

the **Westerly**

FREE monthly community magazine for Massey to Hobsonville

PROPERTY MARKET REPORT

HIGH TEA AT SUMMERSET VILLAGE

- Winter paws
- Home & garden
- Community notices
- Food & beverage

BUILD NEW

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

July 2016

Intro

As the weather gets chillier, I hope you might look to the Westerly to pick up ideas for what happens in our area. As usual we are not short of ideas. Would you like to enhance the community by planting native trees or shrubs? Do you know someone who needs driving lessons? Could you benefit from joining a group of seniors? How about seeing a play? Celebrate the fund-raising in our community. There are plenty of activities out there, and help to put things right if you overdo the exercise. Find activities for all ages from childhood upwards. There are tips on looking after your health and strength, as well as nurturing all aspects of your pets' care. And there's food, glorious food.

As usual Graham and his team will keep you up to date with what's happening in the property scene, and there is plenty to interest you around house building and looking after your home and garden. In short there is something for everyone – look through the Westerly and find it!

John,
Editor



the Westerly

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Community notices

Why visit Islands Direct outlet shop?

Islands Direct outlet shop is officially open Monday to Friday from 12 – 2pm. Situated at e-pack at 16 Shamrock Drive, Kumeu, it is local and easy and has a huge range of products for all the family. Our product range is huge, DVDs / CDs & books for adults and children. Bedding, household appliances, tools, wallets and purses, massagers and foot spas, kitchen appliances and towel sets, flying drones and a huge range of casual costume jewellery. And here's a good reason for buying in June – spend \$50 or more and you get either a 15% discount or you can choose a free product up the value of your discount. If you have relatives or friends living out of the area you can take advantage of our unique "shop & ship" service. Simply find your gift from our extensive range and we gift wrap it and send to anywhere in NZ or the world, easy as! Whatever the gift needed, we have some great ideas...try us out. And all our products are backed by a 100% money back guarantee. Come visit us today!

Local girls take the reins

Two local competitive horse riders have been selected to compete in an elite competition held at the massively popular 'Equidays' in October this



year. Darryll Cole (21) and Erin Leighton (24) are two of approximately 40 other riders chosen nationwide to compete for the Dunstan Ex-Factor Title presented by Beyond the Barriers NZ. Beyond the Barriers is a non-profit organisation whose purpose is to promote the versatility and suitability of retired racehorses as sporthorses within New Zealand. Aimed at raising awareness about the successful transition of the New Zealand thoroughbred into equestrian careers and ultimately increase their re-homing opportunities, Beyond the Barriers NZ was formed in 2014 by Gina Schick and Nicky Wallace. With a generous prize pool of \$10,000, Darryll and Erin will be working diligently with their recently retired racehorses, Magna Glo and Heameric Te Specso, in preparation for the Dunstan Ex-Factor where they will compete in 3 events. Equidays attracts thousands of people each year and is held at the Mystery Creek Events Centre on the 14-16th October. You can follow the girls' journeys by

searching "Magna Glo" (Darryll) and "Heameric Te Specso" (Erin) on Facebook.

Rifle range

The former RNZAF Rifle Range located along the coastal walkway and close to Bomb Point Drive, is currently undergoing a substantial makeover. The buildings are being kept, with the target area being transformed into a stage area with grassed terraces from which to watch a performance. Public toilets will also be installed here. The Hobsonville Land Company envisages this space being used by schools and community groups. The space is due to be complete by the end of 2016.

Kip McGrath education centres

At Kip McGrath, we support students in many ways - not only academically but also in their general approach to the challenges of modern education. By giving them confidence in their own ability and encouraging them to develop their strengths even further, our teachers provide professional support which complements the work of the schools.

This support is especially important at those crucial times when students move from one level to another in the education system, such as during the transition to High School.

For the almost teens, making that jump from intermediate to high school can be a big deal. If the family works together it can mean a lot less stress all round.

Your kids will probably be experiencing a mixture of emotions ranging from excitement to a sense of loss and even fear. The move from intermediate to high school is confusing in many ways. Kids have to deal with both endings and sadness while at the same time anticipating new beginnings. This may include feelings of excitement and nervous anticipation. Old friends may be left behind and the fear of the unknown looms ahead.

Even for well-adjusted children this can be a daunting experience. If your child is struggling in other ways due to family disruption, moving to a new location, falling behind in their school work or other problems, the thought of all the change involved with high school can be daunting. However, there is plenty you can do to make this a positive experience for your child.

- Do some research yourself so you can understand the emotions your pre-teen may be experiencing
- Remember, kids don't always know how to express their feel-

Susan Annett
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ings, they may act out in other ways instead of talking about how they are feeling

- Put yourself in their shoes - think back to your first day at high school.
- Make sure they are confident in their school work. It's important that reading and maths skills are up to standard before they enter high school
- Ensure you are ready as a family - take care of the practical things such as uniforms, books and school bags.
- Be patient! It may take time for your pre-teen to adjust to their new environment.

Community open day & tree planting

There will be an opportunity to plant native trees, shrubs and grasses at the old Engine Testing Bay on Bomb Point Drive on Saturday 9 July, 9.30am start. The location is 100 m past Hobsonville Point Primary School. Discover a wealth of local native plants – some are rare



or special to this area, and have been grown from seed by the volunteers as part of the Kaipatiki Project. Please bring your own spade if you have one – gloves & some spades are provided. Covered shoes must be worn. There will be a free BBQ for all planters! All are welcome. Kaipatiki Project Environment Centre has been inspiring communities to live sustainably since 1998. Find out more about volunteering and learning opportunities at www.kaipatiki.org.nz or www.facebook.com/kaipatikiproject.

Health & Safety – are you compliant?

We all know that health and safety in the workplace is not a new thing but the new Health and Safety at Work Act 2015 (HSWA), effective 4th April 2016 has made people sit up and take notice due to hefty fines and the risk of imprisonment for failure to comply with health and safety duties. Everyone should think about safety in their workplace and even employees in an office environment can be injured. You should review your business by asking yourself – is there an H&S Policy in place? What should we do in an emergency? Are our employees given an induction when they start? Do we have a list of all the risks on site that can cause an injury or illness? We can assist you with services to establish health and safety procedures to provide protection for your employees or visitors. Phone 09 837 1140



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or email healthandsafety@losslink.net.nz or visit us at Unit 1/3 Shamrock Drive, Kumeu, Auckland.

The winter chill is well and truly in the air

The outside wind as well as the heat from fireplaces and other forms of heating will be playing havoc on our skin. Babies' bottoms may not be getting the fresh air they need - it's too cold to be hanging out without nappies, so nappy rashes may be more prevalent. We can help with all your ailments, purely natural baby balms, lip balms, body butters and moisturizers. Or if a massage by the fire appeals we have lovely massage balms and pain relief balms, and not to forget our popular chest relief for winter coughs, colds and sniffles. Safe for all ages. pureallies@gmail.com or Facebook Pure Allies NZ.

Hobby hub technical project sharing group

We initially formed to focus on Arduino & electronics projects, however the group has morphed into a technical project sharing group at this point. We are home based and meet once a month for project(s) sharing. There is no building at this stage, just informal talking about various projects on the go. The topics have been technically based, i.e. electronics, 3D printing, software and engineering. We are a small group currently and would like to get more HP people involved as we evolve. If you are interested phone Ross 021 240 1827 and we will add you to the mailing list.

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Safercommunities

Protecting the protectors

Police's patrol dogs will get a new degree of protection with the rollout of a stab-resistant multi-purpose harness. The 'Mako' harness features two layered polymer panels to shield the vital organs from stabbing and slashing, while the robust overall design, in tough Cordura fabric, offers protection from the more usual hazard of blows and kicks. The protection is comparable to that provided by officers' SRBA. The design includes Velcro and loops for attachments – for example a light or GPS unit. A camera attachment is being looked at. Sturdy handles fore and aft and strong buckles ensure the dog can be lifted or winched easily and safely. The harness weighs just under one kilo, is designed to not impair agility and speed, dries quickly and can be worn throughout a shift. It was trialed on eight dogs in Auckland, Wellington and Christchurch and on two AOS courses. The rollout is due to start around July, with all 130 patrol dogs kitted out by around October. A new harness for detector dogs is under consideration. The harness is not bullet proof – and even with ballistic armour, it is unlikely a harness could have saved shooting victims Gazza and Gage. "A dog's greatest protection is its speed and agility," says Wellington Dog Section head Senior Sergeant Mark Davidson, who drove the project. "Ballistic armour capable of stopping a shot would seriously affect mobility." However he says the harness offers "100 percent more physical protection than dogs have at the moment". Mark approached Inspector Todd Southall to suggest a new harness soon after Todd became National Coordinator Police Dogs last year. "It's good to have a boss who says 'Go ahead and do it,'" he says. Mark, and Defence Force counterparts who were also seeking a new harness, considered designs used overseas but none met their needs. The work went out to tender, which was won by Hamilton-based specialist Sabre Tactical NZ. The harness will be manufactured in New Zealand. Tests found ten layers of the polymer would stop stabbing penetration but the material is so light that it was decided to opt for 23. Todd says the current dog harness was due for an overhaul. "The harnesses we have now are pretty much unchanged since the start of the dog section. We're living in different times and it was important to look at developing a multi-purpose harness



that offers protection." He says ballistic armour might be an option in some circumstances, but would not suit routine work. "We're a dog-loving country and everyone wants our dogs to be safe. But not everyone sees what our business really is - it's about tracking, jumping fences and mobility. The welfare of our dogs is paramount. We don't use them as cannon fodder - and it's important to remember that standing immediately behind every dog is its handler." See www.youtube.com/policenz for a video of patrol dog Ike and the harness in action. Thanks to our models: patrol dog Ike, and patrol dog wannabes Kuba and Loki. This is a story from the June issue of the Police magazine Ten One. Photos: Stephen Matthews, Ten One/NZ Police.

Fire-safety tips

Winter is certainly upon us now with rain, wind and cold weather so make sure you follow these fire-safety tips to help keep you and your family safe and warm. Electric blankets - If your electric blanket or cord is showing any signs of wear, have it checked by a competent service person or have it replaced. Don't take the risk. Always make sure that your electric blanket is switched off before getting into bed. Never use pins or sharp objects to secure the electric blanket to the bed and never tuck it in under the bed. If the blanket becomes soiled, sponge it lightly and allow to dry naturally on a flat surface. Do not dry-clean or use a washing machine or spin dryer. When putting your electric blanket away for summer, don't fold it – roll it. Heaters & clothes dryers - After kitchen fires, fires involving heating and drying are the next most common reason the Fire Service is called out. Remember the heater-metre rule – always keep furniture, curtains, clothes and children at least one metre away from heaters and fireplaces. Don't store objects on top of your heating appliance. Never cover heating appliances. Don't overload clothes dryers and clean the lint filter after each load cycle. Keep safe, Denis Cooper - Officer in Charge, Waitakere Volunteer Fire Brigade. Phone 09 810 9251.

\$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.

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InBrief updates:events

Kaipatiki project

Kaipatiki Project Environment Centre has been closely involved in developing the community plant nursery at Hobsonville Point for the past 6 years, and we are proud to work in partnership with Hobsonville Land Company. Since 2010, a group of dedicated volunteers led by Kaipatiki Project staff has grown around 10,000 native plants a year at the nursery (now located at the Engine Testing Bay on Bomb Point Drive). These plants have been used to restore and enhance some of the coastal walkways and bush fragments around Hobsonville Point. There is a volunteer working bee at the nursery every Wednesday morning 9am – 12pm. The nursery is located in the former Engine Testing Bay on Bomb Point Road, just along from Hobsonville Point Primary School. No gardening experience is necessary – learn with supervision on the job and take new skills back to your garden at home! You don't have to live at Hobsonville Point to volunteer here. If you are interested, please email Derek at restoration@kaipatiki.org.nz or call 09 482 1172 or just come along and join our volunteer community. If you live locally please keep your eye out as you walk past on Bomb Point Drive on the coastal walkway, and contact the police if you see acts of vandalism or theft.



of the month is at the Kelston Community Centre, 135 Awaroa Road, from 10am. Entry is \$2. For a Raffle ticket. All welcome and we look forward to meeting you.

Shirts, uniforms and apparel

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SeniorNet West Auckland

West Auckland SeniorNet had another very interesting monthly meeting at the Kelston Community Centre last month when we had our Community Constable speaking about his various duties and once he opened up the floor to asking questions we could have gone on all day. They do a stalwart job in our communities. If you have decided to give Windows 10 a go but find some things seem to be a bit different and you would like some help we are running classes so please put your names down. Our classes are small and this one runs one session a week for 3 weeks. We are trying Google Photos as an alternative to Picasa which is no longer being supported by Microsoft and hopefully we will be able to offer a class or workshop soon. Google have certainly made a good job of sorting ones photos into date order. For enquiries please phone Shirley on 09 817 0540 or Pam on 09 827 2156. Our Learning Centre is at 67 Henderson Valley Road Henderson and our monthly meeting on the 3rd Tuesday

Bridgestone tyre centre Westgate

Winter has really begun to set in and the changeable weather and difficult driving conditions can play havoc with your tyres. The Team at Bridgestone Tyre Centre Westgate have some tips for you.

Tyres lose pressure as the temperature drops e.g. a tyre with a 29psi pressure at 20 C may only have a 26psi pressure at 0 C, so try to check the tyre pressures once a month during Winter especially, we offer free pressure checks at 1 Cellar Court, Westgate (behind McDonalds).

If you are travelling to the snow these school holidays...

- 1 - Pop in to see us - we will check your tyres for you (free) - we do recommend a minimum 2/3mm tread in the Winter to keep you and your family safe on the journey.
- 2 - Identify your emergency people on your mobile phone by putting these three letters ICE (in case of emergency) before their names.
- 3 - As well as checking your tyres, check your fluids - try to have half a tank of fuel to avoid a frozen fuel line. Top up your oil

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and water and fill up your window wiper fluid, there is nothing worse than running out on a long journey! Safe travelling this Winter - call the Team on 09 833 8555 or call to see us at 1 Cellar Court, Westgate (behind McDonalds), we are happy to help.

Driving lessons out West and North West

Winter is on its way. If you want to be legally licensed before the cold months arrive and you have to walk in the rain, it would be good to consider driving lessons before the cold starts. Testing station waiting lists for tests are slowly starting to fill up. We still have nice days to drive on and a little bit of drizzle is good to practice in to before you consider sitting the New Zealand Restricted test. If you are an unconfident driver we have dual control brakes in our car to help increase your safety, this is really good when your first start to drive. The Driving School Co NZ runs lessons for Learner, Restricted and Full Licensed drivers. We also run lessons for overseas licence conversion. We operate at the testing locations of Westgate, Glenfield and Northshore test (Saturn Place). We can provide manual and automatic lessons. If have any queries please phone Mel on 022 093 1810 or 09 416 3953 (Hobsonville) or Sylvia 027 322 8961 or 09 420 2524.

A taste of Hungary

After 7 years of festivals around New Zealand and markets around Auckland we have decided to bring our authentic Hungarian food to our community: Huapai. Our traditional Hungarian fried bread "Langosh" is the most beloved street



food of Central Europe. Langosh is quickly fried in shallow oil and finished with different toppings such as feta and tomato, chorizo and cheese, and our all-time Hungarian favourite - garlic, sour cream and cheese. The flavour and consistency comes from the dough which is freshly made every morning. Fresh dough is the key for our Hungarian twister "Kurtoskalacs" the unique Transylvanian sweet pastry. Origin of the twister goes back to 200 years. Our pastry is baked in a special oven. The 3 way process involves caramelising the sugar, baking and rolling it in any of the 9 flavours. Using my grandma's recipe keeps my family traditions alive. You can find me in my food caravan at the car wash on the Main Road in Kumeu. Opening hours: Tuesday to Thursday 9.30am - 3.30pm, Friday 9.30am - 7.30pm and Saturday 9am - 3pm. You can order your takeaway on 022 162 1792. Our Facebook page is: Hungarian fried bread in Huapai. Hope to see you soon! Monika.

