

the **Westerly**

FREE monthly community magazine for Massey to Hobsonville Point

PROPERTY MARKET REPORT

HELPING THE COMMUNITY

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

HOBSONVILLE POINT PESKY PESTS

Circulation is 16,000 print copies.

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

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

July 2018

Intro

A few months ago, we were being encouraged to remember those who had sacrificed their lives to keep us free: "lest we forget". But why do we forget? Actually we forget a lot, naturally. Most forgetting is part of healthy memory functioning. But it can be frustrating. We live our lives largely to understand what's going on, rather than to record what we see and feel. We focus on doing rather than remembering, unless we have a strong motive, studying for an exam, preparing a presentation, trying to learn people's names.

When we are in the present, we don't need to store everything. Our memories are selective. See, you have already forgotten the first sentence. Our memory is usually accurate enough for our purposes — to remember the overall gist of an event and to retain selected images. Forgetting helps memory. People who are better able to prune away irrelevant events (such as where we parked the car two days ago) are also better able to remember pertinent events.

But if there is too much going on, it can be difficult to concentrate and lay down a memory, or to get it back later (hence the difficulty with relying on witness evidence). Difficulty in retrieving what you want to recall is very common, though tends to increase with age, and there are tricks you can try to help. There are also things we need to forget, and we are helped by the vivid memories of a painful experience becoming less accessible with time.

So you don't have to remember everything you read in this month's Westerly, because you can always come back to it, online if necessary, at thewesterly.co.nz but in the meantime there is a feast of articles for you. It's great to learn about the efforts being made to keep Hobsonville Point predator-free because it's home to At Risk birds and lizards - a particular reminder to dog-owners to keep to the designated areas for off lead exercising. On the subject of exercise, look at the two unusual types of yoga available, as well as the many tips in our Health and Beauty section. If you have energy left over, how about a working bee at Matuku Link?

There are some important articles about accommodation, advice for landlords and renters, and issues to consider before moving to retirement housing, as well as getting it right if you can afford to help your children get onto the property ladder, and checking out Graham's Market report.

Don't forget to look at the advertisements and please let the advertisers know that you saw them in the Westerly.

Keep warm and dry and have a great month.

John,
Editor



the Westerly

July 2018 issue

- 4 Community notices
- 6 Safer communities
- 7 People & places
- 8 In brief - updates
- 10 Matuku link
- 12 Property news & advice
- 14 Area property stats
- 15 Colour and win
- 24 Hot property
- 26 Hobsonville Point
- 28 Home & garden
- 30 Resource consents
- 31 The great outdoors
- 32 Build new
- 34 Food & beverages
- 36 Eye healthy smoothie
- 38 Health & beauty
- 40 Music food for the soul
- 42 Exceptional dentures
- 44 Area columnists
- 46 Citizens Advice

Questions and feedback:

John Williamson
P 021 028 54178
E jbw51red@gmail.com
W thewesterly.co.nz

Cover Shot: Pandora Owner and Manager Trevor Jordan outside Pandora NorthWest.

Print run is 16,000 copies through Treehouse Print
Email database is managed by Sublime NZ

Disclaimer: Articles published are submitted by individual entities and should not be taken as reflecting the editorial views of this magazine or the publishers of the Westerly Limited. Articles and photos are not to be re-published unless consent is granted from the publisher.

GET YOUR WINTER PROJECTS SORTED

WARM & DRY

\$109

Nouveau
Glass Panel
Heater 1500W
319048



\$138

Goldair
Micathermic
Panel Heater
2000W Grey
297131



\$147

Dimplex
Mini Cube
1.5kW Portable Electric
Optiflame Coal Effect Fire
121604



\$284

Goldair
Dehumidifier
w/Tank 12L White
279415



\$169

Nouveau
8L White
Electronic
Dehumidifier
317623



HOME DIY

\$69⁵⁰

Browns
Gutter Whiskers
900m Gutter
Filter 6 Pack
121711



\$257

Werner
Multi-Fold
Aluminium
Ladder
243705



\$19⁷⁶

30 Seconds
New Generation
Outdoor Cleaner
Concentrate 5L
362155



\$139

Jobmate
16 inch Chainsaw
45.4cc
318664



\$8⁹⁸

Number 8
Light Duty
Tarpaulin
2.4m x 3m Blue
242181



SECURE & PROTECT

\$22⁴⁰

Jobmate
Rainwear Set
Large
247458
(Sizes: M, L, XL, XXL)



\$3⁹⁷

Draught Boss
Window & Door
Weather Strip 2m
Pack of 2 Brown
133395



\$24

Eveready
Dolphin Lantern
LED 200 Lumens
6 Volt
295234



\$10⁹⁹

Intruder
The Better
Mouse Trap
2 Pack
138822



\$9⁵⁰

Kiwicare
No Rats & Mice
One Feed
Blocks 160g
232953



GARDEN JOBS

3 FOR \$10⁵⁰

Growfresh
Vegetable
Cell 6 Pack
188431



\$399

Dewalt
Brushless
Cordless Blower
18V
283576



\$34⁹⁸

Stanley
Leaf Rake
289981



\$10⁹⁸

Tui
Garden
Waste Bag
221640



\$28⁹⁷

Roses
New Season Roses
Assorted Skus



Products shown are available at Mitre 10 MEGA Westgate & Henderson. Subject to availability and whilst stocks last.

Mitre 10 MEGA Westgate & Henderson
Northside Drive & Lincoln Road
Monday to Friday: 7am to 7pm
Weekends: 8am to 6pm

megawestgate

**MITRE 10
MEGA**

**WESTGATE &
HENDERSON**

Community: Notices

Meet our new travel broker at You Travel Westgate!

After a short break from the travel industry, our new Travel Broker Jason Mackenzie has decided to join our YOU Travel Westgate family. Jason has spent nearly 20 years in the travel industry, both here in New Zealand and North America. He has worked as a travel agent and sales manager for a large touring company, also he has extensive experience with wholesale operators. As a travel broker, Jason is available to work outside the standard Monday to Friday; 9am – 5pm hours. His hours are usually from 4pm-8pm and anytime on weekends, if you are in the Kumeu and Taupaki area. Jason is happy to make a home appointments to help you make your travel dreams come true. Jason is working on some amazing group packages for 2019 and is looking to create travel for everyone, Ladies Getaway, Naturalism, LGBT, Sports etc, as well as the usual honeymoon, family travel, cruises. Feel free to contact Jason jasonm@youtravel.co.nz or 027 637 0454, all messages will be returned within 24hrs.



The mobile car specialists

Try this test next time you wash your car... Once clean, run your fingers gently over the paint surfaces. Does it feel gritty? Can you feel small bumps that are attached to the clear coat? Most likely – YES. What does this mean?



Your car's clear coat has contaminants that have lodged and etched themselves to it. Airborne contaminants like metal filings, paint overspray, acid rain & hard water spotting. With all the road and building construction going on around Auckland it's not surprising these paint damaging pollutants are being found on almost every car. If left unchecked – unremoved, these tiny metal shards oxidise, rust and break down the integrity of your clear coat, leaving your vehicle's paint in a big mess that only a full (expensive) re-spray will rectify. Our con-

taminant removal service dislodges these invaders leaving your car's paint smooth to the touch, while drastically minimising the long-term risk of paint failure. Prices range from \$100 - \$150 +gst depending on the size of vehicle. Our other services include: Dent removal – small to large. Yellow / foggy headlight restoration. Deep clear coat scratch removal. Ceramic coating paint protection. Signwriting removal. High quality paint correction / cut and polish. We are a fully mobile operation, meaning we come to you to make your life easier. Contact us on 0800 20 30 20 for a quote, or visit www.TMCS.co.nz to see our work and 5 star reviews.

Impressive Matariki Festival line-up to light up your winter

The star of Auckland's winter season, the Matariki Festival, returns with an exciting line-up of more than 100 events region-wide from 30 June to 22 July; from an evocative dawn karakia (at the Arataki Visitor Centre, 300 Scenic Drive, Titirangi), to captivating kapa haka (at the ASB Waterfront Theatre, 138 Halsey Street, Wynyard Quarter), a street party, family kite-flying events, lighting shows and cultural events across Auckland. All in celebration of Matariki, the Māori New Year. "Matariki is the time we recognise the culture and traditions of this country's tangata whenua, and this year we are proud to host the festival with Te Kawerau a Maki." – Mayor Phil Goff. For full festival programme and event details go to matarikifestival.org.nz. Photo: Te Waka Huia, Matariki Festival. Photography by Monster Valley, courtesy of Auckland Council.



SeniorNet West Auckland

At SeniorNet we help people of all ages over 50 yrs to use their computers and other de-vices. With the ever growing scams that are set to plague us it is really necessary to make sure that we have a good working knowledge on how to use them. So if you have given an elderly relative say an iPad, Galaxy tablet, or a laptop, why not also join them up to Sen-iorNet so that they can take some lessons and we can help them to get the most

HEALTHY WATER SOLUTIONS

Improving your water quality

- WATER TANK CLEANING - full & empty tanks
- WATER TANK REPAIRS & RESURFACING
- WATER PUMP SERVICE & SALES
- FILTRATION FOR TANKS & HOUSE SUPPLY



Ph: 021 420 936
joe.hall@healthywatersolutions.co.nz
www.healthywatersolutions.co.nz



Steven Baxter

Painter & Decorator
 1168 Old North Road
 Waimauku
 Auckland
 0882

027 201 7001

09 411 5136

Baxters Decorating

baxtersdecorating@gmail.com



out of their devices. Our classes are run by seniors for seniors and usually 1 Tutor to 3 people, membership is \$30 per year Jan to Dec and most classes are \$10 for a 2 hour session. We have regular Help and Information days on the 2nd and 4th Tuesdays of the month from 10am to 12 noon. So please call in and speak to one of the team with any questions you may have. Lots of people recently changed their email address and many of you went to Gmail. There is a lot more to Gmail than just sending and receiving mail. Please ring Pam for the next class dates and find out what more you can do. We are in the Henderson RSA, 66 - 70, Railside Avenue, Henderson. Our next monthly meeting is at the Kelston Community Centre, Cnr Awaroa Road, Kelston on the 3rd Tues-day of the month, the next one on the 17th July at 10am. There is a guest speaker and morning tea. Please ring Pam on 09 827 2156 for class details and Janet on 021 993 341 for classes on Apple Mac or iPads.

Meditation course

Ever asked yourself: I want to learn to meditate, where do I start? Well here is your chance! I am teaching a meditation course. Start: Monday 23th of July, 7 weeks from 7-8 pm in West Harbour. Benefits



of meditation that have been supported scientifically: Reduces stress, Controls anxiety, Promotes emotional health, Enhances self-awareness, Lengthen attention span, May reduce age-related memory loss, May help fight addictions, Improves sleep, Helps control pain and Can decrease blood pressure. What will you learn? In this course we will discover and learn three forms of meditation: Moving mindfulness meditation, standing form meditation and seated meditation. I will explain and teach the physical requirements, mindfunction, breathing, sitting postures (for example how to sit, how to hold your hands etc.) and deepen our understanding about the unification from our body and our mind. Step by step I will guide you on this path, so that you will be able to meditate confidently and calmly on your own. Meditation is a healthy habit! My background: I am a sport teacher and fully qualified Qi Gong master and therapist. If you are keen to join this course then contact me, Dorrie van Roij 021 517 197 for more information. Let's be calm and relaxed: let's meditate!

Affordable wedding packages

Ever dreamed of a wedding that is affordable yet elegant? If so, then The Collective Knot's package weddings/elopements would be perfect for you! On our event days we offer four booking times over the course of the day. During your two hour

event, we will provide you with a beautiful ceremony and professional photos of you and your guests at a beautiful setting. These events have everything covered from venue, celebrant, planner, photographer, cake, nibbles etc. We have three packages available from \$1999 but we can provide you with a bespoke package that suits your specific requirements. Our events are sophisticated and intimate and provide couples in love with an easy and affordable wedding or elopement. Get it touch now if you are interested in our weddings on 28 July, 18 August and 8 September – thecollectiveknot@gmail.com; 027 200 4312. Find us on Facebook @ TheCollectiveKnot.

Dive on in to swimming lessons at Hilton Brown Swimming!

We are open for lessons and loving getting to meet all our lovely customers and their children from the Hobsonville area and further afield! We offer a FREE trial lesson for all new customers so please give us a call on 09 666 0240



to book in now, or you can book online via our website at www.hiltonbrownswimming.co.nz. Hilton Brown Swimming staff are all highly trained and cater for all ages of swimmers, from babies through to adults. Every instructor has gone through comprehensive training to teach correct technique while ensuring children progress and have fun. Our unique teaching methods are the result of years of experience – we know what works. Our aim is for your children to become safer and more confident in and around the water – giving them swimming lessons for life. This stunning new learn to swim facility is located at 5 Rawiri Place, Hobsonville.

Karate classes in Taupaki

Taupaki Dojo is a long established family friendly place to learn traditional Okinawan Goju Ryu Karate under the guidance of Sensei Bryan Williams, 5th dan black belt and accredited Jundokan instructor. Emphasis is placed on self defence, building strength, co-ordination, endurance and flexibility which drastically improve fitness and confidence levels. Goju Ryu can be practised by anyone, regardless of build, gender, age, athletic ability and whatever your physical condi-



CAR BODY REMOVALS
 NZ OWNED AND OPERATED FOR 21 YEARS
\$\$\$CASH PAID\$\$\$
 We use world class depollution systems
0800 8200 600
www.carbodyremovals.co.nz

Cherry Kingsley-Smith
 LICENSED SALESPERSON

Mike Pero
 REAL ESTATE

P 09 416 9600
M 021 888 824
F 03 355 3682
E cherry@mikepero.com
www.mikepero.com

Mike Pero Real Estate Ltd. Licensed REAA (2008)
 2 Clark Road, Hobsonville
 Auckland

tion. We offer a 2 week free trial so why not come along and try it out? Tuesday & Thursday at Taupaki Hall - Taupaki Rd. Junior (7 +) 6 - 7pm. Senior (13+) 7 - 8.30pm. Contact: Julia Williams 09 412 9768 or julia@bwainsolvency.co.nz. www.taupakikarate.co.nz.

Greetings from House of Travel Hobsonville Point

As the days get shorter and nights longer those warmer destinations just up the hill get really tempting! Hawaii is still hugely popular and we've had some great deals pop in and out with Air NZ and Hawaiian Airlines. The "Big Island" Volcano isn't the explosive type like back here in NZ so just flows out. Not great if you live on the "Big Island" but a perfect time to go and see a once in a life time spectacle. We just had clients helicopter over from Ohau and bring but some phenomenal footage. Currently the insurance advisory is also not affected (by our provider) as it is with Bali. So a holiday you can still book with peace of mind. If you're a good planner with a family you should already be looking at April school holidays 2019 especially for hot spots like Rarotonga, Samoa and Fiji. Airlines don't need to incentivize travel during peak times so waiting for a special to come out isn't a good strategy. We can always tailor make a package to suit your needs. Give us a try and you won't be disappointed. House of Travel Hobsonville Hobsonville@hot.co.nz 09 416 0700, Cnr Hobsonville Point Rd and De Havilland Rd.



Waitakere Volunteer Fire Brigade

On 11 June 2018 Waitakere Fire Station promoted Wendy Paltridge to the rank of senior fire fighter. This is a great achievement for Wendy and the station as senior fire fighters are an integral link between the officers and fire fighter. Waitakere Fire Station has worked hard to ensure the diversity of the station represents the community



it serves. We now have an age range from 16 to 50 years plus, along with having 40% women fire fighters. The link below will take you to the Fire and Emergency New Zealand section on keeping your house fire safe. Checklists for reviewing fire safety, tips for creating an escape plan, things to look for both inside and outside the home, and information on smoke alarms and other fire safety devices. It is well worth a look! fireandemergency.nz/at-home. Interested in volunteering for Fire and Emergency New Zealand? We'd love to have you join us one of the local stations! Volunteering at your local Fire Station is probably different from what you think. You must be 16 years of age or over to be a volunteer. Almost anybody can join a Fire Station, male or female, young or old, those looking for adventure or those wanting to contribute to their community. Go to fireandemergency.nz/volunteering/with-us/ to find out more. Denis Cooper - Station Officer, Waitakere Volunteer Fire Brigade.

Are you needing some direction in your life, or lost some close to you?

Are you needing some direction in your life, or lost some close to you? A psychic reading from an experienced psychic medium like Kerry-Marie can really make a positive difference in your life and bring you comfort and empower you so your dreams can become a reality, Kerry-Marie has worked a psychic medium for over 20 years and she works locally in Hobsonville doing private consultations, healing and teaching her spiritual work. She is, accredited through the UK has been featured on TV, radio and magazines. Book a reading through www.spiritualdecisions.co.nz/bookings-payment.



“is this your space
\$85+gst”

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

you will receive a month's worth of local exposure

People:Places

Pandora NorthWest



We managed to grab some precious time with Trevor Jordan, the Owner and Managing Director of Pandora NorthWest and St Lukes and asked him some questions about the brand and the retail store.

Tell us what makes Pandora brand so good?

Pandora is such a great brand because we care. We are proud and passionate about our customers and employees. Our jewellery is unique and relatable and allows you to really express who you are as an individual. Pandora really connects with you and is something you can continue to love and explore.

What experience can the public expect?

You can expect amazing service from Pandora, with a team that really want to get to know you and invest in how you want to express yourself. We have a talented team that are expert stylists and have a product knowledge like no other. We will always keep trying to find the perfect piece of Pandora for you.

What do you want to achieve with the retail experience?

We want all our customers to feel welcomed and valued when they are in our store. As a team we continue to grow and we want customers to connect with us and feel like no matter what the occasion we can always help and advise on a great product or purchase. Trust from our customers is so important and we are always striving to demonstrate this in store.

In your opinion why do customers engage with the brand?

Customers engage with our brand for so many reasons. When you come into our store people have an expectation and we always want to exceed that, with our service. Our product is so unique and identifiable that people take pride in wearing their Pandora jewellery. Our designs move and change a lot so we are always introducing new concepts or styling ideas. Pandora is timeless, you can take a piece from 10 years ago and mix it with our latest collection and you will always be able to make it look amazing. As a brand we are always evolving and people love that about us.

