

# the **Westerly**

FREE monthly community magazine for Massey to Hobsonville

February 2016

**PROPERTY MARKET REPORT**

**VOLUNTEERING IS VALUABLE**

- Food intolerances
- Home and garden
- Local clubs
- Plum butter cake

**SPOTLIGHT ON BETHELLS BEACH**

Circulation is 12,000 print copies.

Editorial contributions are free from cost. Advertising starts at \$75 plus gst for a business card size.

Contact John Williamson on 021 028 54178 or [jbw51red@googlemail.com](mailto:jbw51red@googlemail.com)

# Intro

As the new editor of the Westerly, may I take this opportunity to welcome you to the first edition for 2016.

20 years ago my wife and I moved from the UK to Massey with our two teenage children and our Labrador. I worked in general practice, including at the White Cross clinic in Henderson and at the Royal New Zealand Navy base in Devonport. I returned to the UK to work as a medico-legal adviser and claims manager for an organisation providing support and insurance for doctors, then travelled to Melbourne to continue the same work for an Australian company. I retired and we returned to West Auckland, and have been living on Hobsonville Point since April 2015. I now work as a volunteer with Kaipatiki, the native plant conservation group, and teach English to refugees in Massey. We have family locally and in Australia.

Contributors communicate their services and activities to enable you to get the most out of living in this community. In this edition there should be something for everyone, ranging from activities for children, a full range for families and individuals to enjoy in the area as well as where to go to stay healthy, active and mentally stimulated. Indulge in entertainment with Shakespearean plays or relax with the opportunities at Bethells Beach or use our gardening tips. There is advice on housing, finance and keeping your will up to date. Many thanks to Graham and Stacey for their support, and for putting together this publication which is fully appreciated by our readers.

John,  
Editor



# the Westerly

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# Community notices

## Hobsonville Point Papis Playgroup

Hobsonville Point Papis Playgroup runs Mondays 9.30 - 11.30 am during school term from their new venue at Hobsonville Hall, with a new coordinator for 2016.

A typical day at our playgroup is focused around what our children want to do. Whether it is messy play, crafts, active play or quiet family play, we have different areas set up for this; and the day ends with a nice mat time.

Parents are encouraged to get involved with their children and the group, which helps make every day a very successful day. We love and appreciate any suggestions for improvement.

We would love to see you come along for a great morning of fun and laughter, starting back 1st February. We are located at 397 Hobsonville Road.

Contact [Kirsty.mew@plunket.org.nz](mailto:Kirsty.mew@plunket.org.nz) or view [www.plunket.org.nz/plunket/show/hobsonville-point-papis-playgroup](http://www.plunket.org.nz/plunket/show/hobsonville-point-papis-playgroup).



## Yoga And Pilates Classes

Vinyasa yoga and pilates classes are running for 2016. Yoga is a fantastic way to balance the body, mind and soul - you will be guided through poses and stretches and leave feeling refreshed and re-energized. Pilates classes focus on core strength and you will learn to move intelligently from your core, while toning and shaping your body. Maria is an experienced teacher and will guide you through a fun yet challenging work out. Classes are open to all levels. Bring your own mat.

Monday - Pilates: 7:15 - 8:15pm - Whenuapai Village Hall

Tuesday - Yoga: 7pm - 8pm - Sunderland Lounge, Hobsonville Point

Wednesday - Pilates: 7:15pm - 8:15pm - Whenuapai Hall

Thursday - Yoga: 7:15pm - 8:15pm - Whenuapai Hall

Cost: \$15 - casual; \$50 - 5 class pre pay card (valid 5 weeks); \$100 - 10 class pre pay card (valid 5 weeks).

For more information visit [www.elementalyogaandwellness.co.nz](http://www.elementalyogaandwellness.co.nz) or call Maria on 022 195 4734.

## Angelite Holistic Fair

Established in 2009 the Angelite Holistic Fairs began to provide venues for practitioners and the public to experience the joy of sharing the wide range of spiritual and natural healing modalities that are available.



Our fair started at the Sunderland Lounge, Hobsonville Point, on the 24th of October 2015.

These fairs will be held on the 4th Sunday of the month and on some Saturdays. Please visit [www.angelitefairs.co.nz](http://www.angelitefairs.co.nz) for fair dates and times.

The majority of stall holders have been with me for a number of years, with some of those being graduates of Carole McCarthy, who teaches Spiritual Development in Massey.

We welcome all visitors to Share Good Vibes with our wide range of experienced stall holders.

I am looking for local holistic practitioners and sellers of natural products who may wish to complement our existing stall holders for Hobsonville Point. Expressions of interest contact Rob Osborne at [rob@angelitefairs.co.nz](mailto:rob@angelitefairs.co.nz).

## Bridgestone Tyre Centre Westgate

We at Bridgestone Westgate wish to thank the local community for their support in 2015. We wish you all a very happy and prosperous 2016.

The roads are busy and dangerous at this time of year so braking distance is very important. One way to get better braking distance is to ensure your tyre pressures are correct.

Pop in and see the team at Bridgestone Westgate, 1 Cellar Court, Westgate (behind McDonalds). We are happy to check and recommend an appropriate pressure for your tyres or indeed answer any tyre queries you may have.

Bridgestone Westgate, phone 09 833 8555 or email [firestonewestgate@xtra.co.nz](mailto:firestonewestgate@xtra.co.nz).

We look forward to helping you with your tyre needs in 2016, keeping you safe on the road.

## Volunteering is valuable

I work as the manager of the wonderful team of volunteers at the Massey Citizens Advice. I wanted to know what keeps them coming back - why they volunteer.

The response I got was that it is very rewarding being able to

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help other people, that it gives you a sense of satisfaction. They also find that they learn lots for themselves. One said that her self-esteem had improved since she had been volunteering.

For those who have been in a situation where we need information, or want to know about our rights but we do not know how to get the answers, the local Citizens Advice Bureau in Massey can be the first port of call to seek advice. People think that bureaux are only a signposting organisation, putting people in touch with other services that are better placed to help than the local CAB. Far from it! The CAB can provide a quality information service, based on accurate and up to date information, that assists people in making complex decisions to improve their life. In a typical session a volunteer may encounter a client who is a grandparent worried that they will lose contact with their grandchildren when their child's marriage breaks down. The next client could be someone who has bought a faulty appliance and needs to know their rights under the Consumer Guarantees Act. The following query could be a landlord whose tenant hasn't paid rent for two weeks or from a tenant whose landlord hasn't done repairs to their house.

Massey Citizens Advice Bureau are running a training course for new volunteers early in the year. If you are a good listener, open minded, keen to learn, interested in people, enjoy helping others, want to learn about your community and can make a regular time commitment, you may wish to join our successful team. You will also need excellent English skills, and basic computer knowledge.

We'd love to hear from you if you feel you have the skills and wish to join our friendly team. You may find that you learn things for yourself too.

Contact Barbara 09 833 5775 or [massey@cab.org.nz](mailto:massey@cab.org.nz).

## Romantic Valentines dinner

Celebrate having that special someone in your life with Soljans Estate Winery's Romantic Valentine's Dinner. Be welcomed to the Estate with a single red rose for your partner and be presented to your table set with a chocolate heart for both. Throughout the evening you will indulge in a beautiful and delectable three course set menu at your candlelit table. At the fixed price of \$85 per person this is the perfect way to say "I love you". Bookings for the Valentine's Dinner on Sunday 14 February 2016 start at 6:00pm and the last bookings are at 8:30pm. If you would like to enquire or book your table please call the café on 09 412 2680 or email [cafe@soljans.co.nz](mailto:cafe@soljans.co.nz). Tables book out fast, so don't miss out – call now.

## Girl Guiding Update

We now have a complete range of units to suit all ages, from 5

to 17 years. Our Pippins unit has just started, with a new programme and lots of fun activities coming up.

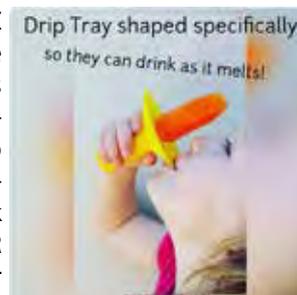
Pippins (5 - 6 years), meet Tuesdays, 4pm at St Chad's, Huapai (NEW group – come along and see what we do!)

Brownies (7 - 9.5 years) meet Tuesdays, 5pm at St Chad's, Huapai  
 Girl Guides (9.5 - 12 years) meet Thursdays, Waimauku Memorial Hall

Rangers (12 - 17 years) meet Tuesdays, 6pm at St Chad's, Huapai  
 Call 0800 22 22 92 to arrange a visit.

## No Drippity IceBlock Buddy

No Drippity IceBlock Buddy – NZ Designed to be perfect for little hands, arthritic hands, or hands with gripping difficulty. A great feature of the IceBlock Buddy is its drip tray. This is designed & shaped specifically to make it easy for iceblock drips to be drunk! It is also SUPER SOFT and allows the iceblock eater to get in close to the iceblock! The NZ Designed No Drippity IceBlock Buddy is your Summer Must Have! Get 1 for \$12.95 or 2 for \$19.95! [www.nodrippity.co.nz](http://www.nodrippity.co.nz) or [www.facebook.com/nodrippity](http://www.facebook.com/nodrippity).



## \$75 = 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 \$75 plus GST you can be exposed to over 18,000 locals for a whole month. That is only \$2.50 a day. For more information, email our editor at [jbw51red@googlemail.com](mailto:jbw51red@googlemail.com).



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# Safercommunities

## Road Safety is Everyone's Responsibility says NZ Police

With 16 road deaths to date already in 2016, NZ Police are urging motorists to take care and make smart decisions to ensure they are driving responsibly.

"Education and Police enforcement are just two aspects of keeping the roads safe," says Superintendent Stephen Grealley, National Manager of Road Policing.

"The driver and the decisions they make are also an important part of the road safety picture."

"As the driver of the vehicle you are responsible for making smart decisions that enable those in the car with you, and other road users, get to their destination unharmed."

"This means if you are tired, make the right decision to pull over safely and take a break. Concentrating on the road does take a lot of effort. Don't underestimate the impact this has on your ability to concentrate and to react in an emergency. By taking a break, you can come back onto the road refreshed and give the road your full concentration, which it needs."

"Drivers need to remember that not all roads are created equal - many of New Zealand's roads are unforgiving and leave no room for mistakes," says Mr Grealley.

"Check your speed, and know that the speed limit is the maximum speed you can travel at safely in ideal conditions."

"The decisions you make as the driver could be the difference between a great summer and one marred with the pain and devastation a fatal crash causes," Mr Grealley says.

## Fire season

We are in a restricted fire season. This means that you need to phone Auckland Council on 09 301 0101 and talk with a Deputy Principal Rural Fire Officer to obtain an onsite visit, which may or may not result in a permit being issued to allow you to burn in a rural area. There may be a number of rules imposed on you to comply with a permit and these should be followed to ensure your fire is managed and then extinguished. You may not burn at any time within an urban environment. There is no cost involved in obtaining a permit, however the costs of having a fire without one could make you liable for significant costs of fire control, extinguishment and loss of property. So before you throw caution to the wind, make a call to 09 301 0101. Graham

McIntyre, Acting Officer in Charge - Waitakere Volunteer Fire Brigade. Phone 09 810 9251.

## St John

Developing confident young New Zealanders who care for the health and well-being of their communities, the St John in Schools programme provides learning experiences for pre-school, primary and intermediate school-aged children to empower them to act in an emergency. Community Educators visit schools in many parts of New Zealand to provide young people with the skills and confidence to take action in response to an emergency situation. The programme values children of all ages and recognises their ability to make a difference in an emergency situation.

St John undertakes important work like this as the organisation is committed to driving community health outcomes. The programme provides young people with the skills and knowledge to take responsibility for their own health and well-being and the well-being of others.

St John ensures the programme is available through general fundraising and grants. All we ask of schools is for a gold coin donation from each child where possible.

What happens in a typical St John in Schools session?

In consultation with the school, a trained Community Educator will plan and deliver the programme to a class, or group of classes, at school, in response to a request from a teacher or school administrator. Our experienced educators have excellent classroom skills and child friendly teaching resources - they know how to make the experience fun and interactive for every child. We currently have the following modules on offer: Responding in an Emergency, Disaster Preparedness (pilot phase), Accident Prevention and Injury Care (pilot phase), and Camping.

Within each of these modules we have different levels available to cater to all different age groups and learning abilities. Each of the sessions are usually between 45-90 minutes per class. The St John in Schools Programme provides learning experiences for students that relate to the key learning areas of Health & Physical Education and Science in the New Zealand School curriculum. If you are interested in having St John in Schools programme delivered at your school, call St John on 0800 ST JOHN (0800 78 56 46), or send an email to enquiries@stjohn.org.nz.



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Business Development Manager

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# InBrief updates:events

## Hobsonville Land Company

2015 was another big year at Hobsonville Point. In the past year, the main spine road - Hobsonville Point Road - was completed, and more of the 4km coastal walkway was built and open to the public. The Hobsonville Point Early Learning Centre was opened, the Brickworks apartment block was completed and is now occupied, with fantastic retail on the ground floor. Two more stunning artworks were installed - 'Estuarine' by Louise Purvis on Launch Road, and 'Tool, Clip, Heart of Stumps' by Steve Woodward on the corner of Buckley Ave and Hobsonville Point Road. John Reynolds Artwork 'Tiwatawata' in Hobsonville Point Park was rejuvenated, with some poles repainted or replaced. Buckley Avenue was transformed, including the little bus stop being restored as a place to sit and relax. The Sunderland Lounge re-opened under Auckland Council ownership and management and is available for hire. The community continues to take shape, with coffee now on the Landing every morning! There's 'Bootcamp' at the Hobsonville Point Primary School, Summer gatherings in the park, a recent very successful Christmas lights competition, regular food, craft and art markets and much more. Revegetation with native plants, with assistance from Kaipatiki Project, will continue this year, along with a pest control programme targeting rats, possums and rabbits to help protect the native vegetation. Jalcon Homes, GJ Gardner, Classic Builders and Universal Homes are now joined by Platinum Homes, Fletcher Building and Willis Bond, increasing the variety of homes available to our customers. 2016 is set to be another big year which will see about 350 homes completed in the year. Work will commence on the Landing, where the popular Hobsonville Point Farmers Market is located. Willis Bond is the Development Partner for this area and over the coming years it will feature restaurants and cafés, as well as retail, niche office space and residential homes. More sections of the coastal walkway will be constructed and opened to the public. The NZ Super Fund, Ngāi Tahu Property Limited and New Ground Capital have teamed up to invest in two superlots that will provide 200 homes, and work on these superlots will commence this year too. Around 75% of these homes will be sold as they



are developed, and the remaining 25% will be retained as market-based long-term rentals that will be managed by New Ground. Around 50% of the properties will be priced under the Auckland median house price and 30% will be priced at \$550,000 or below under the Hobsonville Point affordable homes programme. House construction in the Catalina Precinct (located between the Hobsonville Point Primary School and Bomb Point) is well underway, and this year will see the first residents move into that area. The Sunderland Precinct will see more homes constructed along Buckley Avenue, and the restoration of all 10 heritage homes on Sunderland Avenue will be completed. Sales negotiations for the remaining precincts will also get underway this year. Another 'Come Fly with Me' event is planned for 14 February, at Bomb Point. It will be themed around kites and flight, but will also have a nod to Valentine's Day! Keep an eye on the Hobsonville Point Facebook page and website for this and all events at Hobsonville Point over the year on [www.hobsonvillepoint.co.nz](http://www.hobsonvillepoint.co.nz) or [www.facebook.com/HobsonvillePoint](http://www.facebook.com/HobsonvillePoint). Image courtesy of Skylens. The view is from the Hobsonville Point Secondary School down to Sunderland Avenue.

