

the Westerly

FREE monthly community magazine for Massey to Hobsonville Point

PROPERTY MARKET REPORT

EASY WINTER HOME PROJECTS

- Pet tips & advice
- Home & garden
- Community notices
- Food & beverage

FIRE BRIGADE ADDS TO RESPONSE

Circulation is 16,000 print copies.

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

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

June 2017

Intro

This is not a rehearsal for life. This is life itself. People pretty well want the same things, good health, loving relationships, enough money to enjoy what life has to offer, and to be happy. True, there are things you can't change. But if you could totally take charge of what happens in your life, maybe you could create the life you want. It isn't easy. You start things, then the motivation fades. But once in a while you can make yourself a priority, not because this is selfish, but because it is necessary. Perhaps you could live more simply, or more ecologically. Are you doing a job you love? Maybe you could look at whether the job you really want is a possibility. Look around at what is within reach. Enjoy what is available locally, and include others in the plan.

Maybe not everything in this month's Westerly will change your life, but you never know unless you try it. There is so much going on in the area. There are many clubs and organisations with ideas that might appeal to you ranging from the mysteries of the past to getting more from your computer, and making the best use of social media. Know where to ask about your rights around buying and selling. Read about the benefits to the community from the local Fire Brigades, and get suggestions from the Police on protecting your mobile phone and your property generally. See how Hobsonville Point honoured those who served the country, and what artwork has been created by local schools.

As usual there are comments about the local housing market, with recommendations for improvements for your home and garden, together with tips on avoiding legal issues. See what is available to keep fit, and look after your body generally, and if things may be going wrong, there is advice from many directions for your health and dental care. You may not be aware of all the food outlets in the area. Peruse the pages and see what might be worth a try. Don't forget your pets, either. See how to keep them and others safe.

As ever, make the most of what is happening around you and look after yourself.

John,
Editor



the Westerly

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Questions and feedback:

John Williamson

P 021 028 54178

E jbw51red@googlemail.com

W thewesterly.co.nz

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8 Cinnabar Place, Westgate

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7 Holmes Drive South, Massey

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3/26 Midgley Road, West Harbour

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Community notices

Culture at the Massey Birdwood Settlers Association

Education, keep fit and sporting activities take place at the Massey Birdwood Settlers Hall. You can also learn and practise the art of quilting every second Wednesday in one of the hall's side rooms, known as the Den. The sessions run from 6.30pm to around 9pm with Wendy Oswin showing you how to undertake the tricky bits of quilting. On the second Saturday of every month, the Waitakere City Cake Decorating Club converges on the Hall. Demonstrations and classes are held to teach you how to decorate the cake for your 21st birthday, or your friend's wedding. Some wonderful hand crafted cakes end up being on display that are just too nice to eat. You can contact the club through the club's email address wccdc.secretary@gmail.com.



Hobsonville North Kindergarten artwork

The story starts in 2008 when HLC entered discussions with the Hobsonville North Kindergarten, previously on St Georges Road, about the future of the kindergarten, as it had to move to make way for a section of Hobsonville Point Road, and housing to be constructed (the area is roughly in front of the secondary school). As they were unable to remain, in 2010 Trish Burn, Head Teacher at the Kindergarten at the time, asked HLC if they could "leave something behind... a reminder to those who came here, of our wonderful little paradise that taught so many children to value nature and become confident independent learners". HLC agreed to support this, and with the Kindergarten, prepared a brief for three artists to respond to,



and then agreed on an artist to take the project forward – Janet Holtrigter.

Trish told us that the project provided a sense of belonging to the kindergarten community encouraging parents and community to focus on finding another site for the kindergarten.

The kindergarten has always had a strong community involvement and the project brought children, teachers and parents together to complete something of meaning to everyone.

The children were 3 and 4 years old at the time and were using imaginative thinking skills, problem solving and creative energy to make their own artwork that has meaning for them. Janet Holtrigter was the catalyst, encouraging each child to create something meaningful and special. The kindergarten is now located at Whenuapai, and is the 'Whenuapai Kindergarten'.

The result of the collaboration between the kindergarten, Janet Holtrigter and HLC were 5 posts with ceramics created by the students, and lengths of timber with ceramics in them, laid on the ground between the posts. Each post represents 1 of the 4 Learning Principles of Te Whaariki - Family and Community, Relationships, Empowerment, Holistic Development. The 5th post displays their kindergarten treasures.

The artwork was originally located on Hastings Street, opposite the Catalina Café, but it also had to move in 2013. HLC have kept it in storage until a permanent home could be found, and the location of the coastal walkway more certain (so it didn't have to move again), and making sure the artwork is accessible to those who created the artwork to be able to readily visit it, and for visitors/residents to enjoy it and know the story behind it. The artwork is now in its new home, along the Te Ara Manawa – Hobsonville Point Coastal Walkway; it's so good to see it back. HLC covered the cost of the installation on the wooden walkway on Bomb Point Drive.

The children who were involved in the project are now 9 and 10 years old, and still ask Trish where their artwork has gone. Trish had said "to have it erected on Hobsonville Point again will mean some of these children can visit their own artwork again. We can let many families know where it is situated through community newsletters".

What has stood out for me in particular is the dedication from Trish and Janet who have both remained committed to ensuring the artwork got a new home. Trish has actually retired from the kindergarten, but was actively involved in identifying the new location for them, attending the Upper Harbour Local Board meeting to have it approved, and supervised the installation. Janet was also involved in all of this, and said at the Local Board meeting that this artwork is one of her favourites.

ANCIENT MYSTERIES
FREE Auckland Wide Seminars
Begins June 17th
 Archaeology and Bible Prophecy Seminar
 Ranui Community Centre
 474 Swanson Rd, Ranui
 17th, 18th, 19th June - 6pm
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A post was written on the community Facebook page and there are some comments there from families who were involved in its creation who are very pleased to see it again.

Kathleen Waldock HLC (Homes, Land, Community, previously Hobsonville Land Company).

Greenhithe School 125th anniversary & reunion celebrations

We invite all past pupils, staff, families, friends and the community to join us ~ catch up with old friends, share memories and create new ones.

Labour Weekend: Friday 20th - Saturday 21st October 2017

Register your interest on our Eventbrite page: www.eventbrite.co.nz - "Greenhithe School 125th Anniversary & Reunion"

Join our Facebook Group & Event to stay informed: www.facebook.com/groups/GreenhitheSchoolReunion

Greenhithe School, 9 Isobel Road, Greenhithe, Auckland. Phone 09 413 9838. Email: reunion@greenhithe.school.nz / Website: www.greenhithe.school.nz.



Ancient Mysteries

Ancient Mysteries is an archaeological discovery series of ancient civilisations, long lost ancient scrolls and biblical prophecies revealing incredible current global events. Digging up the past and uncovering the most compelling answers to life's most challenging questions about our origins, purpose and destiny. Embark on the journey of a lifetime to discover how ancient mysteries reveal the future. A live seminar series starting June 17 - July 17, running every Saturday, Sunday 6pm and Monday 7pm at Ranui Community centre 474 Swanson Rd, Ranui. Children's programme running concurrently. To register and book your seats, text AM17 and your name to 875, call 0800 26 2017 or visit am2017.co.nz for more details.

Allow them to choose their own gift

Tired of giving generic gifts? Wanting a gift with that personal touch? Not sure if they will like the gift you chose, OR that they may have it already?!

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Peace Poppies

For the third year in a row, residents of Hobsonville Point participated in the installation of roughly 1800 Peace Poppies in commemoration of ANZAC day.

Come rain and shine - Hobsonville Point Early Learning Centre, residents from the Waterford Retirement Vil-

lage and other community members showed up at Hobsonville Point Park to help install a vivid red square for all to enjoy.

The Peace Poppy Project began in 2013 and is the brainchild of West Auckland artist Cristina Beth. It seeks to remember and honour those who have served. Over the past three years, Hobsonville Point residents and students at Hobsonville Point's two schools made the poppies installed this year. Those who helped with the later de-installation were able to take a peace poppy home as a symbol of peace and a reminder of those who served.




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Safercommunities

Message from Massey Police

We all love our mobile phones. They are a life line these days containing business contacts, important reminders, precious and treasured photos, many of which are totally irreplaceable. Imagine the panic of losing it.



Some tips for keeping your phone safe and getting it back should you unfortunately lose it.

If handed into a Police station and not locked, its easy.