What makes the public so passionate about Pandora?

We are one of the top 3 jewellery brands in the world and people love to see what we are releasing next. Our teams are driven by their passion for Pandora and that resonates with our customers and they feel just as much pride when they are wearing their jewellery as we do when we are in store. Our jewellery has amazing craftsmanship, we use precious metals, sustainable resources and all our jewellery is hand finished, which sets us apart from many others. The public know we are high quality and can be trusted, we want everyone to who visits us to be as passionate and in love with Pandora as we are!

For more information phone 09 215 0020 or go to www.nz.pandora.net/en/Stores/?StoreID=massey-nz00fdc8b6



Special thanks

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

Countdown Westgate	Countdown Royal Heights
The Warehouse Westgate	Luckens Road Dairy
Mitre 10 Mega Westgate	Massey Leisure Centre
Countdown Hobsonville	Whenuapai Dairy
Countdown North West	Hobsonville Point Dairy
Mike Pero Real Estate Hobsonville	

BUMPER REPAIRS - Without the Hassle

- * Bumper Repairs
- * Stone Chips
- * Scratches
- * Cut & Polish

Owner / Operator

Tom Williamson
021 406 618



tom.williamson@touchupguys.co.nz

www.touchupguys.co.nz

PROFESSIONAL RELIABLE COST EFFECTIVE CONVENIENT SHOWROOM FINISH

In Brief updates: Events

Kids birthday parties

Is your little one's birthday party coming up soon? Would you like a happy fairy, mermaid, princess or pirate to come to your child's party? ** We love to host our magical & enchanting parties at your place! ** We'll keep the kids absolutely captivated with our magical games, flying lessons, treasure hunts, magic bubbles, enchanting stories, wishing dust and fun craft activities. ** Let us weave a wondrous spell of happiness & joy to make your child's party an unforgettable experience ~ your child will be made to feel so special and have a party that they will always remember! ** Our parties & events are suitable for boys, girls & adults of any age. We're based in Greenhithe, but we travel Auckland-wide ~ We look forward to seeing you soon! Phone or text us on 022 312 5116 or email fairies@ivycottage.co.nz.



Looking for options to entertain the kids during the school holidays?

Try our Holiday programme or Free-Play sessions at Gym Zone. Our popular Gym Kids holiday programme will be running at Gym Zone Hobsonville for the July holidays. Children from 4.5 - 11yrs will have a fantastic time with us learning new gymnastics skills and



having fun with great games, art and craft activities and making new friends. Free-Play is now open at Gym Zone! Come along and try out our huge foam pit, trampolines, tumbling track and gymnastics equipment. 1hr sessions are open on Saturday and Sunday for all ages. For more info go to the programmes tab on our website. Gym Zone – The home of Gym Kids. Read more at www.gymzone.co.nz.

Pendants made with fingerprints of the ones you love

Sterling silver comes in many forms. Plate, sheet, strip, wire and even clay, and it is Silver clay that allows me to create pendants with your children's, partner's, parent's or even grandparent's fingerprints on them! Imagine wearing a piece of jewellery that has been touched by the ones you love. Not a copy or a mould, but the exact piece they touched. Capturing their unique print for you to treasure forever. To create a pendant we roll out the clay, press your loved one's finger into the clay and then cut the clay to the shape you desire. Once dried the pendant is sanded by hand and then fired. During the firing process the clay burns away and the Silver fuses together creating a gorgeous Sterling Silver pendant that was created out of the very piece of material that was touched by your loved one. Email me at jo@preciousimprints.co.nz to book an appointment to create your pendant today.



Grey Power Waitakere

Grey Power is an advocacy group for over 50s in our community. Grey Power Waitakere Association announces an opportunity for our Northern members to attend a General Meeting without having to travel any great distance. The meeting will be on Wednesday 15th August 2018, 3.00 pm to 5.00 pm at the Waimauku RSA, cnr State Highway 16 and Muriwai Rd. This has been selected to coincide with the opening time of the RSA evening session so people can have option to stay on and have a



Gym Zone by **Gym Kids**

NOW OPEN PH 09 416 0003

4 WORKSPACE DRIVE, HOBSONVILLE

Gymnastics, Parkour, Playgroup, Trampolining,
Rhythmic Gymnastics, Preschool,
Holiday Programmes, School Programmes,
Birthday Parties.

where movement begins
gymzone.co.nz



MURIWAI GOLF LINKS

Andrew Jackson
General Manager

Mobile: 021 2253907 Ph: 09 4118454
muriwai.manager@golf.co.nz www.muriwaigolfclub.co.nz
P O Box 45 Waimauku 0842, Auckland, New Zealand

meal (at own cost) if they desire. Come and bring your queries and concerns on what you would like Grey Power to advocate on. This is your time to have your say! Bring a friend or prospective new member. Afternoon tea will be provided. Please phone our Waitakere Grey Power Office on 838 5207 to confirm your attendance as this is a trial for future meetings. Mate Marinovich, President Waitakere Grey Power Association Office 247 Edmonton Rd Te Atatu South. Phone 09 838 5207.

Helping the community

The Massey Birdwood Settlers Hall was built in 1956, after the then Government gazetted a notice in 1954 giving the Massey Birdwood Settlers Association Inc., permission to own and manage a community hall on the Massey Birdwood Domain.



The Association hosts in its hall three Churches, the Full Gospel Church, All Nations and the Samoan Harvest Church on Sundays. Throughout the week two child focussed organisations, one being the Redhills Community Kindergarten lease out rooms in the hall. Then on Monday nights after the halls has been cleaned, an Aikido class operates. From Tuesday the English Language School is using the hall in the mornings and afternoons through till Friday. On Wednesday evening from 7pm the Massey Indoor Bowling Club who first started using the hall in 1957 gather, and on Thursday evenings Kung Fu takes place. Fortnightly on Wednesday nights the Quilters club use the side room on the Red Hills road side of the hall, known as the Den.

Also using the Den every month on a Thursday is the Wine Circle. Housie occupies the hall on Friday evenings and raise valuable fund for Massey Primary School and on Saturday nights every fortnight a church group use the Den and the Hall. Every month the hall hosts the Massey Birdwood Craft Market on the fourth Saturday of the month. The Waitakere City Cake Decorators are using the hall monthly on the second Saturday of every month. Not forgetting the Association, itself who meet monthly on the last Thursday of the month, the hall has proven to be a great asset for the Massey Community for 62 years and the Association itself have been representing the Massey community to Council and Government for 93 years.

Runway challenge on COGY

Team COGY participated in the Runway Challenge at Hobsonville Point on Sunday 20th May 2018. We strongly recommend this event to all the Westerly readers. This is a family friendly, well-organised event. The event venue was full of entertainment from before the start, with the smell of burgers, an ice-cream van and music. Let's



talk about the course. We started at Hobsonville Point Primary school, pedalled down to Bomb Point walkway. After pedalling down the long slope, we saw gravel. A COGY wheelchair is not good with gravel. "Cross country" usually includes mud and



Food, Health, Beauty, & more...

Centrally located in Hobsonville.
The Hobson Centre, all you need.

www.hobsoncentre.co.nz
124 Hobsonville Road



puddles, rocks and grass. But gravel is "Cross Country" a challenge to Team COGY. Thanks to some stranger's help (a little push from behind) we made it to the water station before the grassy area, which was extremely muddy from the heavy rain on the night before! There were so much excitement going on at each obstacle on the grass, but Team COGY decided to "long-cut" the grass area, as it was not suitable for the wheels, especially after the rain. We pedalled around the walkway which surrounds the grass area. The water view made us feel relaxed. We talked about history, geography, life, nature, blue-sky etc. What a lovely way to spend a Sunday morning!! The finishers' medals are also beautifully designed. I am proud to have one of these, and look forward to collecting more each year! For more information on COGY, visit www.kokocogy.wixsite.com/gocogy.

Matuku link

Rotalite (rotalitewest.nz and on Facebook) and The Rotary Club of Henderson-New Zealand members were recently at Matuku Link helping out Waitakere Rivercare. They potted a large number of plants, dug a drainage channel and repaired the shade cloth over their seedling propagation area. Waitakere Rivercare is a community group formed in 1997 to revegetate the margins of the Waitakere River which runs from the Cascades/Kauri Park to Te Henga / Bethells. Entirely volunteer-run and working with donated and secondhand/recycled materials they specialise in cultivating very many eco-sourced native plants. These plants will be used to replant wetland areas in the Matuku Link property at Te Henga / Bethells. Matuku Link (matukulink.org.nz) the Te Henga wetland, is a large native forest block in Auckland's Bethell's valley. It is a home to rare wetland species such as bittern, crakes, pateke as well as to native bats along the river and the raupo, and recently even a rare robin was seen.



Angela Little Licensed Agent / AREINZ

09 412 9890 / 021 421 967
www.angelalittle.co.nz



Our Real Estate Company Limited (Licensed REAA 2008)

In November 2016 the Matuku Reserve Trust was able to buy 37 hectares of bush and wetland, after an intensive fundraising campaign. Ensuring the safety of the wildlife and forming a vital connection by linking neighbouring eco-restoration projects in West Auckland. Over 90% of New Zealand's wetlands have been drained or filled yet on Auckland's doorstep is Te Henga Wetland, the largest in the region.

Challenge camp

Challenge Camp 2018 is organised by the Rotary Club of Henderson and our Satellite Club Rotalite West for Rotary Districts. The purpose of the camp is to provide an environment that will physically, intellectually and emotionally challenge young people who may not otherwise have the opportunity to attend such a camp. Personal development and interaction of youth who experience special needs with the support of Rotary International Youth Exchange Student mentors. Over the week, members of Rotalite volunteer their time to help cook, mentor and assist in Challenge Camp activities. Motivational speakers, tree adventures, circus sports and a concert at the end of the week are just a few of the experiences campers will have at Challenge Camp. This week is one of the highlights of the Rotalite year and we are always looking for helpers annually. See rotalitewest.nz and Rotalite on Facebook.



Back to school

Here at Summerset at Monterey Park, we are very lucky to have ongoing relationships with our local schools. The students from Whenuapai primary visit weekly and Hobsonville Point Secondary School students intern here.



This term though, it was our turn to go back to school!!! Three brave residents returned to school to take part in the 'Projects' program. 'Projects at Hobsonville Point Secondary School is a learning context in which students work together to create a positive impact in our community. Students can choose from a range of projects, with each aiming to build powerful partnerships and provide students with the chance to collaborate and connect. Our project 'Art Therapy' is focusing on wellbeing, relaxation and expressing oneself while sharing knowledge within the community. The students identified Summerset

Friendly
Legal
Experts

- Property Law
- Business Law
- Employment Law
- Debt Collection
- Family Law
- Family Trusts
- Estates
- Wills

smith
AND PARTNERS

LAWYERS

293 Lincoln Road
 Henderson, Auckland
 PH: 09 836 0939
smithpartners.co.nz

and Hobsonville Point Primary School as partners in this project. Janice, Ian and Judy, from Summerset, have joined with 10 HPPS students in our 'Art Therapy' project group. Each week the primary students participate in lessons the secondary students are facilitating. Our students get to work across all generations for this project. Some of the activities we have incorporated so far and will be covering in the next few weeks are torn paper art, expressive printmaking, mandala bookmarks and snow-globes. The participants will be working on their own portfolio of art, working towards an exhibition showcasing their class work. Janice, Ian and Judy all have wonderful knowledge and life experiences to share with our students. The cross-generational collaboration between the three groups provides a range of contexts for the students to apply knowledge and skills in a real-world setting". Michelle Ogilvie-Teahan. "What a lovely experience with super 13 and 14 year olds -warm, friendly and helpful. Have already learned two forms of art that are new to me. A new and memorable experience for an 84 year old 70 long years since I was a 14 year old"!! Ian McCleary.

Antigravity yoga (AGY)

Discover the power, excitement and sheer joy of moving freely in all directions in open space, experiencing zero compression, suspended in a silk hammock. You can do this at a purpose-designed studio in Greenhithe with Phillipa – a certified AGY Instructor, trained by Christopher Harrison, the creator of Anti Gravity Yoga. Phillipa shares some of the more important philosophies underlying AGY such as: Levity – having fun! The pursuit of excellence in your quest for health. Opening up, being free in your body and mind. Experiencing FLIGHT, LIGHTNESS as, in the hammock you slip the bonds of gravity. Good health is your true wealth – we have an obligation to ourselves, family and society to do the best to care for our body and mind. Use it or Lose it, because as the body ages (17years onwards), in order to counter the effects of gravity, joints, muscles, vertebral discs, proprioceptors need to be pushed to maintain mobility. Awareness of body, mind, spirit, that is – being in the present in the here and now. Thus AGY is a comprehensive fitness technique, using a suspended silk hammock designed to increase one's overall health, physical agility while having fun creating beauty of movement. Specifically, the unique combination of exercises as a sequence is intended to decompress one's spine, align the body from head to toe and lengthen and strengthen one's muscles. Benefits include increased CORE strength, muscular flexibility, tension release, upper and lower body strength, kinaesthetic awareness, improved balance, greater agility and joint mobility, self-esteem and confidence. It's virtually zero impact, it's as tough or as easy as you want to make it. Your mind is intrigued and as joyful as a child on a jungle gym, your body heaves a "sigh of relief" at not having to push and strain for a workout. It's important to emphasise the concrete and unique

physiological benefits specific to ZERO COMPRESSION INVERSIONS. Decompression and hydration of the intervertebral discs. Re-alignment of the spine. Refreshment of endocrine, lymphatic, digestive, circulatory systems. Release of "Happy Hormones" – serotonin, endorphins, dopamine... Enhanced neuroplasticity of the brain by creating new synaptic connections and neural pathways. Snappier proprioceptive response and sharper kinaesthetic awareness. Phillipa says "ANTIGRAVITY YOGA is for EVERYONE, so come along, suspend your disbelief, suspend your body and make yourself healthier and happier" You can contact Phillipa at: pilates.nz@gmail.com or 09 413 8238.

Memorial garden

Three Hobsonville Point Residents, Lynn Hilton, Annie Johnson and Maureen Reid, belong to the Buckley Area Garden Club, and have spent the past year designing a garden to commemorate the site of the St Marks Chapel which was removed to the



Papakura Military Camp when the Air Force left the site. HLC and the Upper Harbour Local Board funded the new garden, which comprises grasses and white agapanthus in the shape of a cross. The Air Force were involved in the planning of the garden and a ceremony in April was attended by an Air Force Pastor who performed a blessing of the new garden. The low-maintenance garden will be cared for by members of the Garden Club. A new sign has been installed, along with extra trees and seating.

Glow yoga

For the first time ever in Auckland, The Loft Yoga Lounge in Auckland are setting a trend not to be missed - Glow Yoga! The Loft Yoga Lounge is a non-profit centre for Yoga and meditation and we are hosting a UNIQUE, FUN and EXCITING Yoga Class – UV Glow Yoga Flow on Saturday 7 July 2018 between the hours of 18.00 – 21.00. UV Glow Yoga Flow is a 75 minute energising Vinyasa flow with a fun playlist to create connection, raise vibrations and fill your soul! Release your inner GLOW with our UV Glow Yoga Flow. Followed by a tasty two course vegan dinner. Saturday 7 July 2018 @ 18.00 – 21.00 The Loft Yoga Lounge, 103 Beach Road 1st Floor, Auckland. The super talented teachers - Vinyasa Shyam & Maddie Brosnan from Alchemy Yoga NZ. UV paints, Glow sticks & yoga mats will be provided. Tickets \$40. www.facebook.com/events/459128721183324/?ti=icl.

Our online shopping app is here

I shop 

Kumeu

Download now  



pink apple

You do the do, we do the done



Pink apple is a **wedding planning and coordination** service based in Kumeu. We create bespoke planning packages based on your requirements and budget. We also offer pop up wedding packages so get in touch today for a free consultation.

Heather Altorf | +64 27 200 4312
heather@pinkapple.co.nz

Property:Advice

Property market report

Kiwibank and HSBC are two of the latest movers and shakers to reduce the interest rates on fixed mortgages offering 4.35% and 3.85% respectively on specific terms. It is a move that many within the mortgage profession have signaled as more proof that prices and demand has levelled and mortgage lenders are jostling for business. In addition we have noticed an upsurge in calls, emails and open home attendance with some signals being very positive. Last month we saw a record number of sales in Hobsonville peaking at 81 over the last month. Whichever way you wish to cut the cake, we have active buyers and sellers and although it may rain and the streams may be full, it is often said to be the very best time to buy. If a property looks good over winter it will look fantastic over summer. Also there are often fewer properties for sale over the winter period forcing buyers to consider less options. Whatever your thoughts, here are the sales results over the last month. Let's have a look at the sales:

Herald Island	\$1,300,000.
Hobsonville	\$619,000 to \$1,932,000.
Massey	\$575,000 to \$968,000.
Royal Heights	\$723,000 to \$1,126,000.
West Harbour	\$785,000 to \$1,262,500.
Waitakere	\$760,000 to \$1,300,000.
Whenuapai Residential	\$855,000 to \$1,160,000.

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

Help your children buy a house

If you're thinking about helping your kids get on the property ladder, here's everything you need to know.

As house prices across the country continue to head skywards, many parents are giving their children a hand to help them get on the property ladder. In some parts of the country, deposit sizes can be around the \$100,000 mark – so it's no wonder parents want to help. If you're thinking about helping your kids buy

property, here are a few options to consider:

Gifting them a deposit - Gifting your children enough money for a deposit is the obvious option for many parents. However, unless you have tens of thousands of dollars lying around – finding the money can be tricky. For many parents, this means either selling existing investments like shares, or redrawing on the mortgage.

Most banks will accept gifted deposits; however, they require a portion of the deposit to be 'genuine savings'. This means at least five per cent of the deposit needs to have been in your child's bank account for a minimum of three months before the purchase. So you can't gift your children the entire deposit – they'll have to provide some of it themselves.

Lending them a deposit - Not all deposits have to be gifts – some parents want to loan the deposit to their kids and then have it paid back over time. This is also a popular option for parents who want to protect the deposit because the child is in a relationship with another person who also intends to live in the property after settlement.

For loaned deposits, the lender will require a written letter from a lawyer outlining the deposit is loaned - and the amount of any repayments that need to be made. The lender will then factor in these repayments when calculating whether your child can service the loan.