## English Language Partners at Massey Birdwood Settlers Hall

One of the groups that use our hall is the English Language Partners. Based in New Lynn, English Language Partners run classes for new migrants.



Moving to a new country and being unable to speak English is a huge barrier to social integration and gaining employment. English Language Partners do a marvelous job in helping new migrants, many of whom live in Massey. English Language Partners arranged a visit to Western Springs for our learners and were unable to cover the cost of the bus fare from the donations paid by them, so Massey Birdwood Settlers donated some money which covered this, meaning 65 people were able to visit this lovely part of Auckland for a day out. English Language Partners also arranged an end of year celebration for all the learners, and have shared photos from the celebration of those new to our community enjoying a meal at New Lynn Community Centre.

To find out information about English Language Partners visit

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## The Riverhead

The Christmas rush is over, and the New Year is well on its way... it's February already! How time flies!

We hope you took the weather with you on your Christmas holiday...? Make the most of the rest of summer and daylight savings by planning exciting activities after work with the family. We are lucky enough to be close to a whole lot of amazing spaces that you can ride in, walk in, eat in, boat on, be inspired by or simply relax with. Then after all of that, you can always pop into The Riverhead on your way home and grab a quick bite to eat.

Our regular Quiz Night in The Portage Bar re-starts on Wednesday 3rd February at its usual time of 7.30pm. It's wise to book a table for this very popular night of fun and frivolity. It's free, there are bar tabs and prizes to be won, and everyone has a great time. If you're clever, get a bunch of friends who cover the whole spectrum of ages, genders, experiences and talents, and you'll be in with a good shot at answering most of the questions. Here's just a sample to wet your whistle:

Is a "bishop's crown" a type of artichoke or pepper?

What colour is the Italian sauce "salsa verde"?

Which film trilogy's 2009 film was set in Las Vegas, its 2011 sequel in Bangkok, and final instalment in 2013 in Las Vegas?

Who is the New Zealand writer who died not long after World War 1, from the effects of tuberculosis? If you want to know the answers of any of these questions, email paula@theriverhead.co.nz.

## Frog Pond Reading Tuition

Help your child to reach their potential in 2016! We offer weekly one to one literacy tuition sessions with a qualified teacher who is trained to target your child's specific learning needs. Unlike other tuition providers, we offer sessions with one teacher to each student.

Regardless of where your child's gaps in literacy knowledge are, we can help! We have tuition pods in Henderson and Titirangi and now we have our eyes set on the NorthWest. Please contact us today to express your interest in tuition for your child. Email Amanda@tallpoppies.org.nz or phone 09 412 7753 or 027 473 6036.

## NZ Forest and Bird

NZ's current Marine Reserves Bill is more than 40 years old, and desperately out of date.

After promising an update for nearly 15 years, the Government

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has finally released a discussion draft - which does not include 96% of NZ oceans.

That's right. The entire Exclusive Economic Zone (EEZ) is specifically left out of the draft legislation. Some extraordinary habitats and animals exist only in these deep seas and need certainty of protection. The only certainty offered in this document is to the oil, gas and mineral industries.

This may be the one chance in our lifetimes to create legislation that allows meaningful protection of our oceans. Let's make sure the Government gets it right.

We ask that you take some time from your day or evening to urge the Government to include the EEZ in their proposed Marine Protected Areas Act. Consider writing a letter by hand. It's often more effective, and postage is free.

You have until 5.00pm on 11 March 2016 to do so, but ... no time like the present! [www.forestandbird.org.nz/](http://www.forestandbird.org.nz/)

## St John you seek leaders

Want to make a real difference? Become a St John Youth Leader and help make a positive impact on the lives of young people. Our leaders come from a wide range of backgrounds and it's not all just about First Aid!

Youth Leaders develop young people by teaching skills, providing challenges and overseeing the delivery of our programmes. They also coach and mentor for various aspects of their life, such as helping map a future career or setting personal goals. Due to the variety in our programmes, there is an assortment of roles and ways our leaders are involved. Full training will be given, all you need is to be 18+ and passionate about the core values of St John.

This term cadets will be working towards Caregiving and Health Badges. Starts Tuesday 16th February at Huapai School Hall, access via Trigg Road. Cost is \$10 per term and \$5 for additional



## The Riverhead ...its your local

Restarts Wed 3rd Feb

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siblings.

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## A nourishing day of food and yoga

Wholefood cooking & Yoga class, dinner and dessert, with Maree and Keith Delmar. Saturday 27th February, 1.30-8pm, at 5 Matua Road (St Chad's hall) Huapai.

The perfect combination! What could be a nicer way to spend a Saturday afternoon than enjoying good food, good yoga and good company? This workshop will be a fun and relaxed afternoon, learning to prepare a nutritious wholefood meal, raw cheesecake dessert, green smoothie and more. It will include a full length yoga practice, suitable for all levels. Following this, the evening will conclude with a relaxed seated dinner, sharing the food we have prepared together, accompanied by a glass of organic wine.

You will be shown simple ideas that anyone can prepare quickly at home, with delicious results. All food is provided and will be suitable for those on vegetarian, dairy free and wheat free (gluten free by request) diets.

Maree Delmar is a Yoga Therapist and Instructor and teaches weekly classes at St Chad's (Tree of Life Yoga) as well as being a passionate cook and wholefooder. Keith Delmar owns and runs Keith's Wheatgrass and is an inspirational speaker on health and nutrition.

Numbers for this workshop are limited, so book your place now by emailing [treeoflifeyoga.maree@gmail.com](mailto:treeoflifeyoga.maree@gmail.com) or phone 021 022 93012. \$85 (all inclusive) early bird until 15th February, \$99 thereafter, super low cost thanks to our wonderful sponsors Eco Organics (quality well priced organic produce [www.eco-organics.co.nz](http://www.eco-organics.co.nz)) and The Green Grocer (your one stop wholefood shop and café in Kumeu).



## Seniornet NorthWest

Seniornet NorthWest will again be having our Monthly Seminars held at St Chad's Hall, Oraha Road, Huapai. The first for this year will be starting at 10 am on Wednesday 3rd February 2016. Everyone is welcome to attend as it is open to all, to enjoy a cup of coffee/tea and a biscuit, and to find out about our Club and how we can help solve the problems you may have with your computer, laptop, tablet or i-Pad. Some cell phones also have print capability. Entry \$3. Our usual raffles \$3 for 1 or \$5 for 2. Sue Blomeley is our speaker for February.

We are walking around with access to the most up to date,

### *Special thanks*

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

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

complex, super computer. Each and every one of us has access to every single program that we have (sometimes unwittingly) installed in our memory bank. We all have within us the where-withal, the power, the knowledge, to do what we want to do. So what is it that is stopping us? What is it that's holding us back from making a start on whatever it is?

Life experience gets in the way, it tells us to be afraid, to be wary, that we couldn't possibly do it, maybe even that we are not good enough, don't know enough... Well, the news is good, we can change anything we want to change.

Regardless of how long we have been doing, thinking, or even feeling something, we can override, delete and install new programs that allow us to think more clearly and feel better, be more confident, resolve anxiety, lose weight, or stop addictive behaviours.

My name is Sue Blomeley. I am a NZ Reg Hypnotherapist & NLP Practitioner - [www.hypnotherapyplus.co.nz](http://www.hypnotherapyplus.co.nz) - and for the past 18 years I have been helping people to do just that. I'll be sharing some insights into how we process things and encourage discussion. Join me on the 3rd February at St Chad's. Email: [sblomeley@vodafone.co.nz](mailto:sblomeley@vodafone.co.nz).

## Childrens art club

The Kumeu Children's Art Club is a long standing institution in the district, in its 18th year. Thousands of children have gone through its classes where the only rules are 'be kind to each other and love art'. But after all these years of operation in venues at both Waimauku and Kumeu, changes are afoot.

This year, all classes will relocate upstairs to the Kumeu Arts Centre in a warm, arty, clean, light and airy workshop space with local artist and tutor Julie Moselen at the helm. Julie replaces legendary local art teacher, Libby Patterson, who was senior tutor at the Art Club for the last 17 years.

From Term One 2016, Kumeu Children's Art Club offers classes on a Thursday afternoon from 11th February to 31 March 3.30 - 5.30pm. The first term theme will be Pacific Art. This will include tapa patterns, plaster mold making, drawing, painting, print-making and more. Prices are a now-reduced \$160 per term, with discounts offered where more than one family member attends. Children's art and their social skills will develop through attendance at the Art Club, founded in 1998 to support a creative community and a culture of peace.

The club serves children aged from 6 to 14 who love art. Bookings essential. Contact Julie Moselen at [juliemoselen@xtra.co.nz](mailto:juliemoselen@xtra.co.nz), 09 810 8436 or 021 208 3714.

## Indian motorcycle adventures

We hope this finds you healthy and happy. Life here in Helens-



**RYAN JACKSON**

M: 027 498 6202. E: [ryan@treehouseprint.co.nz](mailto:ryan@treehouseprint.co.nz)

P: 09 810 8609.

PO Box 133, Kumeu 0841 Auckland

ville is treating us well and we have had another great year touring in India. We would like to let you know our plans for 2016/17.

This coming January we will revisit Tamil Nadu and Kerala on our Southern India Coast to Coast Tour.

In July 2016, our Himalayan tour will for the first time be taking in the rarely travelled and spectacular Spitti Valley Road on the way up to Leh.

In October of 2016 we will be conducting our traditional annual Rajasthan journey. This will be our 20th year travelling on this route and it has become a unique motorcycling and cultural experience, visiting many of our friends along the way.

In January of 2017, our tour of Southern India will travel from coast to coast, crossing the jungle-covered Western Ghats twice, and visiting the most amazing Hindu temples in the world.

Nepal unfortunately remains in a state of chaos and although we are very keen to run our tour there, we do not feel that we are able to offer you a reliable product in 2016. We are keeping our fingers on the pulse there and will let you know as soon as we are ready to go to the mountain kingdom.

Our tour pricing has remained unchanged again this year, in fact the Himalayan trip has reduced in price and we feel that we offer the best value and experience possible.

If you wish to register your interest in any of these tours, please get in touch as soon as possible. All details are on our website: [www.indianmotorcycleadventures.com](http://www.indianmotorcycleadventures.com).

## Little Miss Enchanted

Welcome to Little Miss Enchanted, the destination for every little girl's dream party. Come to our magical princess garden party shop 302A Main Rd Huapai, Auckland, where you can meet some of your favourite princesses such as Elsa and Anna, Snow White, Sleeping Beauty, Belle and Rapunzel!



Come along and play loads of fun games with your favourite characters and be pampered! Get mini manicures with gorgeous nail art, hair curled with pretty gems and an adorable gem princess tiara applied. Play some of our fun games such as flower ring toss, Tinkerbell's treasure hunt, Snow White apple toss, toss the hedgehog, ride our pony cycles, dress ups, watch a movie, music and more. Have your photos taken in our pretty pink princess carriage. At Little Miss Enchanted we also host discos and slumber parties on special dates which will be promoted on our Facebook page. Visit our website: [www.littlemissenchanted.co.nz](http://www.littlemissenchanted.co.nz).

## New West Liquor Store

West Liquor Hobsonville is now open! We are located in the new Countdown Shopping Centre on Hobsonville Road. We have a great range of wine, spirits, RTDs, beer and cider for you choose from.



Being in West Auckland and part of The Trusts, we're responsible for selling liquor in a responsible manner and 'Giving Back' to the community that supports this model. Instead of profits being paid to private owners or shareholders, we return surplus profits back into the community or reinvest into the business. We've recently been providing potentially life-saving photoelectric smoke alarms to all households in West Auckland, so if you need a couple for your home, or you know someone who does, you're more than welcome to come down and collect a couple and say hello at the same time. We look forward to meeting you all! The Team at West Liquor Hobsonville.

## Bridge: the brain game

Now's the time to start something new. Why not learn to play Bridge? The ultimate card game, no other card game comes close! You need strategy, planning, guile and cunning to defeat your opponents! Bridge is a stimulating card game that keeps your mind active no matter what your age. A great game to learn when you are young. Don't let others tell you it's for old folk. NO WAY, the earlier you learn, the quicker you will enjoy the challenge! Many regret they didn't take it up sooner. People take up bridge as a hobby, and since you play in pairs, you can join a bridge club with a friend or make new friends. When you know how to play, how to bid, which card to play first, understanding what it means when other people bid, you can take part in this game to keep you mentally on your toes. Always a challenge, never boring. Once you begin to play bridge, you will find yourself getting involved with the game and discover that you have a lot to talk about with others who are interested in the game as well, sharing tricks and tips. FIRST you need to learn the game! Played before? A bit rusty? Join our Easy Going Bridge session and brush up your play. Evening lessons start at the Waitemata Bridge Club (Te Atatu) in March. Easy Going Bridge sessions are on a Thursday. Don't delay, get in today! Give me a ring 027 286 4396 or email Denise at [waitematabc@xtra.co.nz](mailto:waitematabc@xtra.co.nz). Visit our web site [www.bridgewaitemata.co.nz](http://www.bridgewaitemata.co.nz).

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Contact John Williamson on 021 028 54178 or  
[jbw51red@googlemail.com](mailto:jbw51red@googlemail.com) to book

you will receive a months worth of local exposure

# Localcybertalk

New Year new job? We growing at record rates and are looking for another 2 nail stylists to join our Leah Light family! One at our Westgate studio and one at our Parnell studio! (Our extra Christmas fill in staff are due to finish soon but we have loads of clients that need to be seen)

What we are looking for: \*Full time nail technician/stylist (acrylic experience will be an advantage however we will look at freshly trained technicians with exceptional skill)

\*Reliable and friendly team player

\*Team members who have real passion

\*Excellent communicators with incredible customer service skills.

\*Go getters who think outside of the box

\*Stylists with huge passion and love for their craft

You must be immaculately presented, have incredible work ethics, be computer literate and your English must be fluent. (Saturdays and late night hours will be required). In this role you will be working with a highly motivated team, receive the highest level of training and be part of an environment that nurtures creativity and rewards excellence. A highly competitive remuneration package will be offered to the successful applicant.

Your basic duties will include all aspects of nails, including manicures, pedicures, acrylic, gel, gel polish & nail art. (Comprehensive training will be given).

Applicants for this position should have NZ residency or a valid NZ work visa.

If you have the essential requirements, and would like to seize this incredible opportunity, please send your cover letter and CV to [admin@leahlight.co.nz](mailto:admin@leahlight.co.nz) with the subject line: Nail Superstar.

I am looking for a full time administration job out in the West. I have had difficulty in finding an admin job without phone work because I am deaf. I love doing the admin work and I am an effective communicator using text messages, emails, relay phone call, faxes etc. I have over 20 years of admin experience and I would appreciate if you could spread the word out for me and or to have a look at my CV, I am happy to forward to the interested person to have a look.