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Blood Brothers

Massey High School proudly presents "Blood Brothers" by Willy Russell at the Bruce Ritchie Performing Arts Centre, 274 Don Buck Rd, Massey from July 5 to 8 at 7pm. Adults \$15, Students \$10, Family (2 adults + 2 students) \$40. Purchase tickets at Massey High School Bursars Monday to Friday between 8am and 3.30pm. "Blood Brothers" tells the dramatic story of Mickey and Eddie, fraternal twins who are separated at birth. The twins' different backgrounds take them to very different ends of the social spectrum, one becoming a councillor and the other unemployed and in prison. See link at www.masseyhigh.school.nz.

Bouncy castles

A local family-run business located in Kumeu/Huapai. We have a great choice of 20 fun castles, kids adjustable tables and chairs, popcorn/candy floss machines and entertainers. Great for birthday parties, corporate events, school galas, house

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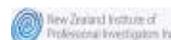
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Hobsonville herb group

Welcome to the fascinating world of Herbs. Join our classes and learn their history, growing techniques, and how to use them in your cooking, cleaning, beauty products and medicinally. Monthly meetings include practical workshops, speakers, lending library and trading table. We welcome new members, so come along and have fun with our friendly group. We meet at the Whenuapai Village Hall, 41 Waimaire Rd, Whenuapai Village. We meet on the 1st Tuesday of every month 7.15pm to 9.15pm. \$5 per session. Phone Diane 021 135 9613 email hobsonville-herbgroup@gmail.com.

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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Brightening up the lives of others

Large, colourful and detailed murals have been painted on the walls in the dementia care area of Kumeu Village Rest Home. The idea was to create a friendly and fun atmosphere for the residents and their families. Local muralist/artist/graphic designer Andreena Buckton, was excited by the task. "I love to paint on a large scale and I found it interesting and rewarding hanging out in the hallways with the residents while trying to create a more homely feel". Murals are a great way to create an atmosphere and they give people something to talk about and hopefully make them smile as well. To contact Andreena and see if she can create something for you to smile about email andreena@noodledesign.co.nz or phone 027 486 4072.

What will you do with your free toolkit?

Every household within The Trusts' boundaries will receive a voucher in the mailbox for a FREE toolkit starting 2nd May 2016. The voucher has clear instructions on what to do and should have been delivered in to your letterbox. You are able to take the toolkit voucher along with a proof of address (such as an electricity or phone bill) to any of our West Liquor or Village Wine & Spirits stores to claim your free toolkit. One FREE toolkit will be donated per household and vouchers are valid until 31 July 2016 or until stocks lasts. Do you live within The Trusts' boundaries but haven't received your voucher? Visit www.thetrusts.co.nz/toolkit.

Children's art club

The Kumeu Children's Art Club, now in its 18th year has another exciting topic planned for Term 3. 'Colour My World' will explore the amazing world of colour. Children will learn the basics of colour theory, colour mixing and the use of complementary colours, as well as how colours can affect our moods, make us hungry or soothe our eyes. The children will produce an array of colourful artwork inspired by the work of famous artists. We will study and emulate the paintings of Sonia Delaunay, Picasso's Blue Period, Van Gogh and Mark Rothko. We will create vibrant collages inspired by Matisse, and striking hand pulled prints like Terry Frost. Wednesday and Thursday classes available 3.30 – 5.30pm \$160 per term. Please contact Julie on 021 208 3714 or juliemosen@xtra.co.nz or find us on Facebook.

Little Miss Enchanted

Little Miss Enchanted and The Little Vintage Party have teamed



RYAN JACKSON

M: 027 498 6202. E: ryan@treehouseprint.co.nz

P: 09 810 8609.

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up to bring you the best at-home fairy party experience for your child's special day. We create a unique party setting and experience with everything you will need for a magical day. Includes delivery for a beautiful 12 fairy party setting, party staging and pick up after the party, beautiful fairy tutus and fairy garlands for the girls to wear, and an amazing fairy entertainer for an hour and a half who will play fun fairy games, help make fairy crafts, dance and sing. We take all the stress out of organizing a birthday event and create a magical party that your child and guests will never forget. You can also book our amazing Little Miss Enchanted Fairy entertainer Aimee for your at-home party. Aimee will come to your desired venue and entertain the children with songs, fairy games, dancing, crafts, bubble machine and more. For more information or to book Aimee our amazing fairy entertainer please email info@littlemissenchanted.co.nz or info@thelittlevintageparty.co.nz.

Planning your wedding?

We would love to help you out! Fresh & Flawless is a makeup & beauty salon in Taupaki, owned and operated by Lauren. Lauren is a highly experienced makeup artist, specialising in wedding makeup. Lauren is also fully qualified in spray tanning, gel polish, hard gel extensions and an extensive range of nail art. We also have talented, fully mobile hair stylists & makeup artists on hand for larger weddings. We are passionate about makeup and making our clients look & feel their absolute best. We understand weddings can be very stressful but we will put you at ease, knowing that we have it under control. We recommend a trial to discuss what you're after and craft your perfect bridal hair & makeup. Feel free to ask any questions, we're happy to help! Contact Lauren on 021 206 3006 or have a look at our latest work www.freshandflawless.co.nz or Facebook. [com/freshflawless](https://www.facebook.com/freshflawless).



The Matua Charity golf day

The Matua Charity Golf Day was held at Helensville Golf Course last November. This was sponsored by Matua Wines and local businesses and was the 30th anniversary of the event. The occasion raised \$6,700 and recently the Muriwai First Response Group (MFRG) received a cheque for this amount. The picture shows Bill Spence, the Treasury Wine Estates Matua Ambassador, presenting the cheque to Russell Clarke, together with Gail Steel who organised the event. Russell expressed his



gratitude for the donation on behalf of the MFRG and said it would benefit the Muriwai community and visitors to the area. They will use the donation to purchase a high fidelity CPR manikin. The manikin will provide the student with instant feedback on the effectiveness of their CPR. The latest research shows that good quality CPR and then early defibrillation is saving the lives of many people who suffer out of hospital cardiac arrests. The manikin and its technology will be available to all community groups within Muriwai, including the volunteer fire service, Muriwai Surf Life Saving Service and other Muriwai community-based groups.

Featherwood Furniture

Featherwood Furniture got its name from a beautiful black rooster who would wander in and out of the factory. Situated in the foothills of the Waitakere Ranges, the factory is nestled amongst bush and farmland and is an idyllic place to work. Ken Marshall, the owner and senior cabinetmaker has been crafting furniture most of his life. He is committed to craftsmanship and has a love for wood and nature. Having learnt the trade as a youngster and then acquiring the machinery from his mentor some years later, he was well equipped. A new rural property with an empty barn saw the realisation of a dream and the beginnings of a furniture business. Ken started making children's furniture for his daughter's business TomTomJak, formerly Treehouse, 20 years ago. Lucky children slept in bedrooms with the most stylish furniture in town - princess beds with pretty accessories, sturdy bunks, toy boxes, play tables & chairs to name just a few. Still crafting the TomTomJak range, Featherwood now has its own luxurious sleep range of mattresses, bed bases and upholstered headboards. Not just for children, they make all sizes of beds and the beauty is that these items can be custom made. Recently added to the busy factory is a repair and repaint service and they can pick up and drop off too.

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If you need to declutter and want to sell pre-loved toys and kids clothing then this is for you! Book a table at the regenerate Kids Market in Titirangi. Email regeneratemarket@gmail.com for information. www.facebook.com/events/742859185856450.

We are recruiting – immediate start! Full time Packer / Warehouse Assistant - Rosedale. We're seeking a cheerful, hardworking team player to join our friendly warehouse crew, based at Vega Place, Rosedale. You must be able to follow instructions and take direction well. You will be required to pack and label products for our shops. You'll need a good eye for detail to ensure the packing areas and delivery vehicles are kept clean and tidy. This role requires heavy lifting of 20kg boxes, so a good level of fitness is needed - if you have back issues, this is not the job for you. This role is full time, 30-40 hours a week. Pay rate is negotiable depending on skills and experience. Please email your application to hr@rawessentials.co.nz.

Point FM is a new student led radio station located at Hobsonville Point Secondary School. Please send us an email regarding what you'd like for our radio station! We'd love to get in touch with you all! Give us a like on our Facebook page to stay connected! - www.facebook.com/Point-FM-1017449648308540/?fref=ts. Email - pointfm88.6@gmail.com.

Ladies have you re-organised your wardrobe? We are starting our women's clothes & shoes/accessories collecting for our local Plunket playgroup fundraiser, if you have clothes to donate please contact Sam on 021 270 3510 or Kirsty on 021 2764 888 your support is greatly appreciated.

Cosmetic Tattooing by Melissa Carr. Feathered Brows, Eyeliner, Lips, Nipple & Areola simulation after breast reconstruction. If you would like any information please visit our website www.beautyelixir.co.nz or phone 021 187 2661.

Experienced Babysitter Available - Hi, I'm Eva. I'm a year 11 attending Hobsonville Point Secondary School and am looking for babysitting jobs around Hobsonville & The Point. I love taking care of children of all ages! -Responsible & experienced. Have done First Aid Training for Babysitters. Available after school, on weekends and during holidays. I charge \$10-\$13 an hour. Phone Number: 022 382 4382 Email: eva.chasteau@gmail.com. If you'd like a reference, please do not hesitate to ask.

TaiChi Class for beginners. The Monday evening 6:30 pm class has had a great start here at the new Ranui Community Centre, Swanson Rd. New skills being learned are balance concentration and increasing energy levels. The Cost is \$10 per class and you will receive good instruction in Yang style TaiChi. We study the 37 move short form. And the 8 directional Qi Gong warm ups. Whatever your fitness goals I will help you achieve them. Arnold Kellerman - TaiChi Trainer.

Weekend Work - We are looking for a friendly, honest and reliable person to work at Hobsonville Point Farmers Market. Must be available to work EVERY Saturday and Sunday from 8:00am until 1:30pm. We need someone with Food handling experience and great customer service. Please call 021 0233 7695.

Kids Knection Ltd have run a holiday programme out of Marina View School for 15 years. We are happy to take children from other schools for the holidays. Here is the website with the brochure if you are interested in quality care for your children. www.kidsknection.com we only take 45 children per day and all staff are paid adults (no volunteers or teens). Any questions feel free to contact me on 021 832 181 Carol.

Kia ora everyone from HPSS. I'm looking for local business sponsors for some vouchers or prizes to award to students who have had 100% attendance at school so far this year, and I'd like it to be an ongoing award each term, with bigger awards at the end of the year. Please get in touch (ros.britton@hobsonville-point.school.nz) or leave your contact info below if you or your business would be interested in sponsoring our attendance rewards.

Hi there, I am a "House Mintologist" and am looking for any of the following options while in between moving out of our sold home to moving into our new home on Bomb Point (can't wait!). It is myself and my daughter only and possibly our cruisey cat (but if not he can be looked after with a family member). House Sit, Rental (short term), furnished or unfurnished. The dates at this stage are 30th August - 26th October 2016. Please phone me if you know of anything available 021 874 304. Thank you Penny.

Just a heads up to those at home / home executive parents. Collwill School are running Zumba classes with Robin (a qualified and registered/full on Zumba instructor from 11am -12:30pm every Friday at the school hall! \$5 For adults and your gorgeous children are free :) bring a towel and water bottle (she will make you sweat trust me I know) Bring them kids and yourselves down and come dance the day away we run them every Friday. We hope to see you all there. Robin also has Tuesday night classes at West Harbour School at 6:30pm and boxing Wednesdays 6pm to 7pm. Would be lovely to get to know our fellow neighbours.

Hobsonville Point Counselling. I have space available now for new clients. I offer a safe, confidential and supportive environment where we will work together to address what is important to you. I am an experienced psychosynthesis trained (degree level 7) counsellor, completing the final stage of my diploma, offering affordable counselling. Contact Cherry 021 888 824 or email cherrykingsley-smith@hotmail.com.

AREA PROPERTY STATS

Suburb	CV	Land Area	Floor Area	Sale Price
Herald Island	1,525,000	809M2	350M2	2,400,000
	1,325,000	847M2	368M2	3,050,000
Hobsonville	885,000	413M2	229M2	1,240,000
	775,000	275M2	205M2	1,050,000
	720,000	155M2	179M2	1,050,000
	830,000	645M2	220M2	1,050,000
	750,000	475M2	197M2	1,120,000
Massey	475,000	788M2	130M2	660,000
	590,000	1475M2	130M2	781,000
	590,000	544M2	169M2	820,000
	660,000	509M2	176M2	840,008
	600,000	1477M2	209M2	835,000
	480,000	413M2	124M2	610,000
	480,000	1292M2	150M2	990,000
	460,000	996M2	90M2	700,000
	350,000	347M2	70M2	570,000
	500,000	1197M2	150M2	848,000
	330,000	206M2	106M2	582,500
	410,000	695M2	100M2	593,000
	550,000	807M2	200M2	820,000
	600,000	845M2	130M2	950,000
	405,000	660M2	100M2	635,000
	430,000	508M2	140M2	700,000
	500,000	784M2	150M2	760,000
	500,000	1082M2	102M2	625,000
	435,000	370M2	120M2	670,000
	560,000	1232M2	310M2	820,000
	445,000	356M2	90M2	678,000
	630,000	808M2	200M2	740,000
	480,000	664M2	75M2	550,000
	750,000	341M2	220M2	965,000
485,000	435M2	127M2	667,500	
425,000	465M2	130M2	700,000	
540,000	701M2	150M2	750,000	
West Harbour	530,000	787M2	210M2	990,000
	740,000	551M2	150M2	1,122,000
	530,000	500M2	160M2	830,000
	760,000	650M2	210M2	920,000
	400,000	219M2	152M2	800,000
	690,000	761M2	220M2	1,180,000
	690,000	578M2	200M2	1,050,000
	870,000	643M2	240M2	1,446,000
	500,000	622M2	120M2	840,000
	645,000	1012m2	130M2	885,000
	950,000	654M2	260M2	1,150,000
	680,000	649M2	180M2	1,100,000
	790,000	665M2	190M2	1,277,000
	590,000	510M2	155M2	800,000
	740,000	693M2	187M2	1,105,000
	Whenuapai	1,000,000	4269M2	187M2
785,000		2934M2	90M2	1,300,000
965,000		4980HA	143M2	1,790,000
Waitakere	480,000	809M2	90M2	677,000

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Graham McIntyre
Brand & Territory Owner

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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. **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.

Market report with Graham

July heralds the downhill slope toward Christmas and the reality will soon dawn that you have about four months of selling months before 2016 comes to an end. Therefore if you are thinking about a change in your real estate position it may be the best time to start thinking, talking and planning. Strong interest in property from a broad cross section of investors, families, up-sizers and downsizers. Although banks are taking steps to further restrict borrowing outside the risk envelope there seems to be no letup in the ability for syndicates to gather offshore funds to procure property that will be subject to subdivision or a favourable rental return. Let's consider the markets:

Herald Island residential from \$2,400,000 to \$3,050,000
 Hobsonville residential from \$1,050,000 to \$1,240,000
 Massey residential from \$550,000 to \$1,030,000
 Waitakere residential at \$677,000
 West Harbour residential from \$799,000 to \$1,446,000
 Whenuapai residential from \$1,300,000 to \$1,765,000

Great news is that Mike Pero Real Estate has an exceptional multimedia marketing program including television exposure, magazine exposure, and signage at no cost. Further to this we have exclusive TradeMe special offers and digital upgrades to ensure you get the very biggest marketing exposure, with a very sensible commission rate. See more at www.grahammcintyre.co.nz or phone us directly on 0800 900 700. Mike Pero Real Estate Hobsonville - It's not about the talk, it's walking the talk. Licensed REAA (2008).

Money matters

New lending policies affecting Ex-pat Kiwis, Offshore Residents and Investment Property Buyers are being rolled out. Restrictions on income and equity contributions are being implemented as we speak.

Media speculation about changes in the New Zealand Banking system impacting the above categories of lending is rife.

In the last few weeks we have received notification about policy changes impacting borrowing almost every day.

There is now a huge variance between what one Lender will offer versus another. An experienced Mortgage Advisor can provide you with all the options and the best solutions, without you spending your time shopping around all the banks.

Call us for a no obligation and confidential chat about your

lending needs. 09 411 9251 / 027 411 9255 or david@davidlloyd-mortgages.co.nz.