How big does the deposit have to be? If you are thinking about gifting or lending your kids a deposit, you'll probably want to know how much it needs to be. Most lenders will require a deposit that is no less than 20 per cent of the price paid for the property. Some banks will lend when the deposit is less than 20 per cent, but they can only do this for 10 per cent of their total portfolio. Some non-bank lenders offer low deposit loans, and this can relieve the pressure of pulling together larger deposits. However, loans that are more than 80 per cent of the property value may incur additional fees and/or a higher rate. So, if you can afford to lend your children a bigger deposit – it might save them money.

Acting as guarantor - Signing as a guarantor means putting up equity in your own property as a security for your child's loan. In the event where the child can no longer meet the repayment requirements, a guarantor is also legally responsible for paying back the entire loan in full. The issue many parents come up against in the role of guarantor is they struggle to pass the stringent stress testing of the banks. When a loan backed by a guarantor is processed, the lender must not only test that the owners of the home can meet the repayment requirements in a number of different situations, but also that the guarantor can as well. For this reason, guarantor loans are less popular.

Graham McIntyre
LICENSED SALESPERSON
BRAND & TERRITORY OWNER





P 09 412 9602
M 027 632 0421
F 09 412 9603
E graham.mcintyre@mikepero.com
www.mikepero.com

Mike Pero Real Estate Ltd. Licensed REAA (2008)
327 Main Road, Kumeu, Auckland
2 Clark Road, Hobsonville, Auckland



The Warehouse Westgate

Fernhill Drive
Open 7 Days
8.30am-9pm

Buying the house together - Instead of being a guarantor, some parents choose to buy the house in joint names with their children. This allows you to combine equity in your current home with any savings your kids have to make up the deposit, and, because your joint owners, the serviceability testing is done on all the owners collectively. However, because this option means that parents remain jointly and severally liable for the full debt, this option isn't always popular for those parents keen to see their kids stand on their own two feet sooner than later.

For further details or feedback feel free to contact Ivan 027 577 5995 or email ivan.urlich@mikepero.co.nz. Ivan Urlich is a registered Financial Advisor specialising in Mortgages, his disclosure statement is available free of charge on request.

Winter maintenance and repair tips

High winds and heavy rain can be very destructive when it comes to residential & commercial property. High winds that accompany rainstorms or hail can be a leading factor of roof deterioration.



One thing you can do to mitigate this kind of damage is to schedule a roof inspection for your home soon after episodes of high winds. Roofing repairs related to high wind damage are among the most common types of roofing repair you will encounter as a homeowner.

Wind damaged is caused by negative air pressure providing uplifting forces around the perimeter of the roof and on the flashings. It may take more than one high wind event to create visible signs of damage, as these effects are cumulative. In a rain storm, rain driven by strong winds can enter a home from any open site, such as soffit vents and gable ends, as well as through improperly sealed windows & doors. Within a few days mildew and mould may develop leading to serious problems.

Another less common problem is hail. Depending on the size of the hail stones and the strength of the accompanying winds, shingles and flashings may be severely damaged. Signs of damage include missing granules and cracks in shingles as well as dents in flashings, metal vents and metal in roof valleys.

If the storm produces hail, check for roof and siding damage. Hail damaged commonly comes in the forms of dimples, made by smaller chunks of hail that pound the outer layer of shingles. After a storm you must act quickly to prevent problems from worsening over time. It is important to make a thorough inspection of your roof before damage leads to bigger problems. Avoid getting on the roof, use binoculars or if necessary a ladder but again stay off the roof.

Here are some tips - Examine your roof carefully and note any missing, damaged or loose tabs or shingles. These are a sure sign

of wind damage. Look for cracks in shingles and areas where the shingles have buckled or curled. Are there any areas where substantial amounts of granules are missing from shingles? Have any roofing nails been pulled up thereby causing shingles to loosen and nail punch through? Inspect multi-level roofs at intersections with walls to ensure nothing has opened where water can seep in. Separation of flashings from chimneys, vents, skylights and attic fans might be too small to see but still lead to interior water damage. Check in the attic around these areas for signs of leakage. Inspect interior ceilings for tell-tale discolouration or bubbles in the all boards.

Precision Roofing and Spouting - phone 0800 002 222, email info@precisionroofing.co.nz or visit www.precisionroofing.co.nz.

What does "Fee Simple" mean on a residential property title?

By Wade Hansen, Smith and Partners Lawyers.

Fee simple is often referred to as "an estate in fee simple" or "freehold". (Freehold not to be confused with having no mortgage). A fee simple title is considered to be the title that has the greatest benefit to the owner in respect of enjoyment and use.



The advantages of fee simple is that you own the whole of the land and are able to make any additions or alterations to your property (subject of course to Council bylaws and consent requirements) without having to get the consent of neighbouring property owner(s) unlike a cross lease title and unit title.

A fee simple title CAN have restrictions in the form of registered interests – such as covenants, easements, etc

An example of a legal description to a fee simple title is, 1234 square metres more or less being Lot 1 on Deposited Plan 12345. If you have any questions regarding the above, or wish to seek advice regarding buying residential property, please contact property lawyer Wade Hansen by phone on 09 837 6885 or email wade.hansen@smithpartners.co.nz.

\$85 = Exposure for a month

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



Precision Roofing
And Spouting Solutions
Think Roofing, Think Precision
Free No Obligation Quotes

0800 00 22 22

Atlan Norman
Managing Director
021 044 3093

www.precisionroofing.co.nz
info@precisionroofing.co.nz

Cat lovers urgently needed

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



area property stats

Suburb	CV	Land Area	Floor Area	Sale Price
Herald Island	1,225,000	809M2	110M2	1,300,000
Hobsonville	420,000	198M2	185M2	975,000
	1,025,000	200M2	156M2	995,000
	1,550,000	470M2	310M2	1,932,000
	1,130,000	274M2	208M2	1,045,000
	1,200,000	248M2	190M2	1,245,500
	1,050,000	187M2	184M2	990,000
	1,075,000	225M2	185M2	960,000
	695,000	103M2	93M2	745,000
	1,120,000	277M2	205M2	1,120,000
	1,500,000	470M2	289M2	1,880,000
Massey	640,000	641M2	80M2	680,000
	660,000	613M2	100M2	666,000
	580,000	410M2	100M2	630,000
	830,000	451M2	149M2	863,000
	700,000	974M2	110M2	735,000
	570,000	602M2	80M2	591,000
	740,000	603M2	120M2	790,000
	530,000	445M2	140M2	560,000
	550,000	610M2	90M2	605,000
	570,000	701M2	90M2	640,000
	580,000	302M2	149M2	649,000
	535,000	1247M2	160M2	790,000
	760,000	352M2	184M2	790,000
	610,000	509M2	100M2	646,000
	570,000	480M2	80M2	625,000
	860,000	1013M2	200M2	878,000
	750,000	503M2	90M2	750,000
	700,000	1019M2	110M2	811,500
	690,000	666M2	90M2	710,000
	670,000	809M2	180M2	765,000
	495,000	809M2	80M2	565,000
West Harbour	1,075,000	921M2	190M2	1,102,000
	1,260,000	702M2	290M2	1,220,000
	950,000	456M2	190M2	785,000
	1,200,000	738M2	260M2	1,262,500
	760,000	622M2	90M2	777,000
	1,325,000	762M2	215M2	1,099,000
	810,000	683M2	60M2	725,000
	1,200,000	753M2	280M2	1,050,000
	850,000	720M2	90M2	770,000
	870,000	627M2	100M2	728,000
	1,200,000	647M2	180M2	1,027,000
	1,150,000	635M2	210M2	1,030,000
	1,150,000	414M2	206M2	950,000
Whenuapai	730,000	922M2	197M2	950,000
	1,450,000	430M2	287M2	1,115,000
	980,000	1135M2	123M2	860,000
	1,325,000	430M2	274M2	1,128,000
	1,150,000	330M2	259M2	1,160,000
	950,000	809M2	95M2	855,000
	1,125,000	330M2	219M2	1,057,000
	1,075,000	1351M2	154M2	1,387,500
	1,100,000	301M2	230M2	1,060,000
Waitakere	715,000	809M2	140M2	760,000
	1,150,000	5.7HA	150M2	1,300,000

“we charge
2.95% to
390,000
then 1.95%
thereafter”

* plus \$490 base fee and gst

“We also provide statistical data, free from cost to purchasers and sellers wanting more information to make an informed decision. Phone me today for a free summary of a property and surrounding sales, at no cost, no questions asked”

Phone

0800 900 700

Graham McIntyre
Brand & Territory Owner



List today for a
\$6,000 multi-media
marketing kick start.

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

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

Mike Pero
REAL ESTATE

This page is sponsored by Mike Pero Real Estate, Hobsonville

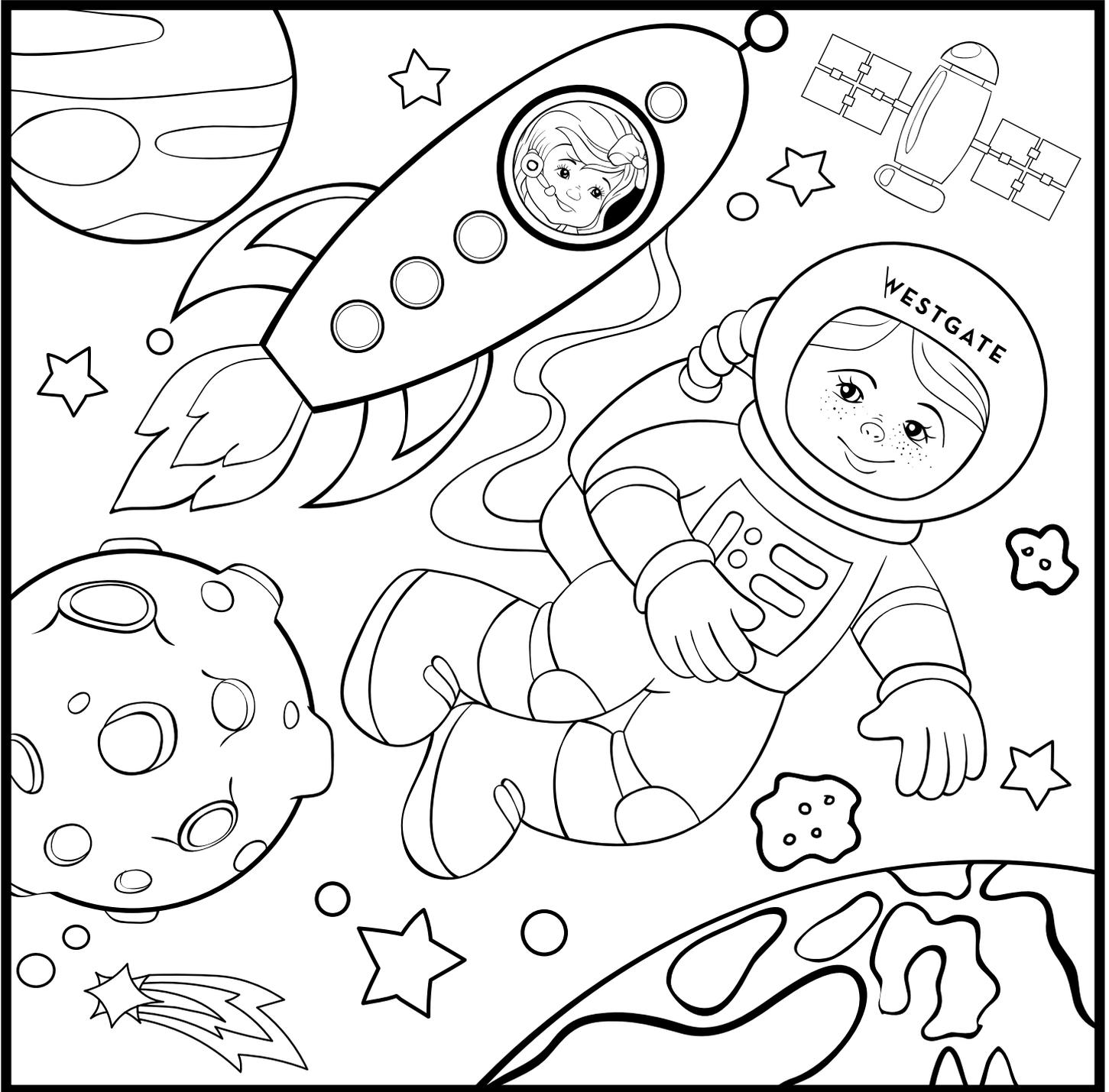
Graham McIntyre • 0800 900 700 • 027 632 0421

Mike Pero Real Estate Ltd. Licensed REAA (2008)

COLOUR AND WIN

Simply colour in and go in the draw to

WIN 1 OF 3 SPACE PACKS, which includes an annual family pass to Stardome and a telescope.



WESTERLY

Full name:		
Age:	Parent's/Caregiver's phone:	
Parent's/Caregiver's email:		

Parents/Caregivers: NO, please don't add me to Westgate Shopping Centre's database. I don't want to receive information about future promotions and services.

To enter: Colour in this picture and then place it in the competition box located inside participating Westgate Shopping Centre stores. Competition closes Sunday 22nd July 2018. For our terms and conditions please see our website www.westgate.kiwi

SHOP WITH EASE AT WESTGATE SHOPPING CENTRE MONDAY TO SATURDAY 9AM - 5.30PM | SUNDAY 10AM - 5PM
Please note: Individual store hours may vary, see our website for more information.





CLOSE TO EVERYTHING

3 1 1

\$540,000

2A Parakai Avenue, Parakai
\$540,000

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

www.mikepero.com/RX1401169



Lyndsay Kerr
027 554 4240

lyndsay.kerr@mikepero.com



BRICK AND CEDAR OVERLOOKING RESERVE - HENDERSON HEIGHTS

6 2 3

By Negotiation

11 San Pedro Place, Henderson
By Negotiation

This home that has been crafted for good looks and longevity while the outlook and the privacy from lounge areas upstairs and on street level is blissful. Extensively renovated with a focus on easy flow and entertainers living, the home opens to the council reserve and native bush vista. A world away from the hustle and bustle or suburbia but only a short drive to shops, parks, schools and reserves. The home boasts six bedrooms, two lounges and three bathrooms over two levels with an internal access double garage linking through to the kitchen area. The CV on this property is \$1,150,000. 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.

www.mikepero.com/RX1360146



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



WATERFRONT LIFESTYLE, SOLID CONCRETE CONSTRUCTION 3 2 3

Set Date of Sale

11K Clearwater Cove, West Harbour
Set Date of Sale - 5pm, Wednesday 18th July 2018 (unless sold prior).

A very rare opportunity now to own a fabulous property on the Marina's doorstep, boasting amazing sea and marina views. You will love this beautiful spacious, two storey solid concrete home which has been lovingly refurbished to the highest quality with new drapes, blinds, carpets, and freshly painted inside and out. Entertaining will be a breeze in the well-appointed kitchen, open plan dining, guest bathroom and two lounges - all leading out from their own patios, to a fully fenced garden and covered conservatory. Enjoying the morning sun, is the spacious master bedroom with ensuite. Upstairs a third lounge opens out to the sea and takes centre stage. Two additional double bedrooms and bathroom complete this space - perfect for extended family and guests.

www.mikepero.com/RX1522081



Cherry Kingsley-Smith
 021 888 824
cherry@mikepero.com



BRICK AND TILE ON 2403SQM - ELEVATED VIEWS 4 2 2

By Negotiation

14 McEntee Road, Waitakere
By Negotiation

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

www.mikepero.com/RX1425082



Graham McIntyre
 027 632 0421
graham.mcintyre@mikepero.com



SUPERIOR BUILD, SPACIOUS LIVING, HOBSONVILLE POINT 3 2 2

By Negotiation

16 Harvard Street, Hobsonville Point
By Negotiation

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

www.mikepero.com/RX1522096



Cherry Kingsley-Smith
021 888 824
cherry@mikepero.com



BRICK AND TILE ON ¼ ACRE - KUMEU 3 1 1

Offers Over \$839,000

18 Trigg Road, Huapai
Offers Over \$839,000

Picturesque brick bungalow boasting three rooms, bathroom, open plan kitchen, lounge, dining with decking to the front and back delivering excellent indoor-outdoor flow. A stand-alone single garage and workshop for storage or man-caving. 1019sqm section, fully fenced and peppered with fruit trees and a chicken run for the good-life. A stone throw from Huapai Primary School and bus stop and a short walk to convenience shopping and park and sports field. Secure a real slice of kiwiana, the way it used to be. The CV on this property is \$830,000. 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.

www.mikepero.com/RX1417919



Graham McIntyre
027 632 0421
graham.mcintyre@mikepero.com



CENTRAL MASSEY LOCATION, ELEVATED AND WELL PRESENTED 4 2 2

By Negotiation

19 Zefiro Drive, Massey
By Negotiation

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



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

www.mikepero.com/RX1505411



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

Offers Over \$789,000

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

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



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

www.mikepero.com/RX1470382



A ROYAL OPPORTUNITY! BEAUTIFUL BONES AND VIEWS ON 1092 M2 LAND 4 2 1

By Negotiation

77 Royal Road, Massey
By Negotiation

Positioned on a massive 1092m2 of land stands a solid four bedroom 1960's weatherboard home on concrete block, with tandem garage, rumpus, storage and oodles of extra parking. Enjoy the amazing views from the spacious open plan kitchen, dining and master bedroom deck. A relaxing lounge with wood fire and French doors leads to a peaceful leafy oasis, where you can relax and unwind on the extensive outdoor decks, enjoying the garden and afternoon sun. Enhance your investment with a future proof conversion of the downstairs (subject to the necessary consents) or develop the land, zoned mixed urban. The CV on this property is \$1,060,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email cherry@mikepero.com.



