most impatient gardener.



At Awa Nursery, we have many plants which are tailor made for the subtropical garden, flowering spectacularly or that lush shiny foliage. Vireya rhododendrons are in stock which grow superbly in the subtropical garden, brightening up your garden with its long flowering period. So many colours and flowering intermittently throughout the year, these are a firm favourite. Cannas are now back in stock with their bold foliage and exotic flowers making a big splash with very little effort.

Consider the new Ligularia Rukuhia Beauty with its smaller growth habit to that of the Tractor Seat or the strappy Clivia with that splash of orange. Bromeliads look fantastic in the tropical garden. Palms -



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Home & Garden

umbrella palm, bangalow, kentia, sugar cane, nikau, Lepidozamia to mention a few complete the picture. From large palms to the small black Mondo Grass, there is plenty of choices for those wishing to add to their existing subtropical themed garden or starting afresh.

Take the plunge and come and visit Awa Nursery for ideas and inspiration.

Kawau Blinds always a shade better

Kawau Blinds has had a busy start to spring and now we realise Christmas is only weeks away. Are you getting visitors for Christmas? Now is the time to get that blind on the spare room window, insect screens on windows, or an awning in the outdoor area ready for Christmas dinner and visitors. As the cut off time for all window dressings is fast approaching get your order in now so all you have to do is sit back and enjoy yourself. We have a huge range of fabrics for you to choose from, plenty of options across our range of products. Seniors discounts apply. Call us today so you don't miss out on pre-Christmas delivery 021 026 20387 email kawaublinds@gmail.com or www.kawaublinds.com No job too big or too small.



Waimauku Garden Club

Keep the 3rd Thursday in the month free. That is always our day out. In October Fernielea Cafe in Coatesville treated us to savoury and sweet scones, jam and cream, tea and coffee, giving us time to sit and catch up with each other.

Staying local, we were welcomed to Rosie Lea, a retirement lifestyle property. They had built a home, landscaping the grounds and planting trees and flowers.

It was magnificent. From the elevated house level we looked down to the pond and over paddocks to see the Arapawa sheep who had their eyes fixed on us and looking somewhat stand-offish. Only two came towards the bucket of food or hands waiting to feed them.

To access the lower level we were treated to the grandchildren's names on each step, colourfully displayed. You could observe other obvious grandchildren input as you moved to the orchard and secluded vegetable garden, raised beds, screened to keep pukeko

out. Thank you Liz.

From bare canvas to peaceful and magnificent park.

On the way through Riverhead we stopped at The Black Studio and had a chance to see what was for sale. Some of us were tempted.

After this short stop we headed over to The Hunting Lodge Cafe for a platter lunch and a look at their organic vegetable garden.

Annette at Awa Nurseries completed our wonderful day out by taking us through this spic and span nursery to show us what they sell as well as looking behind the scenes of a nursery business. We were able to meet some of the longtime local workers too. Of course we were able to buy plants as well.

Coming up on November 21, we are off to the bottom end of Waiheke on The Red Boat. Tea, coffee and a picnic lunch included in the cost.

December 19 .End of year, Christmas Lunch at the Muriwai Golf Club.

February 20. Botanic Gardens Sculpture Trail and Hospice Garden.

March 19.Clevedon. Possible new garden and sculpture park.

April 16. Two new gardens in Drury/Bombay.

A truly local day out enjoyed by all.

Contacts: Althea 09 412 7752, Bette 021 145 1854, Diana 027 478 8928, Judith 027 272 9994, Veronica 027 755 4645.

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Western ITM in Kumeu specialise in the stock and supply of Lifestyle Block and Farm supplies including: Portable electric fencing & Strainrite fencing tools | fencing posts, wire and netting | complete range of low-density polyethylene pipe and fittings | water troughs (round/rectangular for domestic or commercial use) | fence rails/palings, decking | metal & wooden farm gates & heavy-duty gate hardware | windbreak textiles | Purepine Dust Free Shavings - sold per bale.

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Hot Property



City lights, sea views and Chinese water garden

When only the best will do and need for a lock up and leave home with the convenience of low maintenance and excellent flow is not negotiable. This ticks the boxes.

Electric entry gates, full fencing in a quiet cul-de-sac location surrounded by high end and exclusive, million dollar homes.

It is a perfect home for an executive couple that wants the

convenience of lock up and leave, and the flexibility to have family or guests stay, providing them their own space so that you can live together but with independence and privacy.

The home was built in 2008 with a design that considered the clean aesthetic roof lines integrating with the arc of the sun while retaining the most stunning harbour view through to the sky tower and the harbour bridge. It's not one aspect that makes this home stand out from the crowd it is a long list of engineering, finishing and hardware that has been crafted and invested in this home that make it stand out from a crowded market.

In addition the home has an extensive tandem double garage (4 car) which could serve the interests of a home business, workshop or

Hot Property



storage requirement. Extensive landscaping, water feature which integrates the alfresco flow from wrap around decking into the home.

If you want the best of the best, you have to look for it, understand why, and enjoy the benefits that it delivers. This home has been designed for the sun and the extensive views. No cost has been spared on the luxurious fit out and finishing with high end, high quality to suit the standards set.

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

Central's Tips

December 2019



The holidays are here and it's a great time to escape out to the garden. Plant edible flowers to bring some extra wow to your salads, harvest ready garlic and protect tomatoes from getting blemishes.

And don't forget to take some time out and relax.



Harvest ready garlic

Make sure to let garlic dry out in the sun after you've pulled it up. Plaiting it and hanging in a cool, dry area will not only look great but will help preserve it to be used over the coming months.

In the Edible Garden

- **Sun scorch on tomatoes:** an unsightly blemish can form on tomatoes where plants are situated in bright sunlight. Cover with shade cloth over the heat of the day to keep them nice and red
- **Harvesting garlic:** when the tops of garlic begin to wither it's a sign that the cloves are ready. Pull out the entire plant, then let it lie on the soil in the sun for a few days to dry off. Storage by hanging in a cool dry area (plaiting is great), will keep it ready to use for months
- **Flowers for food, bees and butterflies:** edible violas, calendulas and nasturtiums look great in the vegetable patch as well as the summer salad. Add lavenders and flowering thyme plants for bees. When it comes to butterflies include plenty of blue echium and salvias that are attractive to them
- Last chance to throw some **sunflower seeds** in – they are available in both tall and short types, great fun in the summer garden

The rest of the Garden

- Create a **pretty shade garden** by planting fuchsias and impatiens beneath tree canopies or amongst shrubs. These plants flower happily in low light over summer and autumn
- **Top up a birdbath** or an elevated dish of water during the hot summer months to give the birds and beneficial insects some respite against the heat.
- **Recycle:** Use grey water (washing up water from floors, handwashing or a bucket in the shower) to top up pots and prized plants. It's amazing how this can get you into a good 'watering routine' when your plants need it most
- **Blue** is a very cooling colour for heat which is why we see hydrangeas, tall salvias and agapanthus used around gardens for summer blooming. It can also give an illusion of depth in a garden
- **Liquid feed** everything around the garden, particularly newly planted annuals and perennials, and potted plants

Project for December

Create a beach-themed garden

Take the beach home to your place by theming your garden. Central Landscapes has crushed shell, sand and rustic sleepers to help create the look.

For all the products you'll need for your project visit www.centrallandscapes.co.nz





We dig hot summers

Wishing you a great holiday break enjoying your outdoors. Come and see us for all your summer landscape projects.



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Holiday Dates: Closed 24th - 27th Dec • Open 28th - 30th Dec

Closed 31st Dec - 2nd Jan • Back to normal from the 3rd Jan

Build New

Signature Homes - architectural design

Building a new home can be a stressful time. Fortunately at Signature Homes we aim to work alongside you to ensure your build journey is enjoyable and runs as smoothly as possible. We have a number of services in place to ensure a professional, efficient build experience.

One essential step is facilitating all your design needs, be it a house and land package, subdivision, knockdown and rebuild, or a custom design and build concept.

We are continuously developing ways to streamline your experience. An area of progress in our Nor-west office is within our architectural design team. We have relationships with a number of architects but felt the need for an in-house team member to be constantly on hand to meet with or consult regarding design.

Following a lengthy recruitment process we are pleased to introduce Daniel Yang, as our new Architectural Designer. Daniel joins us with a Bachelor in Architecture, Master of Architecture (Prof) Hons. from



Auckland University, and is a Licensed Building Practitioner (Design). He has previously worked for Isthmus, GNR Studio, MC2 Architects and worked independently as a contractor.

He is fluent in Mandarin and English. Daniel loves the outdoors, enjoying hiking and fitness in the gym and playing badminton. Originally from China, educated in New Zealand, with family locally and abroad.