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We are a family owned and operated company based in Auckland. With over 15 years' experience in the industry, we have all your needs covered. Precision Roofing pursues in providing high quality work at a reasonable price. We use the highest quality materials to meet your home or businesses requirements as we understand that Auckland is prone to various weather conditions. Our team pays attention to detail, so all our work is Precision quality. Precision Roofing provides complete re-roofs using Colour Steel / Zincalume / Clearlite, whether your home has a tin or tiled roof, we have your re-roof covered. We understand that choosing the right roofing company is a crucial decision. We ensure your property; residential or commercial is water tight, air tight and the correct materials have been used for climate and sun exposure. Re-roofing your home or business will usually take about a week, depending on the size of your property. We can install insulation when re-roofing, saving you time and money. If your Colour steel roof is needing a repair, we can send an expert out to provide advice, a solution and a quote. Call us today on 0800 002 222 to arrange a FREE no obligation quote - we would love to hear from you.



Getting your home 'open home' ready: top tip 4

You may think you know the basics when it comes to getting your home ready to sell: remove any clutter or personal effects, fix what's broken, and stage your rooms. But buyers can be a fickle lot, and they can fall in — or out — of love with a home for any number of reasons, some so subtle that the buyers themselves aren't fully aware of their logic.

If you really want to make your home attention-grabbing for all the right reasons, here are some tips to up your game with these outside-the-box tricks:

Use lighting to set the mood: Swap out your bright white light bulbs for a soft and flattering wattage that invokes a cosy, yet



David Lloyd
Director

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welcoming feel and hides any tiny imperfections. Opt for bulbs that emit yellow-toned and red-toned hues.

Let the light shine in! Have your windows professionally washed, or devote an afternoon to washing them yourself from both inside and out. Even on grey days, clean windows will let in more light and make your rooms sparkle — and buyers will definitely notice if it isn't done.

The devil is in the details: Small details can make your home look dumpy without you even realizing it. Freshen up rooms with new switch plates and outlet covers if yours are grubby from fingerprints or yellowed from aging. Polish handles and hardware and use a Magic Eraser to remove minor spots and scuffs on walls.

Welcome Home: You've got the curb appeal, but what about "walking up to the door" appeal? Invest in a new doormat and take the time to scrub down your front door since it's probably covered with dust, dirt, and oils. Better yet, repaint it and add some new house numbers and a new porch light.

Prepare for snoopers: Buyers will open your fridge, peek in your medicine cabinet, and check under your sinks. Make these areas so tidy Martha Stewart would be proud.

Don't knock feng shui! Many of its teachings can help make your rooms more attractive: avoid having the backs of furniture facing entryways, close the toilet lid, and don't place anchor pieces like beds or sofas against a window.

For any advice on getting your home open home ready or to discuss any real estate issues on your mind, please contact Susan Annett on 021 345 788 or susan.annett@mikepero.com. Licensed REAA(2008).

Possible private sale pitfalls

Selling your home can be a daunting task – and even more so for those who decide to sell their home privately. Many people feel they can save thousands of dollars in commission by selling their home privately however there are some careful considerations that should be taken into account before deciding to take the plunge. Saving Money or Losing Profits? People tend to lean towards selling privately in a bid to save thousands of dollars and while you won't be paying commission to an agent, you need to ask yourself if you will be making money. It's an agent's job to secure you a premium price – not the first price, and by selling privately, you could fall into the trap of under-pricing or over-pricing your home and having it go stale on the market for a long period of time.

Make the Most of Marketing

Often people believe that real estate agents place precedence on selling their profile as opposed to your home, however, the



Graham McIntyre
LICENSED SALESPERSON
BRAND & TERRITORY OWNER





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www.mikepero.com

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2 Clark Road, Hobsonville, Auckland

use of industry marketing tools can make a big difference in terms of the amount of enquiries you receive.

Those who decide to sell privately can create their own sign-board, however a well-recognised, branded sign will be easily identified by prospective purchasers and act as an instant port of call for those who want to make enquiries.

Similarly, anyone is able to list their home on Trade Me, however the benefit of selling through a licensed real estate agent means you will also be listed on their company website e.g. mikepero.com and

realestate.co.nz - a popular domain for house hunters that only lists homes sold by licensed salespeople. The Property Press is yet another example of the marketing that is available to you when you sell through an agent, as is the ability to utilise your agent's extensive database of buyers which can instantly promote your property to a larger pool of buyers.

Negotiation Know-How

Negotiation is a part of real estate that many private sellers may need to undertake – would you feel comfortable negotiating the price of your home and do you think a buyer would be comfortable negotiating directly with the owner of the home who in many cases would be naturally viewed as biased?

These are just a few of the considerations that you will need to think about before looking to market your own property.

Real estate agents are here to assist you in the process of selling what in many cases, is your biggest asset and you shouldn't put a price on the knowledge, skills and marketing that you can utilise by working with an agent. Mike Pero Real Estate phone 0800 900 700 Licensed REAA(2008).

\$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.

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Working with Susan was such a delight. Being first home buyers she helped us through the process, answering any and all questions we had. She took time out of her own Mother's Day plans with her family to show the house to our family.

I would recommend her to everyone! Thanks again Susan! We are one happy customer.

Sophie
Henderson
Auckland



Susan Annett
021 345 788 | 0800 900 700
susan.annett@mikepero.com



AFFORDABLE DO UP IN SOUGHT AFTER INNER HARBOUR LOCATION



Set Date of Sale

1 / 351 Royal Road, Massey

Set Date of Sale - 5pm, Tuesday 5th July 2016 (unless brought forward).

Sunny 2 bedroom solid masonry home located at the quiet, no exit end of Royal Road but just a few minutes' drive to motorway access ramps. Situated in a private and tranquil setting down a right of way, this liveable do up is a unique proposition for first home buyers and astute investors looking to add value to an entry level priced Auckland property in a great neighbourhood. Generous sized open plan lounge, dining and kitchen, two double bedrooms and separate laundry. Easy care garden with scope to further landscape. Single car garage and off street parking. The CV on this property is \$330,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email susan.annett@mikepero.com.



Susan Annett
021 345 788
09 416 9600

susan.annett@mikepero.com

www.mikepero.com/RX820272

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Office Location: 2 Clark Road, Hobsonville

www.mikepero.com





ABSOLUTE MURIWAI CLIFF TOP: RENOVATE OR REMOVE

2 1

Set Date of Sale

9 Ngatira Road, Muriwai

Set Date of Sale - 5pm, Monday 11th July 2016 (unless brought forward).

This large 1552 square meter section leads down to the Muriwai cliff top with viewing areas in place overlooking Oaia Island. The property features a 60 square meter two bedroom home moved on to the site in the 1980s, in need of some renovation or a great building site for that dream home. Nestled in one of Muriwai's most exclusive cul de sacs with views overlooking the Tasman Sea. Listen to the sound of the ocean and enjoy the amazing Muriwai sunset from your own cliff top location. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email ian.sneddon@mikepero.com.



Ian Sneddon
027 209 0789

ian.sneddon@mikepero.com

www.mikepero.com/RX823229

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www.mikepero.com



WAIMAUKU - PEACE AND TRANQUILITY

2 4 1

By Negotiation

126 Hinau Road, Waimauku

By Negotiation

North facing home in elevated bush setting. Currently set up as a two bedroom but if required an easy conversion to three bedrooms can be achieved, with walk in wardrobe and own toilet with options for an ensuite. Single level, high stud, weatherboard home with open plan styling and modern designer kitchen opening on to tranquil north facing decks with flowing water fish ponds. Six car garaging with workshop and an abundance of extra parking. Close to Waimauku shops and school only minutes away to Muriwai beach and Woodhill forest and 20 minutes to new north western shopping centre this has to be the best country living around. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email ian.sneddon@mikepero.com.



Ian Sneddon
027 209 0789

ian.sneddon@mikepero.com



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

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29 Elizabeth Drive, West Harbour
Enquiries Over \$849,000

Set on 795 square meters of land overlooking Midgley reserve, this two level home certainly delivers an extensive opportunity for an investor, big family or extended family. With extensive decking off the lounge the home is certainly not short of alfresco options while a fully fenced back yard delivers security for pets and children. Open plan living with easy flow to rooms and bathroom. Set well back off the road, it enjoys significant sunshine and privacy. The home is a short stroll from West Harbour Primary, Parks, Reserves, Transport links and Westgate and Northwest shopping environments. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

www.mikepero.com/RX795859

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Mike Pero Real Estate Hobsonville is delighted to welcome Les Whale.

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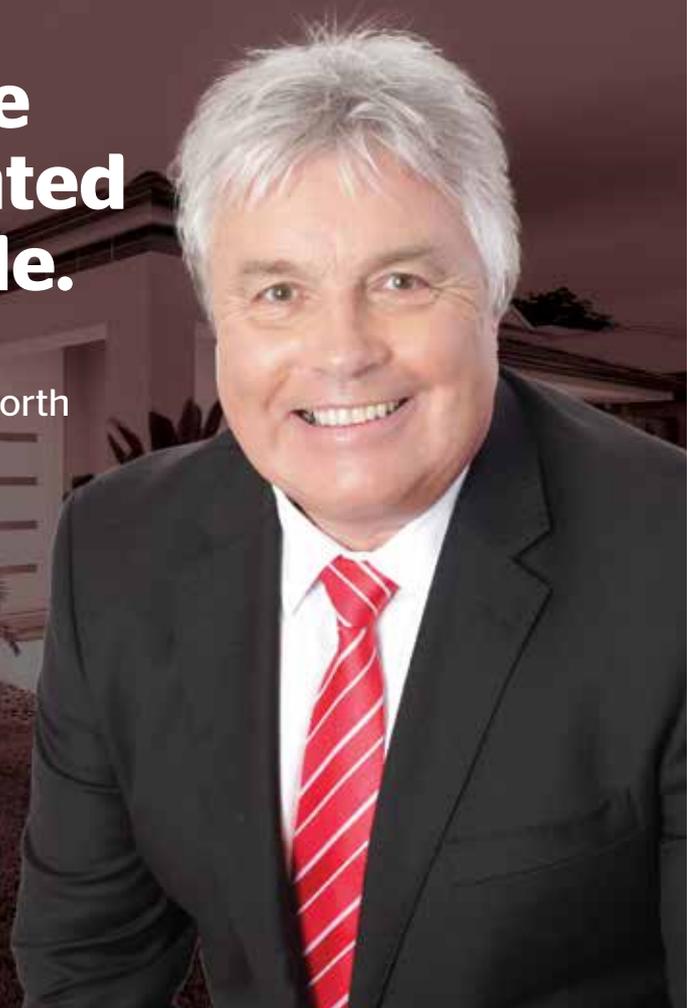
Les Whale

021 411 345

les.whale@mikepero.com

Office Location: 2 Clark Road, Hobsonville

www.mikepero.com





KUMEU/ TAUPAKI BUFFER - QUIET AND SO LITTLE TRAFFIC

2 2 1

Enquiries Over \$1,029,000

295 Annandale Road, Taupaki
Enquiries Over \$1,029,000

Resting high upon a north facing gentle slope is 1 hectare with mature paddocks, fenced for sheep grazing and a small orchard and gardens too. With elevated rural views it is open to a creative mind that can see the value in having a place to live. Like-wise this cedar clad homestead oozes cosy, cute and comfortable and would deliver "the good life" to a buyer content to have sunrises, chickens and green fingers. A short drive from Taupaki and Kumeu, away from congested roads, but close enough to have a short drive to shopping, school and park. It just makes really good sense. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



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 027 632 0421

graham.mcintyre@mikepero.com

www.mikepero.com/RX791622



RARE EARTH

By Negotiation

Peak Road, Waimauku
By Negotiation
Viewing by appointment

Overlooking the Tikokopu Valley this 1.25 hectares (3.1 acres) is waiting for you to build your lifestyle dream. Multiple terraces provide a variety of building platforms. The views are panoramic. Animal lovers can build on the top platform allowing you to observe your animals at all times. Rarely does land become available in this choice location. Within the sought after Decile 10 Waimauku School zone this property is your passport to the myriad of outdoor pursuits this region has to offer. Call me today to arrange a look at this unique property. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email lyndsay.kerr@mikepero.com.



Lyndsay Kerr
 027 554 4240

lyndsay.kerr@mikepero.com

www.mikepero.com/RX793380



RURAL FAMILY HOME

3 2 2

By Negotiation

364 Taupaki Road, Taupaki
By Negotiation

Representing great value this three bedroom plus office is nestled on 1224 square meter section with stunning sunny rural views. The property consists of three double bedrooms master with ensuite and walk in wardrobe. Large separate lounge area, wood burning fire with open plan kitchen and dining opening on to an extensive decking areas. Laundry is separate and there is also a small office. Boasting a large fully fenced in ground solar heated swimming pool off the decking area what more would the family want. Double garage with workshop and separate driveway. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email ian.sneddon@mikepero.com.



Ian Sneddon
027 209 0789

ian.sneddon@mikepero.com

www.mikepero.com/RX821907

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*Rates, fees, terms & conditions may vary between brands, branches and specific transactions.

Mike Pero Real Estate Hobsonville
0800 900 700
hobsonville@mikepero.com



James and I are very impressed with the service and market knowledge provided by Graham McIntyre during the marketing and sale of our home in West Harbour. We initially made contact with Mike Pero through an appraisal request via the Mike Pero website. We were contacted in person the same day of the request and Graham subsequently provided a well-considered and professional appraisal. Following that we knew we wanted to work with Graham and the Mike Pero team when the time came to sell. Graham had consistently good numbers through the door during open homes, always followed up with potential buyers and always provided honest feedback soon after. Graham's experience and knowledge of the market is definitely the reason we received top dollar for our house. We contemplated several offers that were, in our opinion, on the 'lowside' and we never once felt any pressure to accept any offer that we were not completely happy with. We have now accepted and gone unconditional with an offer we are more than happy with and Graham even had a really good back up offer on the table in the case the other offer fell through. Thanks for making the sale of our house a great experience.

Carmen & James

West Harbour



Graham McIntyre

027 632 0421 | 0800 900 700
graham.mcintyre@mikepero.com

Mike Pero | REAL ESTATE

0800 900 700
grahammcintyre.co.nz

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PLENTIFUL VIEWS, CONTEMPORARY LIVING, GARDENS GALORE



By Negotiation

429 Kiwitahi Road, Helensville
By Negotiation

Set on 1.4 hectares of unequalled and established plantings and garden, delivering enormous satisfaction to Owners and Guests alike. The property has a large amphitheater, formal walks within a range of beautiful and unique backdrops. Well acclaimed through Garden tours and regional competitions this could be the foundation for your new Wedding Venue (subject to the necessary approval) or maybe it is the good life you crave with this clean crisp air and the beautiful clear water that is drawn from the private deep water bore. The house was a finalist in House of the Year with Maddren Homes and offers a contemporary open living environment. The CV on this property is \$1,075,000. Please email graham.mcintyre@mikepero.com for recent sales in the area.



Graham McIntyre
027 632 0421

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www.mikepero.com/RX797080



MUST BE SOLD - 2 HECTARES, BIG BARN, CHARACTER IN COATESVILLE



By Negotiation

557 Ridge Road, Coatesville
By Negotiation

Idyllic setting, 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. The CV on this property is \$1,100,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.



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027 632 0421

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www.mikepero.com/RX649015

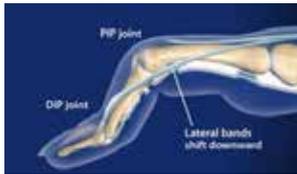
Health:beauty

Sports massage therapy

Sports massage therapy is geared toward athletes of every kind, from elite professionals to weekend warriors. The techniques are specific to the athlete's sport of choice with the focus being on areas of the body that are overused and stressed from repetitive and often aggressive movements. Sports massage can be a useful component in a balanced training program; it can be used as a means to enhance pre-event preparation and reduce recovery time for maximum performance during training or after an event. It aids in promoting flexibility, reducing fatigue, improving endurance, prevention of injuries and prepares an athlete's body and mind for optimal performance. Massage also helps recovery from soft tissue injuries such as sprains and strains. Tissue growth and repair is accelerated by efficient circulation and appropriate stimulation. For anyone participating in regular physical activity, sports massage may be a great addition to your normal training program. To book an appointment call Debbie from Body-Balance Massage & Neuromuscular Therapy on 021 120 2175.