Cherry Kingsley-Smith
021 888 824
cherry@mikepero.com

www.mikepero.com/RX1399738



THE PERFECT LIFESTYLE PROPERTY 4 2 2

Asking Price \$1,298,000

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

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



Lyndsay Kerr
027 554 4240
lyndsay.kerr@mikepero.com

www.mikepero.com/RX1323109



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

4 1

Offers Over \$729,000

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

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

www.mikepero.com/RX1369936



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



THE KIWI DREAM

4 2 1

Asking Price \$960,000

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

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

www.mikepero.com/RX1332459



Lyndsay Kerr
027 554 4240

lyndsay.kerr@mikepero.com



THIS IS THE ONE! SUNSHINE, VIEWS AND TWO PARKS 2 2 2

Asking Price \$697,000

301A / 160 Hobsonville Point Road, Hobsonville
Asking Price \$697,000

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



Cherry Kingsley-Smith
 021 888 824
 cherry@mikepero.com

www.mikepero.com/RX1431549



AFFORDABLE SECTION - CLEARED BUILDING SITE

Offers Over \$419,000

747 Scenic Drive, Henderson Valley
Offers Over \$419,000

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



Graham McIntyre
 027 632 0421
 graham.mcintyre@mikepero.com

www.mikepero.com/RX1449850



NORTH FACING WITH VALLEY VIEWS - SCENIC DRIVE

3 1

By Negotiation

1143 Scenic Drive North, Swanson By Negotiation

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

www.mikepero.com/RX1510406



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



PICTURE THIS, NEW HOME ON 48 HECTARES - WAIMAUKU FRINGE

By Negotiation

1295 Old North Road, Waimauku By Negotiation

Elevated land, no power lines, rural outlook. Seldom found - an amazing rolling grazing land with bush glades, multiple house sites, and an uncompromised rural valley view. If you are searching for tranquillity and an environment to create your very own ponderosa, with a mixed compliment of around 24 hectares of grazing and the same in covenanted bush including tea tree. This could be your opportunity to consider gazing and honey making hobbies. The land meanders to a central stream with access on both sides through an established raceway so travel by foot or quadbike is fun and medium fitness. Likewise wild deer still roam the land as Wood Pigeon and Tui's swoop through this picture perfect landscape.

www.mikepero.com/RX1326808



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

Hot:Property



Inner harbour living with concrete construction

Open plan entertainment living often delivers better fun, easy living and great parties. But you can be the judge of that. What we can suggest is your chance to view a fabulous property on the West Harbour Marina's doorstep, delivering amazing sea, marina and reserve views. You will love this beautiful home which has two levels constructed of solid concrete which has been refurbished to a very high quality with the addition of new drapes, blinds and carpets.

Entertaining will be a breeze in the well-appointed kitchen, open plan dining, guest bathroom and two lounges - all leading out from their own patios, to a fully fenced garden and covered conservatory. Enjoying plenty of sun, is the spacious master bedroom with ensuite. Upstairs a third lounge opens out to the sea and takes centre stage. Two additional double bedrooms and bathroom complete this space - perfect for extended family and guests. Ease of living is provided by three heat pumps, double garaging, separate laundry, security system and oodles of storage.

Easy access to your boat in the Marina, or just love the waterfront lifestyle, this home will give you plenty to celebrate. With



the ferry, cafes, restaurant and shops only moments away and in great school zones, this property offers an exceptional and enviable, yet very affordable life-style.

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 cherry@mikepero.com.

For further information call Cherry Kingsley-Smith of Mike Pero Real Estate on 021 888 824. Mike Pero Real Estate Ltd Licensed REAA (2008).

Watch the video link - <https://youtu.be/5CNyykiRrxA>



Hobsonville:Point

Hobsonville Point's Pesky Pests

Welcome to the Hobsonville Point Page where we will be featuring news and views of interest to the community. This month features sightings by local resident and senior ecologist Marc Choromanski, of a protected bird in our beautiful Coastal reserve. To protect our native fauna and flora, we are very fortunate to have the Kaipatiki Project, headed by local resident Janet Cole, with a team initiative to keep Hobsonville Point free of pests and predators. I am your local real estate specialist and delighted to sponsor this page. Please email the page Editor Sue Heggie (heggies@xtra.co.nz), with any items of interest or give me a call on 021 888 824, thanks - Cherry.

Precious new residents and some other vulnerable community members based on the Point.

We are fortunate to have Marc Choromanski, a Senior Ecologist at Ecology New Zealand Limited, living in the 'hood, with his birds' eye view. He was the first to spot a rather timid family living down near Catalina Bay.

Marc commented, "I was pretty excited to see not one but two banded rail foraging along the Hobsonville Point mudflats on low tide. Their detailed camouflage and secretive behaviour make them difficult to spot, especially in the mangrove and saltmarsh areas they inhabit in the Auckland region. These birds are currently classified as At Risk – Declining and are threatened by introduced predators including rats, stoats, cats and dogs. Since a post about these birds was shared on the Hobsonville Point Community Facebook page, the birds have been seen by other community members. The most exciting observation indicated that it is a pair of banded rail and a fledgling. This is rather significant as it demonstrates that these birds are breeding in the local area."



Paws Off Please! Sadly, dog paw prints have been seen right beside the banded rail prints on the mudflats. Dog owners



please lead the way and keep dogs well away and on leash to protect this sensitive environment.

Marc tells us that forest gecko are another key 'At Risk' fauna species that have been recorded within Hobsonville Point. These lizards are generally arboreal (living within trees) and likewise with banded rail, are threatened by introduced predators. The population of forest gecko within Hobsonville Point is currently in low numbers and they are hard to detect through traditional survey methods. It is hoped that with continued pest control across Hobsonville Point, this population is able to persist and increase in numbers to a point where they can be more frequently observed by the local community.



Pesky Predators (and sometimes pets...). Keen to see Hobsonville Point predator free? Estimate Evaluate, and Eradicate.

On May 30, a hardy band of Hobsonville Pointers attended the initial meeting held by the Kaipatiki Project team, to gauge interest in a community initiative to free Hobsonville Point of predators. Watch the FB pages to help with the first phase which is to measure what pests we have currently by posting up small peanut butter-stuffed corflute cards around the neighbourhoods. When these cards are collected after three nights exposure, they reveal the variety of species snacking on the peanut butter. (We may have to upgrade to chocolate in public spaces because of human nut allergies.)



The ones we saw had rat bites, mice teeth scrapings and a cat bite...

Phase Two involves special little tunnels that are essentially ink pads for little paws, claws and feet so once again we have an idea of what we want to protect and what is eating up our special native animals and insects. Even weta leave their little insect foot prints

And Phase Three? Well, its not called Bomb Point for nothing.... Actually, we will be using the most humane and non-poisonous methods to eradicate pesky pests from Hobsonville Point. And then we might create a special haven for native birds, insects and lizards and maybe the satisfying whoosh of kereru overhead.

For more information on the Kaipatiki project see the website www.kaipatiki.org.nz.

Be in to win your very own dream home

and help save lives in the Heart Foundation Lottery



Lottery No. 109 First Prize
Jennian home in Cooks Beach worth \$750,000



Lottery No. 111 First Prize
Jennian home in Papamoa worth \$735,000

Jennian
HOMES
Your personality Our expertise



Lottery No. 110 First Prize
Jennian home in Golden Bay worth \$590,000

Plus more amazing prizes to be won in a prize pool worth over 1/2 million dollars!

Each Lottery prizes include:

- A fully furnished Jennian home in a stunning NZ location
- \$10,000 cash!
- A brand new Toyota Car
- Holidays to luxury destinations



\$10,000 cash



A brand new Toyota car



Wonderful holiday packages

Don't miss out. Request an order form now to be in to win!



Cut out the coupon and post back to: Freepost number 1458, Heart Foundation, Private Bag 11912, Ellerslie, Auckland 1542

Name: _____

Address: _____

email: _____

Phone number: _____

ZD

Home:Garden

Have you ever wondered what some of the ways that you could be injured in your workplace?

Do you report your injuries? Does your workplace have an accident register and a risk/hazard register? Remember a basic rule of health and safety is that all accidents and incidents need to be reported and recorded. The risk/hazard register should be available for all staff to read. In most industries slips, trips and falls, carrying heavy loads, lifting and standing for long periods of times can all lead to injury. Do you have an item in the risk and hazard register that deals with slips and trips? Controls may be cleaning up slips promptly or buffing the floors so that they are not over slippery. Diseases, such as mumps, chicken pox, or the flu, are spread through the air when infected people cough, sneeze or speak and is a common risk for people working in a retail environment. If you work in retail have you checked your risk register to see if the above items are mentioned? If they are that is good, if not ensure that they are added to the register with an action or control to help minimise the possibility of catching the flu. In the case of the flu and action would be that all staff wash their hands regularly. You can put signs on the mirrors in the wash room to remind staff about the need to wash their hands. Lone workers can be prone to confrontation, in retail, in construction and the service industries. Controls may be that you report the reason for your visit, and you perhaps advise a third party. Record the timeframe from start to end that someone is likely to be alone. Just as important is that all the risks and hazards should be rated to record the likelihood of an occurrence and the consequence of an event. Securo clients have access to 205 common risks and hazards listed on their website, to help prepare a risk/hazard register. John

Riddell, Securo Health and Safety Consultant, securo4@securo.co.nz or go to our webpage, www.securo.co.nz.

Need a Plumber?

Meet Nathan.... Nathan is one of our experienced maintenance plumbers and can assist with all your plumbing needs! Do you have problems with blocked or leaking toilets and drains, hot water systems, leaking taps or burst pipes? Or do you want new installations, refurbishments or gas installation? Whatever your needs, one of our great team of plumbers, like Nathan, is here to help you with this and much more! At Laser Plumbing Whenuapai, we are committed to servicing our local community families and businesses with great service at reasonable rates....and we are here to help 24 hours a day, 7 days a week and offer an emergency service! No matter the time of the day or night, you can call us! Laser Plumbing Whenuapai has been trading since 1985 – so choosing us means choosing a solid, reliable and experienced company that you can depend on. As part of our 'Totally Dependable Guarantee', we stand by all our jobs by offering warranties, and always use quality New Zealand made products. Contact Laser Plumbing Whenuapai on 09 417 0110 or email us on whenuapai.laserplumbing.co.nz. We are open five days a week from 7am- 4:30pm and are located at Unit 4, 3 Northside Drive, Whenuapai.



Rhododendrons at Awa Nursery

Awa Nursery currently has an abundance of Rhododendrons and the variety of colours is fantastic. There are many an avid Rhododendron gardener out there and we thought we would pop a few growing hints for those who would like to add some of these to their garden. A Rhododendron bush is very attractive, especially when in full bloom and hard not to miss in the landscape. We have large and small varieties in stock to suit any garden situation. Rhododendrons do well with di-



Ever had mess left behind?



No mess, no dodgy products & no run around. We guarantee it.

Ph: 09 417 0110

Roofing | Plumbing | Drainage | Gas fitting
Drain Un-blocking | 24 Hr Service



"Totally Dependable"

Laser Plumbing
Whenuapai

whenuapai@laserplumbing.co.nz

www.whenuapai.laserplumbing.co.nz

Specialists in ecology, restoration, stream, wetland and bush management

Thomas Consultants for:

- Bush, stream and wetland assessments
- Stream piping ecology impact assessments
- Landscaping plans, planting plans
- Stream restoration

Contact: elizabeth.morrison@tcec.co.nz
Ph. + 09 836 1804

www.tcec.co.nz



rect light for at least part of the day and prefer dappled shade rather than excessive shade. Protection from the wind is also preferred. Ideally soil should be well-drained, humus-rich, and acidic (pH4.5-6). The Rhododendron has shallow root systems and need moist soil and mulch to keep them from drying out. Be sure not to pile the mulch right up to the trunks though. The mulch will help in keeping the soil moist and cool, provides nourishment, and limits weed growth. Prune your Rhododendron after it has bloomed to shape your plant and remove any damaged branches. Pop onto our web site and view the many varieties or call in and see us at Awa Nursery and pick up your favourite coloured Rhododendron. Awa Nursery phone 09 411 8712 or visit www.awanursery.co.nz.

Protect yourself from the costs of IRD audit activities

IRD has increased its focus on auditing SME businesses and this shows no sign of abating. Property developers and the hospitality industry in particular seem to be at the top of IRD's hit list, but no one is immune – even individuals and businesses with perfect accounting records are being subjected to audit activity. PAYE, GST, Income Tax and FBT are all areas that can fall under scrutiny. Even a cursory review of your lodged returns by IRD can incur significant costs. The good news is that UHY Haines Norton offers clients protection from any unplanned professional fees resulting from audit activity with Audit Shield insurance. The Audit Shield Master Policy provides for the payment of professional fees incurred in the event that you are selected for an audit, investigation or review by IRD. It covers relevant professional fees up to a prescribed limit if you are required to respond to audit activity, and the cost of the policy is tax deductible if you are in business or self-employed. To find out more about our Audit Shield insurance or any accounting and taxation issues, contact your local specialist Mark Foster and the friendly UHY Haines Norton team at 329A Main Road, Kumeu, on 09 412 9853 or email kumeu@uhyhn.co.nz.

Garden club

Overcast day, threat of a shower..... a sensible shoes and brollie day. We're off this time to Waitoki to DD's for a delicious morning tea after which we will travel up to the Award-winning Kaipara Coast Sculpture Gardens on SH 16. What a treat was instore for us! Imagine the smell of damp foliage and undergrowth, crunchy gravel, trees showing their patterned bark, leaves hanging with rain crystals and merged in amongst this, magnificent and different sculptures including some local works. Something for everyone. After the stroll we were able to wander around the Garden Centre itself, well worthwhile. A must see.

George Arona
outboard motor specialist
09 412 8348

156 Main Road, Kumeu
www.gtmarine.co.nz



HONDA MARINE Authorized Dealer

Historical Mataia Homestead is our next place of interest, as well as an old style garden with flowers I remember in my grandmother's garden. A mother and daughter team were our hostesses having a family link to this well restored historical homestead. There is even a link to the Clark Family of Hobsonville. We were treated to a plated lunch plus coffee or tea after which we were free to wonder within the homestead or out into the garden. To finish our outing we visited The Swiss Bliss Chocolate Kitchen Shop. Remember 19 July we are off to the City, August 16 a local trip. We have fun, come and join us. Althea 021 123 6448, Bette 021 145 1854, Diana 027 478 8928, Jan 021 108 7925, Judith 027 272 9994.

Moving to a retirement village?

As baby boomers hit retirement age and beyond, a retirement village can appeal for many reasons. Some are searching for companionship while others have experienced a health event which drives them to leave their own home. Regardless of the reason for deciding to move into a retirement village, the law says you must get 'wisdom' advice from a lawyer. The costs of doing so can be significant. Your lawyer must review a raft of documents and consider your particular circumstances to ensure you understand the effects and implications of moving into the retirement village. It can be a surprise to discover the financial implications of moving into a village. Unlike your own home where you get legal title to the property, you do not own your apartment or unit. You merely purchase the right to occupy it for the rest of your life. In fact, we have heard the move to a retirement village described as being the worst financial investment you will make but we have also heard that it is an investment in lifestyle. Nobody should move into a retirement village to make money. Generally you must make the move for lifestyle reasons and be aware of the financial risks. Some vil-

Discover our new *show home*

OPEN TO VIEW

11AM-4PM – 7 DAYS
248 MAIN ROAD
KUMEU





maddrenhomes.co.nz

lages offer a 90 day guarantee so if you discover it is not for you, you can leave the village and get back all your money. None of our clients have used the 90 day guarantee to leave a village but it can be a great comfort when you enter. Regardless of your reasons, choose a lawyer that you trust to explain your agreement in plain English. Each village is different and each would-be resident has their own unique set of circumstances. The law says your lawyer must ensure that the move is 'wise' taking into account those unique circumstances. Henderson Reeves offers a mobile service so we can come to you in the comfort of your own home if you prefer.

Reducing the costs of resource consents

Resource consents can be expensive and time consuming - there are no two ways about it. To reduce the costs of consultants' fees, you'll probably want to shop around and engage the lowest priced specialists. But managing multiple specialists are where some of the biggest "hidden costs" actually come from. A Planner's role is to write the resource consent applications and this can involve identifying all of the specialist reports that Council wants. Then they must coordinate with the specialists and make sure they are all aware of what the other specialist is doing so that their reports all say the same thing. Some of the biggest costs associated with resource consents can be in the time delays associated with multiple specialists making multiple changes to their reports. We have seen projects where the architect is separate from the engineer, and if the owner asks for a slight change to the house this can mean a whole new re-design for engineering. If the two specialists don't talk this can waste time and money, and each design change you ask for can set you back up



CLEARSTONE LEGAL

Incorporating Kumeu-Huapai Law Centre

We are proud and excited to introduce ClearStone Legal who have now merged with the Kumeu Huapai Law Centre, following the passing of Russell Lawn.

Don't worry, all of your old files, deeds and any current matters are now being looked after by the team at ClearStone Legal. You might have noticed the new sign at the existing premises. Please feel free to call in and meet us or contact us to discuss any queries or concerns that you may have.

You can contact Debra and Jane on 09 973 5102 or drop into the office, Tuesday to Friday 9 am - 5 pm.



Debra Barron, Principal
Jane Barclay, Legal Executive

250 Main Road, Kumeu—09 973 5102

to 6 weeks. At Thomas Consultants we have all the specialists under one roof, making design changes hassle free with quick turnarounds. So talk to the team at Thomas Consultants to save you time and money. 09 836 1804.

Dexter - great lifestyle block animal

Another favourite lifestyle block animal of mine is the Dexter a great all rounder. I first came across this breed many years ago when my uncle purchased a Dexter bull to service his Hereford heifers who struggle with excessive calf size at their initial calving. This was a great solution. They are now one of the more interesting of New Zealand's minority breeds of cattle; the smallest and also one of the oldest breeds of British cattle. The Dexter evolved from the native Irish cattle, and although the characteristics of the breed were described from the 1700s, they were not recognized as an identifiable breed until the 1870s. The first Dexters were imported into New Zealand in 1904. They are undoubtedly two of the purest remaining lines of British cattle – the ancient Celtic breed from which they descend is known to have occurred in Ireland at least as early as the Neolithic (New Stone Age) which began in Britain some 5000 years ago. The Dexter is a dual-purpose breed suited to both meat and milk production. They may be black, red or dun coloured (although black is the most common), and naturally horned although many are polled. Relatively short-legged and solidly built, Dexters nevertheless have a grace all of their own. Purebred cows ideally average around 100 centimetres (40 inches) in height, with the bulls some 5 centimetres (2 inches) taller. By comparison, the common Friesian is 135 centimetres and 150 centimetres respectively. As a breed they have great advantages for the small farmer. They are quiet and easy to handle, requiring less in the way of fencing and yards than larger animals. They are fine milkers and produce excellent beef providing smaller cuts. Dexters are easy to get in-calf, and calve easily; they can also be used for multiple suckling. And on top of all this, as lightweights they are better for the land, especially under wet conditions, as we are experiencing currently. There are a number of breeders in this region, for more information go to the Dexter Cattle Society of New Zealand, www.dexter-cattle.co.nz.