Daniel has a lovely manner, fabulous sense of humour, a wealth of knowledge in local architecture and has an admirable work ethic. We welcome him to our team and are excited for you to meet him.

Planning to build a new home is really exciting

It is the culmination of all your hard work and financial success. The point where you go from admiring the trends and comforts that fuelled your inspirations and fattened your scrap book, to finally deciding how you will start living them!

Who you decide to go on the building journey with is an important factor and will ensure your building equation starts off, as a positive, and remains there until



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Build New

hand over and beyond. The team need to be people you can put your trust in and feel comfortable working with. So 'fit' between yourself and your builder is a biggie.

Once you have chosen your builder getting them involved early is recommended - as soon as you decide you are going to build. Designing and building your home is personal to you so having your builder guide you through the stages specific to your new home build and handle any requests that occur during the process makes things easy. If you are looking to build new, contact me for a no obligation 'getting started' phone call. Scott 027 406 3684.

Why are new homes more energy efficient?

The average New Zealand home uses over \$2,000 worth of energy every year - even more in cold climates. A large proportion of this energy goes into heating, which in many homes pours out through single-glazed windows, ceilings and gaps under doors.

Well-built, energy efficient, brand new homes are different - they keep cool during summer and warm during winter. They also use less energy for a variety of other household necessities like heating hot water.

Most homes in New Zealand aren't particularly energy efficient. This obviously means they generate a bigger power bill, but it can have more serious implications.

Homes that aren't energy or water efficient are often unhealthy or unsafe to live in. They may have gaps in their exterior which let in cold air and make the property harder to heat. This may also make the home damp or mouldy, which can cause respiratory illnesses or exacerbate eczema - particularly in children.

Insulation - If your home doesn't have insulation at or above the new Healthy Homes standards, it'll leak heat through thousands of tiny gaps when the weather is cold.

Thankfully, all new homes are built at or above these standards with high grade floor, ceiling and wall insulation that'll keep you warm even in the depths of winter.

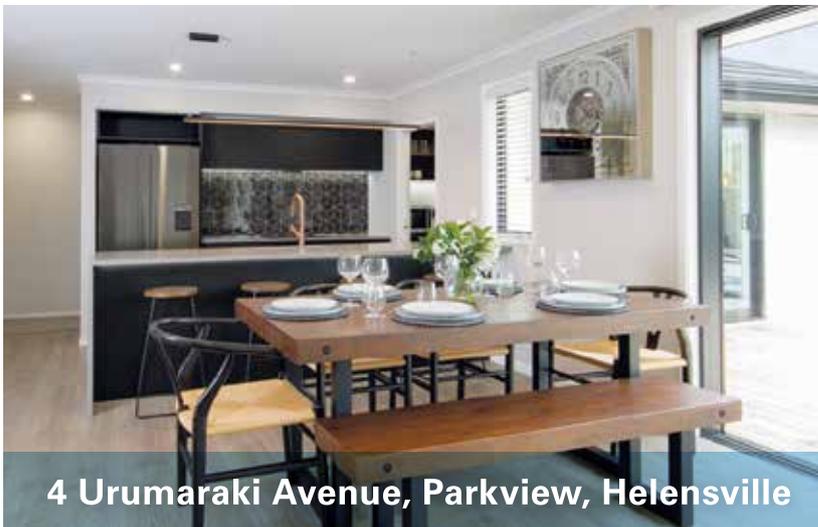
Double glazing - Kiwi homes lose up to 40% of their warmth in winter through their windows. The best way to stop that from happening is double glazing. Having this in your home keeps the warmth in and makes your windows more soundproof.

All new homes should be built with double glazed windows as it's very expensive to install them in existing properties that have single glazed windows.

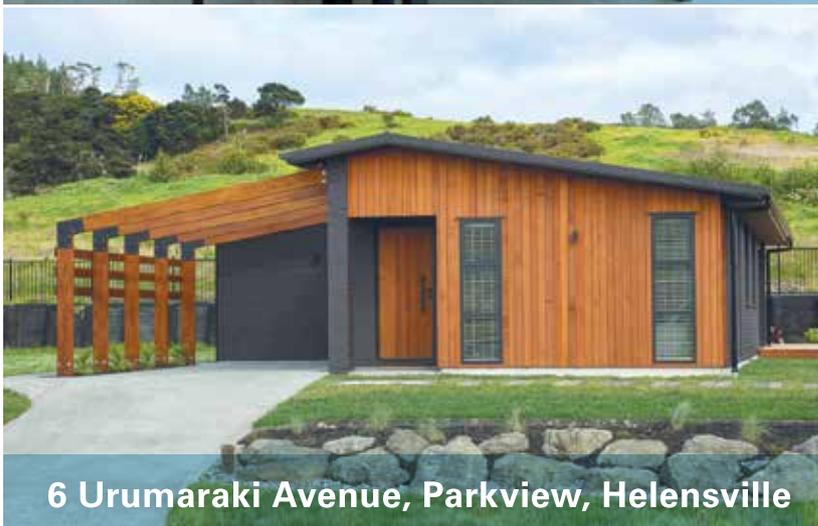
Lighting - Old homes often have old and inefficient wiring and lighting. Newer homes, on the other hand, usually feature LED lighting which can last 15 to 100 times longer than halogen bulbs and use less than a third of the energy.

Whenever Golstruct build a home we only use the best - super efficient slim profile LED lighting. Plus if you want a few extra power points and down lights installed we'll usually leave them off the bill since they're so energy efficient!

Golstruct homes - Ian Sullivan , 022 580 0200, 0800 465 787, ian@golstructhomes.co.nz - Show Home at 175 Matua Road, Huapai.



4 Urumaraki Avenue, Parkview, Helensville



6 Urumaraki Avenue, Parkview, Helensville

TWO EXCITING SHOWHOMES

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Pets

Canine body language

According to ACC - New Zealanders reported over 14,379 dog bites in 2018, costing over \$5,925,000. Women are more likely to be bitten than men 7,722 compared to 6,657. People aged between 55-59 are more likely to be bitten, 1,069 reported. Children under the age of 14 received 2,495.



Many bites are unreported or are not captured in ACC reporting for multiple reasons. But the fact is that dog bites are on the increase.

Coming in to summer we are going to again see an increase in dog bites if we don't start to implement a few basic rules.

1. Never try to touch a dog without the owner's permission.

Basically this means - ask first. Don't approach a dog if it is on its own, for example if it's outside a supermarket, shop, café or wherever.

We hear this all the time but what does that mean and can we rely on the owner to understand if the dog is happy to be touched or not. Most times yes ...but; as is always the case there are the exceptions. At a dog show a few years ago I watched as a couple of children approached an owner to ask if they could stroke her dog. The dog hid behind the owner. She told the children that it was ok and then dragged her dog around so that the children could pat it. Fortunately one of the people I was with intervened and asked the children if they thought the dog wanted to be patted as the owner had just dragged the dog from behind her? They said no - but even though they knew that the dog did not want to be patted they were still going to pat it as the owner had said it was ok. The dog had done everything in its power to move away from a situation it did not like but because of the circumstances it was in it couldn't. This could

have turned out to be one of those stories we see on the news of a child being bitten.

As parents we need to work with our children to help them to understand the do's and do nots when it comes to interacting with dogs, including dogs that belong to us or to friends or outside of the home.

Teaching your children basic canine body language is something that Kids Safe with Dogs Charitable Trust is doing. Going into daycare, primary, intermediate and colleges to help our youth understand how to behave around dogs.

The Dog Safe Workplace is working with them to bring Canine Body Language classes either online or Face-2-Face to communities to help us keep safe around dogs. If you would like any further information please contact Joanna Clough on jo@dogsafeworkplace.com.

Kanika Park Cat Retreat

Summer care for cats - keeping your cat cool.



Ice cubes can be fun for cats. Watch your cat push them around and pounce. Fill a hot water bottle with cold tap water for your cat to lie on. Put some ice cubes in their water bowl. Rinse out a balloon, fill it with water, tie a knot and freeze overnight. Remove the balloon and place in a baking tray.

Keeping your cat safe - Never lock pets in cars: Pets can quickly overheat and develop heatstroke. Water: Make sure fresh water is available, have a few bowls inside and out.

Sun Protection: If your cat is fair skinned and goes outside, apply a cat safe sunscreen on nose and ears.

Fleas: Especially bad during the hotter months.

Elderly, obese and kittens: These cats are less tolerant of heat.

Signs of heatstroke - Cats can get heatstroke and develop skin cancer from sunburn like people. Some signs of heatstroke; Agitation, stretching out and breathing rapidly, extreme distress, skin hot to touch, glazed eyes and vomiting and drooling.