I can be contacted by email: [sue.nicholson@vodafone.co.nz](mailto:sue.nicholson@vodafone.co.nz) or mobile text only on 021 139 6204.

I am the person that does the sewing repairs for a number of Hobsonville residents so some of you may remember me.

I have a very distressed grandson. He was given a breeding pair of Cockatiels for his birthday, which is today. Unfortunately when he went to feed them this morning his leg got caught on the door of the aviary and the birds escaped. We live on



the Westgate end of Hobsonville Road and the birds flew towards the paddocks. If anyone sees them please ring Jayden on 09 416 8046 or Donna on 09 416 8658. Thank you.

Hobsonville Point craft market - Next market date 14th February - 9am til 1pm. Come down to the waterfront of Hobsonville Point, and see the local crafts right outside the Farmer's Market building. A great morning out with handmade crafts, and artisan quality foods to enjoy and take home. Join our Facebook page to be kept updated! [www.facebook.com/hpcraftmarket](http://www.facebook.com/hpcraftmarket).

Drum lessons available - Herald Island. I am running drum lessons in Herald Island, ideal for beginner - intermediate level drummers. I am an accomplished year 13 drummer, have played in several bands and have 2 years of tuition experience. I currently have 2 more spaces available for primary - intermediate aged students. \$200 per term. You can bring your child along for a \$10 trial lesson in the holidays to see if it is something they are interested in. If you are interested or have any questions please contact me on 021 029 01853.

Someone was asking about a deck builder. We have just had our deck built on top of the concrete pad and can highly recommend Adam from Blundell Building Concepts Ltd ph: 021 042 6275.



Hi everyone! I am very excited to announce I'll be moving my brow bar to Westgate at the start of February!

I'm on the lookout for two lovely people to join my team:

1) Nail Technician- Someone who specialises in gel nails & nail art, who is highly professional, fun & creative. One that has built up a cliental and wants to move up in their business to a great space where they will be noticed. They would run their own business as usual with access to all my clients & would just pay a weekly rent.

2) A lovely lady to join my brow specialist team. Must be a fully qualified beautician, make-up artist or has a natural artistic talent and is passionate about beauty.

Please private message me or tag someone if you or someone else maybe interested in the nail opportunity, and email me your CV for the beauty position: [thebrowandtintbar@outlook.com](mailto:thebrowandtintbar@outlook.com). Check out my website & [www.thebrowandtintbar.com](http://www.thebrowandtintbar.com).

Be aware that not all the parking in Northwest is the same. A man just got fined \$50 for exceeding the 90 min parking term. Looking out the window I can see a 180 min sign and another area has a 3 HR sign (weird). The end closest to old Westgate is the 90 min bit.

Everyone needs to get behind Dr Seham at Hobsonville Point medical centre so the clinic doesn't close. She is a fantastic doctor but seriously needs more patients to remain open. All residents take the time to consider switching to your local GP who provides the best bedside manner and old fashioned duty of care that has been long lost in the medical profession. It would be a shame to lose her. Phone 09 222 0381, email admin@hvpm.co.nz or visit her website www.hvpm.co.nz.

Auckland-wide Nanny / Babysitter Available. Phone/Text: 022 412 2801. I'm 24 years of age.

- Hold current FIRST AID certificate
- Clean police RECORD available on request
- References (CHILDCARE related)
- Own car and driver's license
- Previous kindy teacher
- CHILD CARE qualifications
- Previous PORSE in home based educator
- Previous nanny work
- Previous SKIDS after SCHOOL care assistant
- Hands on twins experience for a variety of ages
- Overnight / Live In experience
- Clubfoot cast hands on experience
- Hands on experience with a 6 week Premature infant- In NICU/ and Home

Care in child's own home/or similar only at this stage. Happy to do outings, school pickup, sports, activities etc. As well as children's meals and light housework, errands. Confident with children as young as 3 weeks old with certificates and references to verify this. Available at short notice, casual or regular basis & overnights.

Do you want your kids to make lifelong friends, gain self-confidence and have a lot of fun???

Dance24Seven provides high quality dance tuition in West Auckland and is having their open days on the 27th and 28th of January where you can come and try a free dance class, meet the Dance24Seven Team and find out about our dance classes. Check us out here! [www.dance247.co.nz](http://www.dance247.co.nz) or our Facebook page [www.facebook.com/Dance24seven](http://www.facebook.com/Dance24seven).

If you are requiring Interior/Exterior Painting & Plastering, can us a call now for a quote: Steve 022 036 7481 or [www.bella-vista.co.nz](http://www.bella-vista.co.nz).

There's got to be an easier way to get a Slimmer Waistline, Tighter Firmer Abs, Lean Toned Thighs, Tight Lifted Buns. If you want to Shed Fat and get the Slim Sexy Body of your dreams, then it's time to Stop Working Out and Join the Fun.

DANCEFITNESS is Fast, Fun, Sexy Dance Inspired workout that makes Losing Weight Fun.

EVERY Tuesday and Thursday 7pm to 8pm and Saturday Morning 9am to 10am. Te Atatu Peninsula Community Centre, Upstairs in the Dance Studio. So now you can get in the best shape of your life. You don't have to be a dancer, you don't have to be Coordinated, It's all about Moving and having Fun. Come try a class!!!!

I am looking for an on call casual entertainer to work at Little Miss Enchanted Pamper Parties. Would suit a high school student 14 years or older wanting some work or experience. Please email me at [info@littlemissenchanted.co.nz](mailto:info@littlemissenchanted.co.nz).

Just heads up I am a local Avon representative in West Harbour if anyone would like to see latest Avon catalogue. Thanks Shaz 027 317 6000.

Kia ora koutou everyone! You will notice that we have had a name change, and will now be known as the Manutewhau Community Hub.

This name change comes after extensive community consultation with local residents, organisations and iwi to decide which name best represents the hub, our community and our environment.

'Manutewhau' is of course the name of the beautiful waterway that flows through West Harbour. Its meaning derives from Mānu which means 'float' and refers to the floats made from the whau tree which were tied to nets. The name also alludes to the fact that the wider area provided an abundant source of food. As we are all about supporting, nourishing and developing our community, we feel this is a wonderful name for the Hub.

The new name means we will also soon have a sign! Watch this space for more developments - and a big thanks to everyone who participated in this process.

Nga mihi - The Manutewhau Community Hub team.

Who has saw this in the Herald? Marnie, who has done the most amazing work in Massey with Wai Care in our local streams and bush areas, is now on a nationwide tour with Freshwater Foundation and the Choose Clean Water



Tour! They are heading right around the country raising awareness of pollution in our rivers, streams and lakes, and looking for signatures on a petition to raise the standards of our waterways.

Hobsonville Point Farmers Markets have a small selection of Fruit & Vege but are looking to grow!!! Any local suppliers keen to add, they are looking for more. Email [hpfmmanager@gmail.com](mailto:hpfmmanager@gmail.com).

Apply yourself and get that license before you start that new job or course. [www.thedrivingschool.co.nz](http://www.thedrivingschool.co.nz) 09 420 2524 or 027 322 8961.

How is your eyesight? Do you suffer from macular degeneration and a whole host of other vision problems? Then I highly recommend this outstanding product from Usana called "Vision-ex" - it is absolutely wonderful to help strengthen and support your eyes! I have been using it continuously now for years and I can't live without it! You owe it to yourself to try this fantastic product! For more information, please visit my website - [www.romelaquinn.usana.com](http://www.romelaquinn.usana.com) - thank you!

# Propertynews:advice

## Market report with Graham

A new year often heralds the start of new trends, and we start to get an understanding of what buyers and sellers are interested in, what the banks are saying to clients, how many properties are on the market and how long have they been on offer. This in turn allows us to give, with some accuracy, the trend for the next quarter and allows buyers and sellers to understand what to expect when buying or selling property. Our prediction for residential property is a consolidation in prices over the next six months, they may fluctuate a little based on the motivation of the buyer and seller but on the whole will stay within 5% of their current position. Lifestyle property may show some value growth as homes on acreage still represent extremely good value for money compared to their residential equivalents. Therefore we think most lifestyle will grow by 5 - 7.5% over the next quarter. There is still much speculation by land bankers and SHA (special housing area) speculators, however Auckland Council seem to have minimised any future sign-offs in this area until current development has occurred and infrastructure has caught up.

So let's recap:

Hobsonville and Hobsonville Point continues to be a smorgasbord at \$620,000 through to \$1,150,000 for residential property. A steady supply of property is winning favour with the demand for new homes in a well-designed, modern township.

West Harbour sales have highlighted the diversity in homes selling at \$560,000 to \$1,415,000. Higher prices achieved in Bonnard Place, Vermeer Place and Bass Street.

Slow sales numbers in Herald Island and Whenuapai around \$935,000 and \$982,000.

Massey still showing strong supply as landlords cash in on high prices in the area. Sales sitting at \$460,000 to \$990,000 with the average price hovering around \$640,000.

We have in general been experiencing low numbers of property to market, which has controlled some of the reduction in demand post the October 1st property legislation change, however, inquiry has come back strongly from mid-January 2016.

With strong marketing, clear pricing, and excellent buyer databases which continue to grow there has never been a better time to contact Mike Pero Real Estate to understand the value that resides within your home or investment property and the correct action to ensure you get the maximum value.

Mike Pero Real Estate has a very sensible commission rate that

will save you thousands and deliver a substantial multi-media advertising campaign that will reach many thousands of interested and well financed buyers. It costs nothing to meet and talk about your thoughts, the market, value and time frames. It will deliver strong peace-of-mind and may be the motivation you need to get you ready to start your journey. Phone 0800 900 700 or view [www.grahammcintyre.co.nz](http://www.grahammcintyre.co.nz) Licensed REAA (2008). Or drop into our high profile office on the corner of Clark, Wiseley and Hobsonville Roads, Hobsonville.

## Money matters

We are receiving a lot more enquiries from first home buyers who see the current market as the ideal time to consider purchasing. Recent changes in their favour include:

1. Record low interest rates
2. Properties no longer being sold by auction – therefore removing pre-purchase costs
3. Lack of overseas buyers taking away competition

This lull in the market may be short-lived though, once the overseas buyers sort out their tax obligations.

Banks are still lending on a 10% deposit to the right candidates and if you don't fit this criteria, we have options to assist with raising the required deposit. Call us for a no obligation and confidential chat about your first house purchase. 09 411 9251 / 027 411 9255 or [david@davidlloydmortgages.co.nz](mailto:david@davidlloydmortgages.co.nz).

## Wills and keeping them up to date

Keeping your will up to date includes making sure that your proposed executors can take care of things if they need to. This includes making sure that your executor has sufficient mental capacity. If your spouse survives you but loses their capacity it will be necessary for another person to apply to be executor. However, a useful precaution to avoid unnecessary expense and inconvenience is to make your spouse a co-executor with a trusted family member who is much younger. Only one named executor needs to then apply for probate in order to deal with the estate. Finally, there is no obligation to make a beneficiary an executor. Sometimes these things are better carried out by a person who is not a beneficiary. It is always a good idea to check the location and terms of your will. Then, make any changes with the assistance of your lawyer who will make sure that all



David Lloyd  
Director

David Lloyd Mortgages Ltd  
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of the formalities are carried out. Luke Kemp - Kemp Barristers & Solicitors phone 09 412 9600 or email [luke@kempsolicitors.co.nz](mailto:luke@kempsolicitors.co.nz).

## AT Home Staging

Over the last few years a number of new styles have evolved in the interior design world. The descriptions aren't set in stone but they can give you an idea of how people mix styles to create something new. Some examples include New Vintage, Earthy Modern, Global Fusion and Edgy Classic.



When it comes to interior styling we often hear about "the rules" but it's important not to take them too seriously. The rules are important for determining things like size of your furnishings so that your home is pleasing to the eye, but when it comes to personal style there are no rules.

It's all about you and what you love. The most important thing to do when decorating your home is to surround yourself with things you love.

You should walk into your home and breathe a sigh of relief and feel a sense of calm and comfort.

Some people need a bit of help to express their style – which is where we come in with our Home Staging and Interior Styling Packages. For more information please contact Anna or Tracey on 021 136 3750 or 029 200 9011. Email [athomestaging@xtra.co.nz](mailto:athomestaging@xtra.co.nz) or visit [www.athomestaging.nz](http://www.athomestaging.nz).

## Digital advertising

Where you market your property can have a big effect on the outcome of selling your home, and nowadays, listing your property on the internet is a mandatory part of any marketing campaign because of the extraordinary reach it has to prospective buyers.

On the other hand, the internet is also a brilliant tool for buyers because of its simplicity. It's incredibly easy for people to narrow down their search by location and to then view interior images, floor plans and property videos. If they like what they see online, then they can very easily contact the agent and schedule an appointment to view the property.

At Mike Pero Real Estate, we utilise a range of property websites, including Trademe, Realestate.co.nz and Juwai, to name a few. The two major websites in the New Zealand market are Trade Me Property and RealEstate.co.nz. Both act as a virtual marketplace for real estate buyers and sellers, showcasing properties by location, budget, house type and more. Trademe boasts be-

**Graham McIntyre**  
LICENSED SALESPERSON  
BRAND & TERRITORY OWNER





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Auckland

ing the most visited real estate website by Nielsen/Netratings, while Realestate.co.nz provides the most comprehensive selection of property listings from licensed real estate agents in New Zealand. So together they are a formidable force when it comes to marketing your home.

Similar to Trademe and Realestate.co.nz, Juwai is also a property website but it is targeted to Chinese buyers. It is China's largest international property website and attracts 1.5 million unique visitors a month. So with almost every listing featuring on the internet, it's important to invest in upgrades so your property will have a strong presence and stand out from the crowd.

It has been shown that many online searchers drop off by page two of the search results and by simply going with a basic listing, it has been likened to having a billboard in the woods – no one will find it. The moral of the story here is that it's essential to invest in products like super features and packages which will see your property remain on the first page and be a familiar reminder for those must-have buyers.

## Bright lights, less power

I hope everyone enjoyed their holidays. With so many people out using their boats and camping, this is the time to look at power usage. Are you tired of watching your battery bank dwindle and having to recharge using noisy generators? The solution is using less power hungry fittings, for example, LED light fittings. LEDs provide more light for less energy consumption. They are easy to fit and require a great deal less maintenance. You will be changing lamps far less often. They also work well to light up outdoor areas for entertainment.

Not only are they a great energy saver on holiday, but also in the home. Traditional lamps are rated at about 2000 hours, where compact fluorescent lamps are 10,000 hours and LED's up to 35,000 hours. Fancy not changing a light bulb for 5-25 + years? LEDs save on power with low environmental impact. Give us a call if you would like more energy-saving solutions. Tony 021 772 756 or 09 411 8526.