However if your phone is locked, we don't have any magic formulas for unlocking it or locating you. Keep phoning it, we will keep it charged for a period, in the hope you are looking for it. The biggest tip for getting back a locked phone is prevention. Take a photo of your business card and set it as your wallpaper. While its cute to have your kids or your puppy as your screen-saver, your business card details could be the difference between being reunited with your phone or not. If you don't have a business card, get creative. Make up a note, "if this phone is found – please call (put your nearest and dearests contact phone number).

And finally, check if your phone has 'Medical Emergency Information'. This is different from Emergency which will allow you to call Emergency services on a locked phone bypassing the password. MEI does the same. You can fill this with info including your name, alternative contact number as well as vital medical info and it can be accessed over a lock down. Until next month – stay safe.

Protect your property

In recent times we have seen building and construction sites targeted for tool thefts. In the last month we have run 2 free events for tradespeople and residents in the Hobsonville Point area to have their tools and property engraved for free and also provide the safer plates non tamper screws. Without the wonderful support from Neighbourhood Support and Community Patrols I would not be able to run these events in your community. So join up to these two groups and you will also be working closely with your local Policing team.

It is important to look after your own property whether it is in your vehicle, in your home or in your shed always keep you

them locked and alarmed and keep any valuables out of your vehicle – if you don't have a choice – KEEP THEM OUT OF SIGHT.

For tools and valuable items record the serial numbers and have them engraved (with an identifiable number such as your Drivers Licence) to assist Police in returning these items to you in case they are stolen or misplaced.

To assist in the recording process record your property on www.snap.org.nz SNAP (Serial Number Action Partnership) is an initiative of the New Zealand Police, aiming to prevent New Zealand burglary and property offending, and make it harder for criminals to sell stolen goods in New Zealand. The initiative helps to protect property in a number of ways.

The SNAP website www.snap.org.nz allows you to enter and maintain details of all of your important possessions or assets. You can then access this asset list from anywhere, anytime. If your items are stolen, you can instantly retrieve your asset list details, and forward these on to the Police and your insurance company. If you would like your tools engraved for free please pop into the Massey Police Station between 8am - 4pm Monday to Friday and we can help you out.

Waitakere Volunteer Fire Brigade

The members of the Waitakere Brigade have been involved in two important events recently. First was being part of the Swanson and Waitakere RSA's ANZAC Day Parades which was an honour for us to be involved. This is a very important day for



New Zealand and Australia and I hope you made time to reflect on the sacrifices made by our service men and women.

The second was on the 13th May 2017 when four members of the Waitakere Volunteer Fire Brigade joined the 900 firefighters from around NZ, Australia and the USA to brave the Sky Tower's 51 flights being 1,103 steps while wearing 25kg of full firefighting gear and breathing apparatus to fundraise for Leukaemia and Blood Cancer NZ.

The four team members were Graham McIntyre, Stephen Bishop, Wendy Paltridge, and William Grigg. The total funds raised for Leukaemia and Blood Cancer NZ this year was \$1,258,780. This is a fantastic effort!

Keep safe, Denis Cooper - Officer in Charge, Waitakere Volunteer Fire Brigade.

Lyndsay Kerr
LICENSED SALESPERSON





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

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you will receive a months worth of local exposure

People:places

Kumeu fire brigade adds to response

Thanks to community support, the Kumeu Volunteer Fire Brigade has a new vehicle for beach incidents, large animal rescues and better access for personnel and equipment.

The four-wheel drive Nissan ute will be outfitted with all the gear, including extra lights, sirens and a winch. It is due to be completed and commissioned within the month after some final additions and training.

All up, the new support vehicle will cost about \$75,000, all of which has been fundraised by the brigade and provided by the Kumeu, Huapai and surrounding community.

"The brigade thanks the community for its support," chief fire officer Andrew Beattie says.

He expects the support ute will be busy. The brigade now has three vehicles and its 30 members attend around 300 call-outs annually.

It's not just fires either - crashes, farm and recreational incidents, flooding and medical emergencies make up many more.

Rescues of horses and stock - usually from drains or holes - differentiate the Kumeu brigade from many other Auckland brigades.

Kumeu and Silverdale brigades are among the few carrying a large animal rescue kit, which will be allocated to the new ute. The ute will also be used to support the brigade's other appliances at emergencies.

Andrew says the new vehicle has been eagerly awaited and will greatly help the brigade's response.

Retiring an aged van from the fleet and replacing it with this 4WD will give the brigade another very useful tool for their kit when protecting the community in which they all live, he says. Meanwhile, the constant challenge faced by brigades like Kumeu to meet their requirements should gain relief under new rules due to take effect from July 1.

That's when the new Fire and Emergency New Zealand (FENZ) will bring together more than 40 separate organisations, over 600 fire forces, more than 12,000 volunteers, and about 3000 paid staff into a single new organisation.

It's essentially a merging of urban and rural fire services, with full integration expected to take four years.

A unified fire services board will also cater for Department of Conservation, Defence Force and industrial fire services.

FENZ is one of the most significant changes to the fire sector since the 1940s. It will ensure New Zealand has a modern, fit for purpose and well-funded fire service, Internal Affairs Minister Peter Dunne says.

Firefighters respond to a wide range of emergencies, including medical callouts, flooding, hazardous spills, and crashes.

This "non-fire" activity now takes up more time - about 60 per cent - compared to responding to either building fires or vegetation or forest fires, the Department of Internal Affairs says.

It says a number of developing issues will impact on the future of fire services unless they are addressed.

One is the need for fire services to be adaptable when responding to the particular risk profile of different communities and industries.

"There is also a growing awareness that with an ageing popula-

tion and increasing urbanisation, the pool of volunteer firefighters is under pressure, particular in small rural towns. Volunteers make up 80 per cent of our firefighting workforce - more commitment to volunteer firefighters is crucial to strengthen our overall ability to respond effectively."

Issues raised during public consultation included changing legal, societal, and role expectations of firefighters; variable leadership and lack of coordination within and between fire services; inconsistent investment for some community needs; and cultural differences between fire services and other emergency services causing operational coordination problems.

The FENZ bill (which passed its third reading on International Firefighter's Day, May 4) also provides for an updated offences and penalties regime, new powers for managing hazardous substances incidents, new measures to encourage compliance among levy payers and to protect the levy's integrity; and new powers for firefighters to enter premises to investigate fire causes and to take samples.

Lobby group The New Zealand Taxpayers Union says the reform will see a 40 per cent increase in fire levy rates on insurance policies. For residential insurance-holders the fire levy only applies to the first \$100,000 of cover, so the increase will be a maximum of \$36.20 per annum, union economist Mac McKenna is reported as saying. "However, because the cap does not apply to non-residential property the average levy paid will be substantially larger."

Levies have not risen since 2008.

Muriwai Volunteer Fire Brigade officer in charge Phelan Pirrie says demands on services are growing, particularly with increasing population.

He says both urban and rural services have been under the New Zealand Fire Service Commission with slightly different command structures but very different funding models - the Fire Service mainly from insurance levies, and rural services funded mainly by ratepayers.

"Combining these into one service with centrally sourced equipment, training, uniform and fleets makes perfect sense."

The Rodney Local Board deputy chairman also says many councils are struggling to fund their fire services.

Phelan says a budget increase is long overdue and he believes the reform will see the public get a better service for an annual cost that is two days' worth of national health spending.



InBrief updates:events

From cheap sofas to collectable china

From cheap and cheerful homewares suitable for anyone on a budget to collectable chinaware and designer handbags to quality furniture of all kinds, Hospice West Auckland's six stores offer a veritable treasure trove of quality pre-loved goods.

Our Retail Sales and Operations Manager Lee Brunton says the stores offer great bargains and beautiful collectables. "The variety is a huge part of why shopping is so popular. We are definitely seeing a broadening of our customer base, as more and more people discover the appeal of the one of a kind bargains only found in our stores. We're seeing university students and new home buyers looking for quality, affordable goods to kit out their homes, and seasoned treasure hunters alike."

Hospice West Auckland's hospice shops cover its broad territory, from New Lynn to Helensville, location and opening hours can be found at www.hwa.org.nz/shop.



SeniorNet West Auckland

We are holding winter Open Workshops from Monday 12th June to Friday 16th June. They will be held at our Learning Centre, 67 Henderson Valley Road, Henderson, from 10 am to 12pm and afternoons from 1pm to 3pm. Anyone may come along,

you do not have to be members of Senior-Net. This is a great opportunity to see our tutors in action, attend a workshop and learn more about what we do. You may attend as many workshops as you choose. They will be \$10.00 each.

We will have our usual ratio of one tutor to three students so that everyone gets plenty of attention. For this reason we would like you to book by ringing our Class Co-ordinator Pam on (09)827 2156 who will also be able to answer any queries you may have. If there is no reply, please leave your phone or email details and she will get back to you.