If your cat is behaving oddly and you notice any skin changes during hot days contact your vet.

Kanika Park Cat Retreat has air con to keep our facility cool during summer. The full article is on our facebook page.

To view P: 027 5501406 | E: info@kanikapark.nz | FB: facebook.

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Pets

com/kanikapark.

Dog&Co

Hi, I'm Kirsty the photographer behind Dog&Co. Photography. Utilising beautiful locations around Auckland, I'm passionate about using natural light to create vibrant & photographic art of your pets as well as the bond you share with them. Whether it's your pet, the whole family, your kids, an engagement or maternity shoot, or even pre-wedding photos. I do it all. And not to mention we are lucky enough in West Auckland to have some of the most gorgeous locations so nearby...I have done some of my absolute favourite photoshoots at Bethells and Muriwai beaches (especially at sunset!) I would love to hear from you if you want to capture some memories.



On another note - that festive time of the year is coming around again where we have to frantically figure out what to buy as gifts for those who are special to us. How on Earth do we figure out something new and exciting...and equally heartfelt? Well if someone you love is a pet owner, I have the perfect idea for you. I offer gift vouchers for my photo sessions. I couldn't imagine a more special gift than that of everlasting keepsakes of one's pet or family. Christmas is

sorted! For more information about organising a photoshoot or a gift voucher feel free to visit my website for more info and to get in touch! www.dogandco.nz.

Cat lovers urgently needed

Volunteers required to help with cleaning duties etc. at a cat rescue shelter in Huapai. Can you spare two or three hours once a week? Also loving homes needed for some of the friendly rescue cats. Donations appreciated at www.thenzcatfoundation.org.nz. Phone 09 412 2636 or 021 929 999 for further information.



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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

The perfect Christmas gift for someone who 'has everything'

This Christmas, why not consider a gift pack of gorgeous gourmet chutney or relish as a tasty treat? It's always handy to have these on hand to live up to some home cooking or serve as part of an antipasto platter when unexpected guests pop in. And if you order online now, you'll get FREE delivery so it couldn't be easier!



The NoShortcuts range of artisan chutneys, relishes and jam are all handmade - just like mum made, chockful of natural ingredients and contain no artificial flavours, colours or preservatives.

You can select which of these products go in your gift pack (either 2 or 3 jars); Beetroot or Gherkin Relish, Sambal Ulek, Tamarillo Chutney, Thai Tomato, or the award winning Feijoa Kasundi, Mustard Pickle or Feijoa & Ginger Jam.

Just \$20.00 for the 2 pack and \$30.00 for the 3 pack. To purchase with FREE delivery North Island wide, go to www.noshortcuts.co.nz.

Dairy-free IsoCream and Diabetes NZ approval

The team at IsoCream would like to bring you two pieces of exciting news.

First, many of you will be familiar with IsoCream - the high protein, low calorie, low carb, low fat, gluten free, 1% sugar ice cream made here in New Zealand. If that wasn't enough, we responded to customer demand and are pleased to have introduced a new product to our range. IsoCream Hemp, a dairy-free variety made with hemp protein. Available in Vanilla and Chocolate, this product ticks all the boxes for a sweet, guilt-free treat, for those seeking or needing a dairy-free option. At only 102 calories (Vanilla) and 113 calories (Chocolate) per serve, this clean, green IsoCream could be your new go-to healthy indulgence. Hemp IsoCream is available at selected stores in West Auckland and indeed around NZ.

Secondly, IsoCream is proud to be one of only two Diabetes NZ-approved frozen desserts. The Ministry of Health estimates that 200,000 people in NZ have been diagnosed with diabetes and that another 100,000 are as yet undiagnosed. Managing diabetes can be a constant challenge. Those affected by diabetes, and their families,

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friends and colleagues, now have a new dessert option. Available in a range of flavours, including favourites Salted Caramel and Cookies & Cream, as well as the Hemp ones referred to above, the only dilemma might be making your selection! Visit www.isocream.co.nz for a list of stockists.

Café Botannix

Salutations to the silly season as we entertain with the 2019 Christmas Function degustation 3-course menu. Full of delicacies such as the cranberry stuffed chicken, glazed ham, summer pavlova or sticky date pudding, the menu is dressed to impress with Christmas attire and seasonal produce.

Alternatively, there is the Christmas High Tea that offers decadent tiers of Christmas nibbles, such as chocolate dipped strawberries and deep-fried camembert with apricot.



Numbers are limited so please book for your Christmas function.

Open 7 days from 8.30am.

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

New season, new menu

Besides our garden, one of the most commented-on elements of Allely Estate is our food. Our chefs are so talented and passionate about what they do - and it shows on the plate. We often see guests taking sneaky snaps of their plate before they start eating and it's not unusual for us to get emails from guests after the event saying how good the food was - our chefs really are that good.



To keep them feeling excited about what they do, we change up the menu each season. Some of the new items for the season ahead include the always-popular eye fillet, wrapped in bacon and grilled on buttery crushed potato, with baked mushroom and shallots with a red wine jus - and it's gluten free!

How about our posh take on steak, eggs and chips: a seared New

Come and check out our new
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1404 Coatesville - Riverhead Highway, Auckland
www.boricfoodmarket.co.nz



Food & Beverages

York-cut sirloin, served with crispy potato batons, watercress, poached egg and a béarnaise sauce?

Our gourmet BBQ is also proving a popular choice this season for corporate events and Christmas parties - easy, fun, and so delicious.

But our brides seem to be most excited about our new desserts: our opera torte, selection of macarons (including strawberries and cream, lemon meringue and passionfruit!) and luxurious caramel and praline tart. Yum!

Have dietary or cultural requirements? Just ask! www.allelyestate.co.nz or 09 412 7206.

Soljans Café

As summer rolls in its time for us to roll out this year's summer cocktails. Our Fusion Frosé went so well last year that we've brought it back and added a Piña Colada to the menu too.

These two stunning cocktails are perfect for a hot summer's day, here at Soljans with a nice cheese board and some good company.

The Fusion Frosé is a delicious rosé based blended cocktail, topped with our Fusion rosé to give it that extra bit of sparkle. While the Piña Colada is your classic island getaway in a glass, available both alcoholic and non-alcoholic for the drivers.

Our café is open from 10 am weekdays and 9 am weekends till 3 pm, timing perfect with the prime sun hours. It's the perfect way to spend a Saturday! Call the café directly on 09 412 2680 to book your table now.



Westbrook

Westbrook is your local friendly winery, 'just up the road' at 215 Ararimu Valley Road, Waimauku. You are invited to visit us and try some of our delicious wines along with a wine-matched platter - a Westbrook specialty. Not all food goes with all wine and not all wine goes with all food. So we have taken away all the guesswork. Our Sauvignon Blanc



and Pinot Gris go especially well with our brand-spanking new Hot-Smoked Salmon Platter, sustainably-sourced salmon smoked with love from the Matakana Smokehouse... you know we like to keep it local. The Cellar Door is open 11am - 5pm daily and has six current-release wines available for tasting. Pick your favourite and stay on for a glass of wine and a platter to suit our amazing Chardonnay, aromatic or red wines. For group bookings or more info call 09 411 9924 or email info@westbrook.co.nz. Drop in and say howdy.

Hallertau x Woodhill MTB

Hallertau have always enjoyed the patronage of hungry and thirsty mountain bikers on their way back from Woodhill. All adults renewing their 6 month and annual Woodhill MTB passes now receive a complementary 1 litre Hallertau flagon which will be filled with the Hallertau brew of their choice. Finish your trail with a cleansing ale!



Liberty Brewing Co. New Zealand champion

Helensville brewing business Liberty Brewing Co. won the Champion Award for Medium New Zealand Brewery and two Best in Class Trophies - Halo for New Zealand Styles and Yakima Monster for International Pale Ale at the 2019 NZ Brewer's Guild Awards.

The brewery also won a medal for every beer it entered - six golds, five silvers and three bronzes, and an Industry Award for best packaging through a recent rebrand of their entire range by Wellington creative agency Doublefish.

The night came to a perfect head with Liberty taking out Champion New Zealand Brewery, among more than 900 entries for the awards.

"Yeah, not a bad 10-year anniversary present", says chief brewer Joe Wood.

"We're absolutely stoked, and can't believe our luck really, especially to take the Champion Awards in such good company. We were up against some seriously impressive competition."

Liberty Brewing Co. was founded by Joe and Christina Wood in 2009, starting life as a way for the pair to promote their homebrew supplies business.

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Food & Beverages

Demand quickly outgrew the small brewery in their Taranaki garage, leading them to briefly team up with Hallertau Brewery in Riverhead before moving into their own brewhouse in Helensville.