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# AREA PROPERTY STATS

Suburb	CV	Land Area	Floor Area	Sale Price
<b>Herald Island</b>	840,000	885M2	140M2	982,500
<b>Hobsonville</b>	475,000	684M2	140M2	620,000
	380,000	92M2	62M2	520,000
	840,000	388M2	227M2	1,150,000
	830,000	450M2	202M2	1,020,000
	785,000	294M2	205M2	952,000
	660,000	405M2	155M2	815,000
	700,000	809M2	160M2	835,000
<b>Massey</b>	550,000	675M2	230M2	910,200
	380,000	403M2	80M2	531,500
	430,000	789M2	90M2	640,000
	520,000	600M2	100M2	655,000
	455,000	544M2	120M2	600,000
	380,000	1279M2	110M2	520,000
	420,000	506M2	84M2	580,000
	435,000	675M2	100M2	632,500
	670,000	451M2	180M2	990,000
	465,000	562M2	150M2	705,000
	410,000	615M2	90M2	625,000
	590,000	475M2	166M2	777,000
	525,000	729M2	140M2	600,000
	560,000	786M2	140M2	680,000
	415,000	350M2	150M2	640,000
	435,000	809M2	110M2	728,000
	540,000	448M2	156M2	665,000
	390,000	363M2	80M2	510,000
	380,000	718M2	90M2	630,000
	405,000	847M2	130M2	595,000
	510,000	466M2	156M2	660,000
	440,000	450M2	100M2	572,000
	630,000	1113M2	130M2	745,000
	630,000	1272M2	220M2	810,000
	390,000	813M2	100M2	630,000
	540,000	354M2	122M2	640,000
	455,000	652M2	90M2	555,000
	430,000	433M2	150M2	625,000
	445,000	607M2	90M2	635,000
	560,000	454M2	154M2	850,000
	590,000	809M2	140M2	690,000
	430,000	477M2	100M2	645,000
<b>Whenuapai</b>	650,000	1581M2	230M2	935,000
<b>West Harbour</b>	800,000	694M2	253M2	1,415,000
	440,000	450M2	140M2	559,000
	770,000	726M2	220M2	999,000
	840,000	700M2	237M2	1,210,000
	620,000	832M2	180M2	871,000
	750,000	793M2	240M2	1,015,000
	630,000	790M2	120M2	780,000
	640,000	664M2	100M2	825,000
	770,000	620M2	200M2	1,007,000
	750,000	730M2	170M2	992,000
	680,000	448M2	250M2	938,000
	600,000	884M2	120M2	850,000
	510,000	814M2	90M2	790,000
	690,000	435M2	140M2	815,500
	620,000	675M2	140M2	750,000
	590,000	860M2	160M2	799,000
	470,000	553M2	120M2	350,000
	540,000	770M2	136M2	770,000
	710,000	985M2	190M2	1,070,000

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then 1.95%  
thereafter”  
\* plus \$490 base fee and gst

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Phone

**0800 900 700**

**Graham McIntyre**  
Brand & Territory Owner



Mike Pero, Real Estate Ltd Licensed REAA (2008)



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

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



ELEVATED TUDOR STYLE ON ELIZABETH DRIVE, NEAR WESTGATE

3 1

Enquiries Over \$719,000

**33 Elizabeth Drive, West Harbour**  
Enquiries Over \$719,000

From the first time you lock eyes on this property it resonates a special connection, a sense of family fun and a statement of classic ambience. The section is elevated, boasting approximately 760 sqm, fully fenced front and back yard with a peppering of mature shade and fruit trees. An extensive patio with servery windows from the modern and fully renovated kitchen, the open living feel of the home makes it easy for family living and entertaining. Offering three generous rooms and detached double garage it is not short of space for the family nor the toys. The home overlooks Midgley Park and offers easy access to North West Mall, Westgate, West Harbour School, Transport Links and motorway access.



**Graham McIntyre**  
027 632 0421

graham.mcintyre@mikepero.com

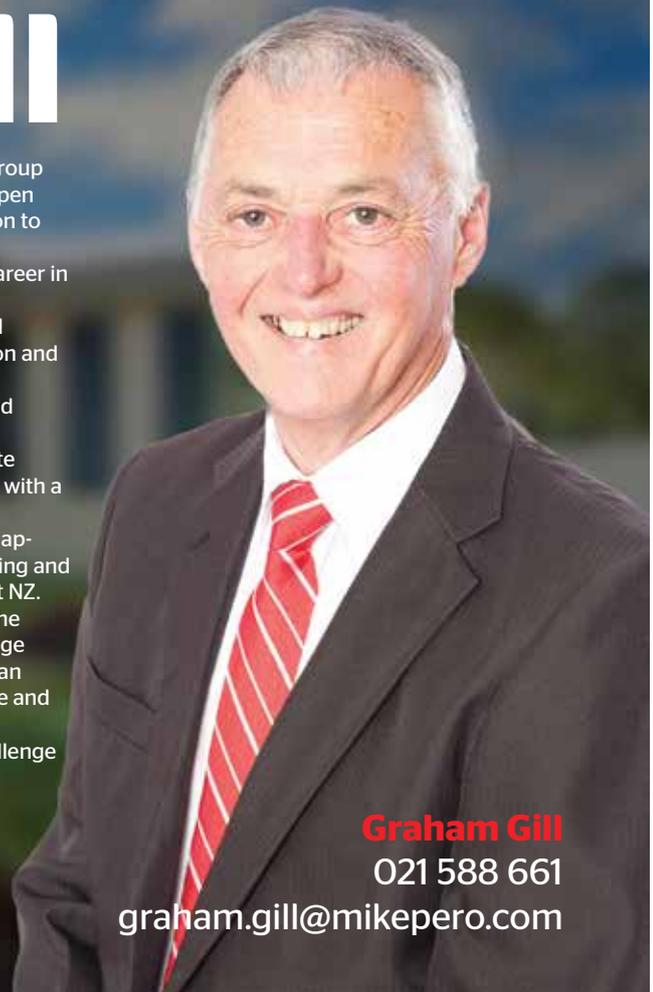
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# Graham Gill

Many baby-boomers will remember Graham Gill as a member of Auckland pop group The Dallas Four with appearances on television shows such as "C'mon" and "Happen Inn" and residencies at night-spots "Monaco", "Top 20" and "Platterack" in addition to performing at shows throughout NZ. Outside of his involvement in the entertainment industry Graham has forged a career in real estate spanning more than 25 years. Beginning as a salesperson in 1988 he quickly established himself as a successful practitioner specialising in the sale of high-end lifestyle properties by both auction and private treaty methods. Continuing his studies over the following years he qualified to Licensee status and became an Associate of the REINZ. From the early 90s Graham held management positions in a number of real estate offices throughout Auckland and established a reputation as a "straight-shooter" with a bent for "best practice", honesty and integrity. His ability in the areas of compliance, dispute-resolution and arbitration saw him appointed as a member of the Auckland District Committee of the REINZ investigating and resolving complaints from the public and disputes between agencies throughout NZ. After 20 years of managing, mentoring and training salespeople Graham made the decision to return to his passion of selling property. The experience and knowledge built from his years in the industry make him the obvious choice when selecting an agent who demonstrates professionalism, integrity, negotiation skills, persistence and the drive to achieve results. With his relaxed, friendly and confident style Graham consistently meets the challenge of achieving the best possible price in the shortest possible time.



**Graham Gill**

021 588 661

graham.gill@mikepero.com



## ELEVATED FAMILY HOME CLOSE TO WESTGATE

3 2 1

By Negotiation

### 7 Holmes Drive South, Massey By Negotiation

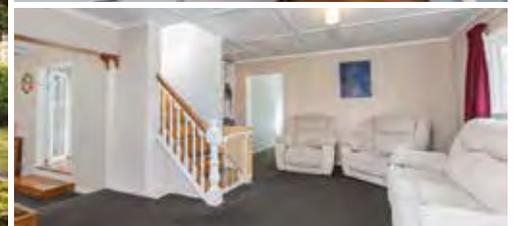
Generous home with single garage and independent double garage on over 860 square meters of land. Elevated sunny home offering open plan living, private outlook, with internal access single garage downstairs. A good lawn area and children's playground delivers great family play, while the fully fenced property keeps pets and children safe. Three generous rooms with separate bathroom, toilet and laundry has an ease of operation. The property is close to Royal Heights shopping, easy motorway access and close to Westgate and the new North West Mall. Transport, schools, parks and convenience shopping is moments away. We are happy to supply a list of the last 12 months of transactions in this area email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com).

[www.mikepero.com/RX576632](http://www.mikepero.com/RX576632)



**Graham McIntyre**  
027 632 0421  
0800 900 700

[graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com)



## CHARACTER COTTAGE IN WHENUAPAI - 1135M2 OF LAND

3 1 1

By Negotiation

### 58 Waimarie Road, Whenuapai By Negotiation

Cute as a button, this two level board and baton cottage has plenty of character and room to spare, resting upon 1135 square meters of flat land. The home enjoys three bedrooms (one up, two down), open plan lounge and entertaining leading out onto patio and gardens. If your next home is about character and personality, this is a must see. An independent single garage with carport delivers additional value. A short distance from convenience shopping, restaurant, schooling, parks and inner harbour. The CV on this property is \$675,000. For a complete transaction list please email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com).

[www.mikepero.com/RX625777](http://www.mikepero.com/RX625777)



**Graham McIntyre**  
027 632 0421

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EXCLUSIVE MURIWAI BEACH HOME WITH A OUTSTANDING VIEWS

4 1 2

Enquiries Over \$1,495,000

**151 Motutara Road, Muriwai**  
Enquiries Over \$1,495,000

An executive home and retreat that competes at the very top of the Muriwai property tree. From the designer kitchen to the elaborate alfresco options. The care and workmanship of the home is only comparable with the immense view that wraps around the north west of the home. A picture postcard balancing the breaking surf line with the shading of the native bush and the deep green of the forest canopy. Four bedrooms and an office, set over two levels offering options for guests or family. Three well featured Italian porcelain bathrooms, with underfloor heating and the mandatory outside shower. Four separate outdoor settings offering entertaining and sun/shelter options. Off street parking and garaging, storage and laundry room add to this elaborate picture.



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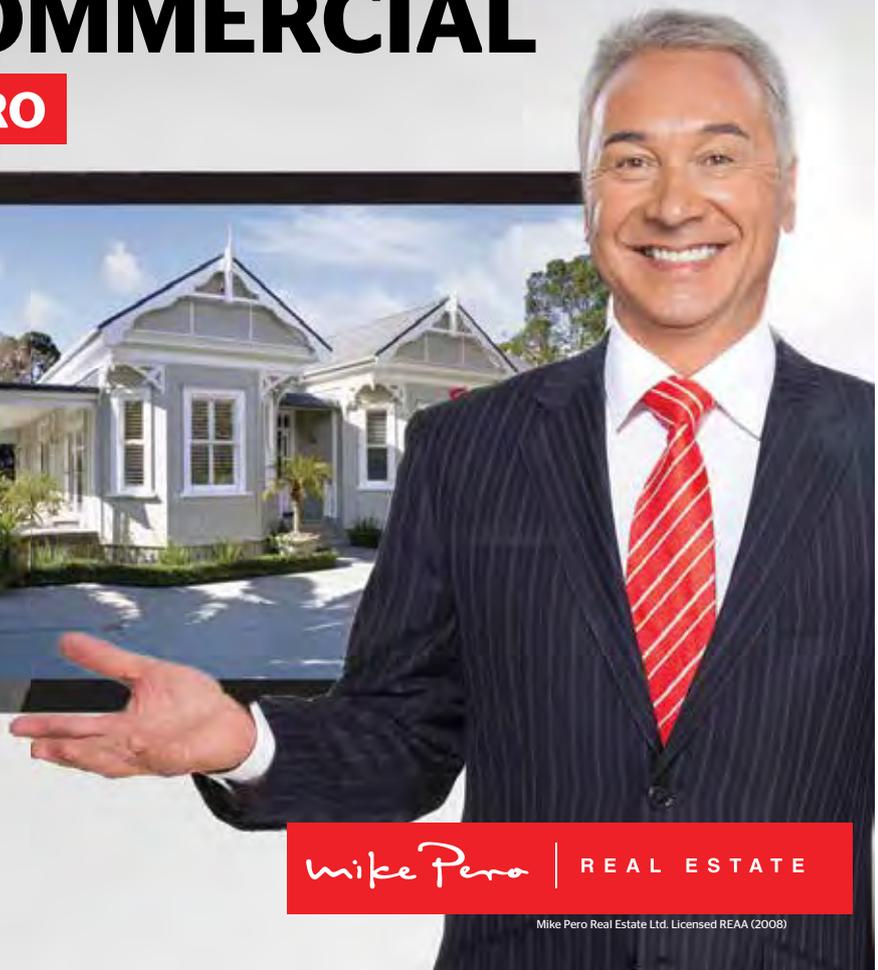
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**TUSCANY IN COATESVILLE PLUS BIG BARN ON 2 HECTARES** 4 1 2

**Enquiries Over \$1,795,000**

**557 Ridge Road, Riverhead**  
**Enquiries Over \$1,795,000**

Idyllic setting, nestled north west, enjoying all day sun from an elevated position looking over grazing land and native bush environments. This 1920's old charming bungalow has character, presence and delivers a relaxed and social environment. Outdoor living flow steps out to extensive entertainment decking to the north-west, to enjoy the sun but provide shelter from the wind. Four bedrooms, two bathrooms (one traditional and elegant), integrated kitchen/dining that makes the most of the space and the view. In addition the property also has a large 150 sqm barn that provides extra space and options for workshop projects, storage or stables. It is a lot of value and we welcome your viewing and your offer as soon as possible. Vendors have another project in their sights so do not dilly dally.



**Graham McIntyre**  
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[www.mikepero.com/RX649015](http://www.mikepero.com/RX649015)



**ELEVATED SETTING OVERLOOKING WAIMAUKU AND KUMEU** 4 2 2

**By Negotiation**

**102 Taylor Road, Waimauku**  
**By Negotiation**

Character board and baton home over two levels offering unique spaces and extensive views. Private and tranquil setting the home is East facing and enjoys vast morning sunshine and views that are only interrupted by Tuis' and Wood Pigeons. Backing onto native bush the home is quiet and secluded. Bedrooms upstairs and downstairs the home offers four rooms, plus upstairs and downstairs lounges, bathroom and ensuite. Decking upstairs and downstairs ensures space for the entire family while ensuring space and distance is never a compromise. Close to Waimauku shops, school, transport links and park, the only thing missing is you.



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 027 632 0421

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[www.mikepero.com/RX631464](http://www.mikepero.com/RX631464)



FAMILY FRIENDLY, SUNNY LARGE SECTION - RIVERHEAD 3 1 1

By Negotiation

**23 Queen Street, Riverhead**  
By Negotiation

Set on 809 square meters of flat fully fenced yard enjoying plentiful sunshine. This north facing bungalow delivers three bedrooms and an office/study or nursery room. The home has significant old world character, lovingly restored with ornate paneling and polished flooring leading onto large decking and lawn with well established fruit trees. Situated in "old school Riverhead", the home is in close proximity to The Riverhead, Boat Ramp, Riverhead School, Riverhead Domain and convenience shopping. It does not get better than this. The CV on this property is \$700,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com).