The full timetable which will include: Windows 10, Libra office, iPad apps, Exel, Power Point, Pi-casa for photos, Scams, Google, Intro to Galaxy, TradeMe, AppleMac, Facebook and Pinterest, is on our website www.seniornet-west-auckland.org.nz

Of course all current members of SeniorNet are welcome to attend. We do have computers at our Learning Centre although most students prefer to bring their own laptops or tablets.

Our next monthly meeting is on the 20th June at the Kelston Community Centre, Cnr Awaroa Road, Kelston. Please join us. There will be a guest speaker and morning tea. Entry is by a \$2.00 raffle ticket, so you could win a prize too.

Bridging the two worlds

Through her show, Kerry-Marie from Spiritual Decisions will be sharing her gift of mediumship with you as she connects to your loved ones who have passed. She has been featured on TV, radio and magazines. This is your chance to see her work live in public.

She is an experienced psychic medium, with 20 years' experience. She is highly trained through the renowned Arthur Findlay College in UK certified under the Spiritualist National Union. Her newly released book "Breaking Free" (a story of her journey), will also be available at the show.

A light supper provided. Door prizes. 10% of the profits will be donated to Starship.

When: Friday 28 July 2017 7.00pm - 9.00pm

Where: Quality Hotel Parnell, 10-20 Gladstone Road Parnell Auckland

General Admission: \$59.95 - Early Bird: \$45.95



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0800 BUY TIX (289 849) www.eventfinda.co.nz/2017/bridging-the-worlds/auckland/parnell.

Health and safety in the workplace does not need to be complex and is in fact quite simple

Local Securo Health and Safety Consultant, John Riddell, believes that given recent natural events in New Zealand, local businesses should give some thought to what procedures they should have in place should an emergency strike.

What everyone must all surely now realise is that the beautiful country we live in, can and will at times place some serious risks in our path.

Given recent tropical cyclones that have crossed Auckland highlights natural disasters such as flooding, most of the items to consider will also be valid for earthquakes, volcanic eruption, fire, medical emergencies etc.

It is not a case of trying to recreate any processes you have implemented but just asking that you take a moment to consider whether you have given emergency procedures enough thought and whether you have tested your procedures recently to ensure they work and are adequate.

In short; do you have an Emergency Plan which has been communicated, understood, tested and reviewed by yourself and your staff. You can contact John by emailing securo4securo.co.nz.

Is your little one's birthday party coming up soon?

Are you wondering what to do to keep the kids busy during the party? We can help!

We'll come to your home (or chosen venue) for 1 or 2 hours and keep the kids absolutely captivated with our magical games, flying lessons, treasure hunts, magic bubbles, enchanting stories, wishing dust and fun craft activities.

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Parties

Let us weave a wonderous 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!

Wedding tips and advises from Anna Moroz

Your local wedding Planner and Wedding Celebrant

#1 Choosing your wedding date - Investigate local events and other activities such as trade conference, charity runs, concerts and alike that could affect traffic and hotel room availability. If you already have your day selected it is still good to know what might be going on at the same time so that you can at least plan for it.

Check more at www.weddinggirl.co.nz or give me a call on 027 440 8665 if you need help with planning your Big Day.



Trade Me purchases

As a volunteer interviewer at the Citizens Advice Bureau no two days are the same. Each caller or visitor brings a different slant to the problem, because everybody is an individual, and they will have had a slightly different experience from their neighbour. It's part of what makes being at the Citizens Advice so interesting and rewarding.

It can be coincidence, or maybe the stars are in alignment, but some days we get a run of enquiries which are very similar.

Last week it was Trade Me problems. What someone's rights are, will depend if they are buying from someone who is "in trade" or a private seller. If you are buying from someone who is in trade, then you have the same rights under the Consumer Guarantees Act and the Fair Trading Act as if you bought from a store. This applies even if you bought through the auction process and not the fixed price offer. If the seller is not a trader then it is considered a private sale, which means you don't have much protection.

We've recently had people who have sold cars or goods on Trade Me, and the buyer feels they have a claim, as they feel the seller misrepresented the condition of the car, or television, or camera etc. They are being taken to the Disputes Tribunal by the buyer. So if you are selling, be honest about the condition of the item.

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Mark Stuart
General Manager

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muriwai.manager@golf.co.nz www.muriwaigolfclub.co.nz
P O Box 45 Waimauku 0842, Auckland, New Zealand

If you are buying on Trade Me you can minimise your risk, by asking lots of questions about the goods, you can ask to inspect the goods. For cars it is a good idea to check to see if the car has been used as security for a debt – you can check the Personal Property Securities Register. We've had a few people who've found out the hard way that the car they thought they owned had money owing on it and has been repossessed. If you pay by credit card you will also have additional rights.

If you have a problem with something you've bought – we may well be able to help. If you can't sort out the problem by talking to the seller or buyer, then come and see us in the Library Building cnr Don Buck Rd and Westgate Drive Massey. You can also phone us on 09 833 5775, or 0800 367 222 or send us an email massey@cab.org.nz. There's also information on our website www.cab.org.nz If you think you may be interested in helping people find answers to enquiries such as this, contact Barbara 09 833 5775.

Justice of the peace available at the Kumeu and Massey libraries

A Justice of the Peace service is available every Saturday morning at the Kumeu Library in Huapai between 10am and 12 noon and between 1pm and 3 pm weekdays at the Massey CAB in the Massey library. There is no charge nor appointment needed for this service.

Whilst JP's are not legal advisers, there are some legal processes that a JP can assist with and save people having to visit a lawyer. A JP can witness signatures on documents and certify copies of documents as true copies of originals or images/texts viewable on a computer or smartphone screen. They also take declarations for documents requiring a Statutory Declaration and oaths or affirmations on court related documents requiring an affidavit. They can also officiate at Citizenship ceremonies.

Some of the documents commonly presented requiring Statutory Declarations relate to immigration matters such as sponsorship, bank documents, change of name, Kiwisaver withdrawals, insurance claims, rates rebate applications, etc. Certification of photos as being a true likeness are common as is certifying that people receiving overseas pensions are still alive!

There are some things people needing a JP need to note. If they want a printed copy of an original to be certified, they must bring that original with them, or be able to show it on their smartphone screen. For Affidavits or Statutory Declarations, the person making the declaration must be present. You can't do this for someone else! Bring your driver's Licence or passport with you so the JP can confirm you are the person making the declaration. Avoid signing the form before you come, and do

this in front of the JP.

There are about 20 JP's in the Riverhead, Taupaki, Kumeu, Huapai and Muriwai areas and they are also happy to help at their homes, providing you telephone first and make an appointment. Names and addresses of JP's can be found in the Telephone book yellow pages, the local Lions phone directory and on the website www.jpfed.org.nz.

Vivo is now in West Harbour

Vivo is now in West Harbour, located at 6/17 Clearwater Cove, previously known as Styles Ahead. Home to a team of experienced senior stylists, Fiona, Natasha, Ashleigh and Jaime are still at the salon and cannot wait to see you. Vivo West Harbour will create stunning hair styles designed with you in mind, to compliment your looks and personality. The latest trends made wearable, so your new look can be recreated at home, by you.

At Vivo, stylists are given a platform to innovate and share their knowledge. Vivo invest a huge amount of time and energy into training their stylists to give you the high-quality experience you are looking for. What can you expect when you root yourself in the salon chair for your hair transformation? An unmatched professional salon look, specifically designed for you. Pop in and see us or ring 09 416 9221 to book!

An open letter to the students of Massey High School

I write this from the best of me to the best of you. Your behaviour and positive attitudes makes me count my blessing every day that I became a teacher. I know we can be demanding and I know we are tough on you.

You are our priority. We must make sure that you squeeze out every ounce of potential and talent that you have. You must go on to be leaders in our communities. So please know that we love you. You will be great. You will do prodigious things with your lives. You will always be important. We are here for you. So I write this with my head bowed and my heart full of gratitude to all of you. Humble thanks for allowing us as teachers to support you to reach beyond the stars. Arohanui Mr Denham.



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We can make anything you like by request, email Pureallies@gmail.com.

Waitakere Masters Swimming Club

Waitakere Masters Swimming Club had amazing results at the World Masters Games here in Auckland.

We won 6 pool swim medals and 4 sea swim medals - a fabulous result for such a small club. The pool events were held at the Sir Owen Glen Pool on the North Shore and the sea swims were at Takapuna.

We are hosting the NZ North Island Short Course Swimming Championships in August and are looking for sponsors. Interested parties for sponsorship or for joining this fun club please contact Paulette on waitakerecitymastersswimmers@gmail.com.