Winter sports and finger injuries

Winter sports are underway and with them come the annual influx of finger injuries. Whether it be a finger verses ball at netball/basketball or a finger dislocation at rugby these need specialised care. At the Hand Institute we assess and make a diagnosis from our specialised knowledge. We can refer for x-rays or an ultra sound if required. If there is strain, sprain or fracture we manage all of these conditions. We provide management with strapping, splinting and early exercises to ensure the finger recovers to allow full return to sport. Often if fingers are not correctly managed in the early stages these will go on to form a long term deformity that may limit sport or even your professional career. Book an appointment today - phone 09 412 8558 or 09 444 9450. 8A Shamrock Drive, Kumeu.



The Finishing Touch

It has been said that moving is the third most stressful event in people's lives, after death and divorce. It doesn't have to be!

Let us remove the stress for you.

The Finishing Touch is the preferred supplier of unpacking services to New Zealand's leading moving companies. We have unpacked thousands of people since our inception in 1998. We have recently done packs in Hobsonville Point and Kumeu. We are a family business, owned and operated by Vanessa and Julanne Godbaz. Our many happy clients will attest to the friendly, professional service that we supply. The services we provide include packing your household goods ready for moving (service available Auckland only); unpacking – making your new house into a comfortable home in just one day; and home organising – tidying cupboards and wardrobes. For details please call 09 277 4921, Freephone 0800 286 722 or email vanessa@movingnz.co.nz. Please note that we are not a removal company but can provide details of one of our moving company partners. If you would like to get fit, have fun, make new friends, earn some money, and maintain a balanced lifestyle.... all at once, you might be interested in working as a part-time Finishing Touch employee. Please see details on our website at www.movingnz.co.nz.



Love your smile and improve your health

In today's often hectic lifestyle, how often do you think about the health of your gums? Of course no one wants the embarrassment of ugly or missing teeth, bad breath, or the inconvenience and expense of emergency dental visits. But did you know that the leading cause of tooth loss is not broken or decayed teeth – but disease of the gum and jawbone? A staggering 70-80 % of our population has some form of gum disease! Surprisingly many people do not even know that their gums are in fact infected, as the disease develops slowly and in most cases is painless. Often there are no symptoms - especially in the early stages. Gum disease can start at any age but is most prevalent over 35 years old. Our understanding of the importance maintaining a healthy mouth is rapidly growing. Infections in the mouth can play havoc with the entire body and the health of your gums may also be affecting your overall health. Research now shows that individuals with gum problems have a much higher risk of developing long-term chronic health conditions such as cardio-

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vascular disease, respiratory infections, stroke and even premature births – all caused by the bacteria from unhealthy gums entering the bloodstream and spreading through the body. Bacteria in our mouths can easily build up - often despite daily brushing and even flossing. The bacteria can creep into places brushes and floss cannot reach. Stress, genetics, smoking, poor nutrition and some medications can also affect one's ability to maintain healthy gums. Bacteria not removed forms a sticky plaque on teeth which releases irritating toxins – the plaque begins calcify to a point where brushing cannot remove it. This can cause irritation to the gums, infections in the gums, and weakening of the underlying bone. Healthy gums and teeth play a vital role in maintaining good overall health and a pleasing aesthetic and healthy appearance. Fortunately in most cases gum disease is easily treated, but ignoring the problem leads to lengthy and costly treatment. At Fraser Dental we have a team who are trained in diagnosing gum health and offer professional cleaning services with our hygienist, encouraging a preventive approach to oral health to help avoid the discomfort and inconvenience of decay and infections. So love your gums – decide to invest in your wellbeing and enjoy a healthier, fresher mouth. Once you know how, maintaining gums is easy. Our friendly and relaxed practice is all about finding a way to help you and we love to see new patients. We offer a complete range of services to suit you, in a calm and friendly environment. Fraser Dental – 1 Wiseley Road, Hobsonville - Call 09 416 5050.

siblings Mary, Ellis and James! (pictured). To check them out and for genuine and knowledgeable advice, simply give us a call or pop in to see our friendly team. Phone: 09 831 0202 or visit www.westopt.nz, Facebook: www.facebook.com/westgateoptometrists.

Headaches

A lot of people get headaches. Are you one of them? Like most of people you probably take something like Panadol or Nurofen when you get a headache, because you have been diagnosed with the "tension headache". But have you actually tried to find their cause? One of the common causes of headaches is dysfunction of cervical spine. We all spend far too long in front of the computers these days, a lot of us look down at the smartphone screens more than we should. Sometimes there is a history of trauma such as concussion, car accident. At Family Osteopathic Clinic we have the expertise to find out if the headache is related to the spinal dysfunction and fix it through gentle osteopathic manipulation. Ilya and Nataliya Chemeris at 39 Hobsonville Road - Phone 09 416 0097 or visit www.familyosteo.com.



Brrrrr scarf needed

Hobsonville Optometrists-Glasses and Gifts is getting very well known for our wonderful selection of scarves - cotton, silk, velvet and woollen in gorgeous designs - and large pashminas in rich colours and patterns. And now our newly arrived fur throws and cotton and man-made fibre throws to keep you rugged up on chilly nights!! Come and browse anytime in our delightful shop in the Hobsonville Village. 413 Hobsonville Road, Hobsonville.



Westgate Medical Centre

If you are wondering why all the Accident and Medical practices seem to be disappearing and being replaced by something called "Urgent Care", wonder no longer. The old A&M standards have been greatly upgraded to provide a more modern and improved after-hours service. Westgate Medical Center's Clinical Director, Dr Jim McVeagh, says that the revamped service has better quality standards and will provide more consistent treatment. In addition, all of the new Urgent Care clinics will be open from 8:00am to 8:00pm every day of the year. Westgate Medical Center has already extended its hours from 1st June. The new name, Urgent Care, serves to remove the confusion between A&M (for after-hours GP and minor accident services) and A&E (now called Emergency Care).

Modern femininity

New Zealand designer Kate Sylvester's conceptual collections embody intelligence, witty irreverence, sophistication and modern femininity and her range of optical frames are available at Westgate Optometrists! Back by popular demand, we have re-stocked the timeless 'Eleanor' frame and this time she has brought along her



How much sport is too much for teens?

Have you ever considered, how much sport is too much? Research published in the Archives of Disease in Childhood examined 1200 teenagers and then assessed their health using the World Health Organisation (WHO) Well-being Index. This gives



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a score of 0-25. A score below 13 is considered an indicator of poor well-being. They found that kids who did very high volume (17.5+ hours p/w) and kids who did a very low volume (less than 3.5 hours p/w) of sport were more than twice as likely to have well-being scores below 13. Specifically, they found that more than 14 hours of physical activity per week had negative effects on teenagers' health. How much does your child do? This is sample of a blog post on our website. To find out more about this research and other interesting posts, please visit our website: www.elevatechiropractic.co.nz/blog.



Spa treatments with sauna

Spa Di Vine is offering winter warming treatments, which include a session in their private Finnish Sauna, prior to enjoying a great massage or facial. The Finnish sauna culture is well-established all over the world, because warming up your muscles is de-stressing, relaxing and a great preparation for a body treatment or massage, but did you know sauna offers significant health benefits as well?

1. Saunas flush toxins - One of the ways the human body removes toxins from the body is through sweat, this removes toxins the body may have absorbed in several ways.

2. Saunas make the immune system stronger - Another one of the major benefits of sauna is that it helps to create a stronger immune system. Sauna sessions help produce white blood cells. The white blood cells of the body are its medium to fight infections.

3. Saunas make hair look great - We have a special gland called the sebaceous gland on our scalp, which releases compounds that help condition and moisturize our hair. Spending some time in the sauna activates this gland, which will then release these useful compounds, thereby helping to make hair look great.

4. Saunas make skin look great - The largest organ of your body, your skin also needs regular exercise and saunas are a great way to exercise skin. As we grow older, the skin becomes less elastic and as sauna improves blood flow to our skin, it stimulates new skin cells and helps to shed dead cells, giving us a younger appearance.

5. Saunas help in weight loss - Sauna therapy is a great way for weight loss, with minimal effort. During a sauna bath, the heart rate increases substantially due to the dry heat. The body's metabolism speeds up similar to the way it does from physical exercise and is therefore a great method to burn calories.

Phone Spa Di Vine on 09 411 5290 or email us relax@spadivine.co.nz for information on treatments with sauna and packages.



P: 0800 286 722

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www.movingnz.co.nz



**Packing & unpacking
for house moves**

www.spadivine.co.nz.

Easy tips for molding shoes to your foot shape without breaking your feet

Footwear that feels wonderful on your feet straight out of the box is the best type of footwear and this is what often happens, however footwear often has to mold to your unique shape. Please note: non leather products will not stretch. The following tips are also great if you are prone to blisters with new shoes.

- On day one, wear the shoes for 1 hour
- On day two, wear the shoes for 1-2 hours
- On day three, wear the shoes for 2-3 hours
- On day four, wear the shoes for 3-4 hours
- On day five, wear the shoes for 4-5 hours
- On day six, wear the shoes for 5-6 hours
- On day seven, wear the shoes for 6-7 hours
- On day eight you can wear the shoes continuously

And finally be aware, footwear will normally stretch 2-3mm in width and that is about it, so if the shoe is crushing your foot it will never stretch enough. Footwear also doesn't give in length.

What is your posture like?

There are a variety of causes of poor posture, the most common being, desk work, lack of movement and the frequent use of computers, phones and tablets (which we are all so guilty of doing). Poor posture can cause many problems including: aches and pains, headaches, muscle fatigue, poor circulation, joint degeneration, digestive problems, poor breathing mechanics, spinal problems, poor postural habits (such as rounded shoulders and forward posture) that can haunt you throughout your life. Good posture is important not only in adults but is vital in growing children. Who has children who are constantly hunching over iPad's or slouching on the couch? As we sit more and more in our daily lives, now is the perfect time to get your and your child's posture sorted to prevent long term problems developing. At the Body Clinic, we can assess your posture, treat the cause of the problem and give stretches that can help. We can also advise on ergonomics. If you need more advice or information please contact The Body Clinic 09 320 3803, info@thebodyclinic.co.nz or visit www.thebodyclinic.co.nz.

Holding space

Another way of understanding what psychotherapy is, is to call it 'Holding Space.' A psychotherapist can provide a place that is

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Ph: 09 835 9936 www.shoetalk.co.nz

safe for you to freely be your entire self in. When we confide in family or friends, they often feel so strongly connected to us that they cannot bear their feelings, so they rush in to offer solutions, attempt to fix it, or sometimes they even just shut you down. A psychotherapist is willing to walk beside you in whatever journey you are on, without judging you, making you feel inadequate or trying to influence the outcome. Sometimes I 'hold' people who are 'holding' others. Whether you are the caretaker of an elderly parent, or an unwell spouse, or a challenging child, or in a position of responsibility in your work, having someone to share your story with helps you support others. To discuss whether psychotherapy may help you please feel free to telephone Sarah Hamilton on 021 477 523.

Does your baby always start at the top of the bed and end up at the other end by morning?

Does your baby move around all the time in bed? Are they fidgety and move around in their beds? Do they start at one end and end up somewhere else in the bed or cot before long? Geopathic Stress vibrate at sometimes over 200 times stronger than what is needed or healthy for a human body so for a baby or child they react very quickly. If your child doesn't settle or wakes screaming or is unsettled in any way during the night after all other things have been checked (i.e. not hungry, not wet or has no messy nappy, and doesn't have wind), then there is a good chance that something else is irritating them. Perhaps Geopathic Stress? Simply have a check done on your home and find out. Call Nicky 021 545 299 or email nicky@clearenergyhomes.com to find out more, or check out the website www.clearenergyhomes.com.

How your pharmacist can help

Pharmacists not only dispense medicines, they are actually an easily accessible first point of call for your health issues. You don't need an appointment, you can just pop in or call for advice. Pharmacists are trained experts in the use of medicines - prescription as well as over the counter. With busy schedules and lack of time to see the doctor, the role of pharmacists in primary healthcare is increasing. There has also been an increase of pharmacist only services available. Pharmacists who have completed the appropriate qualifications can now also provide chloramphenicol for bacterial conjunctivitis, the morning after pill, trimethoprim for



urinary tract infections, and now even sildenafil for erectile dysfunction. Pharmacists also have a wide knowledge on minor ailments, as well as knowing their limitations as to what can be treated or what needs to be referred. For example, a common cold is a virus which does not generally require a visit to the doctor. However if there are indicators there may be a secondary bacterial infection, the pharmacist would then refer to the doctor. Some pharmacists also have a vast amount of knowledge about natural health products, as well as ensuring its compatibility with any other medications you may take. It is generally a good idea to stick with one local pharmacy, as they will have records of your medication and can check whether there are any interactions or any queries that may arise. In addition, once your family (if you live with your partner or any dependent children under 18 years) reach 20 items in a calendar year, the pharmacy will issue you with a "Prescription subsidy card". This means until the end of the next calendar year, the co-payment of \$5 a prescription item is waived. There are also ways to make taking your medicine a lot easier, including medico compliance packs or keeping your medicine in sync – just talk to your pharmacist about how these may help you. If you would like to try a medico pack to see if it suits you, come and see us for a free trial. If you need further advice, come in to see us at our new pharmacy Hobsonville Point Pharmacy (Brickworks building - 3B/160 Hobsonville Point Road, 09 222 0319 or find us on Facebook).

Feet Focus Podiatry

Feet Focus Podiatry treats many different problems associated with feet and the lower limbs. Problems with your feet can impact enormously on the way you move and ultimately how much you enjoy life. Common problems we treat are: Nails, corns, callus, Plantar Fasciitis, Heel and Arch Pain, Diabetic Foot Problems, Children's foot complaints, Bunions, Ingrown Toe Nails and Foot injuries. So don't put up with your foot issues – give Linda a call or email today: Clinics in Kumeu and Helensville. Home visits by appointment. Phone 021 202 9883 or email feetfocusnz@gmail.com or visit www.feetfocus.nz. Linda Tulett BA, BHScPod, Registered Podiatrist, ACC accredited provider.

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

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- General Podiatry
- Sports Podiatry
- Children's foot health and injuries
- ACC registered
- Orthotics

Websites: thepodiatrist.co.nz
kidsnmotion.co.nz
 My blog: yourfeet.co.nz
 Facebook: YourfeetNZ

Westgate Medical Centre, Fernhill Drive, Massey Tel: 550 6324

Susan Annett
LICENSED SALESPERSON

P 09 416 6900
M 021 345 788
F 09 412 9603
E susan.annett@mikepero.com
www.mikepero.com

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 Auckland

Areacolumnists

Website WOF

Is your website suffering from low traffic, slow performance or not showing up on the search engines? If so it could be in need of a health check. Utopia offers a free service for this called a Website WOF that gives you a complete report on your website and how well it is performing. Regular website audits are extremely valuable to a successful, ongoing internet marketing strategy. With Utopia's Website WOF service we will assess your website and let you know what is preventing your site from getting good rankings on search engines. If your website operates at its optimum it will keep the visitors it attracts and will be a challenge to your competitors. Ironing out the kinks in your site will also make it more credible. You will be supplied with a comprehensive report with clear actions to improve your websites performance. The Website WOF will evaluate things like site architecture, usability, navigation and cognitive evaluation. We also assess the technology and programming on the website as well as how good your web-host and search engine optimisation are. To request the audit please contact us at Utopia on 09 412 2473 or michael@utopia.co.nz. We are based in Kumeu and provide website design, consultancy and app development to a range of businesses all over New Zealand.



Tax tips: record keeping

Here at UHY Haines Norton Chartered Accountants we are often asked about the legalities of record keeping. Businesses are legally required to keep and be able to show financial records. Additionally, accurate record keeping can help your business to run smoothly. You can track business performance throughout the year by monitoring cash flow, budgets and profit. It will be quicker and easier to complete GST and tax returns. Accurate records make it easier to apply for finance, and for others to assess your entity for investment opportunities. You must keep business records for a minimum of seven years. This includes invoices, receipts, wage books, petty cash books, banking records, vehicle logbooks, asset registered and depreciation schedules. Keep receipts for all transactions – there is no minimum amount. All records must be in English unless otherwise permitted from the IRD.