Seven people are in the team and this year Liberty opened a tasting room, where staff share free drinks after work, and fans can enjoy one of a dozen beers on tap from Friday to Sunday.

Brewed and bottled at 69 Mill Rd, Helensville, Liberty beers is stocked at supermarkets, liquor stores and bars nationwide.

Visit www.libertybrewing.co.nz for more information.

The Vietnamese Cafe and Restaurant

The Vietnamese Cafe & Restaurant offers Northern Vietnam flavours. We stick to authentic flavours. Coming to the festive season, The Vietnamese offers 10% discount on food from now till 31/12/19 from 17:00 to 19:00.



We open 7 days now with the new opening hours:

Mon - Wed: 16:00-21:00. Thu-Sat: 11:00-22:00. Sun 11:00-21:00.

Festive elderflower spritzer

This non-alcoholic refreshing elderflower spritzer is perfect to enjoy with family and friends over the festive season. Certified organic dried elderflowers are available from our website. NewZealandHerbalBrew.co.nz



Elderflower Spritzer Recipe

Ingredients: 1x heaped teaspoon of dried elderflowers, 1x large chopped strawberry, Juice of half an orange, 1x teaspoon maple syrup or honey (optional), Ice, 150ml of boiled water to make the tea, 150ml sparkling mineral water, 2x small strawberries (or other berries) to garnish

Method: Make the elderflower tea by adding 150ml of boiling water to a cup with the dried elderflowers and chopped strawberry and allow the tea to steep for 3-5 minutes. Strain and allow the tea to cool

until it is tepid. To a glass, add the juice from the orange, the maple syrup and the cooled elderflower tea. Stir well. Next add 150ml of sparkling mineral water along with the strawberry garnish. Add some ice to top up the beverage. Serve immediately and enjoy.

Peko Peko

At Peko Peko, we promise to our customers that we use only rice bran oil, free-range chicken, free-range eggs, Himalayan pink salt and local produce as best as we can. We are dedicated to providing healthy Japanese food to our customers by cooking homemade with unique and original recipes. Making fresh



salad daily has been a very important role for us. Most of our food includes homemade sauces therefore we know what we are providing to our customers. Please follow our Facebook and Instagram pages to check our latest updates. We are located at 102C Hobsonville Rd. 09 416 1197.

The Rainbow Whisk

As summer rolls around, come and enjoy our view at the Hobsonville Marina. We have a new menu and are now serving Atomic coffee. As we get closer to Christmas, we will be progressing into serving meals on Friday and Saturday evening. These will be Filipino themed but will include some traditional staples - burger, fish, and chips. Kelly and Pam will be more than happy to accommodate any dietary requirements and are now catering for those on the Keto diet with a variety of sweet food and a new themed menu finding its way to you.



To please your sweet tooth, we have our new waffle menu for you to try. Don't forget our famous monster shakes for the kids! Our details are on our Facebook - [therainbowwhisknz](https://www.facebook.com/therainbowwhisknz).

You can find us behind the Vivo hairdressers before you go down the stairs to the Flagship restaurant and bar. We are also on Uber Eats should you want to stay in.

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Your brand + your message = your success

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

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

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

In response to advertiser demand we offer the following options:

Business Card Advertising:

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

Display Advertising:

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

Front Cover and Inside Page:

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

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

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



Health & Beauty

The "2020 vision" for your local optometrists

A new year brings a fresh start and resolutions for most. For the team at Westgate Optometrists the upcoming New Year will be particularly momentous. We have been the original & exclusive optometry practice at Westgate Shopping Centre in Massey for many years. Attracting a loyal clientele by providing consistent and



outstanding customer care, we endeavor to continue to provide the same high standard of attentive service in 2020 however we will be doing so from a brand new premises. Don't worry we're not going far, just down the road in fact. As of January next year you can find us at 4/46 Maki Street, opposite Kiwibank and NorthWest Mall and just around the corner from Goode Brothers.

We wish you all a very merry Christmas and look forward to seeing you for all of your eyecare needs in the New Year.

Phone: 09 831 0202 Website: www.westopt.nz

Facebook: www.facebook.com/westgateoptometrists

"What's in my foot?!"

Feel like you have glass or a thorn in your foot but don't remember standing on anything? You may well have a corn or a verruca. While these two lesions produce similar symptoms in the foot, they are quite different from each other and therefore their treatments differ. A corn is a densely packed cylindrical mass of dead tissue, with the tip pointing into you. They generally form over areas of high pressure, such as bony prominences or scar tissue. Corns are generally found on the toes and forefoot but can also be on the heel or midfoot. They can be easily and painlessly removed by a Podiatrist. The difficulty with corns is that if the pressure that caused them is still present, they will return, your Podiatrist should discuss with you ways in which you can reduce the chance of them returning. Verrucae are viral lesions that have a cauliflower like appearance. Like all viruses, they are contagious so can be picked up from other family members or at communal bathing or changing facilities. The virus takes over the skin cells and starts growing larger. The body is always working to clear viruses, and sometimes verrucae clear on their own. If they don't it tends to be either because the immune system is unaware the verruca is there (because they are on the skin it is harder to detect the presence of a virus), or because the immune

system is focusing on other more pressing matters e.g. growing, keeping you well etc. If you are continually sick, the body will not prioritise clearing the verruca, it will instead focus on getting you well. Treatment of verrucae therefore is dual sided - supporting the immune system to do what it does well - clear viruses, and applying a topical treatment to treat the verruca from the outside. Generally topical treatments work effectively if the verruca is young, however if it has been there for longer than a few years surgical and laser treatments are the next options. Both of these work well, provided the immune system is strong!

For corn and verruca treatment (and other lower limb queries) give the team at Hobsonville Podiatry a call on 09 3904 184.

Secret Santa problems solved

Our selection of gifts for Secret Santa is huge.

Come and browse and we will try to help you solve all your Christmas needs.

Every budget is catered for with style and difference.

We have a vast selection of Christmas decorations and gifts from all over the world as well as gorgeous locally produced items.

To you all, we wish you a happy and safe holiday and thank you for your wonderful support over the past year

Melissa, Frank, Steph and Mandy at Hobsonville Optometrists - Glasses and Gifts.

413A Hobsonville Road, opposite Unichem Pharmacy.



5 ways to protect your back on your summer road trip

With Christmas and school holidays just around the corner, a lot of us will be heading away on holiday or doing some travelling. Here are 5 simple tips to help protect your back during your trip.

1. Be careful packing and unpacking the car and protect your back (especially when reaching into the back of the boot).
2. Maintain good posture when sitting in the car. Try not to slouch and use the lumbar support and headrests.
3. Have regular breaks during the drive. Our spines need movement, so stop half way for a stretch.
4. Know when to stop and have a break. If you are feeling a little stiff and sore, stop and have a rest.

HOBSONVILLE Call 09 390 4184
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Health & Beauty

5. Stretch before and after the trip.

Elevate Chiropractic, www.elevatechiropractic.co.nz // Shop 1, 10 Greenhithe Road. Phone 09 413 5312.

Are you tired of yo-yo diets and boring workouts?

Fed up losing weight only to gain it all back again?

I was having a conversation with a very talented lady yesterday and she was super kind to give me permission to share this with you. She opened up and starting telling me about all the times she has done 'diets or programmes' and lost heaps of weight. Of course I congratulated her because YES it was amazing that she had lost all the weight.

However I then asked her "so if this has helped you to lose weight in the past & you saw great results, what is it that has brought you to me today?"

Her response almost had me in tears..... "I am here because yes I got results after I followed really strict eating plans & exercise regimes for a few months. BUT I found that it was too hard to stick to with my work & family commitments. For example all the food to prepare for me & then on top of that I would make a separate meal for the family. Once I had the results I wanted, I found myself slipping back into old habits and slowly over the next few months gained it all back again. This was so depressing and before I knew it I had put on an extra 5kg on top of that too! I then started another diet/regime and spent the next few months losing it again, only to find myself start repeating the same patterns as life would get busy & I would feel guilty for putting my needs etc in front of my family & work deadlines."

Our conversation continued to find out what her triggers or habits were that were hindering her results. We came to a conclusion that short term diets with short term weight loss were not what she wanted. As with most women, she wanted something that was simple, effective & she could easily fit into her busy schedule to create the healthy life long changes she wanted. We put a plan together that not only got her feeling happy, healthy and more confident but has helped her to get results that have lasted & easy to maintain too - because now it wasn't a phase, it was a lifestyle choice .

TIP: Focus on weight maintenance (small changes that you can easily



stick to every day) VS weight loss (fads, diets, short term results). When you create a healthy lifestyle, your body will thank you and start dropping the kilos off slowly but consistently & give you the body you want & love for a lifetime.