[www.mikepero.com/RX495373](http://www.mikepero.com/RX495373)



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# Health:beauty

## Change of ownership

Here at Westgate Optometrists we attract a very loyal clientele due to providing consistent, caring and professional customer service. After 12 years with Westgate Optometrists, we wish to advise that, effective from Tuesday 5th January 2016, ownership of Westgate Optometrists passed from Jan Thompson to Ricky Lee. Ricky has spent the last 2 years practising in Australia to further his experience. Ricky is returning to New Zealand to be closer to family, and it is his strong wish to continue building our established, independent practice to provide excellent long term care for our patients. Present staff and patient records remain as before for continuity and we have total confidence and peace of mind that Ricky and our very capable team will continue to provide excellent service and eye care for our valued clients. Westgate Optometrists will remain the exclusive Optometry practice at Westgate Shopping Centre, located opposite the ANZ bank and around the corner from Robert Harris Café. Phone: 09 831 0202 or visit our website [www.westgate-optometrists.co.nz](http://www.westgate-optometrists.co.nz).



## A new fitness establishment is coming to Hobsonville!

CrossFit Red Dragon is opening at 122 Hobsonville Road in early February 2016. CrossFit is a global fitness phenomenon that works on the principle of constantly varied high intensity training – the workout is different every single day and you might be lifting weights, doing handstands or gymnastics movements, running, rowing, skipping or there's always the dreaded burpees! Every workout can be scaled to challenge the newest beginner through to the already super fit and each class is coached meaning that you get individual training attention to reach your personal fitness goals. If you've never experienced CrossFit before, our safe and friendly beginner sessions will teach you everything you need in a no-stress class. Everyone is welcome at a free taster session at



CrossFit Red Dragon. Get in touch with our head coach Jess Greenland via [www.crossfitreddragon.com](http://www.crossfitreddragon.com), email [team@crossfitreddragon.com](mailto:team@crossfitreddragon.com) or phone 027 202 2591 to book in with us.

## Be sunsmart

Did you know that 69,000 Kiwis get skin cancer each year? Slip, slop, slap and wrap is so crucial, especially between September and April.

The large number of sunscreens available can be daunting, here are a few tips that may be useful in your decision.

SPF stands for Sun Protection Factor, which is how much protection against sun damage the sunscreen provides. The higher the SPF, the better the protection. There are two main types – UVA and UVB radiation.

UVA penetrates deep into the skin, causing long term damage, wrinkles and contributes to some skin cancers. Whereas UVB radiation penetrates the top layer of the skin and is the main cause of sunburn. Broad-spectrum sunscreen protects you from both.

SPF15 blocks about 94% UVB rays, SPF30 blocks around 97% and an SPF 50 blocks around 98%. Damage from UVR is cumulative, so the more time spent in the sun the higher risk of skin damage.

There are two classes of sunscreen – chemical and physical. Chemical sunscreens work by absorbing the UV rays, whereas physical provides a “physical” barrier between the skin and the sun. Chemical sunscreens contain a variety of ingredients and come in easy to use forms like spray or aerosols. Physical sunscreens contain either Zinc oxide or Titanium dioxide, which are great for sensitive skin as it doesn't absorb into the skin.

If you need further advice, come in to see us at our new pharmacy, Hobsonville Point Pharmacy (3B/160 Hobsonville Point Road, 09 222 0319 or find us on Facebook).



## The BIG opportunity

Just as you can thank goodness for a new day, even more so is a complete New Year. The ability to make New Year's Resolutions is a BIG opportunity to strive to do things smarter, quicker, better and with more love, kindness, compassion, caring than you

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you will receive a months worth of local exposure

did last year. An Auckland University health researcher said recently that HALF of New Zealand's doctors will be retiring within the next ten years! The problem with this is that there are simply not enough doctors to train new ones. This will be compounded by an avalanche of baby boomers as they succumb to the diseases of old age. You will see that you would do well to increase your daily physical activity and take charge of your health. After all, the best thing to rely on for your future won't come in a pill bottle, or an insurance policy, but what you eat and do physically today. Paul – CEO Club Physical.

## Going beyond the spine

Many people suffer from headaches, giddiness, arm tingling or achy legs, but not many realize that the problem might originate from their spine. Indeed, most of the nerves that supply limbs, body and head originate inside the spinal column. It is there, as they exit from the spine, that the nerves may be under pressure and cause discomfort into a distant area. Often, releasing muscle and soft tissue tension around the spine will bring relief to the recurrent headache or numbness in the hand (have you ever woken up with a numb arm? That's what I am talking about). Osteopaths have got the expertise to examine and treat those problems. Here at the Family Osteopathic Clinic, we regularly deal with a variety of symptoms that seem to be unrelated to the spine, but respond very well to osteopathic treatments. Come and see us at 39 Hobsonville Rd, West Harbour (up the road from Westgate). To make an appointment call 09 416 0097. For more information visit [www.familyosteo.com](http://www.familyosteo.com). Look forward to seeing you soon!

## Anytime Fitness

My team and I are very excited to be bringing Anytime Fitness to Hobsonville. Our goal is to create a community environment where everyone feels welcome. We're looking forward to being an active part of the community and helping motivate and inspire people to lead happier and healthier lives. Our members have the benefit of 24 hour access and reciprocal use to any one of 3,050 clubs worldwide, so you really can train anywhere, anytime! Our club is due to open at the beginning of March and we are located at 124 Hobsonville Road, directly behind the Countdown. Currently we're in pre-sale which means anyone who is interested in getting started is entitled to our pre-sale specials, which are running right up until our grand opening. To get in contact with us, you can call 021 024 48974, or email [hobsonville@anytimefitness.co.nz](mailto:hobsonville@anytimefitness.co.nz). Head over to our Facebook page for updates by searching 'Anytime Fitness Hobsonville' or our Instagram page @anytimefitnesshobsonville. We look forward to meeting everyone and helping the community get to a

healthier place. Victoria - Manager.

## My daughter and I can sleep and I beat cancer!

I received an email from a customer just before Christmas with the most amazing Christmas gift Vicki could ever get. Her MRI had come through with a clear result. Four months earlier I had done a GEOMANCY Health Test on her home, and found (without her telling me) exactly on her side of the bed, directly on her right breast, what is called a 'KNOT' (where two lines cross) of Geopathic Stress!

The GS line crossed her heart, then through to her 3-year-old daughter's room and ran completely down her whole body. The child had not slept a single night since they had moved into the house 12 months earlier, and used to wake at least 3-6 times a night. Vicki also woke several times a night on top of the times she had to get up to her daughter.

After my dowsing, she moved away from this 'stress', they all started sleeping through the night, and HEALING! Now she has the 'all clear'. Don't let Geopathic Stress be the cause of your ill health or lack of sleep. Call Nicky at [www.clearenergyhomes.com](http://www.clearenergyhomes.com) or 021 545 299.

## Back to school eyes

Does your child really see well? A child who doesn't see the board clearly might not complain – because that is the way the board has always looked!

Does your child screw up his/her eyes to see things in the distance, or to see things close up? Do you think your child is clumsy? So, have you invested in an eye test for your child? Hobsonville Optometrists offer specified Children's Eye Exams – allow an hour – with Frank Snell. Phone 09 416 3937 to book an appointment. Valentine's Day gifts - Gorgeous Quality Gifts at our store within Hobsonville Optometrists – Glasses and Gifts, 413 Hobsonville Road. Come and browse!



## Food intolerance's

Ever feel like some foods just don't agree with you? Leave you feeling bloated and uncomfortable? Do you have reactions to certain foods but can't put your finger on which food/foods it is? We now offer free food intolerance tests when you book in for any naturopathic consultation. We use QRA (a form of kine-



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siology) to identify foods that are strengthening and weakening to your body. For bookings or more information contact Selena Quinn, phone 027 448 7096 or visit [www.damhealthy.com](http://www.damhealthy.com). Family Osteopathic Clinic, 39 Hobsonville Rd, West Harbour. Facebook: @DamHealthy.

## Are you sitting at a desk all day?

Common complaints with desk workers are neck/back pain and headaches. Prolonged periods of sitting have also been associated with many health problems such as obesity, type 2 diabetes, increased blood pressure, high cholesterol and others. Some tips to help:

1. Assess how you are sitting and correct the position e.g. slouching- try sitting up and bringing your shoulders back; crossing your legs- uncross them and sit evenly in your seat.
2. Check your desk set-up. Are your eyes level with your screen? Or are you looking up/down which puts strain on your neck. Are your hands at the correct angle to the keyboard?
3. Take short but regular breaks to increase blood flow and circulation. Don't get stuck in one position for hours.
4. Regular exercise can counteract the postures you are sitting in all day.
5. Try a standing desk.

At the Body Clinic, we can assess your posture, treat your problem and give stretches that can help.

If you need more advice or information please contact The Body Clinic 09 320 3803, [info@thebodyclinic.co.nz](mailto:info@thebodyclinic.co.nz) or visit [www.thebodyclinic.co.nz](http://www.thebodyclinic.co.nz).

## Introducing Dr Dan ter Braak

We are pleased to announce that Dr Dan ter Braak has joined Drs Chris and Nolene McMaster and the team at Kumeu Chiropractic.

Dan is a graduate of the New Zealand College of Chiropractic, and joins us from a year as a Chiropractic associate in North London in England. Dan is also a semi-professional cricketer, having played for Hertford in the ECB Premiere League while he was in the UK. He is currently playing premiere cricket for Takapuna in the Auckland competition. Dan is passionate about the role Chiropractic care has on performance, not only from a sporting sense, but also on the profound effects it has on every individual's ability to express their own optimal potential to be healthier and happier in their lives. Over the month of February Dan is offering a special Complimentary Spinal Assessment as a way of introducing himself to



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the Nor-West community. If you have wondered whether Chiropractic care is for you, or if you have a specific problem you would like to discuss, he will assess your spinal health and advise you if we can help, free of charge. You must specifically ask for this Complimentary visit at the time of making the appointment. Please call Kumeu Chiropractic – 09 412 5536 to take advantage of this great offer.

## The Body Clinic Kumeu

Lana & Freya, who are sisters and long term locals, have just opened a clinic above Kumeu Gym. We closely collaborate with the Gym to ensure the best healthcare for everybody in the community.

We can help with the following: Back pain, pelvic pain, sciatica. Neck pain, headaches, migraines, jaw pain. Hip, knee or ankle pain. Shoulder, elbow or wrist pain. Sports injuries/muscle strains. Pregnancy and post-pregnancy related pain. Sleeping, feeding or digestive problems in babies. Asthma or breathing related issues. Growing pain. Digestive or gynaecological complaints. Postural complaints. Chronic pain. Joint pain/arthritis. Post-surgical stiffness/rehabilitation. Stress management. Delayed onset muscle soreness (DOMS). Health maintenance. Injury rehabilitation. Relaxation. Promoting restful sleep. Anxiety / Depression. Improves sports performance and recovery time. Please contact us to discuss how we can help you. Phone 09 320 8303 / 021 153 8404 or [www.thebodyclinic.co.nz](http://www.thebodyclinic.co.nz).

## Westgate Medical Centre

Westgate Medical Centre is conveniently located in the Westgate Shopping Centre. We are open 7 days a week, offering both a GP and an Accident and Medical service with onsite x-ray. You can book an appointment with us or use our walk in service.

Our vision is to provide quality, innovative and accessible healthcare to individuals and families. Our motto is Desire for Excellence, Passion for Care.

We have a team of well-trained doctors and nurses who have varying areas of special focus. We use the latest technology to help us provide you with a convenient and comprehensive range of medical and allied health services, all under one roof. We are accredited by the New Zealand Immigration Service to do Immigration Medicals as well as offering Travel Medicine Consultations.

Children under the age of 13 years are free if they are either enrolled with us or if their consultation is covered under ACC.

Phone 09 833 3134, Westgate Shopping Centre, Fernhill Drive, Massey.

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# Regular columnists

## Serving the community into the future

On the 25th November 2015 we celebrated the official opening and traditional blessing of the new early learning centre at Hobsonville Point. The Associate Minister of Education, Nikki Kaye performed the ribbon cutting ably assisted by the children of the centre.



The centre was opened for children in October and has been a great success, already operating a full roll with 60 children including 8 babies and 12 toddlers. Comments back from parents have been excellent and in particular praising the 100% qualified teaching staff.

Having already created strong links with the Primary School teachers, we will be developing the best possible transition for the children from early education to primary, the next stage in the development of a passion for learning and life for all of our children.

A happy 2016 to all of our families at Hobsonville Point.

For more information: Garth Halliday - General Manager, Northern Auckland Kindergarten Association Inc. Phone: 09 479 5869 or [info@naka.co.nz](mailto:info@naka.co.nz).

## Princess Cruises

Princess Cruises are a great option for all cruisers whether you are a couple, a family or multi-generational as they can cater for all age groups. They are offering "3 for FREE", their sale starts 18 December and ends 29 February 2016. So as you explore the world you will receive:

- Free onboard spending money
- Shore excursion credit
- Specialty dining for two

Princess have convenient departures from Sydney, Brisbane, Melbourne, Fremantle and Auckland. You can cruise to Asia, Australia, The South Pacific, New Zealand, Europe, Alaska and more. Cruises start from \$1329 for 12 night Treasures of Asia, 10 night New Caledonia & Vanuatu or 10 night Queensland.

See her website at [www.luxuryholidaycompany.co.nz](http://www.luxuryholidaycompany.co.nz) or contact her on 09 416 1799. Carolyn is based in Whenuapai and is available for appointments.

## So what are you worried about?

Happiness, it seems, is not our default. Out of the entire range of emotions a human can experience... joy, anger, anticipation, disgust, sadness, fear, trust, surprise, love... (the list goes on) is it really possible to experience one more than other or to pick and choose?

There are emotions we generally want to experience more than others. It makes sense that we want to feel happier because it makes us feel good. Jealousy feels terrible, why would we want more of that? So given we would rather experience some emotions more than others, are we in charge?

We can be given mixed messages about our feelings – we're told 'embrace your feelings', 'no-one can tell you how you feel'; we are given permission to put them on a pedestal, they call the shots. But our feelings can be excuses to do or not to do something. They can hide why we are really behaving the way we are. We use them to justify why we did what we did. Road rage is an action as the result of a feeling. But how did the feeling start - something happened then we reacted to it. We tend to hold tight, take ownership and commit to the ride that follows without asking 'does this help'?

I have recently completed two courses in philosophy and the famous German philosopher Immanuel Kant said 'beauty is in the eye of the beholder'. After much discussion our class concluded that 'beauty' is all of life, everything around you from work colleagues to nature to every situation you find yourself in. The point is, if life is in the eye of the beholder - it happens inside you and of course it's subjective - another will not see you and your life the way you do (in fact others won't perceive your obstacles as obstacles at all and wonder why you haven't just DONE IT). We see and experience life as a reflection of ourselves. It stops and starts with us. Yes things happen, setbacks occur but ultimately we are in charge. How we experience the next hour of our life is in our hands.

The more I see clients the more I believe that our feelings are more of a hindrance than a help. Action or non-action is usually based on a feeling. Psychologists tell us that 70% of what we feel is negative or moving us away from what we want. But choosing feelings at will seems to be the hardest thing the world! It doesn't help that we have NO experience in it.

Does worry help? Does anger fix the problem? Does jealousy create what we want? NO.

We need to practice feeling the feelings we want more of. Mind and body are not separate. You can't think and feel a certain way for 35 years and expect your body and life to function separate

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from this. It's intimately connected. Thinking and feeling is our way of BEING. Do we ever take notice of it? To be more aware of this a GOOD THING! If you can be clever enough to remind yourself that the worry is not helpful and panicking about the to-do list is unproductive and making you older, then GOOD ON YOU. Can we reason our way to feeling on par with the eternally present Buddha, emanating calm because the world doesn't need one more worrier...!