Remember to regularly back up any electronic records. If you use cloud computing to store your records you must be able to retrieve them for the IRD, either in hard or soft copy.

If you're registered for GST your records must be clear enough to work out your GST liability.

Finally, you must also keep additional records relating to the type of organisation you have, such as a partnership agreement, certificate of incorporation, trust deed and so on.

Good record keeping can help reduce your accounting costs for year-end financial statements, and in the worse-case scenario of a tax audit can help that process to be quicker, easier and cheaper.

Chartered Accountants Mark Foster and the UHY Haines Norton team are located at 329A Main Road, Kumeu. If you have accounting, tax or financial enquiries please phone them on 09 412 9853 or email kumeu@uhyhn.co.nz.

Start achieving at another level

The great thing about coaching is that it takes someone from whatever level they are at and moves them forward. There is a reason that every sports team or individual has a coach. The sports arena is where the coaching concept first came about. A coach is simply someone looking in at what you are doing from a different angle. It is getting feedback and another perspective on your 'performance' that we ourselves are not able to see. So if it works in sport – then of course it works in life.

Coaching is for anyone and everyone. At whatever stage in life you are at. Are you a high performer? Do you have a business that needs to step up a level, do you have an idea that you want to do something about? Do you want to better yourself in the world? Play a bigger role? Or perhaps feeling scrambled or unfocused? Coaching is not therapy. Coaching is an experience where you get to look at yourself from a different perspective – and this perspective is insightful and motivating.

Steve Jobs said 'when you realise that the reality you live in was made up by a bunch of people no cleverer than you – then you can achieve anything'. As soon as I heard this quote I loved it. Our whole life is just a certain way of seeing and doing things and who knows.... maybe there is another way and just maybe it will be good for us!

For a session call Anna 021 555 658 or email anna@thinkyourbest.co.nz. I have a new and improved website now! Check out www.thinkyourbest.co.nz. Sessions are about 2 hours. I see people in Riverhead.

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Call Carolyn for more details on 09 416 1799.

Local botanical Artist to be showcased at the NZ Art Show 2016

Riverhead artist, Lesley Alexander, has been selected to exhibit in the 12th annual NZ Art Show at Wellington's TSB Arena from June 3-6, 2016. The show introduces emerging artists to the public and sells their work at affordable prices.

Originally from the UK, Lesley has lived in Auckland with her Kiwi husband and 3 children for 12 years. She has always loved drawing and as a mature student, gained a 1st Class Honours degree in Graphic Design, specialising in Scientific Illustration from Middlesex University.

With her nursing background, she quickly became involved in

medical illustration. However, it was when she was commissioned to 2 Clematis for the covers of the British Clematis Journal, that she became enthralled with botanical illustration. In April last year, she completed the 'Diploma in Botanical Art', run by the Society of Botanical Artists in the UK and gained a Distinction. She is also a member of the Botanical Society of New Zealand (BASNZ) and the American Society of Botanical Artists (ASBA).

Watercolour is her medium of choice as the transparent quality of watercolour 'allows me' she says 'to add many layers of glazes which not only bring a richness and depth of colour to my work, but a softness too when needed. I am intrigued by all the tiny details and watercolour allows me to capture these, hopefully inviting you to move in for a closer look. My paintings take many hours from initial sketches and graphite studies to the finished painting. It can add up to 100+ hours, but it's a labour of love that sees me become a virtual recluse when I get going. Lesley still works part time in the Learning Support Department of Long Bay College on the North Shore and spends the rest of her time painting. Last year she started tutoring botanical illustration for beginners at Kumeu Art Centre, as well as privately, and loves being able to inspire others by sharing her love of painting botanical subjects in all their guises. It's often the ones that aren't the prettiest or appealing that Lesley enjoys the most.

Her work can now be found in homes in New Zealand, Australia, and the UK.

So if you see someone rummaging through the fruit and veg stalls in the supermarkets, picking out the less than perfect ones, the quirky ones, 'it may well be me looking for my next subject', she says!



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Contact us to find out more:

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Drying flowers and herbs

There are three different ways to dry your herbs. Choose the method that suits you best and use these winter non-gardening days to stock up your supply. Air drying:

- Single stems, leaves or small sprigs can be laid on newspaper or paper towels and left to dry.
- Always spread out so material is only a single layer (especially rose petals)
- Hang or lay herbs in warm, dry, darker area, with no strong sunlight and good air circulation.
- If hanging, fasten with a rubber band which shrinks as the stems dry.
- Harvest herbs for drying when just coming into flower as flavour is at its best.
- Dry herbs as quickly as possible to retain flavour and fragrance.
- Aim is to remove 70% of the moisture content, but not the oil.
- Herbs are dry when they are brittle to the touch and leaves crumble easily.
- Flowers such as Statice, Yarrows, Alliums, and Hydrangeas can be dried upright in a container with ½ inch water in bottom. As they dry the water will evaporate.
- Herbs with low moisture content such as bay, rosemary, thyme, dill, marjoram, oregano are better air-dried.
- Basil, chives, tarragon, mint, and lemon balm are better dried quicker in dehydrator or microwave because of their high moisture content.
- Roots e.g. horseradish, angelica – wash well, and dry in hot sun or as usually harvested in autumn, dry in dehydrator.

Microwave drying

- Herbs keep their colour well dried in microwave.

- Put sprigs or leaves on a paper towel and cover with more paper.

- Always have small dish of water in microwave when drying.
- A dish placed on top of material can stop leaves from curling.
- 2 to 4 minutes on High, but check regularly.

Dehydrator drying

- Place herbs or flowers in a single layer on dehydrator trays.
- Leaves can be removed from stems or left whole.
- At temp. about 100 deg. Dry for between 1 – 4 hours depending on material.
- Turn over material to dry quicker.

Use your dried herbs to make some scented sachets and bags to perfume drawers, cupboards, stored clothes, to deter moths, tucked in amongst sofa cushions or under your pillow to induce sweet dreams.

The most traditional herbs used in sweet bags are lavender and southernwood; however other herbs you can use include tansy, rosemary, santolina, thyme and mint.

Whole ground cloves, cinnamon sticks or essential oils can be added to the dried herbs. Orris root powder can be added to help absorb any moisture and retain perfume.

The camphor smell of mothballs reminds us of the dry, unloved smell of winter clothes as they were taken out of storage. The far pleasanter, sweeter aroma of herbs will give the same moth repellent.

Moths - Herbs used to discourage moths include tansy, rosemary, thyme, bay, lemon verbena, santolina, artemesia, gum leaves, lavender or mint. You can add cinnamon sticks and cloves.

Mix all the dried herbs together in a container, add cloves, oils or orris root if required. Fill bags, sachets or muslin squares, tie top securely with ribbon.

Sleep sachets - The three most effective herbs for relaxation and

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sleep are hops, lavender and chamomile. The flowers of both lavender and chamomile have more oil/healing properties, but the leaves can be used, while the seed pods of hops have the soporific effect. Hops are very strong so only use 2-3 mixed with other dried herbs. When dried, the hops are stiff and crisp so add a few drops of glycerine or hot water to them before mixing with other herbs.

Simmering potpourri - Simmering aromatic herbs not only scents your home, but they also humidify and freshen the air. Consider the effect you want from your potpourri. Simmering potpourris are blended the same way as dry potpourri so let your nose be your guide – but only use the fragrant herbs and spices, omitting the dried leaves or flowers used as bulk.

Most citrus – cooling, stimulating, refreshing.

Fruity scents – enlivening, refreshing.

Herbal scents – (lavender, rosemary, mint) stimulating, refreshing.

Spices – warming, energizing, stimulate for appetite.

Florals – relaxing, calming.

Woods, barks – drying, invigorating.

Menthol, evergreen eucalyptus scents – cool, invigorating

Method - Add 2tbsps of the blend to 1 litre of simmering water. Reduce heat to keep water just simmering. Do not boil to avoid driving off the volatile oils too quickly.

Do not let the saucepan boil dry. Join a local Herb group today.

Phone Diane 021 135 9613 or email hobsonvilleherbgroup@gmail.com.

Public meeting to get the ball rolling on Ethkick west football tournament

Community Waitakere is calling a public meeting on the evening of Tuesday 21 June to launch the first ever Ethkick West Football Tournament to be held in West Auckland. The Football Fiesta itself will be in September, and this public meeting is an opportunity to learn more about this exciting community event

and especially how to get involved in it.

Community Waitakere has already received support from the Northern Football Federation, the Police, Sport Waitakere and the Human Rights Commission. At the public meeting there will be presentations explaining the reasons behind Ethkick, what it aims to achieve, and how people, communities and supporters can get behind it and get involved.

Ethkick Football (also known as soccer) tournaments are held throughout New Zealand but it is the first time that one will be organised in West Auckland. It will be an opportunity for communities large and small to celebrate their particular identity on the football field, as any ethnic community in West Auckland will be able to propose a team. Teams will be for ages 16 and up, 7 a side with an additional two for substitutions. The first 32 teams to register will be accepted, one from each ethnic community, and once that number is reached there will be a waiting list.

Ethkick Football Tournaments are very successful and throughout New Zealand many hundreds of players participate. Community Waitakere has the support of a wide range of interested agencies for this first Ethkick in West Auckland, including Auckland Council, New Zealand Police, Sport Waitakere and Human Rights Commission.

Football is one language that almost everyone speaks, so the Ethkick West Football Tournament will be part of actively celebrating our cultural diversity through sharing a common passion. It does not matter in the world, whether you are playing football on a dirt field with tin cans for goals or in a beautiful stadium with hundreds watching you, it is all about the game and the community participation. Everyone can be equal playing football, from the smallest to the largest ethnic community in West Auckland.

Find out more at the Public Meeting which will be held at on Tuesday 21 June from 6.30pm to 8.00pm at the Waitakere Community Resource Centre, 8 Ratanui Street, Henderson. Further info about the meeting and rsvp: mandy@communitywaitakere.org.nz.

Modern Montessori for 21st century Kiwi Kids

At Kumeu Montessori, our aim is simple...**to provide an innovative and modern preschool environment, where learning is irresistible and children flourish.**



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Making learning irresistible

The joy of winter play

Winter is upon us here at Country Bears, but this doesn't stop us getting outdoors to discover those magic places. Fresh icy chills, a whistling breeze and droplets of rain kiss our cheeks. We embrace playing in all conditions, rain or shine ...



there's no such thing as bad weather, only bad attitudes and inadequate clothing! We wrap up warm, step into our gumboots and venture outdoors for an adventure filled day of puddle jumping, insect finding and exploration in one of our most primal elements in our world, nature! Our younger Baby Bears children love the feeling of oozing mud between their little fingers and toes, something we strongly encourage to make those fundamental connections with the environment. Our older Bear Cubs and Bigger Bears are intrigued to discover new findings in the tree house and around the forest. These sensory hands-on experiences feed children's brains and provide the foundations to learning about the wider world, such as what is required to grow crops, farming, ecology, how to protect our eight legged friends living amongst us and much, much more. It is so important for ongoing learning that children take an interest and explore their environment and all the resources within it. With the teachers support here at Country Bears, this is the learning environment we are able to foster on a daily basis. If you would like to visit our wonderful Centre, designed to provide the children space and time to develop at their own individual time, give us a call on 09 412 8055 to arrange a suitable time. In the meantime, check out our Facebook page: www.facebook.com/cbearscc. Country Bears Early Childhood Centre, 79 Oraha Road, Kumeu 09 412 8055.

A piece by Mac

In September, Hobsonville Primary School will be sending a football and basketball team to a sporting tournament called the 'AIMS games' in Tauranga. As you can imagine, this comes at a cost. Thank goodness for parents, teachers and coaches that support us in our journey. On top of everything they do for us we add to their workload with fundraising and training schedules. Sometimes we have to remind ourselves of their sacrifice and remember they could be spending time elsewhere. As a team we are all expected to show 100% commitment to the tournament not only for the people supporting us but for each other as a whole. Our coaches have instilled in us the value of respecting and supporting each other to make us a strong team. Thank you. We are now starting to know the real meaning of teamwork.

What motivates you?

We are all motivated by different things. Some of us love to be rewarded for our hard work or success by pampering ourselves, or being pampered by others. For some it's the simple pleasures, a candlelit bath, walking on the beach or watching a movie. Some enjoy treating themselves to holidays, meals, or designer clothes. Understanding what motivates you; is important in making progress towards an important life-goal or dream.

Also, being aware of your pattern; how and why you reward yourself is crucial in terms of achieving success. If you don't reward yourself, then think about why! Consider your personal reward system: How did your pattern evolve? Does it help or hinder you? What might be more helpful? Psychological research clearly shows that positive rewards increase the likelihood of further progress when setting out to achieve. You can change your pattern, to support your goals - starting today! Author Bio - As a Consulting Psychologist and Transformational Life Success Coach, Published Author and Supervisor and Trainer with more than 25years experience, my mission is to help you SEE -and ENGAGE in a new vision and new possibilities for your life. I use powerful transformational principles to help those who are open and willing to dramatically improve their results - and live the expanded life they have always wanted. If you are READY to become AWARE of just how much you are capable of I can teach you powerful strategies that BROADEN and BUILD on your personal strengths and lead to outstanding results! Contact Me - email: oneyearyourlife@yahoo.com or phone 021 053 1754 or Facebook: www.facebook.com/oneyearyourlife.

Ball season is here

Make your hunt for the right ballgown fun and easy! Just book a time with Andrea at Fancy Frocks to view and try on dresses from her collection of nearly 150 gowns, all for hire. Fancy Frocks is Auckland's newest dress hire showroom. Based in Beach Haven on the North Shore, Andrea has a large collection of ballgowns in many styles, plus you can buy jewellery and shoes to finish off your look. And if the gown you love needs altering - more/less bling, straps added/removed, hem taken up/down, etc - Andrea can do that too. Whether you're looking for something classic or a sparkly fashion gown, Andrea can help you find the perfect dress to make you feel gorgeous and impress your friends, at a price you can afford. Contact Andrea today on 021 129 8537 or andrea@fancyfrocks.co.nz to book your free appointment. Caption: Just one of the gorgeous gowns in the Fancy Frocks collection (photo courtesy of ShelsYou, modelling by Violet Penty).



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Kumeu Montessori

Kumeu Montessori provides the perfect starting point for your child. The daily programme is designed to spark each child's sense of wonder, encourage children to think creatively, empower children to reach their potential, inspire children to think big and prepare children for school. The centre emphasises learning through doing – teaching through touch, learning through experimenting. Children have endless opportunity for hands on, self-directed learning at Kumeu Montessori Pre-school and an incredible range of equipment provides learning for all levels and interests, from the simple to the complex. Rody O'Reilly (owner, and a teacher at the preschool) says that the teaching team focus on the key behaviours and dispositions needed to be successful in the modern world, including knowing how to question and problem solve, think flexibly, manage oneself, listen with understanding and empathy, to create and innovate and more! A typical day is more structured than a free-play environment, less structured than a primary school, and a wonderful combination of learning, adventure and play. Two learning sessions provide uninterrupted blocks of time for children to discover new concepts, problem-solve and explore fresh ideas, allowing them to make connections between different areas of knowledge and to incorporate their creativity into learning.

Rotalite west

Rotalite West, Rotary Club of Henderson's satellite group aimed at 25-45 year olds, is now entering its second year and going strong. We've successfully completed another fundraising event – our 'First Annual West Auckland Wine Tour' with contributions going towards Variety – Kiwi Kid Sponsorship, and Ranui Community House Playgroup. We are currently in discussions with Ranui School to assist them with a number of projects and initiatives around the school with the aim to get the kids involved. We are continually looking for new projects so if you have a project you would like us to consider supporting, or if you are interested in coming along to find out what we're about please email our secretary Trish at secretary@rotalitewest.nz.