Are you ready to create your very own lifestyle changes? Better sleep, more energy, more confidence?

Get started today by calling Melissa (021) 798 435 - Get your first 3 Private 1on1 sessions for \$99 or 7 Days Unlimited Small Group Sessions for \$40

www.benefityou.co.nz - "Simple Effective Fitness for Busy Women"

Be Sun Smart

As we approach the summer months I thought I'd write something about the importance of protecting our skin from the sun. The skin is not often thought of as an organ, but this is exactly what it is. It plays an important role in protecting us from the environment - from water, heat, infections, and the sun. It also keeps everything where it should be. But like any organ, it can be damaged and one of the main causes of damage to the skin is the sun. In this country, we are aware of the risks of the sun, that being said, I still see several cases of severe sunburn every year. Probably most worryingly, however, is that New Zealand has the highest melanoma rate in the world (Ministry of Health NZ).

This statistic is due to a number of factors, but the main issue I want to put across here, is that we need to be cautious in the sun. I am fully aware that we love the sunshine. It is part of the New Zealand culture to spend time outside when the sun is shining. That being said, please plan ahead. Wear suitable clothing. Wear a hat with a wide brim. When selecting a sunscreen, choose one with a high SPF (such as 50+). The World Health Organisation recommends reapplying this every 2 hours, or after working, swimming, or exercising outdoors. They also recommend avoiding the sun when it is at its strongest. This is between the hours of 10am and 4pm. Babies should always be kept out of the sun. Please remember that children's fragile skin

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Shoe Talk Ltd: 401A Great North Road, Henderson, Ph: 09 835 9936
1/32 Clyde Road, Browns Bay Ph: 09 479 7807.
www.shoetalk.co.nz

Health & Beauty

is particularly susceptible to the sun. I completely understand how difficult it is putting sunscreen on a toddler. I have found that making a game out of it can help, and explaining to my child that if she wants to go outside she must put on her cream, wear a hat and cover up. Unfortunately this is the price we pay for living in this beautiful country. Dr Isabelle Duck is a GP at Silverdale Medical.

Shoe Talk's tips

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

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

So follow the following tips:

- If the shoes pinch your heels you can soften the heels by gently rolling the back of the heel over with your thumbs to soften the edge.
- Put on a pair of socks; grab your new shoes and your hairdryer. Turn the hairdryer onto warm and gently direct the head towards the shoe, approx 15cm away be careful though as you do not want to burn the leather, if it's suede put the heat even further away. Heat the leather up to where it feels malleable. Put the shoes on your feet and walk around them as they cool. The heat will soften the leather and allow it to mould to the shape of your foot. Repeat if required.
- Finally notice any points that feel like they will rub on the first wear and put a plaster on this will ensure you have a great night and no



sore feet or blisters!

Can't have a white Christmas?

At least you can have WHITE TEETH!

It is the season to be jolly and indulge in a few festive treats. But it won't be just our waistlines taking a hit this Christmas.

Throughout the party season we will be increasing our intake of sugar, so it's vital we take extra special care of our teeth and gums.

A few tips from Kumeu Dental: Drink plenty of water and chew sugarless gum often. Wait at least 20 minutes after your last snack or glass of wine before brushing your teeth, as any kind of acid will temporarily weaken your enamel. Rinse straight after coffee or red wine to maintain the good results from your last whitening treatment

And talking about whitening, here is the good news:

Our highly in demand Whitening December Special is here, so if you would like to have pearly whites this Christmas, ring us on 09 412 9507 and ask our friendly receptionists how we can help brighten your smile, while keeping your wallet smiling too.



Want to perform better over Christmas?

We have talked about how you are in charge of your chiropractic care, and how long you choose to benefit from care is about how much you want to get out of it. For some people, moving outside the pain-zone is all they want. For others, it is about getting the absolute most out of life.

We experience our lives through our nervous system. Your spine protects this delicate and powerful system. This is why it is so important to make sure your spine is functioning at its best. It allows the brain and nervous system to properly communicate with your body, which enhances your overall health and wellbeing.



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So, if you are curious as to how well you could be functioning, or if you already know that you have got more to give, phone us now for an appointment.

It is also time for our annual Food Drive. We are collecting any non-perishable goods for families in need over the Christmas period. This will be distributed by a local organisation to the families of the Nor-West that need it most. As always, Kumeu Chiropractic will match all donations in the hope that it will make a difference in our community over the holidays.

Please feel free to drop any donations to our office during our working hours. Thank you in advance ... and Merry Christmas. See you next year.

Kumeu Chiropractic. 8 Shamrock Drive, Kumeu. Phone 09 412 5536.

Vegetarians will likely be deficient in magnesium

I wouldn't be surprised if you don't believe me. After all, vegetables, nuts and grains contain magnesium. Animal-based foods are not great sources of magnesium. Confused?

Nutrition Is Not a Simple Story.

Things are never simple in nutrition. It is not just what you eat, but how much you can absorb and use in the body. This is the case with magnesium. You can eat magnesium until the cows come home (pun intended) and still be deficient if you can't absorb it. This is where Taurine becomes important. Taurine is essential for magnesium absorption. No taurine means no magnesium = simple! And taurine is contained in fish, meat and human milk. There is no taurine in any vegetable sources.

The solution is simple, vegetarians need to take a supplement containing the essential amino acid taurine. The good news is that some of the magnesium supplements in powdered form contain taurine in good levels. The team at Massey Unichem Pharmacy can recommend quality magnesium-aurine combinations for you.

Taurine is a Good Guy

Many people think taurine is a bad guy because it is in many energy drinks. While energy drinks are not good nutrition, taurine is a good guy. In fact, it is essential for life. Taurine is helpful for detoxification, heart health, and building muscles and cartilage.

Personalised Nutrition Medicine Advice:

Your body is a complicated system, and what seems like the right thing to do sometimes isn't. For example, another amino acid called arginine is commonly sold to enhance cardiovascular function. In theory it sounds great. In reality, if you have cardiovascular disease and take arginine you are more likely to die. But that is another story. Rather than rely on Dr Google, talk to our Pharmacist Health Coaches

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and Nutrition Medicine Practitioners about your health. We can help you achieve radiant wellness from the inside out with simple easy to follow nutrition medicine plans. Martin Harris. 396 Don Buck Road Phone 09 833 7239.

Do you or someone you know play rugby?

Have you had a recent sport injury? Common rugby injuries: UCL/RCL sprain and Fractures.

Common netball injuries: PIP joint sprains including collateral ligaments and volar plate injuries, Finger fractures, At the Hand Institute: We are specialists in dealing with injuries of the upper-limb, anything from the elbow to the finger tip. We can initiate your ACC claim, you do not need to see your GP first. We can send you for any diagnostic x-rays and provide splints and casts when required. We will help you with rehabilitation to get you back to you previous activities as soon as possible. Call us at Huapai on 09 412 8558 or Rosedale on 09 479 8438.

\$85 = Exposure for a month

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

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Area Columnists

Activities for all at Te Manawa

Te Manawa is Auckland's first fully integrated community hub. We offer a range of services including library and selected Council services, rooms for hire, CAB, free Wi-Fi and working spaces. We also offer free workshops and classes for all ages providing many opportunities to try out new things. Join over 8,000 people who have already taken part in our programmes or events since July this year and have fun and learn new skills.



In December, adults can learn how to 3D print, develop healthy cooking skills as well as learn how to use a sewing machine as part of our Adult 'Bite Sized' series. Also, on offer is our '12 Crafts of Christmas' programme where you can come along and learn to recycle and create personalised Christmas gifts for your whānau. To find out more information on what is happening at Te Manawa all our activities and events are listed on our Facebook page (TeManawaAC) or pop in and grab a What's On brochure.

Summer is a great time to read and relax. 'Kia Māia Te Whai - Dare to Explore' summer reading challenge is on hand to encourage our youngest readers aged 5 - 13 years old to keep reading over the summer holidays. Now open for registrations, this fun programme of events kicks off 9th December and continues throughout the holidays, ending with a party in January for all those registered to enjoy. More information is available from Te Manawa and at www.daretoexplore.nz

For older readers (teens and adults) take part in the Great Summer Read He Pānuitanga Raumati (1 December - 31 January) and be in with a chance to win some great prizes. More information can be found on the Auckland Libraries website www.aucklandlibraries.govt.nz.

nz/GSR

Christmas can also be a lonely time for some people in our community, and Te Manawa is proud to be a drop off point for 'Sending Love', an initiative that invites people to write Christmas cards to the elderly and those who may be alone these holidays. Drop off your handmade or store-bought cards to Te Manawa by 9th December.