If you require any further information on this breed or have any other questions on lifestyle block management please give me a call on 09 411 7854 or 027 5544240, if I can't answer the question I will know somebody who does.

Lyndsay Kerr your local Mike Pero Real Estate Lifestyle Specialist.

Lyndsay Kerr
LICENSED SALESPERSON

Mike Pero
REAL ESTATE



P 09 412 9602
AH 09 411 7854
M 027 554 4240
F 09 412 9603
E lyndsay.kerr@mikepero.com
www.mikepero.com

Mike Pero Real Estate Ltd. Licensed REAA (2008)
327 Main Road, Huapai, Kumeu
Auckland

The great outdoors

Responsible fishing

By Marty Bowers, Senior Analyst, Recreational Fishing Team, Ministry for Primary Industries

The sustainability of fish stocks is important for all New Zealanders. All fishers are responsible for helping to maintain our fish stocks for future generations.

Recreational fishers can play their part by only taking the fish that they absolutely need for a feed. Fish that are above the minimum legal size should be kept and undersized fish should be returned carefully.

Most recreational fishers understand the rules and, overall, compliance figures are high, so what else can recreational fishers do to help maintain healthy fish stocks?

Avoid catching undersized fish - There are a vast array of hook types and sizes available in New Zealand and it can be confusing trying to figure out what to buy. MPI recommends matching your hook size to your target species. Barbless circle hooks significantly reduce gut hooking and make releasing unwanted fish in the water much easier.

Using big hooks reduces the chance of an undersized fish managing to get its mouth around the hook. Even though a gut hooked fish might appear healthy and swim away, the internal damage it causes increases the chance the fish will die later.

If you find yourself continuing to catch undersized fish it's best to move to another spot.

Don't high grade - There are no restrictions on what fish recreational fishers can legally return to the sea.

In the SNA 1 fishery, recreational fishers return one fish for every one fish they keep. That means that for someone keeping their bag limit of seven snapper in SNA 1, they are probably really catching 14 fish and returning seven.

The problem with returning fish is that not all fish that are released alive go on to survive. As fish are reeled in the rapid decrease in pressure causes gas to expand inside their bodies. This is why when some fish are landed their eyes are popping out or their stomach has expanded into their mouth. The technical term for this is barotrauma.

In one study from Australia, 100 per cent of fish hauled up from 20 metres showed some sign of barotrauma. Of these fish, 75 per cent showed the following three signs at the same time: the stomach expanding into the mouth, swelling around the anal cavity due to internal bloating and the colon extending out past the anal cavity. Fortunately, signs of barotrauma don't always mean a fish will die.

Based on the 2011-2012 national panel survey and estimated mortality figures, recreational fishers kill between 300,000 and 900,000 snapper in SNA1 through returning fish. This is in addition to the fish that they take home.

Of fish that are released and survive there may be damage to their ability to breed for the next season at least, especially fish caught and released during the spawning season. Their enlarged gonads allow less space for the swim bladder to expand as they are reeled up from depth.



Depth matters - Snapper released after being caught in deep water have a much higher chance of dying than those caught in shallow water. Research shows that more than half of all snapper caught in water deeper than 45 metres and then released will die.

Handle fish correctly - We understand that photographing big fish to share with friends and family is a big part of recreational fishing. Many fishers then go on to release these fish with the idea that they will live to breed another day. The science on whether this is helpful for fish stocks is not clear cut.

If you are releasing fish there are things you can do to increase the chance of that fish surviving.

Catch fish not birds - It is well known that seabirds are nature's fish finders. Large work-ups can provide great fishing but they also increase the risk of catching seabirds. Keeping the deck clean and putting bait scraps and fish waste in covered containers provides less of a visual incentive for birds to follow your boat.

- Seabirds mostly fish within six metres of the surface. Sink your bait quickly out of this danger zone.

- Make sure your burley containers are set well below the area where birds can dive. The less fish waste in the water, the less incentive for birds to hang around.

- Deck hoses and water pistols can be used to scare birds away from bait when setting and retrieving your gear. Aim beside the birds and not directly at them.

Move on - If you are catching lots of undersize fish or are being hassled by seabirds it is best just to move on. Birds are likely to catch and eat returned undersize fish so it is best to avoid this situation altogether. Following this advice and keeping up to date with the latest rules and any regulation changes is good for the fish and will help ensure you have an enjoyable and productive summer.

Handling tips

- Make sure your hands are wet.

- Don't lift the fish by the tail as this can dislocate the spine.

- Hold one hand under the jaw.

- Never insert your fingers under the gill plate as fish gills are damaged easily.

- If the gills are damaged, or even touched, the fish will struggle to breathe and there is a high likelihood it will bleed out and die.

- Hold your other hand behind the anal cavity.

- Fish organs are largely unprotected in the gut cavity. Holding fish around the belly can cause internal damage to organs, especially enlarged gonads during the breeding season.

- Make sure that any fish returned is caught in less than 30 metres of water to increase the likelihood of survival.

- Return fish as quickly as possible.

For more information phone 09 833 3019 or go to www.huntingandfishing.co.nz.



Build:New

You may trust your builder, but can you trust their suppliers?

As you have probably been reading in the media, the property market is booming. This boom isn't just happening in Auckland, many other cities and regions are also seeing an influx of new residents. As New Zealand grows, the building industry is growing along with it – now is a good time to be a builder - however, as the industry grows, we are beginning to see some cracks forming. The pressure on the industry, caused by demand outstripping supply, is also creating a lot of competition in certain areas, which puts pressure on price and unfortunately creates opportunities to cut corners.

This has been highlighted in recent articles by the New Zealand Herald (you can read here and here) investigating substandard building practices including a class action in Christchurch against three companies using substandard steel mesh and another article on substandard products being sold to builders out the back of cars on building sites, products that don't meet compliance.

As stated in the NZ Herald by the General Manager of Auckland Council's building control team, Ian McCormick, council building inspectors were noticing more and more substitutions than ever before. The pressure to deliver a home on time, for less money was the main driver for replacement products being used. McCormick states that he is aware of a number of inci-

dents where faulty or non-compliant products were used, and had to be removed after the completion of the home. Ranging from non-compliant roofing and electrical wiring, to substandard pre-cast concrete, the issue is wide-spread and not always easy to detect by your average homeowner. In some cases, where the company cannot prove compliance to the council, the homeowner has ended up footing the bill for the replacements. And these are the ones that have been identified before compliance. There is a reason that we have compliance, for the safety of the families who live the buildings, so in the future there may be more cases brought to light through damage to homes or loss of life caused by substandard building materials. These examples are another reason you need to have full confidence in who you are using to build your home, that all the materials will meet compliance once completed, and that you are aware of the details of the guarantees you have on the home, from which suppliers and how long those guarantees last.

Signature Homes guarantee all our homes, and all the products we use. Our extensive supply chain of locally recognised building suppliers has been cultivated over time, allowing us to acquire the best quality products that have been tested to NZ Standards. Everything we use, our supply chain, products and trades, are the highest quality and ensure strict compliance to the New Zealand Building Code and applicable laws. What makes Signature Homes different is our guarantees, provided by an independent company, which provide the most extensive and comprehensive cover in the industry.

Throughout the Signature build process, our Project Managers and specialist Production Teams will personally oversee your entire build. They can help you stay abreast of everything that happens with your home, and are there to answer any questions you may have. Beyond that, they are there to manage all

LOVE YOUR LOCATION, BUT NOT YOUR HOUSE?

Turn your old home into brand new one



Knock Down & Rebuild and The Auckland Unitary Plan

If you love where you live but not your home you can replace it with a new one, the possibilities are endless with our Knock Down & Rebuild Service.

Signature Homes are your Auckland Unitary Plan experts. We can take care of all aspects of the process providing you with complete peace of mind and proven building systems.

Contact us on **0800 020 600** or visit our website **signature.co.nz** for a free site appraisal.



HOBSONVILLE SHOWHOME
30 Myland Drive (off Scott road),
Hobsonville Open Wed-Sun 12-4pm

SHOWROOM/OFFICE:
80 Main Road, Kumeu, Auckland
Open Mon-Fri 8:30am-5pm | Sat-Sun 10am-2pm

Signature
HOMES EST. 1983
YOUR HOME. YOUR WAY.

the contractors who work on your home, the quality of the work and ensure that your new home flies through the Code Compliance Certificate checks from the council without any hitches. This process is how Signature Homes can confidently guarantee the lasting structural integrity and weather tightness of your new home. Simply put, the guarantees Signature Homes offer are the best in the business meaning you can trust that you will not be left with any nasty surprises, and can sleep easy at night. Signature Homes phone 0800 020 600.

Maddren Homes tradie of the month

Sourcing precious swamp Kauri and transforming it into bespoke wooden floors isn't the easiest thing to do, but that's exactly what Brad Gurney from North West Flooring Xtra did for his client. And his dedication to the project and the client has now earned him the Maddren Homes Tradie of the Month nomination. It was a complex job that required a lot of preparation, finishing and liaison with the client. But Brad and his team did a brilliant job with the highest level of workmanship that resulted in a thrilled client. Good on you Brad, you've earned yourself a voucher from sponsor Western ITM.



G.J. Gardner Homes

G.J. Gardner Homes are delighted to offer Ready Living options currently under construction in the fantastic new Huapai Triangle Cabra subdivision. These homes have been designed for family living and are a great example of comfort, functionality and style. Fully fenced and lawned, with heatpump, F&P appliances, double glazed windows and numerous other features that have to be seen, all backed with G.J. Gardner's 10 year warranty to provide peace of mind. These are great options offering the benefits of a brand new home, and if you secure yours quickly the colour choices can still be yours. Homes will be move in ready from August 2018. Our New Home Consultants would be happy to show you through, contact any one of our team from the Rodney West office on 0800 42 45 46 to arrange a time.



\$85 = Exposure for a month

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

Proud to be your local builder

RODNEY WEST OFFICE
3C Matua Road, Huapai.
(09) 412 5371

SHOWHOME
7 Grove Way, Riverhead
OPEN Everyday 12.00pm-4.00pm

G.J. Gardner. HOMES
0800 42 45 46 www.gjgardner.co.nz

GJRW1765-0817-KC

Food:Beverages

This July at Soljans Estate Winery

Our annual winter wine fair is coming up, we've been preparing for this one for a while. Soljans Estate will be offering a variety of great wines at even greater prices. From the 6th till the 22nd of July we will be holding our biggest annual wine sale, showcasing some of our library wines and presenting some exclusive case deals along with end of line bin ends only available in our cellar door during the Winter Wine Fair. In addition to the wine show, Soljans Café is open 7 days a week, now serving our warming winter menu, perfect for these cold winter days. Relax by the fire and enjoy your time here at Soljans. Call now to reserve a table on 09 412 2680, we look forward to hearing from you!



Chocolate Fudge – Self Saucing Pudding

1 cup flour
 ½ cup milk
 1 tsp baking powder
 2 Tbsp melted butter
 2 Tbsp cocoa
 ¾ cup sugar
 1 tsp vanilla
 ½ tsp salt
 1 egg

Sift together flour, salt, baking powder, sugar and cocoa. Add



egg, butter, vanilla and milk and mix until smooth – pour into greased casserole dish.

Sauce –

¾ cup brown sugar

¼ cup cocoa

1 ¾ cup hot water

Combine brown sugar and cocoa and sprinkle over mixture

Pour over the hot water

Bake 50 mins - 175°C

Sprinkle with icing sugar and serve with cream or ice-cream.

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

Join the zero waste revolution

Do you want to reduce your families' food and plastic waste? Are you a keen advocate and supporter of Plastic Free July? The good news is that most household waste is avoidable - with a few simple lifestyle changes, you can dramatically reduce your families food and plastic waste.



At the Source Bulk Foods, our job is to provide food in a bulk format allowing you to select as little or as much as you like. We encourage customers to bring in their own jars, containers, bags and bottles to refill.

To support our belief in making small changes towards a zero-waste lifestyle, we are offering 10% off your shopping basket when you bring your containers into store for a refill during the month of July.

When you buy in bulk you can scoop out exactly how much you need so there is no food waste. If a recipe requires 100gms of quinoa then you can measure and buy exactly that – rather than buy a kilo bag that may gather dust in your kitchen. Being able to buy in bulk also give you the versatility to try new products as you can sample small sizes of them before investing in more. With no minimum purchase of anything in store, you can also buy small quantities of various items to make up things like your own granola or muesli – allowing you to be more creative in the kitchen!!

In addition to a great selection of organic, vegan, gluten-friend-

THE GALLERY
JAPANESE & CAFE

Dine in & Takeaway
(10 complimentary dumplings when you spend over \$40)



Tues & Sun: 8:30 - 5pm | Wed - Sat: 8:30 - 8:30pm
Ph: 09 412 8983 | 329a Main Rd, Huapai
www.facebook.com/thegalleryjapaneseandcafe

Come and check out our new
Delicatessen, Coffee, Juice & Ice Cream Bar

BORIĆ Food Market

1404 Coatesville - Riverhead Highway, Auckland
www.boricfoodmarket.co.nz



ly, dairy-free and paleo products, we offer our customers a wide variety of sustainable personal and household products. We aim to source and sell everyday products that replace single use household items further supporting our zero-waste ethos.

Come into store during July and we will give you 10% off the following range of sustainable products:

Stainless Steel Water Bottles, Reusable Coffee Cups, Beeswax Wraps, Cotton Produce Bags, Bamboo Toothbrushes, Jute Bags, Shampoo Bars, Stainless Steel Straws, Nut Mylk Base and Warrior Stainless Steel Lunchbox.

Becoming an aware shopper makes a huge difference to the planet and also encourages and inspires those around you to start making a collective small change towards a zero-waste lifestyle.

So, pop into one of our stores and experience the unique opportunity to mill your own flours on site, or sample some of our Kombucha and Kefir Water (available on tap). You can even take home a pot of raw honey. Our staff are passionate foodies, you can always have a chat and ask them about the food you are buying. It's all about nourishing your body, caring for the planet and setting up practices in your day to day life that has a positive and far reaching effect on the world around you.

Come and visit us in store at 49 Main Road, Kumeu. Open seven days a week, 9am - 6pm Monday to Saturday and 10am - 4.30pm on a Sunday. To follow us online go to www.thesourcebulkfoods.co.nz or Instagram at [thesourcekumeu](https://www.instagram.com/thesourcekumeu) / Facebook [thesourcebulkfoodskumeu](https://www.facebook.com/thesourcebulkfoodskumeu) or phone 09 412 2492. We look forward to seeing you soon.

The perfect Mid-Winter Christmas

You can't go past the traditional baked ham for the perfect mid-winter Christmas dinner. The unforgettable aroma takes us to a place filled with memories of home fires and family festivities. For the classic approach, serve our tart Tamarillo Chutney or our very popular Mustard Pickle on your hot ham... yum! Or Sweet Sliced Pickles the next day, with your ham and salad. And for more leftovers, our Mustard Pickle is the perfect accompaniment - get the kids making toasted sandwiches with ham and pickle these school holidays! The award winning range of 'NoShortcuts' traditional chutney, pickle, relish and jam is wholesome, old fashioned food in the fast and easy convenience of a recyclable glass jar. 'NoShortcuts' can be found at Farro Fresh and over 30 other stockists, or check the website at www.noshortcuts.co.nz or go to [Noshortcutsnz](https://www.facebook.com/noshortcutsnz) on Facebook or [noshortcutschutneys](https://www.instagram.com/noshortcutschutneys) on Instagram.





THE HUNTING LODGE

Our beautiful winery offers a relaxed environment to enjoy a wine & food experience that evolves throughout the year.

Bring in this advert to receive one free glass of our wine with the purchase of a platter at the café or restaurant.

Cellar Door & Café open 7 days, Restaurant open Wed-Sun.

305-307 Waikoukou Valley Rd, Waimauku.
09 964 0565 | www.thehuntinglodge.com

Not redeemable on Local's Night every Wednesday. Must be 18+ years.



IsoCream

If you are following a coeliac/gluten-free, diabetic or keto diet or simply watching your weight, you may feel that dessert is a no-go zone or in the too-hard basket. Well, think again. You don't need to give up dessert because IsoCream caters to each of these needs and is good for you. New Zealand's only protein-rich, reduced-fat ice cream is 99% sugar free, has under 350 calories per 500ml tub, is gluten-free and is low in carbohydrates. IsoCream comes in



five yummy flavours: Cookies & Cream, Chocolate, Strawberry, Coconut and Vanilla. And what's more, it's available at several local stockists: Countdown at Hobson Centre, Westgate, Northwest and Lincoln Road. For a full list of stockists and more information (including nutritional composition), visit our website: www.isocream.co.nz. Until 31 July, five lucky Westerly readers have the chance to WIN a tub of IsoCream. Simply use the form on the home page of our website, mentioning The Westerly in the message box, and you'll go in the draw for a 500ml tub in your choice of flavour.

Winter wine dinner - with Kumeu River Wines

The Riverhead is proud to present the first of it's 2018 Winter Wine Dinner Series. Executive Chef Russell Billing and his team will create a five-course degustation menu paired with some of New Zealand finest wines from local vineyard Kumeu River. Paul Brajkovich and Russell Billings will explain techniques, ingredients, flavours and why the pairings best complement each other.