High tea at Summerset Village

A pleasing sum of money was raised for the New Zealand Breast Cancer Foundation at a Pink Ribbon High Tea held on Friday 17th June at Summerset Village in Hobsonville. Over 80 Summerset Village residents attended to support the



fundraiser, enjoying a tasty array of savouries and cakes home-made by Summerset Village staff. New Zealand's singer/song-writer Craig Hallen entertained on the piano throughout the afternoon. Fund-raising competitions included 'Pick The Baby' and 'How Long is a Piece of String?' and a Blind Auction was also held. Competition prizes and auction items were kindly donated by village residents and local Hobsonville retailers including Countdown, Unichem Pharmacy and West Liquor. Thanks are extended to Summerset Village staff for their enthusiastic support of the event from preparation stage right through to serving tea on the day. Thanks also to Summerset Village resident Pam Ninness who donated a huge amount of her time coordinating the event and has set a high bar for future fundraisers.

Waimauku vaulting club

Learn to stand on a moving horse with the Waimauku Vaulting Club! Balance is one of the key skills learnt in equestrian vaulting. Our lessons also build up core strength for holding moves like the push up which is similar to a plank but with your hands gripping onto handles and your feet balancing on the rump of



a horse. Flexibility is developed in the sport of vaulting to complete more advanced moves like the splits or the back bend otherwise known as a bridge. Vaulting is also a theatrical sport that uses skills such as adagio and dance. Aerial acrobatics and gymnastics are great crossover skills to apply in vaulting as well. We develop many of these skills first on our vaulting barrel before we introduce the additional challenge of balancing on a moving horse. Our horses are trained specifically for the sport of vaulting with rhythmic movement as well as an easy going temperament that makes them reliable and steady while vaulters are doing creative exercises on their backs. We have Hugo, our 15.2hh clydesdale mixed breed horse for learners. But before long our vaulters will be doing their exercises on Tiny, our 18.1hh gentle giant horse who came to us from the Kapiti Vaulting Club after he had finished helping them train their vaulters for the world equestrian games. We welcome you to come and have a look at one of our lessons. We practice from 2.30 - 5pm on Saturdays at 1256 Old North Road. Call or text us to let us know if you'd like to watch. During the school holidays we have a Try Out Vaulting session. Keep an eye on our Facebook page for details. Contact Belinda on 027 782 3203 for more info.



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Food: Beverages

Lemon and Cranberry slice

200g butter
 1/4cup golden syrup
 1 ¼ cups flour
 ½ cup sugar
 ½ cup dried cranberries
 1 tsp baking powder
 1 ¼ cups cornflakes
 1 cup coconut
 Icing
 1 ½ cups Icing sugar
 50 g melted butter
 Juice of ½ lemon

In a large saucepan melt butter and golden syrup. Add all other ingredients and stir till combined.

Press into a slice tin and bake for 20 mins at 180.

When cool ice with lemon icing.



Paleo Cafe

Paleo Cafe has been open for four months at Westgate! Everything we sell is gluten free, dairy free and refined sugar free! A range of meals from breakfast, lunch, all day, takeaway and cabinet food suitable for children too! Delicious weekly specials and sweet treats including cheesecakes, slices and muffins. Variety of drinks: coffee, smoothies, fresh juices and retail drinks! (We use coconut milk, homemade



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almond milk or blue top dairy milk for coffees & smoothies- whichever you prefer). Loads of Paleo retail products including cookbooks, cooking items and clothing. Play area for kids, colouring in pages, free fluffies with purchase, high chairs and baby changing area! For more info check us out at: Facebook: Paleo Cafe New Zealand. Or come in store and chat to our friendly staff. Address: 22-23 Fernhill Drive, Westgate. Hours: 7am to 5pm everyday.

Flame

Just had an absolutely delicious meal from Flame. In itself this isn't that unusual. But I'm a Coeliac, so finding gluten-free food that is safe for me to eat is a real challenge. But Brendon Marsh and the team from Flame totally get it, and take all the correct precautions to ensure the food really is gluten-free (so many places don't). And to top it all off, the service was top notch too. If you haven't ordered from Flame yet, I highly recommend you give them a go.

Akita Sushi

After a long holiday, Akita Sushi is now back in business. We hope you all had a wonderful holiday :) Check out our totally badass black rice sushi. Black rice may be less popular than brown rice but it is richest in powerful disease-fighting antioxidants among all the rice. Scientists have discovered that black rice also contains dietary fiber, anti-inflammatory properties, and has the ability to help stop the development of diabetes, cancer, heart disease and even weight gain. Black rice is not only healthy but it is also delicious, especially when you make it into sushi. A much better option for lunch or snack than having salad every meal trying to lose weight. Black rice is, without a doubt, our most favourite rice. We had lots of fun making it, and we hope you can enjoy it too. Better yet, there is a vegetarian option available for those who want an even healthier meal. Phone 09 416 0109. Let's eat healthy with Akita Sushi!!!



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the little food truck! We introduce our most popular dish. Crunchy Katsu Chicken bowl. Katsu is deep fried bread-crumbed cutlets and it comes with homemade brown sauce and tartare sauce. You can choose it from one of three choices, salad, scrambled eggs or Japanese curry sauce. Here is the reason why



everyone loves our crunchy katsu chicken. Because it's best with salad, you won't feel guilty having deep fried food with our homemade fresh salad. Because it's great harmony with scrambled eggs, you will smell all the flavours when you open the lid. Because it's a perfect combination with Japanese curry sauce, you will lick all the sauces with the chicken pieces till the last bits. Even though it's takeaway food we pride ourselves making it healthy for locals as much as we can. We use 100% rice bran oil and make our own sauces. You will taste the difference! We are located in the Passion Produce vegetable shop car park at 92 Hobsonville Road. You can find our menu on our Facebook page www.facebook.com/pekopekojapanesetakeaway or simply come down and see us in the truck.

The Flagship bar & restaurant

Overlooking the magnificent upper reaches of the Waitemata Harbour, The Flagship is a haven for those seeking a great sea-side dining and drinking experience right on their doorstep. With stunning views overlooking glistening waters and the gently lapping sea, The Flagship is West Harbour's true local bar and restaurant. 15 Clearwater Cove, West Harbour, Auckland. Phone 09 416 6173 or email: manager@theflagship.co.nz. Opening Hours: Monday - Friday: 11.00am - late, Saturday - Sunday: 9.00am - late. Functions - Interested in having your function at The Flagship? Email our events coordinator, Claire: events@thetrusts.co.nz. Find out what others have said about functions at The Flagship: "I have been dining at The Flagship for many years and after attending a recent business function I decided this would be the perfect place to host some drinks and nibbles for my son's 21st. We started out with a small guest list which soon increased to almost 50 and the planning was easy with Claire's help and suggestions. Nothing was too much of a problem. We ordered platters of Beef Koftas, Pork Belly Bites, Buttermilk Chicken Strips and the Chicken Sliders. Compliments to the chef as the food was amazing, and enjoyed by all. Customer service is always great from the team here but special thanks to Katrina for providing outstanding customer service to the highest calibre. We had an awesome day and I would highly



recommend The Flagship for excellence in dining and customer service. Thank you so much." - Bernadette W.

The Gallery Café and Japanese restaurant

10 free dumplings when you spend over \$40 on our takeaway menu. Here at The Gallery Café we offer a delicious all day café menu but we also have the option of Japanese meals for lunch and dinner to give you the ultimate culture experience within your meal. Our community is continuously growing and so is our menu to satisfy our customers and keep things exciting for you all. If a romantic dinner for two or a family dinner with the kids sounds like what you're after give us a call and book in now. Not only do we deliver delicious meals but our talented chef has previously done photography for National Geographic and has some of his work on display right here for all of you locals to come view and even purchase. All of his photography currently has a 30 percent discount. So be sure to pop in for a coffee, breakfast, lunch or dinner and check out what The Gallery Café and Restaurant has to offer. Pop online to our Facebook page (www.facebook.com/the-galleryjapaneseandcafe) to find out a little bit more about us and the food on offer. 329a Main Road, Huapai 09 412 8983.



The Brigham

Since it first opened in 2006, The Brigham has enjoyed a growing reputation as a popular wedding and function venue and local restaurant/café. Certainly the beautiful,



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established 3 acre gardens of The Brigham and the attractive facility with its very flexible catering spaces provide a wealth of options. Now, new owner Gajraj Singh Yadav (Raj) is taking The Brigham even further, with the extension to full five days a week brunch/lunch café services from 9 to 3pm

Whatever the occasion – function or meal - Raj and the team's focus lies in providing a selection of delicious yet affordable 'home-made' contemporary New Zealand cuisine using quality ingredients, ideally sourced from the local area. All in a pleasant, friendly and informal environment that welcomes every guest. Raj's own background spans over 23 years' experience in a number of Auckland's international hotels such as the Heritage Hotels, Millennium and Copthorne Hotels as Executive Chef, and Group Food and Beverage Manager with VR Hotels. He has also worked as a chef in restaurants such as GPK.

He knows that the best restaurants and function venues combine good food with friendly, efficient service, a welcoming atmosphere and an air of relaxed professionalism.

He and the team aim to make The Brigham an even more vibrant, fun, friendly place to come; the local for the growing neighbourhoods; the perfect locale for any celebration. And the place you'd happily recommend to all your family, friends and associates. Restaurant, cafe and functions centre - 164 Brigham Creek Road, Whenuapai, phone 09 416 7369.

The Riverhead

Increasingly we see people coming to our place presumably with people they care about and you'd think they would be energetically talking and interacting with one another. A quick scan around can see the alarming percentage of people on their

phones. What is it that is more important than the person you're with? Does the other person then feel obliged to pick up their phone? The alternative is just sitting looking at their special person and the back of their phone. My suggestion: pick your moments, prioritise and make the person you're with your focus.

Try it in our cosy restaurant and enjoy the heart-warming food we have on our newly developed & gorgeous Winter Menu. Check out our Winter Rituals (cut out or our advert) and don't forget the rugby...there is simply no-other place as warm and comfortable to watch the rugby in the 'match like' atmosphere as The Portage Bar. Hope to see you soon.

Sushi Tomi Japanese restaurant and sushi bar

Sushi Tomi Japanese restaurant and Sushi bar brings the original taste and visual experience of Japan to you in Auckland, New Zealand. Sushi Tomi was established in 1999 when John Kim opened the first restaurant and has been serving top quality Japanese fusion cuisine ever since, earning Sushi Tomi a dedicated following of Japanese and New Zealand regulars. Sushi Tomi now has three Japanese restaurants run by the Kim family located in Parnell, Milford and Westgate.

Walking through the doors of Sushi Tomi brings a sense of calm with a friendly atmosphere during the day and a warm majestic atmosphere with subdued lighting and traditional Japanese music in the evening. The inspiration for Sushi Tomi, restaurants and Sushi bars is taken from the elements of Osaka in Japan unveiling the relationship between nature and food. Enjoy some of Japan's finest specialties made with the freshest of ingredients from the mouthwatering chicken teriyaki to the sashimi, sushi, gyoza, takoyaki to the fresh salmon mori with a wedge of

The Riverhead's winter deals

Monday Night **Local Pool Comp** \$5 to enter, cash prizes to be won! | from 7pm in
A fun way to meet other locals | The Portage Bar

Tuesday Night **The Riv's Ribs** 'All you can eat' \$32pp | from 5pm

Wednesday Night **Quiz Night** A great night for friends, family, young & young at heart with prizes to be won! **Bookings Essential.** | from 7.30pm in
The Portage Bar

Thursday Night **Two for One Pizza's** Dine in only | from 5pm in
The Portage Bar

Friday Night **Cocktail Night** Why go all the way to town? | from 5pm

Saturday Night **Rugby on the BIG screen** | from kick off time in
The Portage Bar

Sunday Afternoon **Sunday Live** Live music from 1-4pm. Free entry most Sundays. Bring the family | gates open at 12 -5pm
in The Boat House

lemon by its side, to name just a few. Children are welcome and enjoy their very own mixed children's plate.

Gift vouchers can be purchased for any special occasion and if you are having a party Sushi Tomi is the ideal place and can accommodate group functions and events with party platters ranging from \$20 up.

Sushi Tomi Japanese restaurants and sushi bars welcome you anytime to experience the finest Japanese cuisine.

If you have any queries or would like further information regarding promotional offers, vouchers, special occasion bookings, etc., please do not hesitate to contact us at our main branch or by emailing us at our separate branches.

Phone 09 831 0239, Opening hours: Sun-Thur 9am - 9pm, Fri-Sat 9am-9.30pm. Email: sushitomi@gmail.com. Shop C-17 West-Gate Shopping Centre, Fernhill Drive, Westgate.

Soljans Estate winery

Soljans Estate Winery is holding its annual Winter Wine Fair from 8 July to 24 July 2016. The Soljans Winter Wine Fair is the perfect time to pick up remarkable deals on Soljans award winning wines. The Cellar Door will have wine case specials, cellar selection special and the desirable \$9.90 bin ends. There will also be some delicious mulled wine available for tasting. Soljans Café's head chef, Paul Reid, will be crafting some special dishes in honour of the Winter Wine Fair. The café has also created a fun colouring competition for the children. If you have any questions regarding the Soljans Winter Wine Fair, please contact our Cellar Door on 09 412 5858 and if you wish to reserve a table in our café please contact the team on 09 412 2680.

The Tasting Shed

The Living Room is the largest venue on The Tasting Shed's premises, seating up to 50 guests at any one time. The rustic, country aesthetics have been intentionally preserved with the use of natural and recycled materials throughout. The furnishings are full of character and you'll find that the interior's details evoke images of their own unique and varied histories. In The Living Room, you'll dine at handmade teak tables with chairs that were once Indonesian fishing boats, now beautifully repurposed with hints to their past existence still visible. When you order a drink from the bar, enjoy admiring the authentic 60-year old New Zealand apple and pear board boxes, then unwind on our soft cow-hide banquette seat and snuggle with one of our comfy cushions. To intensify the tranquil ambience, our ceilings are gently illuminated by groups of hanging lanterns. If you prefer to socialise while you're wine and dined, invite yourself to



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a seat at the Kitchen Table in The Living Room. Visit The Tasting Shed's Living Room to find out why one-of-a-kind dining is synonymous with Kumeu. Hours of operation: Wed - Thur: 4pm - 10pm and Fri, Sat, Sun: 12pm - 11pm phone 09 412 6454.

Babas Curry Cafe

Are you after an excellent Indian dish that fits your budget conveniently? Baba's Curry has been serving great authentic dishes in Orewa and Whenuapai areas. Our restaurant is well-known for an impressive set of meat-based menus such as



Chicken, Lamb, and Beef. We also have seafood-based dishes such as Fish Masala, Butter Prawns, Kadai Jhinga, Fish Goa Curry, and Jhinga Nariyalwala. Care for something vegetarian? We have that as well. I love this place. The food is fantastic and always served with a smile. I love that they have specials as it's great to try something different. The staff are incredible and I have used their delivery service in the past. Always on time and piping hot. 1 Puriri Road, Whenuapai - phone 09 416 1608.

West Harbour Tide Chart

Date	High	Low	High	Low	High
Fri 1 Jul	03:48	09:56	16:25	22:28	-
Sat 2 Jul	04:48	10:56	17:26	23:27	-
Sun 3 Jul	05:48	11:53	18:23	-	-
Mon 4 Jul	-	00:23	06:46	12:48	19:17
Tue 5 Jul	-	01:17	07:41	13:40	20:09
Wed 6 Jul	-	02:09	08:34	14:29	20:58
Thu 7 Jul	-	03:00	09:24	15:17	21:46
Fri 8 Jul	-	03:49	10:12	16:03	22:33
Sat 9 Jul	-	04:37	10:59	16:49	23:19
Sun 10 Jul	-	05:24	11:45	17:35	-
Mon 11 Jul	00:05	06:10	12:31	18:23	-
Tue 12 Jul	00:51	06:57	13:18	19:14	-
Wed 13 Jul	01:37	07:46	14:09	20:08	-
Thu 14 Jul	02:26	08:37	15:04	21:03	-
Fri 15 Jul	03:15	09:29	15:59	21:56	-
Sat 16 Jul	04:07	10:22	16:53	22:47	-
Sun 17 Jul	04:58	11:12	17:42	23:35	-
Mon 18 Jul	05:49	11:59	18:29	-	-
Tue 19 Jul	-	00:21	06:37	12:44	19:13
Wed 20 Jul	-	01:06	07:25	13:27	19:56
Thu 21 Jul	-	01:51	08:11	14:10	20:39
Fri 22 Jul	-	02:36	08:56	14:53	21:23
Sat 23 Jul	-	03:22	09:42	15:38	22:09
Sun 24 Jul	-	04:09	10:28	16:24	22:56
Mon 25 Jul	-	04:57	11:16	17:13	23:45
Tue 26 Jul	-	05:47	12:07	18:06	-
Wed 27 Jul	00:37	06:40	13:01	19:03	-
Thu 28 Jul	01:32	07:36	14:01	20:05	-
Fri 29 Jul	02:30	08:36	15:04	21:09	-
Sat 30 Jul	03:30	09:38	16:08	22:12	-
Sun 31 Jul	04:32	10:39	17:09	23:12	-

Source: LINZ - Disclaimer: MetService and LINZ accept no liability for any direct, indirect, consequential or incidental damages that result from any errors in the tide information, whether due to MetService, LINZ or a third party, or that arise from the use, or misuse, of the tide information contained in this website.