Stay in touch with all of Te Manawa's programmes, events and services all year-round via Facebook (@TeManawaAC), Instagram (@te.manawa.auckland), or Auckland Libraries www.aucklandlibraries.govt.nz. Ask to be added to Te Manawa's monthly newsletter emailing list by emailing temanawa@aucklandcouncil.govt.nz

Te Manawa is open every day except Christmas Day during December and January, and full opening hours can be found at www.aucklandlibraries.govt.nz.

We are located at 11 Kohuhu Lane, Westgate - opposite NorthWest Mall.

Netsafe

When shopping online, we need to be careful about who we're buying from and the information we're giving out. The last thing anyone wants is a dud deal, products that never show up, or credit card details in the wrong hands. With a bit of know-how and planning, you can be smarter and safer when shopping online.



Be careful using public Wi-Fi and Wi-Fi connections that aren't secure - the best option is to use your personal Wi-Fi, or mobile data. For online accounts choose a strong password, and a different one for every account. Use Two-Factor Authentication on every account you can.

Look for the padlock symbol in the browser window and only enter your credit/debit card details on a webpage that begins with 'https://'. The 's' stands for secure and means your payment information is encrypted. Buy online using a credit card or a well-respected payment service such as PayPal. Buying with a credit card gives you better protection than a debit card. Be wary of websites asking if you would like to save your payment details for next time - the apparent convenience may put you at risk.

Always check your credit card statements to make sure there's no fraudulent charges being made. If something goes wrong, follow up your order with the seller. A lack of response should ring alarms bells. If you paid by credit card, ask your bank for a chargeback. Apply to the Disputes Tribunal if the seller was New Zealand based. If you think you have dealt with a scam website, contact ID Care (idcare.org). Report concerns to Netsafe (netsafe.org.nz). See the Netsafe



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Swamp kauri

A cache of swamp kauri found by construction workers earlier this year on the West Auckland building site of the country's largest retail store may yield important information about climate change according to a leading environmental scientist.



Results from radiocarbon dating carried out by scientists from NIWA, the National Institute of Water and Atmospheric Research and the University of Waikato Radiocarbon Dating Laboratory indicate the swamp kauri discovered at the site of the Nido furniture store is more than 45,000 years old - placing it within the Paleolithic age of human prehistory.

According to NIWA's principal scientist Dr Andrew Lorrey, data gained from the unearthed wood could have considerable significance internationally.

He says that due to the sensitivity of kauri to regional climate patterns, important knowledge could be gained on how El Niño operated in the past and how it might change in the future.

"I thought initially it was going to be less than 10,000 years in terms of radiocarbon dating but we now have enough certainty to establish a radiocarbon date of more than 45,000. That much older than we expected. It is rare to find a site where all the wood has the same date, so more work on the Nido wood is still required," says Dr Lorrey.

The ancient wood was discovered at a depth of four metres and assistant site manager Lisa Wade (of iwi Ko Kahungunu kia Heretaunga me Rongowhakaata me Te Aitanga A Mahaki toku iwi descent) identified the significance of the find straight away.

The swamp kauri was sealed off underground which has kept the timber preserved in exceptional condition but as the wood was saturated, the scientists need to let it dry for some time before they can investigate further.

"Once it's dry enough, we take it back to the lab and sand it down, so that we can see the rings clearly and measure the sequences. It's like a time barcode,"

"We'll then run those barcode sequences against other reference chronologies that have already been dated and see if we get a match. It will be interesting to see when these trees were growing, and if it tells us something about when a kauri forest may have been present there," says Dr Lorrey.

He says that it is hard to know precisely what they are dealing with until they measure it and try to match the ring patterns against other trees that have a close radiocarbon date. But because kauri tree rings

are annual, it's like a high-resolution time capsule.

If the swamp kauri is as ancient and unique as now believed, more significant information can be retrieved from its discovery.

"That time period was characterised by rapid climate changes, most probably caused by the Northern Hemisphere ice sheets and sea level fluctuating wildly. We think that by looking closely at these trees, we can learn something new about the global climate system,

"When we get all the data together on the same timescale, we'll get an interesting picture of climate and environmental changes on the planet," says Dr Lorrey.

He says swamp kauri is an ideal natural archive to give indications of what's happening with El Niño in the Pacific region.

"Kauri contains patterns that appear sensitive to that particular climate mode, which has a strong impact on New Zealand. From examining El Niño's behaviour back in time, this wood could be a hugely valuable tool. It can help us examine periods of El Niño activity during the times when humans weren't around in the landscape to modify it," he says.

"We can get a good picture of what's going on with this major climate mode, which impacts billions of people all over the world. It also gives us an idea about the range of natural climate variations that impact on New Zealand, which is important for planning future climate extremes."

The swamp kauri found at the site of Nido's new furniture, furnishing and homeware store construction site at 158 Central Park Dr, Henderson has been gifted to traditional Maori carvers ahead of the store's opening this summer.

Interesting data

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

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

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

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

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

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

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businesses who have lost a work colleague and friend.

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

From an accident and incident investigation, by recording the incident it may be that you can learn how to prevent a future injury.

It is possible training can be rolled out to help others from suffering an injury for example manual handling. The most common factor involved in injuries resulting in more than a week away from work was muscular stress while lifting, carrying or putting down objects.

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

Have a happy Christmas

Christmas is a busy time of year which despite the fun and festivities brings many challenges. It is a time full of parties and family gatherings. It is important to take time so that this season can be enjoyed.

- Keep expectations manageable - this Christmas doesn't have to be the "best ever". It should be the most enjoyable. Organise yourself and be realistic about what you can and cannot do. Don't spend too much time organising for just one day – Christmas. The Christmas season is a marathon not a sprint – so pace yourself.
- Enjoy holiday activities which are free. Take a drive to look at the Christmas decorations. Go window shopping and don't buy anything.
- Do something for someone else. You could invite someone who has no family to join your celebrations. Christmas can be a very lonely time for some.
- Get moving. Go for a walk. It's time to let your hair down and dance at parties. Go for a swim. Take a picnic to one of our wonderful beaches or parks. Use the fantastic playgrounds. Be a tourist in Auckland – take time to see what it offers
- Be generous – but be sensible. Yes we all want to be generous, but it's silly to get into debt. Christmas is a time for giving and sharing, but don't give more than what you have. So, why don't we get back to the basics and just give presents to children and people we see often and know well? You could make some presents, or give a token with a promise of a gift, such as babysitting, washing the car, housework, or going on an outing. If you come from a large family you could do a lucky dip, and each just buys for one family member. Be careful if you are buying online, if something seems too good to

be true, it should send warning bells.

- Don't eat or drink too much. This is the time of year when it can be easy to give in to excess. Too much alcohol can make you irritable and tired. Pace yourself.
- Don't try to be perfect or do everything. Saying no can be hard, but you need to look after yourself. Do what you reasonably can, if you take on too much you'll disappoint yourself and others.
- Remember what's important. Have fun. In the end it's not the presents people remember, it's having fun with family and friends. So take time to play with the children, they'll remember the family cricket or soccer game in the back yard long after their presents have broken.

Season's greetings from your friends at Citizens Advice Massey, and for help when things go wrong we can be contacted on 09 833 5775 or massey@cab.org.nz. We close on December 20th and reopen on January 6th.

Christmas dinner looks a little different these days

My English parents emigrated to NZ after the war and they raised my siblings and me on meat and three vegetables - carrots, peas or cabbage and mashed potatoes.

Every day.

By the age of 15, I was vegetarian and making my own food but it was difficult to cook when the ingredients I wanted weren't available in our house.

As a teen growing up in Auckland my favourite restaurant became Gopals in Queen Street and so began a love of Indian food, vegetables, lentils, chickpeas - food full of flavour and variety.

I was vegetarian until my first pregnancy when I craved all sorts of weird meaty things and then with children to feed, I just ate the same as they did for many years.

After a while though, I realised I couldn't eat a lot of food without getting bad stomach pain and alternating between constipation and diarrhoea. Realising I don't tolerate gluten or dairy well was hard initially but now the food choices are limitless and I've actually gone full circle back to my vegetarian roots - lots of delicious food from around the world.

We are having a family reunion at Christmas, my two children who live overseas are bringing their partners "home" for a holiday.

Christmas day is going to be interesting, one daughter and her husband are vegans, my other daughter and her partner are leaning



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that way; my husband and three sons eat anything - the boys like quite a lot of meat - and then there's me - pescatarian, (fish no meat or chicken), gluten & dairy free.

What on earth are we going to eat on Christmas day??

I've been puzzling on that all week and still not had any ideas.

What will be will be, none of us will go hungry, we will be together - and that's what Christmas is all about.

Merry Christmas everyone. Sally Avison. Brave & Blissful Health Coaching. Phone 021 131 6656.