My way has been to give clients a type of meditation visualisation. A visualisation is about 20mins. Our default isn't the empowered version of ourselves, it's usually the opposite. So imagine for 20mins a day being the you that you want to be (because yesterday you probably weren't at all). The more your mind and body experience what you want and what you want to feel, the more life responds and things happen. Call Anna for a session. 021 555 658 or [anna@thinkyourbest.co.nz](mailto:anna@thinkyourbest.co.nz).

## Wellness holidays, great destinations that are good for you

These days we're all well acquainted with how the day-to-day chase of our modern lives drives up our stress levels, causes us to pack on the pounds, depletes our energy levels and threatens our overall health and wellbeing. None of which is any good for us! We can do something about it.

For your next break from the rat race, instead of planning to simply head to some ubiquitous seaside resort to flop on a lounge for a week or two, why not take a wellness vacation. A wellness holiday at a fitness and health spa is great for challenging yourself with new activities, such as workout sessions

with personal trainers, coached beach runs, guided bike rides, and classes such as Yoga, Pilates or Thai boxing. It's fitness but it's also fun and you get to reward yourself with relaxing massages and other pampering afterward.

The Luxury Holiday Company website is [www.luxuryholiday-company.co.nz](http://www.luxuryholiday-company.co.nz) or contact Carolyn on 09 416 1799. Carolyn is based in Whenuapai and is available for appointments.

## About the Westerly

The Westerly is a sister publication to the Kumeu Courier. Both publications offer cost effective advertising rates, while the profits from the publication are invested locally into area beautification and memorable charitable events. Advertising in this publication is not only easy on the pocket but it feels good too. No position loadings apply and space is allocated on a first in basis. Providing a platform for locals to communicate with locals, we have pitched the Westerly as a high quality casual read that can be picked up five or six times within a month for relevant and current views, opinion and advice. To advertise please email [glms@xtra.co.nz](mailto:glms@xtra.co.nz) or phone 0800 900 700 today.

## \$75 = 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 \$75 plus GST you can be exposed to over 18,000 locals for a whole month. That is only \$2.50 a day. For more information, email our editor at [jbw51red@googlemail.com](mailto:jbw51red@googlemail.com).

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# Localclubs

## The glorious sounds of leather on willow at Hobsonville Point

The Takapuna District Cricket Club's initiative to start up cricket in the new Hobsonville Point area has made some wonderful progress during the start of the 2015/2016 cricket season and promise to make further progress in the New Year.



The beautiful Hobsonville

War Memorial Park (HWMP) was the venue for some youth and junior cricket during the months of November and December 2015. This is thanks to the Takapuna DCC – Hobsonville Point (TDCC-HP) youth cricket team playing their home games at HWMP and also due to the Cricket Blitz games played after school at the park.

Takapuna - Hobsonville Point Youth cricket team was formed from players from the Hobsonville, Greenhithe, Takapuna and other North Harbour areas and competed in the Auckland Cricket Association (ACA) tournament. With new players and families coming together, this team had lot of successes on and off the field while winning some games and losing others. This team recorded three wins during the 1st half of the season over Eilerslie Cricket Club and two teams from the Suburb New Lynn Cricket Club. The notable performances during the first half of the season were the consistent batting efforts of Caleb Kingi (highest score of 60 runs), Niko Weerakoon (93 runs) and effective bowling performance from Logan Dunn, Mitchel Atkins and Harrison Gobbie.

The after school Cricket Blitz programme which is created to encourage new players to take up cricket was introduced by TDCC to Hobsonville Point area to cater for the more junior age group of cricketers. Several days of afternoon Cricket Blitz games were held at HWMP, thanks to the wonderful efforts of Harrison Wills from the Hobsonville Point Primary school (HPPS) and coaching support from TDCC's Director of Cricket Amita Weerakoon with support from some junior coaches. Harrison, who is a very promising cricketer himself, was instrumental in organising these coaching sessions for his mates at the HPPS with the help of the school staff and with Amita.

Photo - Harrison Wills from Hobsonville Point Primary School is congratulated and presented with a cricket bat by Amita Weera-

koon, Director of Cricket – Takapuna District Cricket Club During the new school term in 2016, Takapuna DCC are looking at providing these junior coaching programs and Cricket Blitz games for the schools in the Hobsonville area to develop the game further in this catchment. These school coaching programs will be provided at no cost to schools by TDCC and any schools interested in using these programs can contact Amita Weerakoon on [doc@takapunacricket.co.nz](mailto:doc@takapunacricket.co.nz) who is leading the Hobsonville Point Cricket project for TDCC.

The TDCC – HP youth team is looking for more players of 12 – 15 year age group to join this team to play in the 2016 part of the ACA tournament. Any interested players could contact the team managers Sandra and Ian Atkins: [atkins@ak.planet.gen.nz](mailto:atkins@ak.planet.gen.nz).

## Dance Works

Address: 47a Triangle Road, Massey, Auckland 0602

Phone: 021 024 79360

[nzdanceworks.wix.com/danceworks](http://nzdanceworks.wix.com/danceworks)

Dance Works holds dance classes from anyone aged 5+. Dance Works is all about having fun, experimenting with different dance styles, and getting fitter. There are both community classes and the option to have a class taught at your school, rest home etc.

## Northern Football Federation

Address: Hobsonville Domain, Hobsonville Road, Hobsonville

Phone: 09 416 7323, Email: [waitakerecityfc@xtra.co.nz](mailto:waitakerecityfc@xtra.co.nz), visit [www.waitakerecityfc.org.nz](http://www.waitakerecityfc.org.nz).

Northern Football Federation is the trading name of the Number 1 District Federation of NZ Football, one of seven district federations affiliated to the national body.

Established in 2000 we lead, inspire and deliver football in North Harbour, Waitakere, Northland and the Far North. Our values of integrity, engagement and development assist us in achieving our vision of incredible performances on and off the field.

Vision:

Football is at the heart of our community, with more people becoming lifelong participants in the sport

Purpose:

To create the best opportunities for football to thrive in our community.

To be specific about "what exactly Northern Football Federation does", we have published this list of our 'big picture' responsibil-

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ities. These we will achieve through our plans, our people and working and listening to your our members and stakeholders. The most important responsibilities we face are:

- Develop a vision and strategic business plan which complements and incorporates the goals of NZ Football whilst recognising the unique needs, personality and geographical area of Northern Football Federation.
- Ensure the Federation is on a sound footing so it can carry on long after the individuals who built it. Take the hard decisions early so the path becomes easier for those that follow.
- Develop Northern Football Federation Talent Centres to bring together promising players, coaches and referees to continue to grow skills and knowledge in our Federation, and provide them with opportunities beyond our boundaries.
- Manage our finances to ensure we can continue to spend on new opportunities and that those in the future will have a platform from which to grow.
- Set ambitious goals for our Northern Football Federation members, clubs, National Competition and Representative Teams, and work with them to realise these goals.
- Ensure open dialogue with NZ Football and the other six Federations, to help influence and improve the game outside our geographical boundaries.
- Encourage greater involvement, enjoyment, participation and competition in football (versus other codes and recreations) across all ages, genders and abilities.
- Present football and our various programmes in a modern, appealing and user friendly manner.
- Share our vision and offerings in an open and transparent manner with our members, and be efficient / modern and effective in all of our communications.

Provide a professional suite of specialist football services and make these available to our members to allow them to develop their own individual football offerings.

## Cameron Ballet

Address: Studio, 397 Hobsonville Road, Hobsonville, Auckland  
Phone: 09 627 7291

Email: [admin@cameronballet.co.nz](mailto:admin@cameronballet.co.nz)

[www.cameronballet.co.nz](http://www.cameronballet.co.nz)

Cameron Ballet Academy provides dance tuition in studios located in Auckland in the West Harbour and Hobsonville areas. We teach with a positive and dynamic approach and aim to assist each student to reach their full potential both technically and artistically. Above all, we aim to inspire a love and appreciation of Dance.

R.A.D classes are offered from Pre-Primary level to Advanced 2. NZAMD Contemporary classes are offered to students RAD Grade 4 and above.

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# Petstips:advice

## Keeping Dog Safe In The Workplace

In 2005 ACC started recording dog bite statistics across New Zealand and in the past 10 years dog bites have increased by 31%. In 2015 that equated to over 235 people being bitten per week - remember that is people who required medical assistance, not just a "nip".

When we are discussing dog bites, Industry is a forgotten area. But when we look at the 16 industry categories defined by ACC we see some surprising results. As expected the category that reported the most dog bites is Agriculture, Forestry and Fishing. These are your kennels, doggy day-cares, groomers etc. Interestingly the second is Property and Business Services: Real Estate Agents, Property managers, Cleaning Services etc. The third is Health and Community Services: Plunket, Ambulance, Midwives and so the list goes on.

As we know the Health and Safety Reform Bill Update will be finalised in parliament on the 4th April 2016. But what does that mean?

The Bill provides a range of new and existing enforcement tools and compliance mechanisms to the regulator, inspectors and district court. Failure to comply is an offence under the Bill and the person will be liable to pay a fine. The fines are tiered to distinguish between individuals and corporate entities (such as companies).

This Bill also includes the introduction of PCBUs – a Person Conducting a Business or Undertaking. This is the allocation of duties to the person or entity in the best position to control risks to health and safety.

You can no longer delegate responsibility!

The introduction of PCBUs means that a person can now be personally liable. If the person is found to be not complying with the Bill and if they are supervising others without providing the correct training that is offered to them they can become personally liable.

The Bill also states that an officer of a PCBU (such as a director, board member or partner) must exercise due diligence to ensure that the PCBU complies with its duties.

It is worthwhile to talk with some of the consultants that are available to help you through this process. Ensure that the organisation you choose to deal with are legitimate and that they



do not use scare mongering tactics. Worksafe NZ are warning people to be careful and are working with an industry body to establish an accredited register for health and safety consultants.

When you have identified the risks and you require outside assistance to train you staff; do your homework. Is the company experienced in the field? Are the staff qualified? Can they provide you with testimonials and references? What is their experience?

When it comes to dogs in the working sector The Dog Safe Workplace can help.

Do any of your team come across dogs in their line of work? Have they had training on how to deal with the dogs that they meet? Do they know how to recognise any signs that the dog is uncomfortable with them being on the premises?

The Dog Safe Workplace can offer you training either in a classroom environment or as an online course. It is designed to provide workers with knowledge to keep themselves safe around dogs. Visit [www.dogsafeworkplace.com](http://www.dogsafeworkplace.com) for more information.

## The K9 Way

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The focus is on the relationship between you and your dog and how you can build more respect, trust and understanding.

After all, you want a sound solution for the issues you are facing, not a band-aid.

If you are busy and do not have enough time for your dog, The-K9Way's professional dog walking & minding services will fulfill your dog's mental and physical needs.

Book a free phone consultation or free Meet & Greet online at [www.thek9way.co.nz](http://www.thek9way.co.nz) or call us now on 021 239 0635.

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## Raw-feeding and mixed feeding

A well-planned, species-appropriate raw diet promotes strong gastric acidity in carnivores.

This enables them to fully digest raw meat, bones, organs and



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tripe. Strong acidity promotes absorption of the nutrients from this diet. It also protects the carnivores from disease-causing bacteria that can be present on all food.

Processed diets (including grain-free products), with their higher carbohydrate content, impair the production of strong gastric acidity. If a cat or dog is fed a mixed diet - raw and processed - they are at risk of not being able to fully and safely digest their raw food.

This is why we advise pet owners to make a choice - feed either a processed diet, or a well-planned raw diet, but never both!

So if you are ready to go raw, Visit Raw Essentials Kumeu, where store manager and Veterinary nurse Amanda, and her team, will help you achieve the very best real raw food diet for your cats and dogs! 250D Main Road, Kumeu. Phone 09 281 055, email [info@rawessentials.co.nz](mailto:info@rawessentials.co.nz) or visit [www.rawessentials.co.nz](http://www.rawessentials.co.nz).

## Bark NZ

Well, we had our first 'roadie' for 2016... Down to the beautiful Te Awamutu to visit Safe and Happy Kids Te Awamutu and Pekerau and we were lucky enough to stop and enjoy a well-deserved coffee/water stop at dog friendly Leadlight - Glass Studio & Gallery Café on the way.

Flicka the Swedish Vallhund had her first running races, which she proved very good at and Dyson handled the two back-to-back sessions very well (still thinks he's a puppy!) but he is struggling a little tonight.

The kids ran an amazing donation drive, check out the bags of food that we can pass on to some deserving dog rescues Thanks for having us guys, we had an awesome day!



## Ella's story

"I really enjoy getting comments from other dog owners about how well our dog looks, but I have to tell them it is not all down to us. Ella is an 8 year old huntaway x that suffers from a joint condition and she would often struggle in the morning to get up from her bed. She also spent plenty of time scratching and seemed to continuously moult. We decided to make some changes and her diet was a starting point. After doing some research I came across the Raw



Essentials website, it made sense. I knew Ella had plenty of exercise so I thought, why not give her plenty of exercise but add a diet of raw meat too.

Ella's job is working with me at Country Bumpkins taking other dogs for high energy exercise which involves tackling steep hills. She is on the go the whole time we are out and the dogs love to follow her to see what she is up to.....she knows all the good spots!

One year on we have a very happy and energetic dog that bounces off her bed each morning to start the day. She has a beautiful shiny coat, hardly scratches and only moults with the seasons. I have had to resort to hiding her food in the fridge otherwise she does have a tendency to park herself in the kitchen and demand it - quite amusing though!

Comparing the cost of raw to processed food for me is a no brainer. Ella is exercised more than the average city/town dog yet she needs less of the raw food and the health benefits are obvious.

If you are unsure where to start then visit one of the stores and talk to the knowledgeable staff. Each time I go in to the Kumeu shop I come away with another piece of useful information."

250D Main Road, Kumeu. Phone 09 281 055, email [info@rawessentials.co.nz](mailto:info@rawessentials.co.nz) or visit [www.rawessentials.co.nz](http://www.rawessentials.co.nz).

## Vets North Kumeu

We have our next Puppy School starting at Vets North Kumeu within the next fortnight. Classes run over 4 weeks, on Wednesday nights from 6pm. We have a few spaces left so please get in touch if you would like to join our next intake. 68 Access



Road, Kumeu phone 09 412 9016 or visit [www.vetsnorth.co.nz](http://www.vetsnorth.co.nz).

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# Insider: Bethells Beach

## Welcome to Bethells Beach

Bethells Beach is a coastal community in the Auckland Region in the north of the North Island, New Zealand. The Māori name Te Henga, meaning sand, originally applied to a wide area of the lower Waitakere River valley, but in 1976 the New Zealand Geographic Board changed the name of the beach from Bethells Beach to Te Henga (Bethells Beach).

The beach is approximately 30 kilometres north-west of Auckland City, at the mouth of the Waitakere River where it flows into the Tasman Sea. One of several popular resorts in the area (others include Muriwai, Piha and Karekare), it experiences a population explosion in summer when Aucklanders head to the sea.

The Te Henga Valley shows evidence of human settlement dating back over 1000 years. The cultural history of the area is of archaeologically significant sites, including food gathering areas, pā, walkways, canoe landings and sacred places.