Teaching children through play at Massey Kindergarten

Relationships, play and fun are some of the building blocks for a child's confidence.

Through relationships, children learn who they are and establish an emotional connection with others. When they interact with others, they learn to approach the world with enthusiasm and grow to be caring and compassionate.

Children love to play, and play reflects what is vital in their lives. Play enhances children's learning and development. It is also a way of building and strengthening relationships.

It's important that children have fun, no matter what they are doing! When they are busy having fun, learning becomes natural and easy.

At Massey Kindergarten, children are taught to discover the



world around them through play and by having fun. Learning how to make new friends gives them the social confidence they will need when they start school and make the transition to school easier.

So, pop in and say hi or visit www.aka.org.nz.

helloworld Hobsonville Travel & Cruise Caribbean Cruising

Last month I travelled to Miami for a 7 night cruise on the beautiful 5 star Celebrity Reflection around the Western Caribbean. I went with friends and we took a few balcony cabins on the same side of the ship next to each other, the advantage of that is that we could open up the partitions on the balconies between each of the cabins and have one long balcony with lots of seating. There are also some advantages in paying, not a lot more,



to upgrade in paying, not a lot more, to upgrade with Celebrity to Concierge Class. This allows you priority boarding on and off the ship, your own reception area (no standing in those queues), a longer breakfast menu that will be delivered to your cabin at a time of your choosing, and a few other perks as well. The destinations we visited included Cozumel in Mexico, George Town in Grand Cayman, Falmouth in Jamaica and Labadee in Haiti. Cruising the Caribbean is gorgeous with blue green water that you can see to the bottom, mixed in with their unique culture and of course scenery that takes your breath away.

The staff in our office have travelled on many of the very different Cruise ships throughout the world and we would be happy to help you with any of your Cruise needs. Lesley Johns is based at helloworld Hobsonville on 09 416 1799 or email Lesley.johns@helloworld.co.nz.

Peter Carson
LICENSED SALESPERSON





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say hi!**



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Kindergarten**



**Massey
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Right on your doorstep is a special place where teachers, parents and children come together to build an amazing community.

A community where...

- Qualified teachers nurture your children's interests and natural curiosity
- Large outdoor spaces give your children lots of room to explore
- It costs less than you might think with 20 hours ECE fee subsidy options available for 2-5 year olds

We are part of the Auckland Kindergarten Association who has been behind the development and learning of children since 1908.

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Enrol Today.**

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MASSEY 326a Don Buck Rd, Massey
(09) 833 7000

area property stats

Suburb	CV	Land Area	Floor Area	Sale Price
Herald Island	620,000	824M2	160M2	880,000
Hobsonville	730,000	275M2	186M2	988,000
	815,000	350M2	206M2	1,110,000
	500,000	0M2	83M2	660,000
	475,000	0M2	79M2	680,000
	780,000	198M2	200M2	1,120,000
	780,000	809M2	170M2	1,200,000
	630,000	306M2	155M2	1,025,000
	455,000	0m2	79m2	650,000
	600,000	141M2	57M2	525,000
	690,000	137M2	166M2	928,000
	530,000	161M2	109M2	800,000
	750,000	559M2	213M2	1,050,000
	920,000	743M2	221M2	1,260,000
Massey	430,000	700M2	120M2	690,000
	385,000	794M2	130M2	640,500
	550,000	1905M	90M2	1,000,000
	550,000	2026M2	90M2	1,000,000
	480,000	872M2	130M2	676,000
	390,000	405M2	80M2	560,000
	470,000	926M2	220M2	765,000
	420,000	372M2	84M2	550,000
	405,000	607M2	100M2	650,000
	540,000	443M2	143M2	750,000
	500,000	842M2	130M2	750,000
	510,000	594M2	200M2	781,800
	455,000	711M2	100M2	640,000
	455,000	1085M2	100M2	701,000
	510,000	1927M2	130M2	760,000
	430,000	1420M2	170M2	850,000
	425,000	688M2	90M2	755,000
	415,000	655M2	90M2	737,000
	600,000	650M2	160M2	838,000
	430,000	525M2	154M2	686,000
	345,000	604M2	90M2	565,000
	440,000	936M2	100M2	650,000
	410,000	560M2	110M2	675,000
	520,000	465M2	142M2	770,000
	480,000	667M2	160M2	769,000
	470,000	601M2	90M2	746,000
Royal Heights	880,000	604M2	272M2	1,200,000
	790,000	690M2	300M2	1,100,000
West Harbour	485,000	672M2	90M2	758,000
	920,000	874M2	262M2	1,660,000
	1,250,000	700M2	350M2	1,550,000
	620,000	711M2	112M2	790,000
	440,000	611M2	100M2	685,000
	620,000	919M2	150M2	945,000
Waitakere	740,000	4616M2	180M2	953,000
	800,000	4440M2	200M2	1,170,000
	610,000	1HA	140M2	835,000
Whenuapai	670,000	809M2	140M2	850,000
	700,000	45M2	120M2	1,100,000

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Graham McIntyre
Brand & Territory Owner

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

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

“We charge 2.95% not 4% that others may charge” “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.

Propertynews:advice

Market report with Graham

Sometimes the best Real Estate analogies are found in the hands of the avid angler. When the fish are hard to find and those few fish are not biting it takes a skilled and patient hunter to peak the curiosity and instil confidence in the prize be that bait or burley. This property market with few buyers and plenty of sellers has the same characteristics. The key to selling in this environment is to enlist a highly skilled professional that understands the market, has a body of knowledge, an extensive list of buyers and influencers and can massage the buyers and the property into a competitive buyer zone.

After twelve years in Real Estate and over twenty five years in advertising and marketing and an AREINZ skill qualification at the top of the profession Graham McIntyre is one individual you would be wise to consult before you buy or sell residential property. It costs no more to use a highly skilled professional and the savings and profits can be significant.

Let's consider the market:

Herald Island residential	\$880,000
Hobsonville residential	\$525,000 to \$1,260,000
Massey residential	\$560,000 to \$1,000,000
Royal Heights residential	\$1,100,000 to \$1,200,000
West Harbour residential	\$657,000 to \$1,660,000
Waitakere residential	\$835,000 to 1,170,000
Whenuapai residential	\$850,000 to \$1,100,000

So what-ever you decide and when you decide, it costs nothing to give us a call, or get us around, for a discussion about how we support you through the marketing and decision making process associated with selling your home or investment. Great thing with Mike Pero Real Estate is that you could save thousands in commissions and receive our complimentary multi-media marketing package including TV and Magazine exposure at no cost to you. Give me a call directly on 0800 900 700 or go to www.grahammcintyre.co.nz. Licensed REAA (2008).

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Precision Roofing provides complete re-roofs using Colour Steel / Zinalume / Clearlite, whether your home has a tin or tiled roof, we have your re-roof covered.

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ing the right roofing company is a crucial decision. We ensure your property; residential or commercial is water tight, air tight and the correct materials have been used for climate and sun exposure.

Re-roofing your home or business will usually take about a week, depending on the size of your property. We can install insulation when re-roofing, saving you time and money.

If your Colour steel roof is needing a repair, we can send an expert out to provide advice, a solution and a quote.

The Precision Roofing team are specialists in all aspects of roofing, meaning you only need one company to cover all your roofing needs.

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

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

Having your cake and eating it: part 2

Well it's a new financial year and it's time to get your statements together for your rental tax returns. Happy days!

It's a time to reflect on how your rental properties are performing, not just in terms of capital gain, vacancies, etc., but also the lending arrangements that you have in place.

This article follows on from last month, looking at opportunities to pay down your personal debt, without having to sell your investment property.

Typically, when a client purchases a rental property, the property expenses are greater than the income received, especially at the beginning of the ownership.

This is known as negative gearing, and by the looks it, will become a hot topic of debate with the upcoming 2017 election.

A lot of people don't know that these losses over time, accrue against the rental portfolio.

In most parts, the losses have been funded from an investor's own cash flow or salary.

Think of all the months and years where you have "topped" up the investment mortgage, repaired a broken window or fixed



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up leaking taps at the rental.

Well, like all the missing left socks in the world, these losses do end up somewhere, and are summarised in the back your financial returns prepared by the accountant. So, it pays to read them! If you are in any doubt then ask for advice.

A client of mine had over \$50,000 in accrued losses. After discussions with his accountant, the client applied for a \$50,000 top up loan with the bank, under his rental company.

This \$50,000 was then used to pay down his personal home mortgage, effectively moving the debt from his personal situation, to the company.