SOLJANS
ESTATE WINERY

Winter

WINE FAIR

6TH - 22ND JULY 2018

CELLAR DOOR SALES ONLY - OPEN 9AM - 5PM, 7 DAYS A WEEK

BACK BY POPULAR DEMAND

*THE DESIRABLE \$9.90 BIN ENDS *SUPER WINTER SPECIALS

*MIXED CASE SPECIALS *GIFT SHOP SPECIALS

366 STATE HIGHWAY 16, KUMEU | WWW.SOLJANS.CO.NZ | PH 09 412 5858

Come along and experience beautifully crafted food from an exceptional Chef and some of New Zealand's premier wines grown right here in New Zealand oldest wine region. Tables will be shared with other guests or you can purchase a table of 10 for \$890. Buy tickets online at <https://www.eventfinda.co.nz/2018/2018-winter-wine-dinner-with-kumeu-river-wines/auckland/riverhead>.

Eye healthy avocado smoothie

Avocados are a good source of lutein, and mangoes are full of Vitamin A, an antioxidant that helps to protect your cornea. Include those chia seeds as well for some Omega 3 fatty acids!

Ingredients:

2 teaspoons chia seeds (optional),

2 tablespoons fresh lemon juice,

1 tablespoon finely chopped fresh ginger,

1 cup ripe mango,

1/2 avocado,

1 cup ice,

Honey, to taste.

Directions: Soak chia seeds in 2 tablespoons water until gelatinous, about 20 minutes. In a blender, combine lemon juice, ginger, mango, avocado, and ice. Blend until smooth. Stir in honey and soaked chia seeds; serve.

For more information regarding nutrition for eye health visit our website www.westopt.nz or phone our friendly team on 09 831



0202.

The Herbalist craft beer

With winter upon us Sunday roasts are a kiwi favourite and we recommend pairing our Rosemary & Licuorice Ale with your roast Lamb.

Pop some sprigs of rosemary and some garlic in with your roast lamb and your vegetables which will add some extra flavour and complement the rosemary in the beer - a perfect alternative to red wine and a delicious way to end a weekend.

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



Gluten free pies at jesters Westgate

Jesters New Zealand is now a certified licensee of Coeliac New Zealand's Crossed Grain Logo Programme.

All products displaying this logo have been reviewed and approved by Coeliac New Zealand as part of their certification programme and are suitable for a gluten free diet.

Our gluten free pie pastry is made with rice flour and the pies come in 4 different flavours: Billy T - Mince and Cheese, Stockmans - Steak, Maharaja - Butter Chicken and Kentucky Delight - Apple, Blueberry, Custard.

Now available hot in store or in take home frozen 2 packs.

Grab your gluten free friends and come in store and try one today!

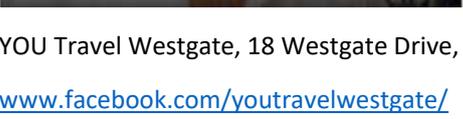
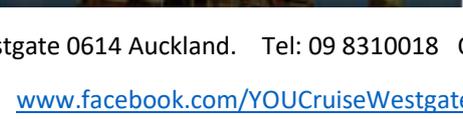
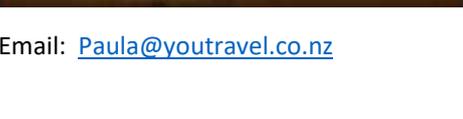
No one sees the world like



We are an Established Company, (formerly known as United Travel) with experienced consultants, who have many years knowledge.

Book with confidence, all your travel needs; flights, tours, hotels, travel insurance, visa assistance, And so much more,

Any Trip, Anywhere In The World; for Any Reason – Call for a Quote NOW !

ADVENTURE SEEKERS	BEACH LOVERS	UNIQUE EXPERIENCES
With endless hiking & the great outdoors, these places will satisfy the explorers.	Head for a swim and relax on the warm, golden sand. Life's a beach.	Looking for some thing different? A cultural experience? These locations are for you.
 <p>Africa</p>  <p>Canada & Alaska</p>  <p>Arabian Peninsula</p>	 <p>South Pacific</p>  <p>Fiji South Pacific</p>  <p>Thailand Asia</p>	 <p>South America</p>  <p>Oman Arabian Peninsula</p>  <p>Africa</p>

YOU Travel Westgate, 18 Westgate Drive, Westgate 0614 Auckland. Tel: 09 8310018 OR Email: Paula@youtravel.co.nz

www.facebook.com/youtravelwestgate/ and www.facebook.com/YOUCruiseWestgate/

Real Hope For Long Term Back Pain Sufferers

Inversion NZ Ltd
0800 62 62 83
www.inversionnz.co.nz

Inversion helps to:

- Relieve Back Pain
- Relieve Neck Pain
- Relieve Muscle Tension
- Stimulate Blood And Lymph Flow
- Improve Posture
- Increase Flexibility



Frank Harwood (84) of Turangi using his Teeter, Frank has been Inverting for over eight years and has found it keeps him young

was something I had never heard of sorting it out for me in a very short period of time" It was then Dave decided to introduce Teeter into New Zealand and Inversion NZ was born.

Over the years INZ have helped thousands of people get some serious relief and have seen results in not only backs, but necks, hips, knees, posture, circulation and lots more.

"We have testimonials from people with over fifty years of back problems and even have them in a number of schools in New Zealand for their special needs children" he told me, "the blood to the brain helps these kids and the results are excellent" What this means for the aging population is that it helps maintain the health of the brain as we all get older.

Dave told me that he realised that, had he not tried the Teeter for himself he would still be suffering, "I would still be a miserable grumpy bugger, living with pain, that is why we do the shows, people need to try it for themselves" he told me "most people actually get off with the pain either gone or considerably less" he said "we let the tables do the talking"

After more than ten years in New Zealand, Teeter Hang-Ups have now gained a reputation for success with long-term sufferers of back pain. Inversion New Zealand was started by Dave and Nancy Hare, Dave had suffered over twenty years of back pain from Degenerated Discs and had basically given up and decided to just live with it. "To me surgery was never an option" he said "as long as I still could walk, there was hope".

Dave had tried everything; every time he was overseas he would search for anything that could possibly help. While on one of these overseas trips ten years ago, Dave discovered the Teeter Hang-Ups. "The first time I tried it, the pain disappeared and I was completely pain free for about 30 minutes, nothing had done that" he told me. Dave never believed it would fix him, "as specialists had told me it was irreversible, I now knew I had a place to go every time I wanted some serious relief".

To Dave's surprise the more he used the table the longer the pain stayed away, until after nearly three months he was completely pain free, "I couldn't believe it" he told me "I had spent large amounts of money on every form of treatment available and here

IT IS PURE LOGIC AS TO HOW THE TEETER TABLE WORKS

Discs: It uses gravity to apply traction, the traction gently opens the discs and as they open up they create suction, this suction draws fluid from the surrounding tissue back into the discs, re-hydrating them. This is the key! Discs do not have their own blood supply, they rely on transfer of fluid from the surrounding tissue to keep them healthy and hydrated and over the years as discs get thinner with age, they lose the ability to take on fluid (just like squeezing a sponge) and they start to de-hydrate.

De-Hydrated discs are less flexible, they are harder, more prone to injury, they interfere with nerve roots creating pain and ultimately the de-hydration causes degeneration. The Teeter Inversion table slowly and gently brings the hydration back into the discs, plumping them up. It separates the nerve roots far more effectively and returns quality of life

Muscles: A lot of pain is muscular, when muscles are stressed they become tight which restricts the flow of blood and lymph through the muscles so toxins build up, Co2 and Lactic Acid. Traction opens up the muscles, Rhythmic Traction, is a gentle rocking motion that stimulates circulation and encourages blood flow through the muscles, which clears the lactic acid into your lymph system where it stimulates lymph flow and deals with it. Most people with serious neck issues see a large improvement after only one treatment.

Posture: Poor posture is one of the major causes of pain and is a major contributor to the deterioration of the body with age. A difference in leg length causes most of the hip and knee issues, as they continue to place uneven loads on the joints; similar to the wheels out of alignment on your car.

Trying to correct posture is extremely difficult due to muscle memory, as it constantly pulls the muscles back to where they were. At a level of 40 degrees or more on the Teeter, the muscle groups open up and eventually come back into alignment, using the table daily, does not allow the muscle memory to pull them back out of alignment and slowly the muscles start to lose their memory and go with the flow, allowing the body to come back into correct posture. Then using the table once a day will ensure it is kept there.

This is pure logic, if a machine is out of alignment it does not last long, the only difference between the body and a machine is that the body is constantly repairing itself, however if the wear and tear on the body is greater than the body's ability to repair itself, it is a slow decline. The Teeter slowly brings the body out of its decline and allows the body to repair itself, resulting in a far healthier life.

If you are serious about investing in your health and really sorting your issues out, come see us at one of our local roadshows, you have nothing to lose and chances are, a lot to gain.

BACK or NECK PAIN?

Here in New Zealand,

Dr Gireh Kanji, one of the countries most respected Pain Specialists completed a PhD on how humans experience pain and then researched lower back pain, writing "Fix Your Back" and then spent a few years researching neck pain, headache and migraine and wrote "Fix Your Neck Pain, Headache & Migraine", both books are in most bookstores.



Dr Kanji discovered in the research that the disc is the most likely source of low back pain and Inversion showed the best results of all the trials conducted. Three studies showed a 60% reduction in pain and one showed a 75% reduction in surgery for people with disc prolapse.

Dr Kanji endorses Inversion as the best method to manage back pain, he has personally been using the Teeter Inversion tables for his own low back pain, has Teeter Inversion tables at both of his clinics in Wellington (The Sports and Pain Clinic) and has had such success that he is now conducting the largest study in the World on Inversion Therapy. In his own words, "these things are gold and inversion should be a first line treatment for low back pain".



*Dr Kanji does not receive royalties from the sale of Teeter Inversion Tables

VISIT US THIS WEEKEND FOR YOUR FREE TREATMENT OR COME SEE US AT ROTORUA NEXT MONTH

BROWNS BAY

St Anne's Hall
 Corner of Beach and Glencoe
 21 - 22 July 10am - 4pm

TE ATATU

Te Atatu Community Centre
 595 Te Atatu Road
 28 - 29 July 10am - 4pm

WARKWORTH

Old Masonic Hall
 3 Baxter Street
 11 - 12 August 10am - 4pm

SILVERDALE

St John's Ambulance Hall
 32 Silverdale Street
 18 - 19 August 10am - 4pm

Health:Beauty

How to get more out of your walks

Walking is one of the best exercises we can do for our bodies. As with any exercise, there are good and bad ways of walking. I recently posted a short video showing 5 simple tips to get more bang for your bucks from your walks. The tips are easy and simple to implement. As an example, tip 1 is to change the surface that you walk on regularly. If you always walk on flat concrete, your body will adapt to the surface. As soon as you walk on an uneven surface, your body will struggle and you will risk an injury. Want to see the video? Simply look at the blog section on our website or on our Facebook page. Facebook page - www.facebook.com/elevatechiropractic. Website - www.elevatechiropractic.co.nz. Elevate Chiropractic: Shop 1, 10 Greenhithe Road, Greenhithe. Phone 09 413 5312.

Fitness doesnt have an off season

As we get to our winter months and it gets colder outside, why not take your exercise inside. At Kumeu Gym we are open 24 hours a day 7 days a week and our teams goal is to help motivate our members to improve health, fitness and wellbeing. Our gym offers a highly qualified team of Personal Trainers and Fitness Instructors, an extensive range of cardio and weights equipment along with a full size indoor court for all of our functional movement pro-grammes and indoor netball. All memberships include over 20 group fitness classes in-



KUMEU GYM

GET FIT IN YOUR COMMUNITY

- Fully Equipped Gym
- Designated Cardio Area
- Group Fitness Classes
- Smart Training
- Personal Training
- Indoor Netball Leagues 4 Nights a Week
- Pita Pit Onsite



Providing fitness in Kumeu for 30 years

Ph. 412 8932 | www.kumeugym.co.nz

cluding boxing, yoga, spin, circuits and crossfit style. We now also have two North Harbour / ACC recognised classes for older adults - Fitness for Function as well as Counterpunch. Our Gold Membership gives you access to our Smart Training (ST) this is a shared Personal Training System designed to cut out the large costs involved when using the services of a Personal Trainer, delivering the personal and high quality service expected from a personal training session, yet costing only a fraction of the price. ST is the next level training system designed to keep Kumeu Clientele safe as well as delivering a highly effective daily training regime to ensure they meet their fitness goals. Whether you want to improve your confidence, push your limits or meet new people, no matter your age we have something for everyone. Enquire at www.kumeugym.co.nz/contact or call 09 412 8932, mention this article to receive a one week trial of our Gold Membership valued at \$55.00.

Gorgeous girls in glasses

Isabel and Charlotte prove that frames can be very flattering! At Hobsonville Optometrists we love fitting young people into the latest and best looking frames. We have a huge selection to choose from, in both both style and price. Our most popular ranges include RayBan, Oakley and Adidas. And lots of others of course! We are not a chain. We warranty our frames for at least a year and we repair and maintain as a normal part of our personalised service. Come and browse anytime and enjoy honest advice and extraordinary service and care at Hobsonville Optometrists, 413A Hobsonville Road. Open Monday to Friday 9am to 5.30pm and Saturdays. Book Eye Examinations on 09 416 3937.



Building a relationship with your physiotherapist

Liz from Massey Physiotherapy is studying this semester in her post graduate work the core concepts which underpin rehabilitation, and in particular Liz reviewed the concept of therapeutic alliance or the relationship between patients and their therapist

HOBSONVILLE OPTOMETRISTS

Glasses & Gifts

Frank G Snell B.Sc., B. Optom
Optometrist

Unit A, 413 Hobsonville Road, Hobsonville 0618
Ph: 09 4163937. E: hobsonville@eyeteam.co.nz

in treating patients with chronic musculoskeletal pain. This is of special interest as Massey Physiotherapy are increasingly taking on ACC contracts in Pain Management, Stay at work, Back to work and training for independence. This paper has been enabling Liz to explore and challenge her own rehabilitation practice through critical review of theory, evidence and practice and below is a quick summary of some of this that may be of interest to you in your practice. Having a strong working relationship with your physiotherapist could predict the outcome of your treatment. Research has shown that in all cases the alliance between patient and therapist improved pain, function, mental health and quality of life when suffering from chronic pain. Massey Physiotherapy endeavours to build positive therapeutic alliance with all clients seen in the clinic and know the importance as well with clients seen for any of ACC's contracts above. We really value our clients, and referrers and take great satisfaction in seeing their positive outcomes. We look forward to seeing all our clients and building these positive relationships to help assist you on your recovery journey. Please call us at Massey Physiotherapy on 09 832 3619, to make an appointment and start on your way to great outcomes.

Have you got pain between the shoulder blades?

Do you have an area of soreness that you feel in-between your shoulder blades or even lower? It could be coming from that area or perhaps it's coming from the front? Your shoulder joint is so movable and even though the joint has a similar configuration to the hip joint being a ball and socket joint, the shoulder joint moves much more freely and that is what makes the shoulder such a complex joint. The shoulder joint is surrounded by strong ligaments and muscles which help to hold the joint in place. Did you know to get that much movement this joint is like a basketball sitting on a teacup. One muscle could be causing your issues you are feeling in the back, and this muscle is called the Pectoralis Minor muscle. The Pectoralis Minor muscle is located on your chest under a bigger pectoralis muscle. Its job is to pull the shoulder blade down – almost tipping the top of the shoulder blade forward. So, when this muscle shortens due to altered posture overtime, the muscle can keep the shoulder blade pulled forward, which are possibly causing you issues in the upper back between the shoulder blades. At Top Notch we address both the back, side and front muscles to achieve the best relief for any tightness you are experiencing in and around the shoulders and upper back. Come in and see our professionally trained team. We can provide the best approach for you



and your body, and we promise you will be in safe hands. To book simple head to our website page www.topnotchmassage.co.nz or call 09 212 8753 or 021 181 8380 – 7 days a week, 9am til 9pm. \$10 off your first appointment.

Fallen arches

The arch of the foot can change shape for a number of reasons, dropping or flattening is the most common change that we see at Hobsonville Podiatry. This can be either painless or incredibly painful. Change in arch shape and function can greatly affect how you walk and run and be a crucial part of treatment of lower limb injuries. Below we have listed some of the contributing factors to a change in arch shape as well as symptoms that may result from the change. Symptoms: Pain in the inside or bottom of the arch, Aching in the ankles, Pain on the outside of the foot, Difficulty walking or running - particularly the propulsive phase of gait, Unable to get up on to tip toes - either completely or not as high as previously, Change in width and length of the foot, making shoes fit tighter, Heel pain, Tight feeling in the bottom of the foot. Causes: Weakness in the tibialis posterior tendon, the muscle that is largely responsible for maintaining arch shape and correct function of the foot when walking and running. This tends to happen gradually, Pregnancy - the hormone relaxin is released in pregnancy to help prepare the pelvis for childbirth, this hormone can affect the feet as well by relaxing the ligaments that support the foot, therefore leading to a flattening, Trauma/accident - ankle sprains commonly result in a change in foot posture, Nerve damage to the nerve that supplies the muscles of the feet, Prolonged pronation (rolling in of the feet) during gait increases the load on the tibialis posterior tendon. Inflammatory arthritis' such as rheumatoid arthritis. Poor blood flow to the feet and ankles. Treatment; If you read the above lists and find yourself thinking 'this explains my foot pain' you may well be also thinking 'OK so what do I do about it?'. The first and most important step is ensuring you have good footwear that support your arch well. There are varying degrees of arch flattening, therefore varying levels of treatment based on individual needs. Below is a list of the types of treatment we offer at Hobsonville Podiatry to help with dropped/fallen arches: In shoe supports to help re-align the foot - these can be simple or more comprehensive depending on the individual. Joint mobilisation to free up any restrictions that may be keeping the arch in a dropped position. Soft tissue release to free up restrictions. Strengthening exercises to help realign the foot/feet. Gait retraining - often compensations are made when the arch drops, therefore we



\$10 OFF
your first
massage

top notch
MASSAGE THERAPY

BOOK ONLINE
Massey & Hobsonville
021 181 8380 | topnotchmassage.co.nz

HOBSONVILLE Call 09 390 4184
PODIATRY or 022 044 1741

hobsonvillepodiatry.co.nz

Level 1, 124 Hobsonville Rd, Hobsonville, Auckland 0618

help people train out of these compensations. Strapping - helps to hold the foot in a supported position and temporarily relieve symptoms. Hobsonville Podiatry is located at level 1, Hobson Centre, 124 Hobsonville Road. www.hobsonvillepodiatry.co.nz.