Petstips:advice

How are your pets coping with the thunder and lightening?

We've had some pretty amazing thunderstorms already this winter and they're likely to keep on coming. Some pets will be absolutely fine with the storms and sleep through them; others however can find them VERY frightening! Here



are a few tips that could help you. Remember no two pets are the same; you may have to trial a few different ideas or a combination of things to find out what will help your pet.

1. Keep them near you: Being around you can help calm your pets, as you will make them feel safe and more secure.
2. Keep them inside: Being inside reduces the noise from the thunder and if you close any curtains/blinds you also reduce the visibility of the lightening.
3. Make a den: Having a safe place to go can really help. It offers comfort and can reduce the commotion of the thunderstorm.
4. Clothing: As strange as it sounds wearing clothes can help relax pets (as long as they like wearing clothes and it's not going to scare them more!!) There are jackets available that have been specifically designed for pets to wear during high anxiety periods to make them feel calmer.
5. Noise: Having the radio or TV on helps reduce the impact of the noise from the thunder. Remember that you may need to turn the volume up louder than usual.
6. Entertainment: Get your pet doing something to take their mind of the storm. If they know any tricks get them practising, or hide treats around the house for them to scent out, or you could even create an indoor obstacle course for them...any-

thing that will distract them from the scariness outside.

7. Holistic remedies: There are some essential oils available, which are known for helping to calm your pet. These can work wonders, but please make sure you are using remedies specific for the species. Essential oils can be toxic if ingested so ensure they are not where you pet or another can reach them.

8. Training remedies: Talk to a behaviourist or trainer as they may have some exercises to put in place to help desensitise your pet to the thunderstorms. Use positive methods of training, as you don't want them to associate anything to do with thunderstorms in an even more negative way. Our behaviourist trainer Laura is available for any questions you may have.

9. Medical remedies: If you are seriously concerned about your pet hurting themselves during thunderstorms then talk to your vet about possible prescription medication to help them.

These tips can help your pets be more comfortable during a thunderstorm, remember to be realistic: the idea is that your pet will be able to cope with the thunderstorm NOT to suddenly be happy that there's a thunderstorm. What may work one storm may not work the rest so be prepared to try a couple. These tips can also be used to help your pets during fireworks too. For further information or advice contact Laura on 0508 PET FIRST or laura@petfat.co.nz.

Raising the perfect puppy

Training your puppy should be fun for both you and your puppy. Using positive reinforcement methods that are based on how dogs learn and are dog friendly give the best results. This is the same training method that is used by trainers at Zoos and for animals used in commercials and movies. Basically, puppies learn by the consequences of their actions, so if the consequence is rewarding then your pup is more likely to repeat that action again.



By using positive reward training methods the bond between you and your puppy is improved and training becomes much more fun for both of you. One-on-one puppy training sessions are a great way to start your puppy's education. That way both you and your puppy have the trainer's full attention and your puppy is not distracted by other puppies when trying to learn new things. Starting training early in puppyhood also helps to discourage bad behaviours before they become ingrained and helps your puppy to develop into a good canine citizen. Contact me today to discuss your puppy's training needs. Tania Evans



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- AnPhys, Cert CF. Visit www.pawsitivelifestyles.co.nz or email tania.evans@inspire.net.nz.

DIY boredom buster toys

Tired dogs are happy dogs! Most dogs with behavioural issues, such as destructive behaviour, barking and escaping, simply have too much energy and not enough things keeping them busy. If you are at work all day there are some great boredom buster toys you can make yourself to keep your fur-children occupied. Here's just a couple of cheap and quick to make ideas. Upcycled T-shirt Toy - For a great use of an old T-shirt, upcycle it by cutting it into strips and braiding it into a tight plait. Instant dog tug toy! Tennis Ball Puzzles - Tennis ball treat puzzles are brilliant for those dogs that like to problem solve and chew. Simply use a sharp knife to cut a slit in the tennis ball and pop your treat inside. As your dog chews, the hole should open to reveal the treat. For more ideas visit pawstohooves.co.nz and check out our blog. No time to walk your dog? Book them in for active adventures with Paws to Hooves. Two or more hours out of the house, exploring Muriwai beach and forest with the pack, returning home tired and content, will certainly reduce your dog's boredom and help eliminate any unwanted behaviours while you're at work. Contact Lisa to discuss booking your dog in on fun walks. Contact Lisa@pawstohooves.co.nz see www.pawstohooves.co.nz or call 027 380 0265.



Kumeu Kennels where dogs have fun

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ty, enquiries phone 09 412 7665 or go to www.kumeukennels.co.nz.

Winter paws

Since it has started to wet I have noticed a lot more paw licking going on in my house. I'm not surprised. In all the areas I pick up and walk dogs there is a huge increase in building works. The wind and rain has been washing huge amounts of mud, dust and building waste onto the pavements. So I thought a handy reminder on simple paw maintenance might be useful. Washing paws after walks will help keep them clean of any irritating substances and stop your dogs ingesting any nasty building bits when they lick them. Now you don't need anything fancy and a bath after every walk is not needed unless your dog loves mud! Simply leaving an ice cream tub or small bucket by the door with a small towel for when you get back will be fine. Give each foot a good dunk and swish around and then dry off. Try and dry gently in between the toes. If you have a longer haired breed, keeping the fur on the bottom of their paws trimmed can help them from becoming matted and collecting dirt. If you're reading from the colder parts of NZ and snow is a problem then think about boots for your dog. Although your dog's paws are designed to withstand the cold, they are irritated by the salts we put down to help humans get around in the snow, and constant exposure can dry out your dog's paws. Washing will of course help with this, but the great new socks and boots designed for dogs are now very useful. Have fun walking your dog this winter – most love to be out whatever the weather. If you don't like getting out in the dark think about a dog walking service like ours! We offer a local dog walking service with pick-ups in Hobsonville Point, Hobsonville, West Harbour and Whenuapai. We also sell dog bones, dog balls and dog treats at the Hobsonville Point Market, and through our website www.walkingthedog.co.nz.





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New Home Consultant, Simon Wilson, has been part of Signature Homes West Auckland's substantial growth over the last two and half years which has seen staff grow from two to 18 full time members.

"I was attracted to the fact that it's a family owned business and that I was joining a new company that I could grow with," said Simon. Simon specialises in new build solutions: Here are a sample of Simon's



House and Land Packages in and around the Huapai Area:

CABRA Developments - Kauri Grove Subdivision - Matua Road: 665 m2 flat north facing site corner site. 4 bedroom 2 bathroom Turnkey Options from 995k. 603m2 flat north facing section. 4 bedroom 2 bathroom Turnkey Options from 980k. 2044m2 flat north facing section with beautiful small Kauri Grove on it (large premier section that the "Kauri Grove" subdivision was named after) 4 bed 2 bathroom options from 1.2 million.

Gemstone Developemnts -Tapu Road Subivision - 768m2 flat north facing section. Turnkey 4 bedroom 2 bathroom options from 1.03 mill.

CABRA Developments – Huapai Triangle. 469m2 North Facing Section – 2 story 4 bedroom 2 bathroom options from 950K. Single story 3 bedroom options from 875k.



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Maddren's tradie of the month

Congratulations to John Neil (pictured) from Jones Garage Doors for being this month's Maddren Homes Tradie of the Month. John and his team regularly go above and beyond the call of duty when it comes to the service and delivery of Maddren Homes' clients. Jones garage doors continually meet our required timeframes in a testing market and nothing ever seems to be a problem. The team at Maddrens would like to take the opportunity to thank John and his team help us consistently produce a quality product our owners can be proud of.



Rendering to reality

One of the first hurdles you face when you start planning your dream home is visualising the spaces. Traditionally you would collect together some images of things you liked and your Architect or Designer would produce some hand sketches and 2D plans to look at and try to visualise. This process would then be repeated a number of times as you refine your ideas and the plans. While this first step is critical in getting everything you want in your dream home, it can be time consuming and relies on you being able to visualise one dimensional plans as three dimensional reality. Seeing design in 3D is a whole lot easier and quicker. 3D rendering is rapidly changing both how you see your new designs and how you interact with them. Today, 3D rendering is used for analysis and approval in the building process. "3D rendering has completely changed the new home design process. Those who are not good with visualising plans find it so helpful seeing in detail how their house will look and function," Paul Reid, Maddren Homes. 3D rendering makes it simpler and quicker for architects and designers to try different design variations. Revisions and changes can be made quickly and efficiently. Changes are made in a flexible environment which means they don't involve having to start from scratch. Walk throughs, fly overs and video modelling can even show

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the effects the sun will have to the design of the home. "The advantages of video computer modelling are that the client gets to experience the full house and all the design features and structure that you miss between the usual still images. It also allows for solar modelling that portrays the design characteristics that have been included to further enhance the overall liveability and efficiency of the home," Richard Furze Furze Architecture + Design. 3D rendering doesn't just shorten the design cycle though. A final design can now be viewed via the internet or captured on a USB for wider distribution to key stakeholders. Teams can work together to identify different solutions and find out what works best and the most efficient ways to build. Any feedback or changes can then be made to the original CAD file easily. Building companies have been using 3D renders to capture static renders of new homes for some time, but this new generation of 3D visualisation creates a whole new level of value. From design improvements to greater efficiency in the building process. If you would like to see how your dream home could be rendered into reality contact Paul at Maddren Homes on 09 412 1000.

Getting started

At G.J. Gardner's we regularly interview customers right across New Zealand, over time we try to cover most cities, towns and rural areas. Why do we go to all that trouble? Because we want to understand what is really important to you. We conduct focus groups and interview a wide range of customers who built with G.J. Gardner Homes, who built with other builders (large or small); who bought a spec home, who considered building a new home but didn't, and those who are planning to build soon. And the result? We learn so much from you and got some awesome feedback. We learn what is important to you both now and in the future. We learn what's changed, your differ-

ent needs as individual customers. And we honestly learn what we and the greater construction industry don't always do well - or well enough. We also often found that when people were planning to build: They didn't know the right questions to ask, Didn't know what's important in choosing their builder, Didn't know what options they could have, and Didn't understand what exactly they were going to receive. So we encourage everyone (regardless of whether you are building with G.J. Gardner Homes or not) to ensure that they have (and understand) the following: A balanced, fair building contract that sets out the building company's responsibilities. The building contract should include a payment schedule protecting you, so that you do not pay more money at any stage than the value of work completed on your home. A comprehensive details schedule of every item supplied and all products and materials to be used in the building of your new home. Your personal options and choices clearly indicated. A set price covering the full contract and schedule and absolute clarity of any works or items that are not included in the contract, if any. An agreed build time and move-in date. Time is money (your money). Building a home should be an efficient, fun journey. People who had built a home kept saying to us: If only we knew then what we know now, we'd do it differently. You simply don't know what you don't know. We were embarrassed to ask. If only we knew how little extra that could have cost while building. We were a bit silly, we spent more time researching insignificant details (like specification of a new TV) than we did choosing a builder. We picked our builder because of a minor detail instead of looking at the broad picture. We regretted not doing our homework. We aim to help - to arm you with the questions and the knowledge to give you full comfort and control. So if you are ready, let's get that first tricky question out of the way. G.J. Gardner Homes - Give us a call on our nationwide freephone number 0800 42 45 46.

Old Hands at Building New Homes



Home:garden

Why insulate your home

Insulating your home is the single most effective action you can do to keep your home warm and save energy and save money. It provides your home the benefit of being warmer in winter and also helps keep it cool in summer, and more importantly a better insulated home is a drier, healthier home. It can also save you hundreds of \$\$.

Studies in New Zealand by the Wellington School of Medicine and Health Science show a definite link between insulation and health:

- Houses insulated showed a significant drop in energy use and were drier and warmer.
- Those living in the insulated houses compared to those whose houses were not insulated showed a significant improvement in health.
- Adults and children in insulated houses reported visiting their GP less with lower hospital admissions for respiratory conditions.
- Adults and children in insulated homes were significantly less likely to report sick days.
- People living in insulated houses reported less visible mould inside their homes.

To give you some idea of where heat loss occurs in a typical NZ home is generalised as follows:

Roof	30%-35%
Walls	18%-25%
Floor	12%-14%
Windows	21%-31%
Air Leakage	6%-9%

World Health Organisation research has shown that if your home is consistently below 18°C, you are much more likely to suffer from colds, bronchitis and asthma. One in six New Zealand adults and one in four children experience asthma symp-

toms, these are among the highest rates in the World. It's no wonder when one in three of NZ homes are poorly insulated. Looking long term, the savings enjoyed each year will eventually pay for the insulation that will continue saving you money year on year. Insulating your home should be seen as an investment, a no brainer because a fully insulated home is worth more and is more desirable than an uninsulated home when the time comes to sell.

So, with winter upon us, and with many different options and professional companies providing economic insulation options, not to mention all the "do it yourselves" out there, it begs the question "Why would you not insulate your home". Les Whale 021 345 788 Licensed REAA (2008).

Camellias for your garden

It is hard not to notice the flowering Camellias in gardens at the moment. These are the early blooming Camellia sasanquas making the perfect hedge with lots of colour to brighten up the start of winter.



Camellias are remarkably tolerant and adaptable. Fantastic for hedging, screening, background planting, container planting and as one-off stunning specimens. They trim well, transplant easily, and can provide flowers from as early as March through to November.

Awa Nursery currently has a huge range of Camellias in many different colours. We have Camellia sasanquas (an early flowering variety approximately March), Camellia japonica and Camellia reticulata hybrids, which flower from May through to October. Perfect to brighten up an area in winter.

Camellias have a spurt of growth after flowering, so it's best to feed when the last flowers are coming to an end. You can trim them immediately after flowering. They are happiest in acid soil that does not have too much clay content. They like a nice peaty soil that drains well. You can work some peat into your soil if you feel it has a bit too much clay. The roots are near the surface so it is important to keep them cool in the heat of summer with a layer of mulch. If possible plant with protection from the afternoon sun. You can buy a specialized acid fertiliser to feed your Camellias which will help them to stay healthy and keep the foliage the deep glossy green. You can pick up some fertiliser along with your Camellias at Awa Nursery. Phone 09 411 8712 or visit www.awanursery.co.nz.

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The Potager (edible gardening)

This month it's Bastille Day, so we have sprinkled a little bit of France through our gardens...



- Lettuce for the cold – Salads are possible when you have as mild a winter as this. But stick to the harder ones – especially with the fancy names: Merveille des quatre Saisons (French of course), Drunken Woman (who knows?), Arugula – that's just rocket by another name. Rocket, particularly wild type, grows well in most winter vegetable gardens over this time.

- Potato prep – Dig over an area that will get reasonable sun as is likely to be free of frost from September. Add Living Earth organic Compost as go and you've got the bed ready for sprouted tubers. Varieties appear from late July in the garden centres.

- Fruit tree pruning (deciduous tree) – general rules say that creating a vase shape is best, cleaning out dead wood and any centre or crossing branches. For individual fruit varieties, your local garden centre is really knowledgeable on what to do. If you fancy a design element in your garden (very French) take a look at these shapes

- Frosty parts – On cold still nights, cover your tamarillo, young bananas, avocado and cherimoya trees, naranjillas, pawpaws and all those other tropical fruits you were tempted by last summer! (even newspaper makes an excellent frost cover)

- Blueberry bushes – end of this month is a great time to prune and shape, then apply some compost around the base.