Safety initiative

A safety initiative to reduce the number of fatalities caused by children travelling in inadequate child restraints has been launched in West Auckland.

According to the latest Ministry of Transport statistics, around 7% of children aged under five are not protected in an appropriate restraint for their age - either an infant seat, child seat, booster seat or a child harness.

Under a new Plunket-led initiative for the West Auckland region, hundreds of new car seats will be donated to families found driving with children who are not correctly restrained. Under the current law, every child aged under eight must be properly restrained by an approved child restraint. Checkpoints have been set up by police near schools in the West Auckland region. A free car seat will be provided for each child found to be travelling in a vehicle without the appropriate restraints for their age and size.

The new child restraints for the initiative have been donated by The Trusts West Auckland - a social enterprise which returns millions of dollars annually to the local community and charity causes from the proceeds of their hospitality businesses and investments. The Trusts CEO Simon Wickham says West Auckland says their donation is designed help raise awareness and support those in the local community.



Why volunteer?

Children watch everything you do. By being a leader, you'll show them first-hand how volunteering makes a difference and how good it feels to help other people and enact change. We all love that warm feeling when something clicks for someone and they are able

to do what they didn't think they could do, that sense of achievement and purpose. That's only a tiny part of what volunteers get out of being part of Scouting NZ. Research has shown that volunteering counteracts stress, increases community integration, enhances self-confidence, provides a sense of purpose and helps you stay physically healthy. All these benefits, and it doesn't cost a cent! Not only this, but research shows that youth who see volunteers are more likely to be volunteer's in the future. Remember, today's youth really are tomorrow's leaders, and our youth need a variety of leaders to be their role models. There are people out there who think they have no skills in this field, but you would be truly surprised at what value each individual brings. Sometimes those who think they have the least to give find they are the most needed. Don't miss your opportunity to benefit by being one of our volunteers. You will enhance your links within the community, meet new people, have a chance to enhance your interpersonal skills and all in a supported environment and while having fun.

We have several Scout Groups in the North West Auckland areas that need new Leaders, if you want to come along and see for yourself, or if you want experience with working with youth. i.e. a trainee teacher then get in touch. You can email me at zl.waitoru@zone.scouts.nz. Craig Patridge. Waitoru Zone Leader.

Watch your child flourish through more time outdoors

For many parents, getting out the door feels like an Olympic sport. Even though you've been in training for weeks, months or even years it doesn't seem to be getting any easier, does it? Locating jackets, sun hats, extra snacks, those elusive drink bottles... and the keys, oh where are the keys?



It's definitely easier and often more comfortable staying indoors with little ones, especially during the winter. But have you noticed how getting outside can soothe the most disastrous day or grumpiest child (or parent)? At New Shoots Children's Centre we have been advocates of outdoor play since our inception.

At New Shoots we know being outdoors improves children's physical and mental health, they more easily reach their developmental milestones while their conservation awareness strengthens, and that's just the tip of the iceberg. It might look like a simple walk, play at the park, inspection of some rocks or a pause by the duck ponds but being outdoors provides our children with so much more than what we see as adults. There's problem solving; imaginative and creative



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thinking; innovative thinking; maintaining concentration; working through their thoughts and ideas; peer cooperation; communication; collaboration; risk taking; confidence building; emotional regulation and even strengthening their eyesight. Increasing a child's time outdoors also provides emotional stability and supports them through any changes in their lives.

The recommendation for children is to spend three hours outdoors each day. For some parents, this might seem like a lot of work or just "another thing to do" in an already busy life. But with all the benefits listed above and New Shoots tips below, we know you'll be keen to see some of the positive benefits more time outdoors will bring.

How to build up your outdoor play time

Now that we understand the benefits of getting outdoors with our children, it might make it easier to prioritise. Find out how many hours your early childcare centre offers for outdoor play so you can add this in to your weekly total — remember you're looking for about 21 hours outdoors each week (based on three hours a day). Obviously if your child is sick this will interrupt things and some days, life just gets in the way! Be kind to yourself, build time up slowly so it becomes habitual and you're making long term, sustainable changes.

Don't let the weather stop you

If it's cold or raining don't be put off — your child will find so much joy and learning in puddles and mud! Did you know that in Stockholm, it's standard practice for parents to sleep their babies out in freezing temperatures and while the research isn't conclusive, parents swear their children are less sick than those who sleep indoors. Getting outdoors in all seasons and temperatures will change the outdoor experience entirely. Nature provides a diverse playground all year round.

Make sustainable change

Outside of the obvious playground visit or trip to the beach, a little and often approach works well to increase your child's incidental time for outdoor play. Here are some smaller outdoor missions to consider when building those hours up.

- A simple slow wander around the block can be enthralling for little ones. Let your child lead the way, taking your time to listen to what they're noticing. Try and avoid interrupting their focus with your own agenda.
- After breakfast, encourage children outdoors in their pyjamas while you clean up or get lunches ready. In winter there's frosty grass to crunch, in summer there's drippy dew to inspect and so much more...
- Smaller babies can be placed out on a rug by themselves where you can still see them from indoors to gaze up at the sky or later on their tummies to feel the texture of the grass underneath them.
- Before dinner (witching hour), encourage your children into the back yard for some more time. They could kick some balls around if they're feeling pent up or have one last go in the sandpit.
- A short walk to the mailbox, tagging along while you hang out the washing or simply hanging out on your street can provide great

entertainment.

· If children need extra encouragement, set them up with some loose parts like metal bowls, utensils and a bucket of water and they'll go to town.

· Make a habit of parking down the road from your child care centre and walking a few minutes along the street or through the park to get there — this provides a nice calming transition to the day for both parent and child.

· Leave the battle of the car seat for another day and choose to walk, bike or bus rather than taking the car to day care or work today.

Being prepared for the outdoors

It's true what your Mum said, preparation IS key. The more prepared you are, the more enjoyable your time will be and the more easily things will just flow. You'll also stay out longer because you have everything you need.

Keep these things in your car all the time:

- A big bag that includes a wet bag for wet clothes, a warm change of clothes, a container or two for any food purchases, cutlery for any takeaway food orders, a first aid kit, a spare nappy, a couple of old towels, a face cloth, sunblock, hats and a picnic blanket.

On the day you're heading out, grab:

- Take away coffee cup, water bottles for you and your child, snacks/lunch for BOTH you and your child, a thermos with hot water/tea/coffee, nappy bag, warm clothing in case the weather turns. Balance bikes or scooters, front pack/pram.

Where to go and what to do

Connect with your local community, friend group or nature play group to find out if there are any new outdoor areas to explore in your town and try them all. Even if, through your adult eyes, you don't see anything interesting at a particular park, your child will undoubtedly find something that captures their imagination.

Head off the beaten path

Explore the less obvious places as well, such as local ports, quarries, garden centres and boat ramps.

Activity focus

Other than child-led free play outdoors we can also incorporate some structured activities such as hide and seek, collecting seasonal treasures to take home, leaf art or collecting rocks to paint.

Add loose parts

Maximise your backyard space with some items such as planks, tyres, seeds, wooden cable reels, clothes pegs, baskets etc. These can often be sourced for free and your child will spend hours and hours pottering away.

Whatever you do try to enjoy a stress-free approach to outdoor-adventure-steadiness. We hope that you use these tips to gain the confidence and motivation to venture out no matter what the conditions. Getting outdoors will turn any frown upside down.



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If you're interested in learning more about New Shoots Children's Centres, you can visit www.newshoots.co.nz.

Countdown Christmas

Countdown and The Salvation Army have teamed up for their annual Countdown Food Rescue Christmas Appeal, which this year is aiming to help fill food parcels for 15,000 New Zealanders experiencing food poverty around the country.

Customers can donate food and other much-needed items at Countdown stores nationwide including its Westgate, Massey and Hobsonville stores, as well as online through the country's only online foodbank: foodbank.org.nz

To kick-off the appeal, Countdown has donated more than \$90,000 of groceries to The Salvation Army's local foodbanks, and encourages its customers to help out too when they're in stores this Christmas season.

Thousands of people across the country are experiencing hunger and food poverty every day, but Christmas only puts more pressure on household budgets.

Last year, Countdown and its customers donated the equivalent of more than 9000 medium sized food parcels to The Salvation Army across the Christmas period, including more than 9000 chickens, 4 and a half tonnes of kumara and 36,000 Christmas treats.

A climb up Mt Kilimanjaro for the orphans

An opportunity like this doesn't come along every day and at one time during the process I didn't think it was going to eventuate. Certainly it has always been on my bucket list to do somewhere in the distant future. I never thought it was going to happen now, but it did.