Music – food for the soul

Musicians are passionate about what they do and are prime candidates for injuries because they perform repetitive movements in awkward positions over a prolonged time. Tendinitis, hyper-mobility and trigger fingers are common problems amongst musicians. Musicians may not be aware of the effect that overworking their forearm muscles will have on their hands. These muscles are largely responsible for controlling movements in the hand, so warming up, cooling down and stretching these muscles are important to prevent and address sprains and pain. Musicians can also suffer trauma while performing sports or DIY activities. These injuries need to be managed in the context of their instruments and the demands placed on their hands. At Hand Institute we provide comprehensive assessment and treatment and can work with you on developing healthy practice habits to correct a problem without sacrificing your performance. Call us on 09 412 8558.



Cancer Rehabilitation

Cancer is a scary word, but the good news is there are now more people surviving a cancer diagnosis. However, they can still face an increased risk of extended health problems, premature mortality and harsh side effects from their treatment. Historically, cancer patients were encouraged to rest and avoid exercise, however, experts now believe that that's the worst advice. It's now proven that exercise plays an important role in cancer survival and recovery, both physically and psychologically. As

reported in last month's Courier, NorthWest Physio+ are proud to be associated with the PINC and STEEL Cancer Rehabilitation Trust, who provide training programmes for physiotherapists to work with cancer patients. The programmes are designed to help people through every stage of their treatment and recovery, incorporating individualised physiotherapy rehabilitation and exercise prescription to specialised group exercise classes. PINC and STEEL also accept funding applications from people diagnosed with cancer to access rehabilitation. Or you can donate so someone can receive some programme sessions. Last month NorthWest Physio+ ran a twelve-hour Pilatesathon to raise funds for PINC and STEEL cancer rehabilitation funding. 100% of the proceeds will go towards funding cancer patients in your community. If you wish to apply for rehabilitation funding, go to www.pincandsteel.com or contact Laura at laura@nwphysioplus.co.nz.

Should you wear the same shoes every day?

So is it fact or fiction than wearing the same pair of shoes everyday is not the best idea for both your body and the shoes? • As much as all like to pretend we don't sweat, it's not true and what absorbs this sweat? Our shoes. Sweat contains salt



and this will break down the insides of your footwear a lot faster if it is not getting a chance to dry out properly between wears. Wearing the same shoes everyday will also increase your chance of a fungal infection. Shoes will last longer if they are not being used every day, not only do they have a chance to dry out between wears it also gives a chance for the padded foot beds and other comfort features to revert. Different shoes hit on different pressure points. So not wearing the same shoes everyday means different pressure points are activated and also different muscles used in the body. For the ladies - don't wear the same heel height everyday this will stop things like your tendons and calf muscles shortening. So yes it's true, don't wear the same pair of shoes everyday and the shoes will last longer and your feet and body will also be happier. Shoe Talk - 401A Great North Road, Henderson phone 09 835 9936 or www.shoetalk.co.nz.

Are you getting enough sleep?

It is becoming increasingly difficult to ignore the importance of sleep. I see an increasing number of clients with sleep disturbance, chronic fatigue, adrenal fatigue and anxiety – the lack

DT

DENTURE CLINIC

DENTURE SERVICES AND REPAIRS

Attention Denture Wearers

Expert Treatment,
Individual Needs

We offer:

- Full Dentures
- Partial Dentures
- Same Day Relines, Repairs and Tooth Additions
- Mouthguards
- WINZ Quotes

Make a booking to discuss your
FREE treatment plan.



AU-7174784BY

67 Brigham Creek Road,
Whenuapai
www.dtdentureclinic.co.nz
P: (09) 416 5072

Made in NZ with imported materials

Shoe Talk™

we talk shoes



Mens and Womens Footwear that fits the Kiwi foot, including wide widths! Every-thing from flats to heels, sandals to casual styles, even wide-calf boots. Stockists of the uber-comfortable Propét Walking Shoes and the fashionable Walking Cradles range. Specialist footwear is also available and footwear for troublesome feet issues too!

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

of good quality sleep leads to various health related problems. Sleep is the process by which the brain detoxifies and cleans itself of the natural inflammatory processes caused through exposure to light and energy demands of the day. It is the only time our body shuts down its other processes to focus on healing and repairing cells. If we deprive our body of this essential time, it makes it very difficult for it to do the repairs necessary to heal. Not only this, but we will age faster, and the damaged cells will multiply faster than they can be replenished. The pineal gland entrains the rhythms of the body to the rhythm of the 24-hour light/dark cycle. Reducing light stimulates the pineal gland to secrete serotonin into the bloodstream, melatonin then follows to induce sleep. A growing body of research indicates that massage therapy may be beneficial in combating insomnia as well as many chronic conditions that contribute to sleep disorder. Massage is a healthy and drug free way of helping people overcome insomnia. As melatonin influences the sleep stage of our circadian rhythm, massage is a natural way of boosting serotonin to aid in sleep production. Tips to improve your ability to fall asleep and your sleep quality: Eliminate/minimise caffeine from your diet. Get out and take a 15 to 30-minute walk early in the morning to set your circadian rhythms. Expose the naked eye (that means no sunglasses) and as much skin as is decent, to the morning sunlight. Earth your body as much as possible. Eat breakfast. Don't eat later than 8pm. Turn off all screens and electronic devices two hours before bedtime. The blue light emitted from the devices interferes with your melatonin production. Try diffusing lavender essential oil in your bedroom before going to sleep. For all your massage needs, call Debbie from Realign Massage & NMT, on 021 120 2175.

West Harbour. Phone 09 416 0097.

Rocking and rolling

Have you seen them? They are blooming weird looking aren't they! I am talking about rocker bottom shoes those weird shoes with a big thick curved sole. Very different to your standard trainer and definitely not a minimalist shoe! Although these trainers will not give you any street credit what so ever, they have now been proven to effectively strengthen back muscles and reduce low back pain. Researchers of the Sports Physiotherapy master's degree at an Italian university have confirmed, in a new study, that unstable shoes improve the strength of back muscles in order to maintain balance and stability when walking. This muscular strengthening contributes to reducing low intensity chronic low back pain. This is the first study of its kind and the results of this new study could open up new doors in improving patients compliance to exercise in order to improve LBP (low back pain) as all you would have to do would be to put your shoes on in the morning! In the study 40 participants with LBP took part. Half of them wore rocker bottom shoes for 6 hours a day and the other half wore normal shoes. Researchers evaluated the degree of activation of the back muscles that stabilize the lower back (mainly the core muscles). The researchers also evaluated the curvature degree of the lower spine while wearing the rocker bottom shoes. These physical results were then contrasted with the degree of pain and disability expressed by the patients via questionnaire. As a result the researcher were able to establish that the everyday use of rocker bottom shoes for several hours a day reduces the disability suffered by patients with chronic low back pain. The next step in the research is to increase the number of participants and confirm these effects over a longer period of time in future studies within this same line of research as carried out in this pioneering study. Not that we want to dismiss physiotherapy as a valid means of rehabilitation for low back pain but buying a pair of rocking and rolling rocker shoes may be an extremely beneficial added extra to your long term management of back pain.

Tennis and elbow

Many people heard of a condition called 'tennis elbow'. This is when the pain is located in the outer area of the elbow joint. Ironically, most of the cases have nothing to do with playing tennis! In a nutshell it is due to tendon over strain and can be related to a



variety of activities such as screw driving, hammering, ironing, holding a frying pen and so on. Occasionally it is caused by a misaligned joint caused by a sudden trauma. Osteopathy can help to correct the joint misalignment and tennis elbow pain settles very quickly. In cases of overstrain it takes significantly longer and in most cases require avoiding the strain on the joint. At Family Osteopathic clinic we can assess the elbow alignment and work on the over strained tendons, as well as advise on the possible cause of the problem. Sometimes we use dry needling acupuncture to assist in recovery. See us at 39 Hobsonville Rd,

Couples massage in a tranquil and private setting day spa

For couples who would like to share a relaxing experience together, the Spa Di Vine couple massage packages are the ultimate escape for two. The spa packages for two people offer peace, quiet and privacy and some



ACC REGISTERED • PRIVATE PATIENTS • SELF REFERRALS WELCOME



Avondale Family Physiotherapy

We offer a range of treatment options:

- > Neck & Back Pain
- > Occupational Injuries
- > Joint Pain & Dysfunction
- > Exercise Prescription
- > Sports & Soft Tissue Injuries
- > Post & Pre-surgery Rehab
- > Pilates - Mat & Reformer

Quote booking code word: **Rehab**

63 Rosebank Rd
Avondale



09 869 2913



Country Spa Retreat

Ph. 09-4115290
relax@spadivine.co.nz
www.spadivine.co.nz



packages also include a warm-up in the hydrotherapy spa pool, before experiencing the side by side massages plus foot scrub and foot massage. Spa packages typically finish with a refreshing fresh fruits coupe. The Couples' Luxury Retreat also features refreshments by the open fire, a cozy setting on those cold winter days. Phone Spa Di Vine to book your treat for two on 09 411 5290 or email us relax@spadivine.co.nz or view www.spadivine.co.nz. Spa Di Vine, open by appointment only, Waimauku.

What your eyes can tell you about your health

Our series continues as Natasha Herz, M.D.*, clinical spokesperson for the American Academy of Ophthalmology, explains what your eyes reveal about your health, and how you know it's time to visit your optometrist. Today's tip: Your retina could be in danger. You know those little specks that move around your field of vision sometimes? They're called eye floaters and, while they're relatively common, they also shouldn't be dismissed. Herz warns that a sudden increase in the number of floaters you see could be a sign of a retinal tear or detachment (yikes!). Visit Matthew and Molly Whittington at For Eyes in the Kumeu Village and ask about their specialised retinal tomography scans, and also the ultra wide-field Optos scanner that can literally see around corners to image the peripheral retina behind your iris. Phone 09 412 8172. (*Acknowledgement: M. Bonner, Marie Claire).



Chiropractic care increases muscle strength

A recent study showed that chiropractic care increased muscle strength in a group of elite athletes. We know that many top-level athletes use chiropractic care because they believe it improves their performance. This study helps explain why this may be the case. The athlete study investigated the effects of chiropractic care on muscle strength in a group of elite Taekwondo athletes. In this randomised controlled trial they measured muscle strength in the athletes leg muscles before and after a single session of chiropractic care or a control intervention. To explore whether any changes were occurring at the level of the brain or at the spinal cord level they also measured the way the brain could drive the muscle and tested spinal cord excitability. The results of this study showed that in this group of top-level athletes, a single session of chiropractic care resulted

in increased strength and cortical drive to their leg muscles. The strength findings lasted for 30 minutes and the cortical drive increase persisted for at least 60 minutes. References: Christiansen TL, Niazi IK, Holt K, et al. The effects of a single session of spinal manipulation on strength and cortical drive in athletes. Eur J Appl Physiol 1018;118(4):737-49. So if you are looking to improve your muscle performance give us a call and we will be happy to set up a Consultation. Call 09 416 7589 today!

Exceptional dentures now in open

DentureTech, is a company that has a long standing reputation for creating world-class dentures. And now, there is a DentureTech clinic in the heart of Hobsonville. Situated at the Hobson Centre, 124 Hobsonville Road, DentureTech offer hand-crafted dentures. DentureTech have a wide range of dentures to suit all needs and budgets. These are: full dentures; partial dentures (metal, acrylic and flexible); implant retained dentures; same day denture repairs (conditions apply); relines; and implant retained dentures. All of DentureTech's products are backed by an exclusive guarantee. Want to know more? DentureTech offer a free, no obligation consultation with one of their highly skilled Clinicians. Call 09 416 5456 to make your appointment. DentureTech Hobsonville is open Monday – Thursday 8:30am – 5pm and Friday 8:30am – 3pm. www.denturetech.co.nz.



Location, location and location

As we all know when buying a house, never has a truer word been spoken. You must make sure that the location of your home is in a good area, good street etc. But has anyone told you the 'location' of your house could also be responsible for your health or ill health? If your house (more specifically the spaces within your home, where you spend time still... bed, couch, office desk even standing at the kitchen sink) is in the wrong location it will be making you sick. It may not happen quickly so you can associate it with your home, but subtly it starts to lower your immune system. Then you notice you don't sleep, have back ache, children have nightmares or you have skin irritations, you have joint stiffness and arthritis, and these are to name a few illness that are linked to Geopathic Stress. This is the energy that the earth creates (and we need it) but we don't need to have it in our home especially in our bedrooms. So before you buy your next home, make sure you get a Geomancer like me to come and check your home. It is never too late and if you have already moved into that house of your dreams, get it checked.

Take Your Eyes to For Eyes!

- Advanced scanning equipment for early detection of cataract, glaucoma and macular degeneration
- Specialty assessment of child and adult reading difficulties
- Specific-tint lenses for Irlen Syndrome
- Lenses to correct red-green colour-blindness



Phone: 09 412 8172
email: foreyes@foreyes.co.nz
website: www.foreyes.net.nz

Matthew and Molly Whittington, optometrists in the Kumeu Village since 1993
Open 9-5 weekdays, Kumeu Village, 90 SH16 Kumeu



RYAN JACKSON

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

P: 09 810 8609.

PO Box 133, Kumeu 0841 Auckland

You may just need to move some furniture around and save a fortune on future health issue. Call Nicky 021 545 299 or visit the website www.clearenergyhomes.com.

How to listen to our inner messages

About 3 months ago i went 'off' running. I just didn't feel enthused about it. I didn't want to go. Now i have been running on and off for about 5 years. I'm not super-duper fit, i just managed to get out a few times a week. But suddenly, i just stopped wanting to go. I wasn't enjoying it like i used to. Yes, i wanted a fit, healthy body, yes i wanted my dream body lol – but no i did not feel like going running. I tried all sorts of things - i made a guided meditation to mind trick myself into running. I rang my mother and complained to her. I read some running blogs to try and get into it again. I put the strava app back on my phone. I put my running shoes on, told my husband i was going running, organised the kids and then just didn't go. None of my usual tricks were working. I couldn't force myself to run- because i didn't want to go. Then guilt kicked in. I mentally beat myself up. I said horrible things to myself about how lazy and unmotivated i was and about how someone like me really should be walking my talk and have some sort of exercise routine blah blah blah. I felt wrong for not wanting to go. Now i teach that one of the worst things we can do to ourselves is to judge. When we judge and have negative opinions about ourselves (or others) we are being exactly the thing we don't like. What you dislike about yourself - you're creating more of – because that's the main focus. You can't focus on something and not have it in your life. The more you hate your body, the harder it is to change it. When the main topic is 'these are the things i hate' then you get more of all of that. If the main topic was 'all the stuff i love' then life more easily give us circumstances aligned with that. Your body (and life) is giving you what your feeling and being the moment. The judgement is 100x worse than the thing. Can you eat the cake without the guilt, can you eat the pie without the fear of getting fat? We don't realise that eating fear is worse than eating pie. Can you not go to that thing on saturday and not worry because your allowed to choose? Our opinion of what we do or didn't do is doing the damage – not the actual thing. So all my focus on not running and all the mean stuff i was thinking, was creating a downward spiral that got worse and worse. I had momentum going about all the stuff i didn't want. Then i finally remembered that the only thing to do was not care. To go about life not paying any attention to the fact that i wasn't running. Not paying attention to getting fatter and fatter. Not paying attention to laziness. (Haha i hope it's clear who i was being and what i was getting more of!) When you have big momentum going its hard to turn it around. A practiced thought is so hard to stop thinking. But it got easier and easier to not give

a shit. I created another meditation aimed more at following my heart and having healthy happy body. I relaxed and felt more peace again. Then what happened was very cool. (I only realised months later how cool it was). So with a bit more peace around the subject a thought popped into my head 'why am i perceiving running as my only exercise option', 'there must be loads of possibilities open to me around this'. 'I enjoy being out in the world and moving my body so there's gotta be something just right for me, in fact i there must be 20 things just right for me'. So i chatted to a few people and got ideas and just waited. And sure enough, the answer presented itself. A girlfriend of mine sells weighted vests. I happened to talk to her and happened to read an article about walking. I put the two together in my head. I brought a weighted vest and out i went. A fast power weight walk! And i love it. The vest brings an intensity that i wanted. I can fit this power walk into my schedule easily. I even added some weight resistance exercises to my routine. For me, what i have found is more enjoyable than my running and my body seems to be liking it better and i want to do it! So what if my not feeling like running was because there was something better around the corner. What if not feeling like running was the only message i needed. Where else is this happening in life? What are we putting up with and doing without joy? The small thought about selling the business, about changing jobs, about that relationship? Feeling down or bored or just plain not enjoying it is the message. You can't feel negative emotion and have things turn out bright and fluffy. I think we are not taught to listen to our emotions (they are teaching us in every moment) and we often believe we are trapped or have obligations or that 'its just not done'. When we follow our deep-down messages then life starts working out for us. Doors open that just couldn't open before - we are keeping them closed with tension and unhappiness. Negative emotion can hold off our answers. The more tension and worry we hold, the harder it is to see obvious solutions and we get more of the same. Solutions usually come inside of happiness. If i had ignored that feeling and forced myself to run i would not have found a better option. I had to trust. Even if it doesn't seem logical we need to remember we came here to have fun. And your allowed to have fun and big success. The saying 'follow your bliss' sums it up. We are supposed to be enjoying ourselves and there are many options available to us than what we narrowly think right now. Come for a one off 2 hour session. Call anna wheeler 021 555 658.

\$85 = Exposure for a month

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

YOUR BUILDING SUPPLIES SPECIALIST

<p>Prenail Truss Cladding Linings Insulation</p> 	<p>Posts Poles Retaining Gates Fencing</p> 	<p>Power Tools Hand Tools Hardware Safety and much, more</p> 
--	---	---

2 Airport Road WHENUAPAI 416 8164 OPEN MON-SAT	154 Main Road KUMEU 412 8148 OPEN MON-SAT	2 O'Neills Road SWANSON 832 0209 OPEN MON-SAT
---	--	--

westernitm.co.nz



La Grenouille Bavarde

French Language classes in your area

Adults - children -private Tuition

Ph: 0274904321

www.abclanguage.co.nz



Area:Columnists

Dancing at home

Welcome to part three of my monthly column. Here is a way you can try out an invigorating, endorphin producing style of dance in your own home or office space.