It's highly advisable that a professional accountant is used to prepare your financial returns, and give advice regarding the above. If you prepare your own tax accounts, then please consider getting an accountant's second opinion around your workings.

For further details or feedback feel free to contact Ivan on 09 427 5870 or 0275 775 995 or email ivan.urlich@mikepero.co.nz Ivan Urlich is a registered financial adviser specialising in mortgages, his disclosure statement is available free of charge on request.

Easy winter home improvement projects that will add value and help sell your home

Why not break the monotony of winter this year by working on some home improvement projects.

Some of these easy and inexpensive winter projects will not only make your home more comfortable to live in

and save money on your utility bills, but will make your home more saleable and even increase your property value.

Add Insulation - Adding insulation may not make a difference to the look of your home, but it will make a difference to your power bill, and it will make your home more comfortable and healthy to live in. Today, a well-insulated home is often considered a necessity by many homebuyers so it is worthwhile insulating the ceiling and underfloor of your home, followed by the walls if you can.

Flooring - Is your carpet threadbare? Are your hardwood floors damaged, draughty and freezing your feet? Installing underlay and carpet is a great winter project because it will increase the comfort of your home dramatically, and you will save money on power bills.

Repaint - Re-painting rooms, or re-touching and spot painting walls and interior doors is an easy way to modernise and freshen



up the look and feel of your home. Professional painters tend to slow down over winter, so it can be a budget friendly time to consider painting a couple of rooms, or you may have left over paint that you can use for the touch up jobs.

Update the bathroom & kitchen - Kitchens and bathrooms sell homes. There are plenty of ways to update and modernise these rooms on a budget which are easy for the do-it-yourselfer, and can be completed over the winter months. Updates such as a fresh coat of paint, replacing dated cabinet and drawer fronts, handles, lights and faucets, removing or replacing stained or mouldy grout and damaged flooring will make a big difference. **Declutter** - Rainy, cold days means more time inside, time which you can be used to declutter and re-organise your home. Put aside some time every week and focus on an area or room at a time so that you get each space looking exactly how you want it.

Make use of unused or redundant spaces - While you are decluttering and organising your home, look at how you can make use of redundant or unused spaces. These spaces around the home can be transformed, or assimilated into another room to create a wardrobe or a home office niche and will make your home more saleable when it comes time to sell.

So, rather than hibernate in front of the TV this winter, spend the winter months working on some easy home improvement projects. It is a great way to keep yourself active over winter, your home will be more comfortable to live in and more saleable when you decide to put your home on the market. Mike Pero Real Estate phone 0800 900 700. Licensed REAA (2008).

Relationship property and disclosure

Courts have the power to cancel a relationship property agreement if it is unfair. The unfairness can relate how the agreement was made, or the result it produces. This applies both to agreements made in anticipation of or during a relationship (contracting out) or agreements made the end of a relationship. Problematically, cancellation can occur long after you have arranged your affairs. Worse still, your ex-partner may want more money or assets in addition to what they have already received. A further complication is property held in a Trust, which can potentially be subject to relationship property orders.

Guarding against cancellation involves making sure you disclose the value of all your assets at the time you make an agreement, whether you think they are separate property or not, and not exploiting desperation or some other emotional state in order to try and get the best deal. Arithmetical equality goes a long way to making a division of assets fair. Luke Kemp - Kemp Solicitors phone 09 412 6000 or email luke@kempsolicitors.co.nz.

Graham McIntyre
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REFURBISHED 4 ROOMS, PRIVACY ON 2600SQM IN WAITAKERE TOWNSHIP

3 2 1

By Negotiation

2A Northfield Road, Waitakere
By Negotiation

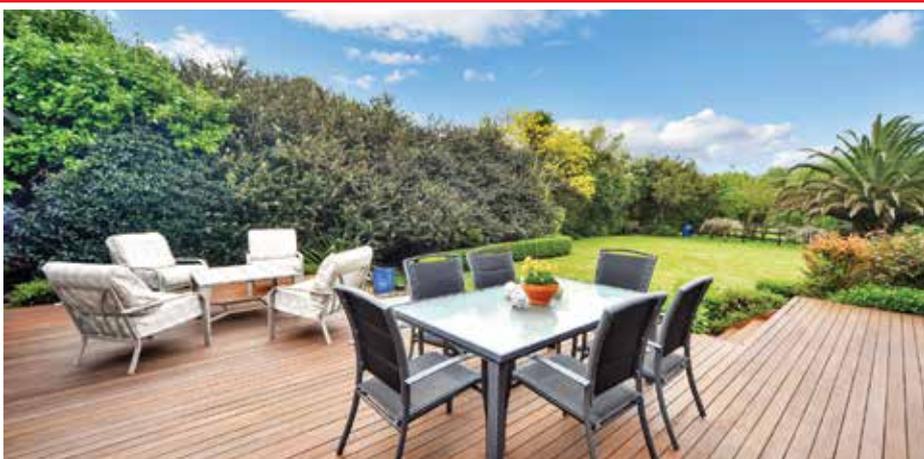
A beautifully presented, 2600sqm with a fully refurbished and modernised three bedroom plus sleepout home. A new kitchen, bathroom and laundry certainly delivers the oohh aaaah factor. Open plan living and entertaining out to alfresco decking with a distinctly private and serene backdrop. The home enjoys an easy-living style including a study nook, a large sleepout and double garage with ample storage. Good transport links including train from Swanson and School bus close to drive. Seeking some semi-rural space and peace, then forget Titirangi and Waitarua, this property may be just the ticket. 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/RX1092569



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



MODERN - MASONRY OVER BRICK IN WAIMAUKU

3 2 2

By Negotiation

25 Buttercup Place, Waimauku
By Negotiation

Open plan living, with expansive decking and alfresco leading on to partially fenced lawn areas, perfect for the pets or children. The home has a formal entrance opening to two lounges, dining and kitchen. Three generous bedrooms and a study nook with complementary bathroom and ensuite. The home has the added benefit of internal accessed double garage with exclusive drive off a quite cul-de-sac street. Close to Waimauku School, convenience shopping, parks and transport links. The CV on this property is \$780,000. 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/RX952890



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



AFFORDABLE, SUNNY, SEMI-RURAL LIVING - WAITAKERE

3 1 1

By Negotiation

29 Bethells Road, Waitakere
By Negotiation

This spacious sun drenched family home offers significant value to a family wanting the very best of fun, function and features. A home that gets all day sun, with large open plan lounge and dining linking seamlessly to elevated decking with rural views. Three bedrooms, fully renovated bathroom upstairs and a workshop, study or office with carport and garage downstairs. Internal access makes this house function well and provides options for a growing family. Set upon 1014 square meters the land is fenced and has secure parking for a boat, trailer or motorhome, plus raised bed gardens. A stone throw to Waitakere Primary School and neighbouring parks the home delivers space in a location that is easy to get to convenience shopping, transport links, walking tracks and wide open spaces.



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

www.mikepero.com/RX1116908

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ULTIMATE LIFESTYLE PROPERTY

6 2 4

By Negotiation

45 Ararimu Valley Road, Waimauku By Negotiation

This lifestyle property ticks all the boxes. Set well off the road amidst beautiful grounds just 5 minutes from Kumeu you will enjoy the peace and serenity this unique property has to offer. There are two centrally heated homes, the main house is 210m² with a uniquely large, second dwelling of 170m². If you wish to renovate you can live next door. The gardens which back onto the Ararimu Stream are very mature with stunning specimen trees and a wide variety of fruit and nuts just waiting to be harvested. There is a planting plan available. Ducks wandering around the pond add to the rural charm this home provides. An unlimited crystal clear water supply is provided by an artesian bore. This water is bottled under a number of brands further down the valley. You can swim in it in the large heated pool.

www.mikepero.com/RX892144



Lyndsay Kerr
027 554 4240

lyndsay.kerr@mikepero.com



HILLTOP RETREAT - VIEWS OVER CASCADE FALLS 3 2 2

By Negotiation

45 Jonkers Road, Waitakere By Negotiation

This beautiful home has been positioned to complement its surroundings and make the most of the expansive Valley Views over Cascade Falls and through the Bethells Valley. High on the ridge line where Tui's and Kereru's swoop and play. Amongst this delightful bush habitat is a wonderfully designed home over three levels, including double garage and workshop, three generous bedrooms, bathroom and ensuite and open plan entertainers kitchen, living and dining area delivering alfresco living and expansive views. Set on a hectare you have the ultimate in privacy, tranquillity and peace. As this home is best served in private, we welcome your interest and are happy to open it exclusively for you by appointment, but be warned you will not want to leave.