Mt Kilimanjaro is Africa's tallest mountain, it has stood as the pinnacle of Africa's outdoor adventuring and as an outdoorsy child growing up in South Africa it got me excited to think that I could be standing on the roof of Africa. But it was a dream.

I'm a filmmaker and a keen adventurer, I've recently made more of an effort to be involved with NGOs to create more sustainable and lasting changes on the planet. I was delighted when a friend

told me that there would be fundraising climb in September for Orphan's Aid International. After contacting Sue Van Schreven, the organisation's founder, I offered not only to be a part of the team to climb the mountain but also to document the journey. Orphan's Aid International have been in existence since 2004 and this would be their 15th year anniversary visiting their Ugandan work before heading to Tanzania - where Mt Kili, as it's also known, is located.

Sue took a real interest in what I did and was easy to talk with. Shortly after our first conversation we had a face to face meeting and I was introduced to her first book which depicts the journey of Orphan's Aid which is where my heart first broke for the orphans. Hearing about the organisation, working first in Romania, then countries like India and finally Uganda, I began to see behind the curtains of the neglected children, abandoned by no fault of their own. As a father of three (all under the age of 8) I felt even more inspired by the idea of fundraising for the climb.

In the months nearing our departure we learned that our group had grown to 16, and we had all been training and gathering our equipment. My training routine was a mixture of regular short 5 kilometre jogs, coupled with morning quick burst exercise routines which eventually involved the whole family.

We added to the fundraising for Orphans Aid International work in Uganda (dubbed the Imuka (Rise Up) Project), through a link on kilimanjaro.co.nz which I had to update regularly (and where you can still contribute).

The day before our departure to Africa I fine-combed every part of my film equipment. I carried just the bare essentials but made sure I left nothing behind. Sometimes the difference between failure and success can be a little cable 2 inches long!

We spent our first week in Uganda and met the amazing people running the Imuka (Rise Up) Project who teach local abandoned mothers sustainable and practical ways to earn an income to support themselves and their children.

After a life-changing week in Uganda we left for neighbouring Tanzania. By then the team was well acquainted with one another and the anticipation had been growing. Most of us had altitude sickness pills to prevent any unwanted accidents on the mountain. About 30,000 climbers and 80,000 porters and guides hike up Kilimanjaro every year, and it is estimated that 3-10 people die each year, including porters. Altitude sickness left unchecked can have disastrous consequences.

After our first night's stay in Tanzania we woke up to our first view of the mountain, it was one of awe, disbelief and a good dose of "What are we doing? We're going to climb that?"

My saving grace was that I had my wonderful wife Pam with me. I was glad that she told me very early on that there was no way she was going to sit this one out and her support (and adventurous spirit) has meant the world to me.

Well the climb day had arrived! Lemoshu route, one of several routes, was the one that lay before us, an eight-day hike through the most

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scenic parts of the mountain, a slow gradual climb starting at 2100m and summiting the highest point of Africa, 5895m.

Our first few days started like any nice stroll in the Waitakeres but on day three the vegetation started to become more sparse with outstretched views, rocky outcrops and low lying 'fynbos' (shrubby vegetation). With Kilimanjaro being an extinct volcano you almost feel very much at home as if you're climbing Rangitoto, but we started to leave the hot African rainforest climate and the temperature began to drop.

The real heroes were the porters. After packing our overnight duffel bags they packed up camp in their appointed bundles and proceed to overtake us once we'd been on the track for at least an hour. Then when we finally arrived at camp they had already set it up – our sleeping tents, mess tent, and ablutions, and the food would be on the stove – amazing energy the locals possess.

Evenings would consist of a well-prepared meal, highlights including chicken curry or spaghetti bolognese followed by a good friendly card game in the mess hall.

Usually I never sleep well in tents but I slept like a log on Kilimanjaro. Maybe it was the lack of oxygen but I felt extremely comfortable in my -15 degrees Celsius sleeping bag.

It was on about day four that we climbed to an altitude that made us all nervous. We ascended 'Lava Tower', a big tower-like rock formed by volcanic lava. Unfortunately for us there was nothing to see here as the fog had rolled in and being roughly at the height of 4,600 metres we were suddenly overtaken with headaches almost to the point of nausea – our first encounter with the effects of altitude. After a groggy afternoon we descended to a more manageable altitude

for our next camp.

The following few days were a mixture of routine, slow inclines at a speed that is described by the locals as "pole, pole" (pronounced polay, polay) which translated means 'slowly, slowly'. The reason for this snail's pace is to have the tourists slowly adjust to the altitude and give them the highest chance of success and to just conserve energy. It probably also helps the porters who zip by to give them more time to set up the camps that awaited us.

The landscape changed from a more tussocky region to complete barrenness. Pure light brown rock in the sun felt like we were on the surface of the moon. This was by far my most favourite sight as I felt like an intrepid journeyer on some sort of a pilgrimage with the rest of the hordes. Having those sunny days also helped to charge the much-needed camera batteries with our trusty solar panel. Throughout I filmed like a madman making sure I captured all the precious moments for our final documentary. Our highest camp was at an altitude of 4,666m, our health seemed intact and we'd had no medical emergencies. Our team was doing great, and that night we were getting ready for to depart on our much-anticipated and revered summit climb. After dinner we were given a full briefing on the dangers and preparation for the summit climb. Our head-guide kept telling us that if we had at least two hours of good sleep at night we would function well during the entire climb. If I had to live with just two hours of sleep I probably would go a little delirious. Suffice to say I love my sleep and Kilimanjaro did not disappoint.

We set off late one cold and dark evening and thus started our slow ascent of over 1,200 metres to the summit. I felt good at the start, I was chatty, warm and had my camera and batteries charged and ready to go but around the three quarters of the way I started to feel

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like a drunk on a mission for his bed. I had a small tube of condensed milk that I would sip on occasionally to regain my strength but I kept thinking "I wish someone would ask for a break" but I was much too proud to do so, for fear they might tell me to turn around. Pam was a true soldier and as she charged on she offered to even hold the camera and film a little bit. It was quite a sight to see the groups of climbers with their headlights light up the pitch blackness as they slowly traversed the mountain. It reminded me of a dimly-lit music concert where all the smartphones in the crowd are being waved in unison with their lights on.

After seven long hours of walking up to an altitude that I have never before encountered, I felt weak, oxygen was circulating much slower through my body and my motor functions were failing me, I constantly needed the support of my walking poles and I was tired! It was at this point that I thought "What am I doing here?". Thoughts of me becoming a popsicle or being a potential headline flooded my brain. I guess this was the point where I had to dig deep and think about why I was here in the first place and after cross-checking thoughts of vanity or pride I realised that the only reason that rung true to my soul was raising awareness for the orphans. I felt good. I felt in a way that I was doing something bigger than my-self and success was necessary and so renewed strength kicked in.

Moments later we saw the first glimpse of the sunrise and the dark mountain that had light scattered patches became clear and revealed a snow-covered wonderland. We slowly started to see climbers descending, both those that had reached the top victoriously and some unsuccessfully as they were being helped down by porters. "You're almost there" they would say as they passed and all I could manage was a half-hearted smile. One thing that struck me was how quickly they moved down, as if they all had been given an adrenaline shot. I on the other hand along with all the other climbers were moving with about two steps per breath.

As the mountain started to level out we saw the most spectacular landscape, a large valley stretching out in front of us with the most beautifully sculpted glaciers and all around the view of Africa surrounding us. Moments later we were at the summit, a cold white mound on the back of this behemoth of a mountain and all of Africa far below peering up at us. We did it, "we knocked the bastard off"

It was a proud moment that I shared with Pam, almost too brief but after having done the climb successfully we certainly feel like we had conquered, we pushed through and displayed a strength that we might not otherwise have known we had. Freddie Müller, Massey.

allocating \$1million to community organisations helping a range of health; cultural, environment, educational and other causes.

Fifty-seven projects were chosen to receive funding from 167 charitable applicants with local schools making up around two-thirds of the finalists selected.

While the most common use of the grants is the development of new playgrounds and shaded areas for school students, the applications were received from a diverse range of causes which include smart pest control traps that can send an alert when they have been triggered, funding for native tree planting and bird habitats, and support for those living with asthma.

Simon Wickham CEO of 'The Trusts' West Auckland says the million-dollar initiative is an example of how the model is able to support charities while at the same time provide a model for the retail sale of alcohol with better community outcomes. "Most of the profits from liquor sales around the country are retained by store owners or overseas shareholders. Under our model, millions of dollars from the proceeds of our re-tail & hospitality operations and investments are retained in this community-owned social enterprise and returned to the community both now and in the future."

West Harbour Tide Chart

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

Source: LINZ.

Students and charities benefitting from \$1 million fund

Thousands of Auckland school students have benefitted from grants



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