This style of dance is known as Morris Dancing and it has been performed for hundreds of years. It has usually been associated with fertility rituals and was performed to encourage new growth in spring time. We dance purely for pleasure these days, although we like to take credit when the sun bursts forth, on an otherwise gloomy day, just after we have performed. Recently we performed at The Cloud on Queen's Wharfe, during Queen's Birthday weekend. This event was put on to celebrate all things English. And you can't get more English than Morris Dancing. We have also been known to do crazy things like dance up the sun on May the first (see the June issue of this magazine). Over the last few years our numbers have dwindled, and we are in the middle of a recruitment drive. We are looking to start up another side out west. The public performance aspect of the dancing may put some people off. So here is a way you can enjoy this ancient, energizing type of dance in your own home or office, on your own or with a friend. You can read the notation below then check your progress on my facebook page; <https://www.facebook.com/morrisdancingathome/> There you will also find the other steps and movements, previously published in this mag, for you to try. Feel free to phone me for further info; Errol 021 184 1653. This dance style is from the village of Bampton in Oxfordshire: Step and Caper: Step onto left foot then Jump onto the right foot, kicking the air with your left foot as you land. Single stepping: Moving

forward; Step & hop left, step & hop right, step & hop left, step & hop right. Arms: out diagonally from the chest on first and third steps, bring them back to chest on 2nd and fourth steps. Moving backward; step & hop left, step & hop right. Arms: right arm in front and left arm behind during left step back, and left arm in front with right arm behind during right step back. Step and caper as above, turning 180°. Repeat all above.

Bouncy castles

Winter is here but there are still many opportunities to host a party with a bouncy castle so why not book one of our fantastic, bright, colourful castles for a fun filled day. Suitable for work functions, parties, school events, etc.



Amazing Face Painter and Entertainers - Pirate, Fairy, Clown, Magician and Balloon Twister! Remember to ask us about local community halls for hire so that you don't need to worry about the weather! Link on our website with the venues available. All of our bouncy castle hire prices include LOCAL delivery, set-up, and collection. No deposits are required to confirm your booking for a bouncy castle. No cancellation fee! Contact Cindy 021 1192 573 or email kumeubouncycastleles@gmail.com.

Spanish and French language classes

Have you always wanted to learn French or Spanish but never got around to enrolling into that beginners' course? Or perhaps you want to equip your child with a passion for language at a young age. The good news



is, no matter how old you are, you can discover your love for language at ABC Language Tuition. The school is run by Patsy Sackx, who moved to NZ in 2000 with her husband and 2 daughters. ABC Language Tuition offers after school language classes in several primary schools in the area. Patsy and her language tutors have a passion for language, which they pass on to the students. ABC Language Tuition offers French and Span-

Anna Jeffs

Licensed Private Investigator

Fox Private Investigators Ltd is a highly professional and experienced team of ex NZ and UK Police, ex-Army and legal personnel with over 20 years of experience.

Licensed by
The Ministry of Justice: 13-008198

- Surveillance
- Infidelity
- Criminal Defence Support
- Family Law & Civil Litigation Support
- Missing Persons
- GPS Vehicle Tracking
- Computer Forensics & Bug Sweeping
- Document Process Serving
- Investigations
- Undercover agents



Anna Jeffs
Director

Fox Private Investigators Limited
anna@foxprivateinvestigators.co.nz
021 036 8417
0800 4 FOX PI (0800 4 369 74)
www.foxprivateinvestigators.co.nz



Kane Franklin

Ph 0275 565 733

Email kaneage@vodafone.co.nz



ish adult classes in Kumeu. Spanish adult class is on Thursday evening from 7.30 to 9 pm – New to start in term 3 is a French evening class on Wednesday from 7.30 to 9 pm. On Wednesday ABC Language Tuition also offers a beginners class from 1pm to 2.15 and a more advanced class from 11 am to 12.15 pm. Enrol now for term 3, email: info@abclanguage.co.nz.

Reusable straws

The NZ designed & created No Drippity IceBlock Buddy, now brings you reusable straws! These straws are slightly bigger than regular straws – so are perfect for any thickness drink. You can cut them to size! To fit any member of the family! If you want to use straws, please use something that can be reused or recycled when you are done with it. The earth is begging us to make a change & No Drippity is doing our hardest to help. Time to stop using one use plastic straws, that are starting to find their way to our very own NZ beaches. Gosh we are really screwing up the planet, huh? If everyone makes a small change today, that small change will have epic results in years to come! www.nodrippity.co.nz/reusable-straws.



UKE N' Learn

UKE N' Learn is a Ukulele tuition group set up by local resident Lynn Walters to encourage and teach those who aspire to become competent, confident players and to foster the pleasure and mental rewards that playing music brings. The Ukulele is perfect for young and mature alike to begin their musical journey and your teachers, Lynn and Rob are professional musicians/teachers with a combined 80years experience "We believe in teaching the basics thoroughly and our preference is that you learn to play by ear, enabling the ability to play a wide spectrum of music." UKE N' Learn takes students from beginners to advanced – ages 10 and up. UKE N' Learn hold Monthly meetings at RIVERHEAD MONTESSORI the last Sunday of every month 10am to 1pm. The cost is \$45 per month for the first session then a discount each time after that. This gives access not only to the physical classes but the online Face-book page where there are further resources and information. To achieve the results you desire we encourage you to make the commitment to attend every month. Lynn also teaches a group every



Friday Morning 10.30 am for details for both UKE N' Learn and Friday Ukes please Email: lynnwmusic@gmail.com.

Pure Allies NZ

Wow, the weather's been really cold, and we still have a few months of winter ahead. With the sudden cold weather, Pure Allies totally natural chest relief balms have been really popular to help ease coughs, sore throats and blocked noses. Our natural pain relief balms have also proven popular, with the cold weather, the aches and pains definitely seem to play up more, and the winter sports causing sprains and strains. All of our products are totally natural so are hand created by request. Everything can be customized to your requirements. Check us out on Facebook - Pure Allies NZ or pureallies@gmail.com.



Storm lessons for all

Story by Geoff Dobson. April's storm has long gone but the winds of debate around it are still blowing. "This was the biggest power outage in New Zealand's history," Auckland Emergency Management director John Dragicevich told about 30 people at a meeting of key stakeholders called on June 8 by Helensville MP Chris Penk. More than 180,000 electricity customers were without power at the storm's height on April 10. Wind levels were the big surprise, gusts of up to 213km/h recorded at the Manukau Heads, snapping and uprooting trees. About 120,000 customers had power restored within the first 16 hours, but in some parts of the north-west and west people did not get their power back for 10 to 12 days. The meeting, which included ratepayer, police, power company, welfare and local board representatives, covered lessons learned from the storm and discussed ways of avoiding or mitigating any similar problems in future. Issues centred around power supply – including maintenance of trees and lines, communications and essential services such as water, toilet facilities and medical needs. On the latter, Radius Taupaki Gables rest home facility manager Laurel Winwood told the meeting the storm was "huge" for



Celebrate your furbaby's friendship with a **MAGAZINE STYLE** photo shoot

YELLOW LAB
yellowlab.co.nz
salome@yellowlab.co.nz

Auckland Safety Network Ltd
www.aucklandsafty.net
use Coupon Code "KUMEU10" for 10% discount

them. "If we hadn't got the last generator in Auckland we would have been evacuated by the district health board," she says. Laurel says they had vulnerable people both in their facility and in the local community affected by the power cut. The generator was in use shortly after the power failed, but electricity wasn't restored until nearly 12 days later, she says. While Taupaki Gables has a "robust" disaster plan which ran very well, little feedback was available about power supply, Laurel says, adding that communication with power suppliers was difficult. The meeting heard that one of the issues was a lack of information, that some agencies did not supply the information needed to make informed decisions. Chris Penk says that may require legislation changes through the Government to ensure all information is readily available in an emergency. Even declaring a civil defence emergency may be insufficient at present to obtain some of the necessary information, the meeting heard. A Vector representative told the meeting its outage app was overloaded during the power cuts, but has since been reinstated. That prompted Rodney Local Board deputy chairman and Muriwai fire brigade station officer Phelan Pirrie to say the app was academic in his area as cell phone coverage was also out at the time. He says brigade members had to door-knock to see how people were faring, something other communities like Taupaki also undertook. The Waitakere fire station was opened for hot water, showers, cell phone charging and other relief following the storm. The meeting also acknowledged others – churches, gyms and cafes among them – that opened their doors to the public in similarly generous fashion. While some of the talk covered the risk of tree branches overhanging power lines – particularly around tree ownership and who should do or pay for the work, most at the meeting were more concerned about communication during such storms. All were keen to ensure full information and better communication are available during any future storms and disasters.

Another new deadly rabbit virus confirmed

We reported earlier about the Rabbit Virus known as RHDV1a-K5 being released and the need to vaccinate urgently with the Cylap vaccine. We now have to advise that a more deadly Rabbit virus has been identified by the Ministry of Primary Industries in Marlborough. The new virus called RHDV2 spreads at a much faster rate and also kills baby rabbits. Unlike RHDV1, RHDV2 Infected Rabbits show no outward signs. The current vaccine, Cylap is not effective against



RHDV2. MPI have approved and imported a new vaccine called Filavac K V&C which protects against both RHDV1 and RHDV2. You should contact your veterinarian urgently and arrange to have your pet rabbits vaccinated with Filavac which your Veterinarian can order throughASUREQuality using the form found at: www.mpi.govt.nz/protection-and-response/long-term-pest-management/wild-rabbits/#rhdv.

Top tips for flatters, tenants and landlords

At the Citizens Advice we deal with heaps of questions from renters and landlords about their rights and obligations. So we've come up with some must-know tips for you. Tenancy agreements - A tenancy must be covered by a written tenancy agreement. Read your tenancy agreement before you sign it and seek advice if you aren't sure. Even if you don't have a written tenancy agreement covering your rental situation you may still be protected under the Residential Tenancy Act. Landlords aren't allowed to require you to get the place professionally cleaned at the end of the tenancy. Even if you sign the agreement anyway, that clause is unenforceable. Amateur cleaning is perfectly acceptable. Make sure you and the landlord do a property inspection together at the start of the tenancy - and take photos of the place while you do. Are you a tenant or a flatmate? When you are renting, what your rights and obligations are differs depending on whether your name is on the tenancy agreement. If your name is on the tenancy agreement then as a tenant you have obligations to your landlord (and vice versa) under tenancy law. If you aren't named on the tenancy agreement then you are a flatmate - not a tenant - and your rights and obligations are to the tenant/s. Those rights and obligations should be recorded in a house-sharing agreement (there's a template on the Tenancy website). You don't have rights under the Residential Tenancies Act if you're just a flatmate. Bond money - A landlord can ask for a bond that is the equivalent of up to four weeks' rent. They must pay your bond to Tenancy Services within 23 working days of receiving it. Alternatively, the tenant can lodge the bond with Tenancy Services online. At the end of the tenancy, the tenant/s and landlord must sign a bond refund form and sent it to Tenancy Services, before the bond money can be returned (minus any deductions for damage to the rental property). The people who are named on the tenancy agreement are the only ones who can get their bond back from Tenancy Services. Who pays for the water? If the property you rent has a separate water meter, the water is supplied on a metered basis and the charges can be exclusively attributed to your living on the property, then you (the tenant) have to pay the water supply bills. Usually you pay the landlord and the landlord pays the water supply company. Look after your place - Treat the property with respect. This does include cleaning, vacuum-



KELLY HUTS
made for living

P: 022 061 3234
E: info@kellyhuts.co.nz
www.kellyhuts.co.nz

Superior Small Buildings - made for living

COMPASS HOMES
www.compasshomes.co.nz

Scott Gordon
Director/Sales Manager
scott.gordon@compasshomes.co.nz
M 0274 063 684 P 09 412 2112

Compass Homes (Rodney) Ltd
3 Larmer Drive, Matua Estate, Huapai,
Auckland 0891. PO Box 668, Kumeu, 0841



ing, and trying not to put holes in the walls. Also, be nice to your neighbours. If there's too much late-night noise and generally offensive behaviour coming from your place, their complaints to your landlord could pressure your landlord into asking you to leave. If it's broke, tell the landlord - Tell your landlord as soon as possible about any necessary repairs or maintenance. Who pays for the repair depends on who caused the damage. You have to allow a reasonable amount of time for the repairs to be carried out, but if you think it's taking far too long you can give your landlord a 14-day notice to remedy. The landlord comes a-calling - Your landlord must give 48 hours' advance notice if they want to inspect the property. If they want to enter to carry out repairs they have to give you at least 24 hours' notice. Time to leave - Make sure you know whether your tenancy is a periodic or fixed tenancy. If you have a periodic tenancy then you can end the tenancy simply by giving your landlord at least 21 days' written notice. Your landlord has to give you 90 days' written notice if they want you to leave (or 42 days' notice in certain circumstances, such as a member of the landlord's family moving in). If you have a fixed-term tenancy it is a lot harder to leave before the end of the specified term. Be aware that if your landlord gives you notice to leave and you then decide to leave earlier than that, you will need to give your landlord notice. If you leave stuff behind when you go, your landlord has to contact you and give you time to retrieve it. If you don't, the landlord can apply to the Tenancy Tribunal for an order allowing them to dispose of those items (including selling them). If they have kept your stuff in storage then they can claim the storage costs from you. Disputes, disagreements and disagreeableness - The Tenancy Tribunal can settle disputes between landlords and tenants. However they can't help with disputes between flatmates or between a flatmate and a tenant. For these you have to turn to the Disputes Tribunal. No matter how grumpy

you get with your landlord, please don't stop paying the rent. If you stop paying your rent you'll be in breach of your tenancy agreement, which could lead to eviction. Do keep copies of all communications with your landlord, even if the tenancy is going swimmingly - just in case. Know where you can get help - If you aren't sure about what your rights or obligations are in your particular situation, there are people who can help you for free: Pop into Citizens Advice Massey/Westgate in the library building or call us on 09 833 5775. Or email us on massey@cab.org.nz. You can also read tenancy information on our website, presented in an accessible Q&A format. Tenancy Services - their website www.tenancy.govt.nz is chockful of useful information, including all the application forms, notices and agreement templates you could ever need as a renter.

Inversion NZ

For the first eight or so years, Inversion NZ promoted the Tee-ter Hang-Ups at home and agricultural shows throughout the country. Three years ago they started experimenting organising their own expos, the reason for this was that most people with long term back issues struggled walking through crowds as well as standing around waiting for a treatment. Their Back Pain Expo's have been a great success, with free entry, easy parking and comfy chairs, so people can sit and relax while waiting for a treatment, all make life a lot easier for anyone with back pain, also people get the chance to see how they work as well as watch other long term back pain sufferers getting treated and how it works for them. Phone 0800 62 62 83 or visit www.inversionnz.co.nz.

Waimauku Landscape Supplies
A DIVISION OF WYATT LANDSCAPE SUPPLIES

Call: 09 411 9604
948 State Highway 16, Waimauku
(just after the Muriwai turn off)

Locally owned & operated www.landscapesupplies.net.nz

Dalton's
Keeping New Zealand Growing

For all your landscaping needs
stock up now for summer and autumn

Free loan trailers for use

Trade Metal supplies

OPEN 7 DAYS! Mon-Fri: 7.30am-5pm Sat: 8am-4pm Sun: 9am-3pm

WE CAN DELIVER

- Sand • Metal • Shell • Pebble • Scoria • Mulch • Garden Mix
- Topsoil • Compost • Tirau Gold • Pine Bark • Cambian Bark



Hunting & Fishing®

NEW ZEALAND

Winter SALE

**ENDS 22ND JULY
OR WHILE STOCKS LAST**

Ts & Cs apply. Pricing valid through to 22nd July 2018 or while stocks last



NORTH SHORE 1 Holder Place, Rosedale ☎ 09 869 3331

WESTGATE 7 Cabernet Cres, Massey ☎ 09 833 3019

Opening hours: Mon-Fri 8.30-5pm, Sat 9-5pm, Sun 9-4pm

Freephone 0800 486 834 www.huntingandfishing.co.nz

HUNTERS ELEMENT

- Fallow Boot**
- 2mm Nubuck leather upper
 - Waterproof lining
 - Sizes 6-14US

HOTDEAL



SALE \$99.99 HALF PRICE!

RRP \$199.99

STANLEY

Classic 1.3L Flask

SALE \$69.99 SAVE \$25

RRP \$94.99



GERBER

- Paraframe II Stainless Fine Edge Knife**
- Blade length: 3.53"



SALE \$29.99 RRP \$44.99

HUNTING & FISHING NZ CLOTHING RANGE

HOTDEAL

Retro Check Hoodie Range

- Mens, womens & kids sizes
- 225gsm fleece

PRICED FROM \$29.99

RRP FROM \$39.99



Promo Fleece Range

- Mens, womens & kids sizes
- 225gsm fleece



Retro Check Harlequin Tee

- Mens, womens & kids styles and sizes

SALE \$24.99

SAVE \$15

RRP \$39.99



Tee SALE \$14.99 RRP \$29.99

Sweatshirt SALE \$19.99 RRP \$39.99

Adults

SALE \$24.99

SAVE \$15

RRP \$39.99

Kids SALE \$19.99 RRP \$29.99



Thermacore range

- Mens, womens & kids styles and sizes



SALE \$19.99 EACH

RRP FROM \$34.99

NEWPRODUCT

Men & Womens Puffer Jackets

- DWR treated outer layer

Vest (mens) SALE \$99.99 RRP \$149.99

Puffer SALE \$99.99 RRP \$179.99

Puffer Hoodie SALE \$119.99 RRP \$199.99

STYX MILL

Oilskin Wax Brown Premium Vest

- Sizing S - 5XL

SALE \$99.99 SAVE \$40

RRP \$139.99



BRIDGEDALE

WoolFusion Trekker Socks

- Award-winning 3-season sock

SALE \$29.99

RRP \$42.99



Retro Check Extreme Jacket

- Mens & kids sizes



NEWPRODUCT

SALE \$99.99 SAVE \$50

RRP \$149.99

Kids SALE \$69.99 RRP \$99.99

HOTDEAL