www.mikepero.com/RX1006917



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



ELEVATED EAST FACING ON 809 SQM - KUMEU

4 1 2

By Negotiation

49 Matua Road, Huapai
By Negotiation

This immaculately presented home is split over two levels to allow for a separated living environment. Three bedrooms upstairs with kitchen, dining room, bathroom and lounge leading out to a back entertainers area. Downstairs contains one bedroom, lounge and bathroom, perfect for the teenage or guest alike. Situated on 809 square meters, the section is flat and fully fenced for the kids and pets. In close proximity to Huapai Shops, close to transport links, School, Shops, Cafe and Park. The CV on this property is \$6000,000. 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

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Steve Cotter

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steve.cotter@mikepero.com
Office Location: 2 Clark Road, Hobsonville, Auckland
www.mikepero.com





AFFORDABLE, ELEVATED, SUNNY HOME IN WAITAKERE TOWNSHIP

2 2 1

By Negotiation

57 Waitakere Road, Waitakere
By Negotiation

Set on 876sqm this private home enjoys generous sunshine and privacy, while the elevated position allows for extensive views to the west over farm land and native bush backdrop. A light and open layout combining cathedral ceiling with open plan living linking to a central hallway with two bedrooms, bathroom, toilet and laundry upstairs and an office downstairs. A small section, off street parking and independent double garage adds great value to this affordable and practical family home. Close to Waitakere Township and Swanson transport links, shopping, café, parks and schools. 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 graham.mcintyre@mikepero.com.



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

www.mikepero.com/RX1154898

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MASSEY - FULLY REFURBISHED 4 ROOM - MOVE IN TOMORROW.

3 1 1

By Negotiation

72 Gallony Avenue, Massey
By Negotiation

Set on 474 square meters overlooking Emerald Valley Park, this fully refurbished three bedroom plus sleepout/office delivers great space on the outside and the inside. New kitchen and very well presented bathroom and separate laundry area. Open plan living and dining with sliders to north facing decking, the home delivers options for the whole family. Fenced for pets with a single garage and off-street parking, this is a home that will suit purchasers looking for a pleasing bush and pasture outlook, peace and quiet and easy living over one level. The CV on this property is \$410,000. 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

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EXPANSIVE WATER VIEWS, CLOSE TO MARINA VIEW PRIMARY SCHOOL



Set Date of Sale

95 Luckens Road, West Harbour

Set Date of Sale - 5pm, Saturday 10th June 2017 (unless brought forward).

This extensive, refurbished family home offers entertainers living and excellent family space to meet the needs of adults and children's. Three levels, delivering quiet accommodation, linking to open plan family space and onto entertaining formal lounge. Breathtaking views from all levels of the home and easy alfresco to decking and patio linking to the 370sqm low maintenance section. A short distance to Marina View Primary School, convenience shopping, inner harbour access, parks and transport links. Everything has been done, buy and move straight in. The CV on this property is \$690,000. 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

Peter Carson
027 277 1904

peter.carson@mikepero.com

www.mikepero.com/RX1151507

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www.mikepero.com

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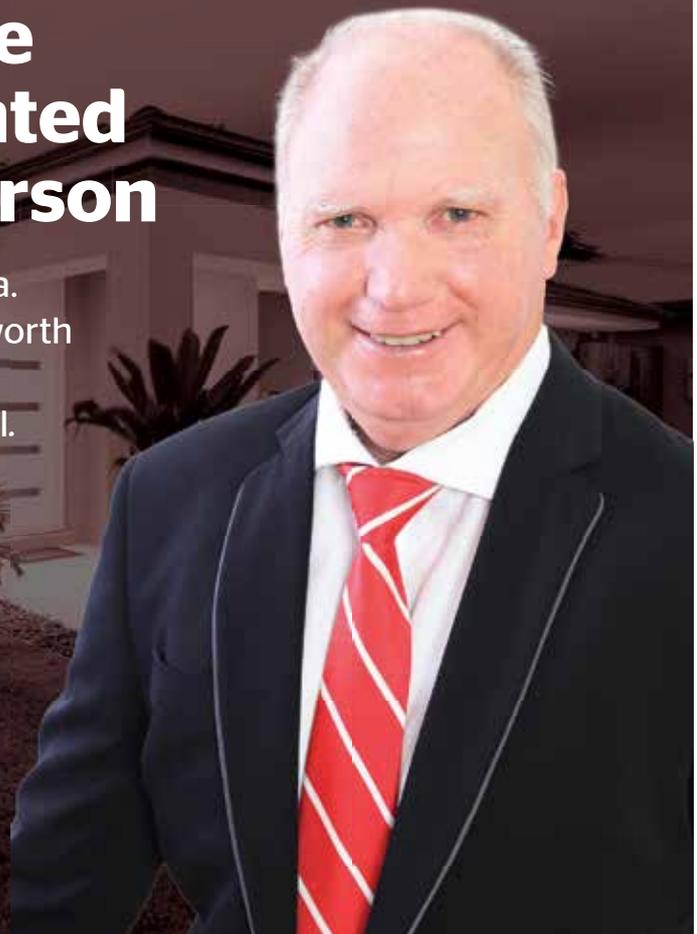
Peter Carson

027 277 1904

peter.carson@mikepero.com

Office Location: 2 Clark Road, Hobsonville

www.mikepero.com





AFFORDABLE LIFESTYLE, 1 HECTARE, TENANTED



By Negotiation

78 Mairetahi Road, South Head
By Negotiation

Positioned to capture all day sunshine and rural views across rolling pasture. This three bedroom traditional bungalow is a no-nonsense kiwiana home with rich native polished floors and through large slider access to extensive entertaining deck. Recently refurbished kitchen and bathroom with separate laundry. The home has a new roof and has also been recently re-wired. Simple access off Mairetahi Road with extensive off road parking including a double skyline garage. Large scope here for the good-life, a short drive to top golf linx, harbour boat ramp, café, forestry, school, parks and reserves. The CV on this property is \$460,000. 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/RX1115046



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



AFFORDABLE LAND - WATER SPRINGS - WAIMAUKU



By Negotiation

122 McPike Road, Waimauku
By Negotiation

This three bedroom cottage, with office, workshop and chiller room has character and personality that is sure to impress, with kitchen and bathroom that could be developed to add value, or invest in a brand new build subject to consent on the proposed house site further up the hill. 7 hectares of flowing grasslands and established plantings for shelter and orchard ensure a lifestyle that can deliver plentiful reward for a creative couple. Bring your cheque book and imagination, our vendors are ready to seize another opportunity. The land has several natural springs which provide opportunity for horticulture. The CV on this property is \$910,000. 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/RX1037756



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



ELEVATED STATELY BUNGALOW - WAIMAUKU

4 4 2

By Negotiation

132 Hinau Road, Waimauku By Negotiation

This hilltop bungalow offers generous space from the large high stud shed through to almost ½ an acre of lawn and bush. The home is split over two levels offering four generous rooms, open plan kitchen and dining opening onto extensive decking to the west. Carport and Office, Study or workshop in addition to fenced section. Located in a quiet street, away from crowds and congestion, yet a short drive to Muriwai Beach, Waimauku School and Waimauku Shops. The CV on this property is \$630,000. 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/RX1034803



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



DELIGHTFUL RIVERSIDE LIFESTYLE PROPERTY - TAUPAKI

8 4 4

By Negotiation

339 Waitakere Road, Taupaki By Negotiation

Two full sized consented character dwellings fully renovated, total bedrooms 8, both with extensive decks garaging and range of accessory buildings offering significant incomes. Set 5 acres apart for privacy and seclusion. Alfresco at its best! Flat fully usable 4 hectares (10 acres) land, fully fenced, excellent pasture and plenty of water supply, from bore tank or river options. Close to Kumeu, and only 25 minutes to Auckland City and Albany. Close to North West Mall, parks, primary and secondary schools, convenience shopping and transport links. 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/RX1116907



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



HILLTOP LOCATION OVERLOOKING HELENSVILLE AND PARAKAI

3 2 2

By Negotiation

525 Kiwitahi Road, Helensville
By Negotiation

High on the ridgeline, a harmony home which delivers commanding 180 degree views over rolling landscape through to the Kaipara Harbour. The views will certainly impress while the grounds have been developed to be easy care and hold character in large stone and driftwood. Set over 1.9 hectares of pasture suitable for horse, cow or sheep, the home looks down over the land. The home has lounge room, family room opening onto alfresco decking to the north and south, three bedrooms (master with walk-in and en-suite) off a central hallway and bathroom and an en-suite. An internal access double garage for the tools and toys compliments this outstanding lifestyle home. Opportunity here for some improvements, while the view and the aspect doesn't look like changing any time soon.

www.mikepero.com/RX1065529



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



ELEVATED LAND IN RIVERHEAD - COATESVILLE

By Negotiation

731A Ridge Road, Riverhead
By Negotiation

2.3943 ha (approx 5.6 acres) of land in an established country lane, a short distance to Riverhead shops and school. The land is semi fenced post and rail and has a house cut in place. From this cutting the views are plentiful through the valley and afar. Additional information is available to purchasers keen to put the dream home on a great land holding. Services at the lane side close to the proposed house site. Motivated Vendor looking to finance a new project. Call 027 632 0421 today to view or for more information. The CV on this property is \$510,000. 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/RX1055369



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

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Peter Carson & Steve Cotter
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Home:garden

Growing citrus trees

No orchard is complete without some citrus trees growing. Awa Nursery recognises this, and we have just received our new season stock, newly bagged up and ready to go into your gardens. If you are after a mature ready-made fruiting tree, we have those in stock as well.