The arrival of Europeans in the 19th century led to major changes in the character and shape of Bethells Beach. The most significant of these changes was the clearing of the land for timber and pastoral farming which began in 1854 and continued until the 1920s. In addition, a dam was constructed on the Waitakere River in the 1920s, drastically altering the level of the riverbed and reducing the outflow of water to the sea.

John Bethell negotiated with the Waitakere County Council to sell the land that is now known as Te Henga Park. The Council considered the beach and park area would provide excellent recreation facilities for residents of Auckland. Te Henga was recognised as a place of regional significance.

The sand dunes have accumulated in several phases over the last 4,500 years. This accumulation has occurred since sea levels returned to about their present levels following the last glaciation 6,500 years ago. These sands contain quantities of black titanomagnetite derived from the volcanic rocks of Taranaki and carried north by coastal currents. The dunes continually move in a dynamic coastal process. There are three dune-impounded lakes: Lake Wainamu, Lake Kawaupaka and Lake Waiatarua.

If you enjoy the diversity of sand and sea or the intimacy and tranquillity of the lakes and native bush, Bethells offers a very special environment to relax and enjoy.



## Bethells community day



Come on down to the local domain on Sunday 31 January 9.30 to 5.30pm and enjoy a brilliant, fun filled day for all the family.

Off Road Race - Starts at 9.30 am from the domain.

Run or walk off road race for all ages, children welcome. Call Vicki on 09 810 9077 for more info, or just turn up at 9am-ish.

Live Music - A stunning line up of local talent. If you would like to perform please call Rico on 09 810 9101. First in first serve basis.

Kid's Talent Quest from 12.30 – 1.30pm

Always a popular competition for our many talented rangatahi / youth to enter. All welcome. Prizes for the winners. Register with Belinda on the day.

Games for kids and adults

Lots of games organised for young and old. Including our infamous street tug o war! Te Aute Ridge Rollers Vs Tasman View Tigers, Bethells / Te Henga Rd Beasties Vs Erangi Sharks.....

Art Tent - Show your art in the art tent. Sell or display. No Commission. Bring your work ready to hang on the day at 9am. All care taken with your work – objects or work on paper.

Children's Jewellery with Beads - Opportunity for children to make new jewellery from old donated beads. Do you have any broken/unwanted beads you wish to donate? Please bring them to the Art tent.

Food Stalls/Car Boot Sales - Just turn up - \$10 per stall Bethells / Te Henga's next hottest baker!

Are you a baking superstar? Even if you just love baking bring along your finest cake, which will be judged on the day by an experienced cake eater and maker Annette Lees. The cakes will be sold off after the competition to raise funds for the next community day. A special prize will be given to the winner. Please bring your cakes to the cake tent by 10.30am.

Community Produce Swap 11am until all gone.

Too many courgettes? A glut of plums? Can't eat all that home-made chutney? Made lots of jam but can't use it all? Want to swap some baking? Bring along any of your surplus veggies, bread, cakes, fruit, preserves, eggs, seeds, flowers, herbs and swap them for other goodies.

If you are interested in this or want to know more about it please contact Pam Tate on 09 810 8096.

Te Henga Tough Girl - Tam and Sam have the ideas, and want to have a bit of fun on the day, so girls, be prepared to enter for the fun!

Other Activities include: Food Stalls, Car Boot Sales, Raffles, Bethells / Te Henga Merchandise (T-shirts, Stickers, Coffee Cups, Caps), Local phone list, Bethells Beach Surf Life Saving stall, Bethells Beach Fire Brigade Beer tent and the famous water slide!

Community Day is a not for profit / self-funded event. Money raised on the day funds the next year's Community Day. Please note: "DOGS ON LEASH"

For any further information on any of the events please call Sue Beesley on 09 810 9234.

## Bethells Cafe

A Bethells beach tradition, the Bethells Café, owned by long-time local Bethells Family the Wheelers - Jim, Anna, Johnny & Miriama and amazing staff for last 10 years, a Summertime café that sits in the TeHenga park.

Quality Beach food, Allpress coffee and smoothies, juices, the famous "West Coast Burger",

Loved by locals and city dwellers that come to the coast.

Open Weekends 10am to 6pm – Live music Friday nights from 7pm.



## Bethells Beach Surf Club

Based on Auckland's rugged West Coast, Bethells Beach is well worth a visit for both locals and tourists, offering an unspoilt and unique landscape.

During the summer months, Bethells Beach Surf Life Saving Patrol provides life guarding services to protect the public visiting Bethells Beach. Volunteer lifeguards are rostered on every weekend and public holiday between October and April, with paid Regional Guards filling in the week days during the peak Christmas period.

We have an active Junior Surf programme as well as adult surf sports and welcome new members. If you are interested in becoming a member please view [www.bethellsbeach.org.nz](http://www.bethellsbeach.org.nz)

There are many reasons to join a surf club. Whether it's to train as a Lifeguard, develop new skills or to simply make new friends, the Bethells Beach Surf Life Saving Patrol is an excellent choice. The club offers a supportive environment, has a family feel about it and a strong reputation for being friendly and welcoming to all.

Many of our Patrol members (Lifeguards) started out as Junior Surf parents or nippers, the latter going on to train and qualify as Lifeguards at the completion of their Junior Surf years (ages 7-13). We also have a number of members who choose not to go down the Lifeguard path electing instead to enjoy the ben-

efits of belonging to the club in an Associate member capacity. All members irrespective of whether they participate in water-based safety or not have the opportunity to get involved with club life in other ways, such as, joining the Committee, filling a Junior Surf Team Manager role or qualifying as a Surf Official, where they get to officiate at surf carnivals and surf sports events at a local, regional or national level.

Whatever your level of interest there's a place for you at Bethells! For further information contact 09 810 9587 or email [info@bethellsbeach.org.nz](mailto:info@bethellsbeach.org.nz).



## Bethells Beach Cottages

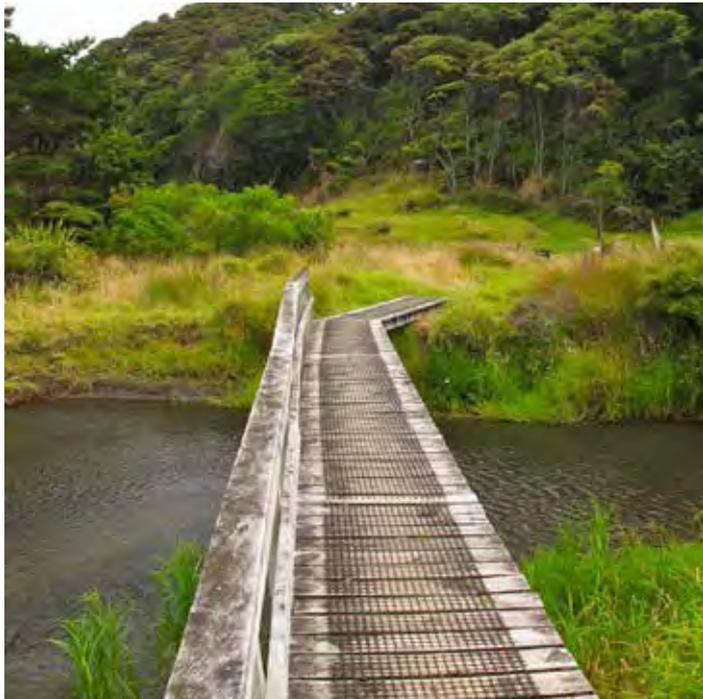
This may be the perfect place to pause and remember what relaxing feels like. Connect and unwind in the peaceful sanctuary of our Bethells Beach accommodation.

Our three boutique cottages are positioned high above Bethells Beach, overlooking the black iron sands of the dramatic Auckland west coast and the Tasman Sea. Sit back on your private deck with a glass of local wine, taking in the vast views and enjoying nature's theatre.

The contemplative and stress-free surroundings of Bethells Beach is the perfect partner for special occasions and events, and we have the facilities to cater for weddings, celebrations, corporate functions and planning days. Contact Trude on 09 810 9581 or email [info@bethellsbeach.com](mailto:info@bethellsbeach.com) or visit [www.bethellsbeach.com](http://www.bethellsbeach.com).



## Te Henga Walkway from Bethells Beach



This track is now part of the Hillary Trail (external site) which connects a network of existing tracks and basic backpacker campgrounds in the Waitakere Ranges.

Time and distance:

- Bethells Rd to Constable Rd: 8 km or 3-4 hr one way
- Bethells Rd to O'Neill's Bay: 2 km or 45 min one way

The track follows coastal cliffs and is rutted and steep in sections. It becomes slippery after periods of rain. Take care around old slip sites.

From Bethells Rd the Te Henga Walkway crosses the Waitakere River by footbridge, rising along a graded section, to superb views of lagoons, dunes and the west coast surf down to O'Neill's Bay, where you can return along Bethells Beach.

To continue along Te Henga Walkway, the track climbs steeply then follows along the cliff-top where you may see gannets diving for fish. The track exits through a farm valley and another steep climb to Constable Rd. Care is needed on this track, which traverses coastal cliffs and is uneven and muddy in places.

## Safari camping at Bethells Beach

There are several private campsites to choose from, each one set among the farmland and bush-clad hills that shelter behind the huge sand dunes of West Auckland's Bethells Beach.

The dramatic dunes, wild black-sand beach, fresh water lake and nearby bush walks and waterfalls have been the location of many iconic New Zealand films - and make this spot an ultimate getaway destination.

The canvas tent, designed by owner Jim Wheeler, was inspired by the luxury safari tents of Botswana as well as the Maori whare. Its heavy-duty canvas walls pull back like theatre curtains to reveal two intimate rooms.

Campers can also order food hampers, stocked with fresh bread, local meat and other larder provisions.

Over the sand dunes towards the beach, the Bethells Café (another enterprise of Jim and his wife Anna) is open in the week-ends for excellent coffee and delicious eats.

Check the website for opening hours seasonally.

Wainamu Luxury Tents are available for booking during the summer & winter season, from October through to June.

Rates are \$250 per night or \$200 each night.

Wainamu is off-the-grid, so has no electric power source. Energy for hot water and cooking is supplied via LPG gas bottles. Kerosene and battery lanterns are for your light use.

The private camping bathroom has a flushing toilet, a shower and LPG hot water outside bath under the stars.

Cooking is done on a gas BBQ and a gas ring, and Weber kettle BBQ camp kitchen area, there is an open fire with tripod for real camp style cooking.

The pantry area has all your basics, tea, coffee, sauces, oil, pepper, salt, garlic and fresh herbs, we gift you bread and local free range eggs for your stay also.

There is an 110litre chilly-bin with ice that is stocked with milk, yoghurt, butter and a freezer available if required.

There is no mobile phone reception, you are welcome to give our home phone for parents, babysitters, emergencies etc.

All pots, frypans and dutch oven casserole pans, cutlery, plates, knives etc are there for your use.

For bookings and more info email us at [tehenga2004@hotmail.com](mailto:tehenga2004@hotmail.com), email is the best way to contact us or 022 384 0500 or 09 810 9387.



## Bethells Beach property report

Property sales in Bethells and Te Henga are few with most residents having a generational relationship with the area and with property in the area. Homes come up from time to time that can be described as beach batches through to expansive elaborate architectural homes with commanding views and construction materials that reflect the unique aspects of Bethells rustic and rugged rock faces, softened by cool stands of Nikau and Kanuka.

Over the last 12 months a handful of sales have concluded from \$700,000 through to \$755,000 for residential and \$887,000 to \$960,000 for acreage in the Bethells and Te Henga area. Sales volumes are low and typically there are only a few properties available at any time, likewise demand in the area is light. Rental properties are available from time to time, Quinovic - West Auckland have a four bedroom two bathroom home available at \$575 per week in Tasman View Road.

If you have an interest in buying or selling in Bethells Beach contact Mike Pero Real Estate on 0800 900 700 - Licensed REAA (2008).

## Plum Butter Cake

2 cups flour  
2 tsp baking powder  
4 tbs milk powder  
1 cup caster sugar  
1 cup water  
2 eggs  
8 oz butter – melted.  
Cut fresh plums into slices  
Pre heat oven to 190°C



Combine all dry ingredients together then add all wet ingredients except plums.

Mix until smooth and pour mixture into lined 9 inch tin and place plum slices around to cover the top.

Bake for 30 – 40 min then leave to cool.

Sprinkle with icing sugar and serve with whipped cream or yoghurt.

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



## Weekly meditation group

The weekly Meditation group run by Medium Healer, Glenn Lewis, will be starting up again on Wednesday 17th February 2016.

The class proved very popular last year growing throughout last year and many people made it a regular part of their week.

The class is open to anyone, regardless of meditation experience. Glenn welcomes all beliefs and simply offers an opportunity for people to sit in peace and quiet as Glenn takes the group through a guided meditation. He concludes with messages from the Ascended Masters.

The class is held every Wednesday at 10.30am and runs for around 1 – 2 hours. Seating is available, bring a bottle of water if you wish. Parking on site.

To assist with numbers please register your attendance via [www.ascensionhealing.co.nz](http://www.ascensionhealing.co.nz) or phone Glenn on 09 411 8652.

Ascension Healing, is located on a peaceful property in stun-



ning Muriwai Valley and offers Spiritual readings and healings. Ascension Healing, is located on a peaceful property in stunning Muriwai Valley and offers Spiritual readings and healings.

## Muriwai Golf Links

The Muriwai Golf Links has contracted Cook and Butler Cuisine as its new caterers since Xmas 2015. Cook and Butler have been operating the catering at Titirangi Golf Club for several years and have built up a fine reputation both for in and out of house catering.

The Club café is open Tuesday till Sunday from 10 am till 4 pm and is open to visitors to Muriwai Beach, whether or not you are golfers.

So why not enjoy the magnificent West Coast ocean views while you are eating fine café food and enjoying tasty Karajoz coffee... and perhaps sampling the great championship golf course as well. We look forward to seeing you at Muriwai Golf Links, Coast Rd, Muriwai Beach.

## Woodhill Sands

February at Woodhill Sands will start over Waitangi Weekend with the Alltech GP Show Jumping show and finishing with the Aon Insurance Premier Show Jumping Show (20th & 21st February 2016). Aon Insurance have been event sponsors for four years now and this show is certainly the highlight for many riders with the Series final of the Fiber Fresh GP Super Series and the Equissage Horse 1.10m series (where the winner will receive an Equissage unit to the value of over \$9000). Entry is free for spectators, show jumping all day with entertainment the Saturday night and The Aon Grand Prix Sunday midday. All welcome. Picture (Olympic rider Katie Laurie wins last year's Aon Insurance Grand Prix being presented her winners rosette by Tom McKellar the Kumeu branch manager of Aon Insurance).



## Love is in the air

February - Valentine's and wedding season kicks off - [www.smashingweddings.co.nz](http://www.smashingweddings.co.nz) is the perfect place to find that perfect gift, invitations, party favours, personalised glasses, place name settings, something to suit everyone's budget. Our experienced team can assist you in creating that special gift to show your appreciation and ensure your special day is an occasion to remember.

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# Home:garden

## Summer gardening

The weather forecasters have been predicting a dry summer, which is often a difficult time for your garden plants. Now is the time to make sure you are prepared for a long dry summer.