The rest of the garden

- Bastille Day evokes old fashioned roses from France – many of them are strong easy care types - the classic big rambler, Alberic Barbier, grows well with minimum care; Crepuscule is so named because the delicious apricot blooms open at dusk – perfect for growing on brick walls; Souvenir de Mme Leonie Viennot is an early flowering rambler of coral pink hue; Souvenir de St Anne's is a small bush with the most highly scented blooms.

- Lawns Mow only when the lawn is dryish, with the blade set high – this avoids damage to the grass; spray Yates Surrender over the mossy parts

- Lily Bulbs order at nzbulbs.co.nz – lilies are really great value for money and dwarf varieties can be easily grown in pots – plant them now for some fabulous Christmas centrepieces on your table.

Rose pruning - Planted some new bushes, with no idea how to prune them? Then head to the Rose Society's Rose Pruning Demonstration day - Saturday 23rd July at 1.30pm Parnell Rose Gardens, Gladstone Road, Auckland. And make sure you get your secateurs and other shears, loppers etc sharpened by a professional. Your local garden centre can do this for you.

Central Landscapes - 508 Swanson Road, Swanson - phone 09 833 4093.

Methods of selling your property explained

Auction - An auction is a process in which buyers bid against each other. Once the reserve price is reached, the highest bidder becomes the successful buyer.

The auction process creates a sense of urgency and a feeling of competition between potential unconditional cash buyers.

There are many factors that influence the result of an auction including how buoyant the property market is at the time, how well similar properties are selling in the area, and how popular your specific property is. Hence selling this way does not always guarantee a sale on auction day.

Advantages of Auction are you know the bidders will have finances, builders report, or any other due diligence already arranged.

During the auction when the hammer falls and the reserve is met the property is sold unconditionally.

Disadvantages of Auction is that you limit your market to unconditional buyers only. In today's buoyant market, with houses selling in a reasonably short time, there is traditionally a much higher percentage of conditional buyers.

Potential bidders will need to spend money beforehand on builder's reports and any other due diligence requirements with the possibility they will not be the successful bidder on the day. Not everybody is comfortable with the competitive nature of the bidding process.

Tender - Buying at tender means the property is being sold without a listed price and buyers have a deadline by which to submit their offer.

The benefit to the vendor of this method is less stress than an auction and the buyers are encouraged to put in a one and only best offer.

The benefit to the buyers is they are able to make a conditional or unconditional offer, and any conditions can form part of the agreement.

Buyers should ask the selling agent about the property and the tender process and ask for stats of properties that have sold within the area recently as well as local information about the area if you are unfamiliar.

Before submitting tender it would be advisable to seek legal advice regarding the LIM certificate of title and tender document, also discuss any conditions you may want to include.

You must submit your tender by the deadline date.

The cleaner the offer the more attractive this will be to the vendor. This means a buyer who presents an unconditional offer

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may be favored over someone who presents an offer of a similar amount but with conditions applied.

You would also need to be aware there are other potential buyers so you would need to be happy you have put your absolute best offer forward. That way if you are outbid you would have no regrets.

Once the deadline has lapsed the agent will take all tender offers to the vendor who then make their decision.

For further information on this or any further real estate queries please contact Ian Sneddon at Mike Pero Real Estate phone 027 209 0789.

Right-of-way repair and maintenance

The Property Law Act 2007 provides a backstop arrangement for fixing up a right-of-way as and when the time comes. That is, there is now standard formula if the terms of the right-of-way easement are insufficient for that purpose. In essence, a right-of-way user may give notice of the nature and scope of the work to be carried out including costs. Unless there is an objection to that within a specified number of days, it may become binding on all of the right-of-way users. Even if you only use part of a right of way, you are assumed to benefit from all of the right-of-way and therefore responsible for a share of the costs for all of the right-of-way. Frequently, the argument is over the extent of any repairs or improvements. One user may want a fully formed and concreted right-of-way as against another user who prefers to fix up the potholes as and when they arise. Importantly, consult a lawyer if you are embarking on a right-of-way maintenance program or are on the receiving end of a demand. Luke Kemp - 09 412 6000 or luke@kempsolicitors.co.nz.

Spark gone between you and your flame?

Come and talk to KPL to discuss options to put some heat back into your household. A variety of shapes and sizes available, small and large. Wetback options available. WOODFIRES are available in Clean Air for properties under 2 hectares and Non Clean Air for properties over 2 hectares. We can help you size your Wood Burner to get the best heat for your home. To help you through the dark and gloomy path of winter, we have some hot winter deals on the remainder of our Summer stock of portable barbeques, outdoor gas heaters, table top heaters and outdoor beer fridges. Run out of water recently? Family growing and can't keep up with the consumption of water through the hot summer days. Now is a great opportunity to install an extra tank. Tanks available to 31,000L, we can supply and install.

Quotes available. KPL Team 156 Main Rd Kumeu 09 412 9108.

SPS Plumbing Services

Hi I'm Scott, the owner/operator of SPS Plumbing Services. I pride myself on high quality workmanship at a fair and affordable price. I am a Certified plumber with 11 years' experience. I do not charge a call out fee, have a very competitive hourly rate and also offer free quotes. I am based in West Auckland and will work in the greater Auckland area. I cover most aspects of plumbing and treat every job as if I was working on my own home. I strive for customer satisfaction and believe in getting it right first time. My services include - Full Bathroom renovations. (I can organize the whole job including all other trades from start to finish), Kitchens, Toilets, Roofing and spouting, Solar systems, Water mains, Hot Water Cylinders, Burst Pipes, Dishwasher and washing machine installation. Scott Sutherland - Certified Plumber contact 027 430 0251 or 09 832 7267. www.nocowboys.co.nz/businesses/sps-plumbing-services.

Establishing a lifestyle block

Over the next few months I will write a series of articles covering the planning, purchasing and setup of a property to help you secure your rural lifestyle.

Should you require any additional information or have any question please give me a call or send me an email. If I am unable to answer the question, I probably know somebody who can. I have a wide range of farmers, breeders, vets and builders to draw from. Lyndsay Kerr 09 411 7854, 027 554 4240 or lyndsay.kerr@mikepero.com.

Once you have made the decision to move out of the suburbs and build a rural lifestyle you will probably never look back.

Having made that decision over twenty years ago I have no regrets whatsoever.

The planning and purchase of the right block was an exciting time for both my partner and I.

One of the first things you need to think about is what do you want to do with the land, do you want privacy and space, do you want somewhere for your horse or would you like to graze stock or indulge in horticultural pursuits.

These activities require differing amounts of land and different types of land.

This is where the advice from friends who have made the move or a rural real estate specialist is vital.

Getting the right land from the start will make your lifestyle journey a lot easier. Do you want flat land that is easy to work or do you want land with elevated views from which that glass of wine in the evening on the deck makes all that work so worthwhile. Different animals are more suited to particular types of terrain. For instance horses are more suited to flattish, well drained land



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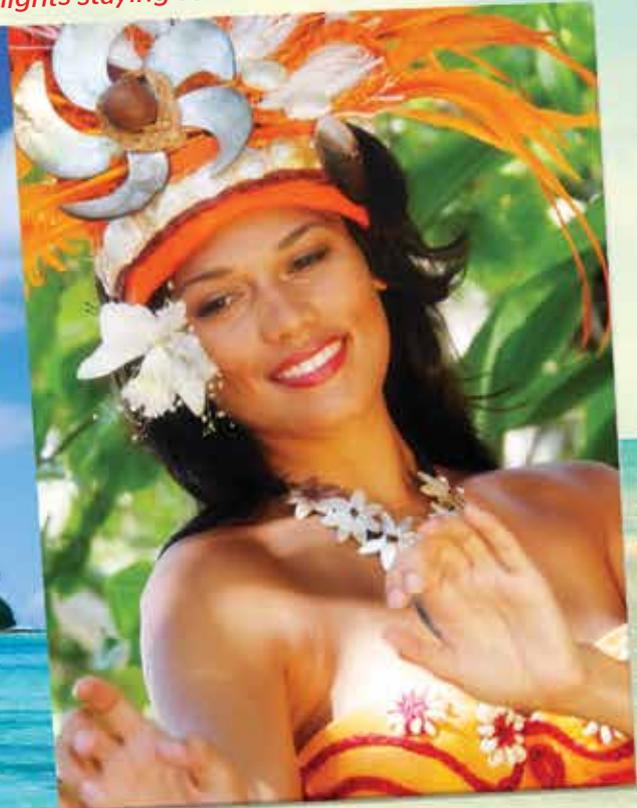
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whereas sheep, goats and alpaca don't mind sloping land at all and chooks can live anywhere you can establish a good secure chook house. The size of the block is critical should you wish to run a number of animals. It is worthwhile consulting your local rural outlets to get a feel for stocking rates in your chosen district. The folk who run these businesses are always helpful and a great source of local knowledge. Stocking rates can change due to the season or to what breed of animal you are grazing. For instance grazing a few sheep for meat requires less land than say breeding ewes which require a higher food intake to raise their offspring. Next month I will write about land size and stocking rates for a variety of animals suitable for lifestyle blocks.

New furniture for new home

Buying new furniture for a new build can be both a daunting and an exciting task. Daunting because there is so much choice and you need to make the best decision about your purchases. We've all heard of fashion stylists, well we can do that with furniture too. Hiring an interior designer could be worth it for the peace of mind, discounted products and getting one cohesive design right through the whole house. Style is not something that comes easy to people. I recommend writing down the key pieces you require. Research the type of look you want. And lastly, make sure you go armed with measurements and a budget. I also recommend doing your entire interior in a consistent sweep over the weekend. That way, impulse buys are less likely to influence you and what you have already looked at is fresh in your mind. A sofa is like a wedding dress. Try before you buy, but don't try too many! If in doubt, contact Pocketspace Interiors. 09 212 6820 laura@pocketspaceinteriors.com.

Power during a power cut

Rural living has so many benefits, the space, the community and ability to be a little more self-sufficient but what about the power cuts we get? A few weeks ago someone decided to take on a power pole just out of Waimauku on Friday afternoon meaning we were without power for about 7 hours. Do you have a home office or small children? Do you need the power to run your water? Is it essential to your business? At SPARKN Electrical we have come up with a solution to help you gain a little independence from the grid. We can do this with a generator or standby batteries to power essential services. We can add in Solar power or a larger battery bank to run a great deal more. We can easily install into a new build/garage or shed, or retrofit the system so you have peace of mind next time your neighbours go dark. In the most recent power cut we ran up the system and lit up the house. We managed to run the fridge and the microwave, reducing inconvenience. The neighbours thought we went a little

too far when we turned on our outdoor decorative LED lighting. For more information call Tony on 021 772 756 or check out www.facebook.com/sparknelectrical.

Quinovic

Quinovic looks after a variety of properties across North Shore region and is obliged to ensure that properties now meet the legal requirements under the new Residential Tenancies Act. We have vast experience in the property management game, and we can't stress enough the importance of meeting the new legislation. Landlords are required to have a minimum of 1 working smoke alarm fitted within 3 metres of each bedroom door, and also disclose the extent of insulation in their properties from 1st July 2016. Failure to provide information, or providing false or misleading information, will become unlawful acts. However, for buildings where the insulation details are unknown and the landlord has made all reasonable efforts to obtain the required information, they are able to make a statement to this effect. Quinovic is working alongside landlords to ensure that the new legislation is met. We make the whole process easy for property owners; let us show you how we are different. We offer a free rental appraisal for your property with absolutely no strings attached. Janine McCormick, Business Development Manager - Phone 021 844 531 or 09 390 4277 or email janine@quinovic-takapuna.co.nz.

Bobbins - does one size fit all?

Did you know that different sewing machines require different bobbins - one size does NOT fit all machines. I often have machines come in for servicing because the tension is not correct and find there is an incorrect bobbin in the machine. Bobbins are weighted differently so that they spin at a correct speed to give correct tension. They can also be different widths and thicknesses. If the bobbin does not fit into the bobbin case properly then it will not spin consistently. It does pay to throw out your old bobbins if you have bought a new machine (unless they are the same brand) so that you are not tempted to use the old bobbins. If you have bought a new machine recently - do ask if your old bobbins can be used. Another issue I often find is that we have a tendency to wind thread over top of left over thread already on the bobbin as we "just need a little bit" to finish something off. The problem with this is that the thread is not starting to wind on a hard surface and therefore does not wind correctly again giving you incorrect tension. When winding your bobbin, if you can, wind slowly so you do not over stretch the thread. I know it is boring to do and the bobbin always runs out when you don't need it too or you have just about finished, but trust me, taking the time to go a little bit slower is worth it.

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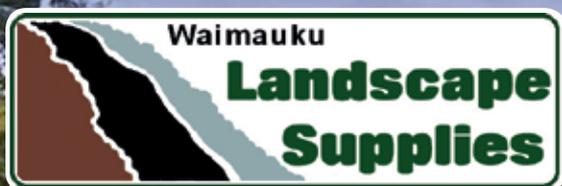
What is coming up at All Things Patchwork over the next month - well it is school holidays coming up so we will be running some children's sewing classes. Absolute beginners in week one and intermediate week two. Contact us on 09 411 7618 or call into the shop. Cheryl Houston - All Things Patchwork.

Duncan Venison unveils the "Bistro Fillet," a new, innovative premium venison cut

Duncan Venison, one of New Zealand's original venison producers, has developed a brand new item, which is named the "Bistro Fillet." The restaurant quality cut will be available to the public from 1 July, through a recently created online store at duncan-nz.com. Andrew and Vinnie Duncan, owners of the company, discovered the fillet when looking into ways to make the venison leg more useable, consistent and convenient for restaurants. They found a way to trim and portion the meat in that area, which has resulted in a tender, top quality cut that is ready for immediate cooking and serving. "We decided to take a step away from standard processes, to see if we were missing any interesting opportunities," explains owner Vinnie Duncan. "Working with new ways to break down the four parts of the venison leg, and developing new markets for the resulting product, has been a real eye-opener. We can now create a tasty, naturally tender, plate-ready cut that provides a consistent and reliable eating experience, which hasn't been offered before. It is tender like a loin fillet, but has an outstanding flavour."

"It has had very good reviews from the chefs that have tried it," she adds. "We are really excited about having a new product to

offer. After 25 years in business, it's great to still be at the front of new opportunities. We can't wait to see what Kiwis think of it." This is one of the first times that Duncan Venison has allowed consumers to purchase its venison, which has been popular with the hospitality trade since the company was established in 1990. "We're hoping that this new cut will get consumers thinking about venison, and perhaps even encourage those that haven't tried it before to give it a go," says Vinnie. "A common misconception is that venison has a strong, gamey flavour, but that is actually only true for wild animals. Ours are grass-fed and free-range, which means the venison is more delicately flavoured. It is also hugely versatile and quick to prepare. The Bistro Fillet only requires 1 minute each side per cm thickness, at high heat. It's the ultimate healthy fast food, with twice as much iron as beef, and less fat than skinless chicken." Duncan Venison is launching two venison packs for consumers on 1 July: the Duncan Venison Gourmet Pack, which includes 6 servings of Shortloins, 8 servings of Bistro Fillets, and 12 servings of Premium Mince; and the Duncan Venison Family Pack, which includes 12 servings of Bistro Fillets, and 15 servings of Premium Mince. The Bistro Fillet, and all other cuts, are also available to the hospitality trade. RRP for the Duncan Venison Gourmet Pack is \$149. RRP for the Duncan Venison Family Pack is \$109. Duncan Venison is produced from the open pastures of New Zealand in a natural, free-range environment. The venison is grass-fed and receives no hormones or antibiotics. It is low in fat, calories and cholesterol. It is also available year-round, making it an ideal and healthy protein choice for any season. For more information on Duncan Venison, visit www.duncan-nz.com.



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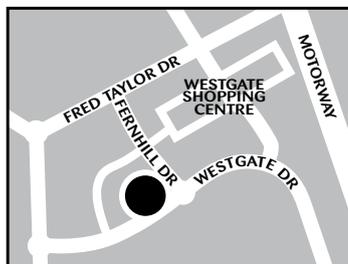


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