Now is the best time to plant citrus trees, as they have winter and spring to get established before summer. Citrus trees prefer a sunny spot, preferably frost free, sheltered from strong winds and a well-drained position.

Our citrus have just been wrenched, which is a process where the roots are cut without lifting the plant, then uplifted and bagged up. You will find the soil is loose in the bags and the root ball quite small. This is normal and your plant will thrive provided it is planted in good free draining soil.

Dig a hole approximately twice the depth and width of the bag and partly fill with garden mix. Place your tree in the hole and fill the remaining hole with soil. Make sure your soil is no higher than where the soil came to when it was in the bag. Stake the tree until it is established. Be sure to water your tree if there has been no rain every three days or so until established. Mulching the area around your citrus tree is a good idea also. Again keep the mulch away from the trunk.

Citrus trees like to be fertilised regularly especially in spring and summer to encourage maximum fruiting and flowering. Awa Nursery has a fertiliser specifically catering to citrus should you require a bag. Come and see us at Awa Nursery. Phone 09 411 8712 or visit www.awanursery.co.nz.

Forest Furniture

Forest Furniture manufactures solid timber furniture right here in NZ and can furnish you entire home. With over 500 items, in a range of styles, stains, handles and upholstery fabrics to suit your needs, the possibilities are endless.

Did you know that Forest Furniture offers a consultation service? By visiting your home or working off building plans in store. Measure up. Work out a floor plan with you to meet your family needs.

There is a small consultation fee if visiting a site. However, this is deducted from any order made, so it really doesn't cost you

a cent.

Come view our range at the Westgate store, Maki Street, Westgate Lifestyle Centre (ph09-216-7674). Meet the team. With over 10 years' combined experience helping customers and designing furniture, there is nothing they haven't seen or heard. Come in today and have a package put together for you.

Tax deductible expenses on rental properties

If you have a rental property, be aware of the rules regarding tax deductible expenses if you begin using that rental for personal residency. When a tenant vacates your rental and you switch to using the property for personal use, any repairs and maintenance expenses incurred after that date become non tax deductible. This is true even if the expenses relate to damage inflicted by the tenants. If you do not switch the property to personal residency use then the expenses continue to be tax deductible.

As soon as you make a property available for renting and are marketing it as available to rent (even if it remains vacant for some time), any property maintenance costs become tax deductible. For example, lawn mowing and garden maintenance, rates and house cleaning costs would all be tax deductible from the time the property is available for renting - not from the time it is actually tenanted.

For more advice on tax deductible expenses contact the UHY Haines Norton team at 329A Main Road, Kumeu, on 09 412 9853 or email kumeu@uhyhn.co.nz.

Mr Binz – bin there done that!

After 19 years we have handed over the reins of Mr Binz to new owners. We spent those years building our fleet of new trucks to service the local community of businesses with their weekly waste requirements and homeowners with their yearly clean outs.

Working with local builders has been a highlight, being a small part of a team of professionals building amazing homes in some stunning locations.

The growth out west has at times been hard to keep up with but by employing drivers who take pride in their work and have the same values that we strived for, have kept us at the top of our game.

Mr Binz has had from the beginning a clamshell grab service,



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which we use to pick up large volumes of waste. With a capacity of 20 cubic metres to be moved at once this was becoming a popular option. In 2014 with the grab bulk work growing we added a Isuzu 8 wheeler Grab Truck with a 30 cubic metre capacity and rebranding this side of the company 0800 Grabit and in 2016 we added another Grab Truck to the fleet.

It is now time for us to concentrate on the Bulk Grab work and pass on the bin work to Green Gorilla.

They are a progressive company founded in 2007 with a big focus on diverting and recycling as much waste before it ends up in the landfill. With a modern fleet of vehicles and modern recycling facility they are a company looking to lead the way in waste recycling and handling.

Green Gorilla and Mr Binz are now servicing our former permanent and casual customers.

We are still operating from our base in Kumeu and will continue to operate and offer the best service we can with our years of experience in the industry and look forward to the venture ahead with 0800 Grabit – Grab Truck Specialists.

We thank all our valued customers for their support over the years – it has been a pleasure. Stephen and Jane Sparnon.

Would you like to get your car off the street and inside your garage this winter?

Is your garage full of clutter? Stealing Spaces installers are now busy installing ceiling storage racks around the North West. We're proving particularly popular in Hobsonville Point and Huapai where the high garage ceilings, tight spaces and a lack of street parking make good garage storage systems essential. To keep up with demand and make sure we're delivering snappy service levels we signed a new local installation partner this month. Take a look at our website www.stealingspaces.co.nz and get your garage sorted for winter!



School maths has changed

Are you finding it more difficult to help your child with their maths homework?

Do you find they do things differently in school now?

National Standards in education now require students to demonstrate several strategies to solve problems - whereas, in the past, we could get away with just one - usually an algo-



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rithm. Now children develop their understanding of a concept by approaching it several ways. Greater thinking skills and an increased number of strategies are required. They not only have to find the answer to problems but also demonstrate their thinking in the process. At NCEA level, students may only achieve Excellence if they present a detailed explanation - both verbal and numerical - of how they reached their conclusion.

The teachers at Kip McGrath Education Centres are all qualified teachers who follow the National Curriculum. They support current educational approaches to the teaching and learning of mathematics in the classroom.

If you are having problems helping your child with their homework, call Lynne or Roy at Westgate Kip McGrath – 09 831 0272.

Rural/lifestyle block, construction & trade supplies specialists

Whether you have a weekend project underway, building and maintaining farm fencing/sheds or constructing your dream home, no job is too big or too small for the team at Western ITM in Kumeu. Visit westernitm.co.nz today for a free online quotation.



Western ITM - 154 Main Road Kumeu. Phone 09 412 8148 - open 7 days.

\$75 = Exposure for a month

Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$75 plus GST you can be exposed to over 22,000 locals for a whole month. That is only \$2.50 a day. For more information email our editor at jbw51red@googlemail.com.


www.realstar.co.nz

Sales & Property Management

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Angela Little

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M: 021 421 967

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Dan's Tips

June 2017

It's getting chilly - now is the time to plant roses and lily bulbs as well as winter crops like strawberries, garlic, shallots and asparagus. It's also time to take cuttings and dig in green crops.



Plant Roses

Queen's Birthday weekend is traditionally the time to plant roses

Growing Food

- **Colour the Vegetable garden** – the pretty stems of Swiss chard are eye-catching in the vegetable patch and calendula flowers (winter marigolds) are brilliant for deterring straggling pests, as well as edible in a winter salad
- **Winter Crops** – plant strawberries, garlic, shallots and asparagus. They get going when the temperatures drop - Living Earth Garden Mix is ideal for growing them in. Layers of pea straw or organic mulch around the plants keep them well insulated from extremes of rainwater and frost as they get underway
- **Dig in green crops** that have reached knee high – ahead of flowering preferably.

Lawns

- **Moss Control in lawns** as winter begins to hit – spray patches with Yates' Surrender
- **Sow Grass** – if you do wish to sow grass now with the weather cooling down we recommend you sow with ProLawn Tournament or Classic blends (in all Centrals yards) which are better performers in the cold.