### Mulching

The best way to prevent moisture escaping is to cover your soil with a blanket of mulch, with the added bonus of weed control. This will keep the roots cooler and conserve available water.

Weeds grow fast, and compete for valuable moisture, so be sure to remove them before mulching for best results.

Mulch, and compost improve soil and holds moisture as they break down. This time of the year would be a good time to replenish old mulch, or mulch your new garden.

We have in stock Daltons Mulch & Grow in the 40L bag which is a great mulch. Mulch and Grow is a weed free bark based mulch enhanced with essential plant nutrients. It is excellent for moisture retention, weed suppression, growth booster, ground cover and landscape beautification.

### Watering

Be aware of the moisture level in your soil. If the soil is moist 10cm below the surface it should be fine, if it is dry at this level it needs to be watered. In hot weather check the moisture every 2 – 4 days.

Be sure to water deeply every few days in dry weather which encourages roots to grow deep into the soil, where they are least likely to dry out. If you only water little and often this will promote shallow, drought sensitive roots.

Don't water in the middle of the day as most of the water will evaporate. Morning watering is great for nutrient absorption, as plants tend to be most active at sunrise. Take care to water the soil rather than the foliage.

Don't forget your suntan lotion and hat!

## Weed control that is not carcinogenic

Roundup has strong links as a carcinogen relating to the herbicide's primary chemical, glyphosate. Well documented through the World Health Organization, many countries have already started banning its use. Yet in New Zealand its use has remained

strong. Weed control on lifestyle blocks, schools, public spaces and businesses is very time consuming without sprays. We are pleased to now offer a 100% organic weed control service that uses steam and hot water to penetrate and kill weeds/ grasses etc. Keeping your property/ business/ schools/community spaces tidy but insuring carcinogens are not harming your family, customer's animals and crops. For bookings and more info contact us today at burrows186@gmail.com.

## Six decorating quick fixes to start the new year off with a bang!

After all that Christmas excess, January is a time for a fresh start. This week, I'm going to focus on the small stuff – the quick decorating touches that uplift a room and provide instant gratification!

People underestimate the power of scale in a room. If you have a space that is full of smaller knick knacks and accessories at eye level, break this monotony up by introducing a really large piece. Try a large urn, vase with a tall branch, a lamp or some chunky candle sticks. Furthermore, try accentuating their height by propping them up on a stack of books or a table. When you look around your space, your eye should jump around at various different heights taking in all of the wonderful elements, not remain on the same horizontal plane.

Get arty farty. One of my favourite go-to online stores for prints is Society 6. We recently bought this awesome highland cow print for our studio and had it framed in NZ. When it comes to framing, the trick to making a piece of art look grander is to give it a really wide surround. Schwanky!

Get creative and take a punt with paint, pick a wall (or an entire room) and take a risk. If there is normal to good natural light in a space then you have the licence to go as dark as you like. While we are here, I'm going to smash the myth that painting a small room dark makes it look smaller. If you keep your ceiling, trims, and furniture light then the dark paint will recess the walls further back making your space look airier and more spacious – anyway I'll save tricks on how to make small rooms appear bigger for another day. You don't have to go dark if that's not your thing, perhaps a fresh natural hue floats your decorating boat? Whatever it is, just take the risk and try something new!

Go green. I know I always bang on about this, but greenery really is one of the best and easiest ways to inject freshness into your pad. Plants add much needed texture and vibrancy to a space. You can get away with using all sorts of different plants

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in all sorts of different pots in the same room.

Style your books. Rather than having all of your books upright (yawn) stack some horizontal, creating a series of perfect platforms for sculpture, candle sticks, vases etc. Try to give your books breathing space by separating them into smaller piles, this gives them a sense of importance, like they're a piece of art themselves. Gaps also make great opportunities for displaying some of your favourite finds.

Style your coffee table. A tray is always a good way to anchor your collection of coffee table goodies – there are some fab brass trays out there that would add instant glam factor to any space. Then start playing. Add a scented candle, some greenery, stacked books or mags, something sculptural and boom, nailed it! Whatever you use, try to aim for varying heights and use colour that reflect and compliment the rest of your room.

So that's it for me today, stay tuned and never miss a post by signing up to the Lou Brown Design blog at [www.loubrown.co.nz](http://www.loubrown.co.nz). I'm also constantly updating my Facebook so you can keep up to date with my journey through the exciting world of interiors.

## Pimp your mower

Blazer Engineering – Saving the World from Badly Mown Grass! If you've got grass you have probably got a mower? Spring is finally here so now is the time to ensure your mowing machinery is in tip-top condition to tackle the summer ahead.

Blazer Engineering are the people to call for all your mower servicing and repairs. Their on-site service will have your mower running and cutting sweetly with the minimum of fuss.

John Tutchen from BLAZER Engineering has established his new business in order to make his skills available to a wider audience

than just those lucky JD owners he has met around West Auckland over the past 7 years working as a Specialist Technician for the local "Green & Yellow" dealership.

John is widely regarded as Auckland's top mower technician. He will check your mower and your grounds then advise a cost-effective service and /or repair to enable you to mow with the confidence that your lawn can look its best this summer.

It doesn't matter which brand of mowing machinery you have – John has the experience and skill to make sure your mower is performing at peak efficiency. "Poorly maintained mowers can be costly in both fuel and repairs" he says.

"Blunt or damaged blades can lead to disease in your grass and poor 'after-cut appearance'" John adds.

Factory trained on John Deere, Toro, & Ransomes Jacobsen mowing machinery due to his specialist skill as a Golf Equipment Technician, John has experience both here in NZ, and overseas in Britain where the art of mowing grass is not just a matter of life and death – "It's more important than that!" he quipped.

So, if you want Prompt, Professional and Proper service for your grounds care machinery – Call John at Blazer Engineering on 021 663 669.

## New Zealand's first national Watermelon month is born

National Watermelon Month will take place for the first time this year from 1 - 29 February, to celebrate one of the nation's most popular summer fruits. Led by LeaderBrand, an innovative, Kiwi owned producer of fresh fruit and vegetables, a number of initiatives have been planned to help New Zealanders take part in

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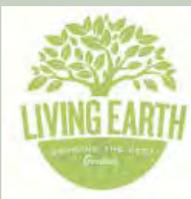


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the celebrations.

"Nothing says summer in New Zealand like a delicious, juicy watermelon," says Bevan Roach, LeaderBrand Marketing Manager. "It is also one of the most guilt-free foods you can get. It has excellent levels of vitamins A and C, and there are only 80 calories in two cups. Perfect for people wanting to eat clean after the excess of the Christmas holidays!

"We think it's an iconic New Zealand summer fruit that is well worth celebrating," he adds. "We're hoping National Watermelon Month will convince more Kiwis to pick up a watermelon during their next shop. With watermelon growing at its peak (its available January – March), it's also the ideal time to get creative with this refreshing fruit. It doesn't just have to be eaten by the slice – it is also fantastic in salads, salsas, desserts, cocktails and all manner of other tasty summer recipes."

New Zealanders will be encouraged to take part in National Watermelon Month through a series of contests and giveaways on Instagram and Facebook. Prizes will include supermarket vouchers and watermelon seeds so fans can have a go at growing their own watermelons from scratch. A number of watermelon recipes will be developed especially for the occasion and New Zealand bloggers will also be able to enter their watermelon themed recipes into a special competition during National Watermelon Month.

Visit [instagram.com/LeaderBrandNZ](https://www.instagram.com/LeaderBrandNZ) and [Facebook.com/leaderbrandproduce](https://www.facebook.com/leaderbrandproduce) for recipes, meal inspiration, and watermelon tips from the experts, along with daily competitions #NZWatermelonMonth

#### Five Ways to Use NZ Watermelon

- 1) Cut watermelon slices into cool shapes using a cookie cutter – stars, hearts and flowers. Put on lollipop sticks for a tasty, healthy kid's treat.
- 2) Mix with lime, water and sugar, and freeze for an easy sorbet.
- 3) Toss watermelon with roasted beetroot. Drizzle with a simple balsamic vinaigrette for a refreshing salad. Very healthy with an added kick of folate from the beets!
- 4) Layer pan-fried halloumi with thick slices of watermelon for a decadent tasting snack or canapé.
- 5) Whizz up a watermelon mojito. Combine watermelon juice, mint leaves, lime, white rum and sparkling water. Top with a mint sprig and enjoy a perfect summer drink.

## Young actors to perform original practices of Shakespeare with a modern twist

The Young Auckland Shakespeare Company (YASC) is pleased to announce that their fourth annual summer youth produc-

tion, *Much Adoe about Nothing*, will be performed at The Auckland Performing Arts Centre (TAPAC) and the Pop-Up Globe in early 2016 using design and process inspired by original Elizabethan practices.

Traditionally, males played all the roles in Shakespeare's plays. In 2016, YASC honours Shakespeare's original intention, with males playing the female roles, but in a modern twist will redress the gender balance by casting females to play all the male roles. Featuring a cast of 22 young actors aged 14-21, *Much*



*Adoe about Nothing* will be directed by YASC founder and Artistic Director, Rita Stone. Local actor Crystelle L'Amie (21, Kumeu) is part of the 22-strong cast, playing the hopelessly in love romantic, Claudio. L'Amie is a 2014 graduate of The Actors' Program and has taken on a mentoring role with the young cast. She most recently appeared in the Young & Hungry Festival's *The First 7500 Days of my Life* at The Basement Theatre. *Much Adoe about Nothing* will come to glorious Elizabethan life in the re-imagined Jacobean Indoor Playhouse at TAPAC for five nights before transferring to the outdoor Pop-Up Globe in Auckland's CBD for two performances only.

All the actors wear bespoke authentic Elizabethan costumes, constructed especially for this production by costume designer Chantelle Gerrard. Chantelle brings a wealth of experience in historical costume-making and design, including a recent stint in the UK working on *Game of Thrones* as a costume maker. Chantelle says, "I have always loved historical costume, it has always captured my imagination - especially this time period. The opportunity to design and create the costumes for this production is both a pleasure and a challenge and I am looking forward to it."

The actors will work with cue scripts during rehearsals. This is a key element of the Original Practices concept; each actor is provided with only his or her lines and up to three words of the cue line just before each of theirs – as the actors would have done in Shakespeare's companies. "Although this was common practice for the Elizabethan actor, this is a really unique way of working for the modern actor," says director Rita Stone, "it means you have to be so incredibly present, listening for your cue, which could come at any time. You don't have a copy of the whole script, and by being so present, so aware, you begin to tune in to the character and staging intentions that you could otherwise miss." YASC is working from the First Folio edition in order to explore and discover clues to the text from the first published source of the play.

One of the most exciting things about this production is that the cast, crew and audiences can experience an Original Prac-

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tices Shakespeare play in a Jacobean indoor playhouse first, and then follow it to the outdoor playhouse setting of the Pop-Up Globe. "Research tells us that Shakespeare and his contemporaries commonly produced their plays both privately at indoor venues such as the Blackfriars and then publicly in outdoor playhouses such as the Globe," Stone explains, "Actors had to be versatile in performing in both spaces, and companies frequently had to tour between the two." One such company that regularly played at the Jacobean indoor playhouse was the Children of Blackfriars – a company of young boy players – a further echo to this production of modern young actors. "I'm excited by the challenges that lie ahead in adapting this performance from indoor to outdoor as they would have done."

"We are absolutely thrilled to be part of the Pop-Up Globe phenomenon in Auckland next year and to be producing an original practices show to mark the 400th anniversary of Shakespeare's death," says Producer Mary Rinaldi. "This opportunity may never come along again for many of these young actors."

Production details:

Much Adoe about Nothing. Directed by Rita Stone.

26-30 January 2016 at 7pm, with 2pm matinees on 27 and 30 January at TAPAC, The Auckland Performing Arts Centre, 100 Motions Road, Western Springs.

21 February 2016, 1pm and 7pm at Pop-Up Globe, Bard's Yard, 38 Greys Avenue, Auckland CBD.

Tickets available from [www.tapac.org.nz](http://www.tapac.org.nz) and [www.popupglobe.co.nz](http://www.popupglobe.co.nz).

## The Tasting Shed

The Tasting Shed is proud to announce the return of our Sunday Summer Cointreau Sundowners sessions beginning Sunday the 7th of February, and running through until the Easter long weekend. Resident George FM DJ Dean Campbell will be spinning the decks with his unique summer sounds vibe. Sit back and chill on our beanbags or blankets on the lawn and enjoy our tasty outdoor BBQ treats with ice-cold cocktails, wine or beer. 4pm - 6.30pm Sundays (weather dependent). No booking required.



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In more recent years I have been a site manager, supervising the reconfiguration and renovation of retirement villages for Housing New Zealand. Call Kevin today to book your comprehensive building inspection on 021 288 0101.

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# Get ready for Valentine's Day

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Or our florist can make up a customised bunch for you.

Avoid disappointment - call the florist and book yours today!

Offers end 14th February 2016.

## Experience Valentine's Day al fresco style at Palmer's Planet.

It is true that traditional gift ideas and your favourite culinary haunts are good standbys when it comes to Valentine's Day, but to impress your beloved why not get out of your comfort zone whilst also staying local. As an alternative to pricey CBD restaurants and over-inflated bouquets, Palmer's Planet is offering a magical summer evening within its four walls at Café Botannix.

There, lucky customers will be treated to a perfect evening in the atmospheric garden surrounds, with a three course set menu complete with a special cocktail and a rose on the table for just \$60 per person. And given that the 14th falls on a Sunday it's the perfect way to cap off a weekend with your loved one.

The Valentine's evenings have now been running for four years and prove to be the perfect evening of choice for couples of all ages. "The combination of a lovely summer's evening, magnificent food, music and ambiance seems to really connect with our customers," says Palmer's marketing manager Janalle McMeekin, "and many have said that our unique setting has really made their night something special."

Al fresco fare to be enjoyed on the 14th includes a gourmet tasting platter for the entrée; seasonal selections hand-picked by the chef, whilst mains include Baked Marlborough salmon with whipped avocado butter, Grilled Eye Fillet with potato dauphinoise, and Mushroom Linguine with truffle oil. For dessert the choosing will be very tough with either Eton Mess, Mango & Passionfruit cheesecake or the decadent Chocolate Tart.

And to really take the hassle out of the most romantic day of the year, the in-house florists at Westgate & Albany are taking Valentine's Day orders for roses from \$9.99 for a single stem, through to \$149.99 for a stunning 36 stem rose bouquet. You can't go past our top selling classic dozen though, beautifully styled with white seasonal accents in a vox vase for just \$49.99.

Café bookings are essential and space is limited for this one night only and we recommend booking your floral requirements early to avoid disappointment or any last minute panic. For more information, menus and bouquet pricing visit the website [planet.co.nz](http://planet.co.nz).

**Happy Valentine's Day**

**From Mark, Melissa & the team at Palmer's Planet Westgate**

**Enjoy Valentine's Day in our garden surroundings**

**3 course meal including a special cocktail and rose on the table**

**\$60pp**

**Bookings essential**

View the menu online at [palmersplanet.co.nz/valentines](http://palmersplanet.co.nz/valentines)

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Offers valid to Sunday 14 February, while stocks last. Photos are indicative only. Exclusions apply. 11202-1 KC