Colour the Vegetable Garden

Swiss chard and calendulas add colour and vibrance to your winter garden. Plus Calendulas deter straggling pests

Other Work

- **Free plants** – now's an excellent time to take fuchsia and rose cuttings. Cut them below a leaf node and remove some of the leaves. Dip them in rooting hormone or manuka honey before potting up in a mixture of coarse sand and compost. Keep moist.
- **Free fire starters** – Fallen cabbage tree leaves (brown and dried) are excellent for getting the fire off to a roaring start
- **Lily Time!** Lily bulbs are in stores ready for planting – an easy cut flower to grow in a sunny well drained part of the garden. The dwarf varieties are lovely in pots and great investment gardening – with very little care, they re-grow every year!
- **Plant roses** – Queen's Birthday Weekend is traditionally the time to plant new or re-locate existing roses
- **Winter perfume** – daphne bushes, magnolias, michelias and viburnums all combine pretty flowers with sweet fragrance.



Sow Grass with ProLawn

If you do wish to sow grass now with the weather cooling down we recommend you sow with ProLawn Tournament or Classic blends (in all Centrals yards) which are better performers in the cold.



Get your outdoors sorted with JakMat

Get those muddy garden paths sorted with JakMat, an interlocking system that can be filled with stones for a permeable surface that you can walk or drive on.

Talk to our friendly team at Central Landscape and Garden Supplies Swanson to see how JakMat can make your outdoors more tidy and less muddy!

Open Hours: Monday - Friday: 7am - 5pm, Saturday: 8am - 4pm, Sunday: 9am - 4pm
www.centrallandscapes.co.nz • 09 833 4093 • 598 Swanson Road, Swanson

Build: New

Reduce the effects of flooding with Compass Homes

In a conventional home the damage during a flood or accidental sink or bath overflow can result in a lengthy and costly clean up. The restoration of wet timber walls and floors is something many of us would rather do without.



In a solid concrete home the damage of water overflow is significantly reduced, with any dampness confined to floor coverings (which are easily replaced) and the walls and foundations remain undamaged.

Concrete in-situ homes are specifically designed and engineered to provide superior weather tightness, protecting against leaking or flooding. Poured on site, in one solid piece with no joins, results in a stronger more durable and weather-tight home. Have peace of mind for any "overflow accidents" that might occur in your next home, knowing it is specifically built to better withstand leaks and floods.

For more information contact scott.gordon@compasshomes.co.nz, or visit our show home - 3 Larmer Drive, Huapai, www.compasshomes.co.nz.

New show home now open

G.J. Gardner Homes is proud to present our new show home – located in prime position at 7 Grove Way, Riverhead.



Open from 12 – 4pm every day, this executive family home provides a generous scale which sets a new standard of premium affordability.

Boasting an impressive 4 living areas including 2 lounges, media room and even a children's activity nook - it needs to be seen to be believed.

The 3 double bedrooms and a master retreat with designer ensuite cater for all family sizes and the heart of the home is brought to life by the stunning entertainer's kitchen with working scullery and supersized laundry. Everything about this home declares quality and value.

Come in today to see one of our experienced new home consultants and be inspired for your new build.

SPS Plumbing Services

Hi I'm Scott, the owner/operator of SPS Plumbing Services.

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I cover most aspects of plumbing and treat every job as if I was working on my own home. I strive for customer satisfaction and believe in getting it right first time.

My services include - Full Bathroom renovations. (I can organize the whole job including all other trades from start to finish), Kitchens, Toilets, Solar systems, Water mains, Hot Water Cylinders, Burst Pipes, Spouting and Dishwasher and washing machine installation.

Scott Sutherland - Certifying Plumber, phone 027 430 0251 / 09 832 7267 - www.nocowboys.co.nz/businesses/sps-plumbing-services.

Signature Homes - a team approach

At Signature Homes we pride ourselves on following a process. This ensures transparency and quality of delivery. Our process engages the professional service of a variety of people. Each person offers a piece of the puzzle to ensure the smooth development of your build.



Colour consultant

An integral part of producing a high quality home is attention to detail. An important part of this comes down to the final styling and colours of your home. At Signature Homes we provide you with a colour/style consultation. This time is set aside with

our interior designer who personally helps you to select colours, tiles, flooring and fittings to reflect your individual style. The result is a home which showcases your personality.

This is one of the many valuable aspects of building a Signature home. Contact us today 09 412 9010 or pop in to 80 Main Road, Kumeu.

Tradie of the month

Maddren Homes would like to congratulate Jamie Hillis from JH Construction for being our Tradie of the month. Jamie and his team continually deliver the highest quality of workmanship on all Maddren projects.



Our project managers would like to thank Jamie personally for keeping them on their toes when it comes to scheduling work, ensuring jobs run smoothly and on time.

“Jamie is a fantastic communicator and has never let us down, his quality and finishing is always of the highest standard”

This is very much appreciated by us all at Maddren Homes, especially in a buoyant market where communication and reliability is paramount.

So Thanks again Jamie we really appreciate all you do for us and of course our home owners.

Maddren Homes would also like to thank Western ITM for their continued support and contribution towards our Monthly award.

“Old hands at building award winning new homes”

- R.S.



Food: Beverages

The Flagship

The Lions Series kicks off this month, and The Flagship will be showing all of the games live. Visit www.theflagship.co.nz for the full line up. A special game platter will be available as well as beer jugs from \$20. 15 Clearwater Cove, West Harbour.



Market favourite moves on

Locals may remember Mary as a regular exhibitor and award winner at the Hobsonville Farmers Market, and although producing her range of NoShortcuts gourmet chutneys keeps her so busy these days that she can no longer be there, she's making the market special available online this month at www.noshortcuts.co.nz.

There you can buy any jar at \$10 each or 3 for \$25 (plus courier or you can pick up from Mary in Albany).

Mary Brons' passion and love of fine food inspired her to create the NoShortcuts range of gourmet chutneys, relishes, pickles and jams.

Her philosophy is to stick to good old fashioned methods of cooking to ensure flavours are enhanced and all the health benefits are retained.

Mary adds no fillers, concentrates or chemicals – instead her ar-



tisan products are packed full of fresh, locally grown fruits and vegetables. It's all handmade - just like mum made.

The NoShortcuts chutneys, relishes and pickles are also stocked in the Northwest by Farro Fresh and Organics Out West.

For those in the food service industry, Mary has introduced the economy and convenience of larger 1kg and 2kg Catering Packs, which can be ordered via email to mary@noshortcuts.co.nz

Keep up with Mary at Noshortcutsnz on Facebook or noshortcutschutneys on Instagram.

Peko Peko Japanese Takeaway

It's getting colder day by day and winter is now just here. Japanese curry is back on and popular again for those cold wintry days. Our opening hours are lunch Tuesday to Thursday 11:30am to 1:30pm, dinner Tuesday to Sunday 4:30pm to 8pm. We are a little food truck located in the Passion Produce vegetable shop car park at 92 Hobsonville Rd. Phone orders recommended on 022 431 3462 and please check our Facebook page for the latest updates.



Apricot and Ginger Loaf

Put into a pot:

1 cup Water
1 cup Sugar
115g Butter
1 cup Dried Apricots
¼ cup Preserved Ginger
Boil for 5 minutes and let cool.

Sift together and add:

2 cups Flour
½ tsp Baking Powder
1 tsp Baking Soda
½ tsp Ground Ginger

Bake in loaf tin at 180 degrees for approx. 1 hour

Recipes supplied by wedding and birthday cake specialists Paula Jane Cakes. Contact Paula on 021 208 8604 or Jane on 021 273



THE GALLERY

Cafe & Japanese Restaurant

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



Tues & Sun: 8:30-5pm
Wed-Sat: 8:30-8:30pm

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www.facebook.com/thegalleryjapaneseandcafe

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



6139, email info@paulajanecakes.co.nz or visit paulajanecakes.co.nz.

Soljans Estate Winery

Soljans Estate Winery is holding its annual Winter Wine Fair from 7th - 23rd July 2017. It is the perfect time to pick up some remarkable deals on Soljans award winning wines. There will be the case specials, super winter specials and the desirable \$9.90 bin ends. Check out the "Red Star Sale" items at the gift shop for your early Christmas shopping. Don't forget to sample the mulled wine, definitely a perfect drink in the cold winter. Following on, indulge yourself with delicate wine and food at the award-winning Winery Café for brunches/lunches. Soljans winery café has repeatedly won the Beef and Lamb Award in the country and Trip Advisor's 'Certificate of Excellence'. If you have any questions regarding the Soljans Winter Wine Fair, please contact our Cellar Door on 09 412 5858 or the café on 09 412 2680 to reserve a table.



Best of north west

Hallertau Brewery won best Licensed Hospitality at the inaugural North West Business awards. The awards gala dinner was hosted by The Riverhead Tavern with Wallace Chapman as MC. A celebration of our best local businesses saw category wins for Woodhill Mountain Bike Park, Kaipara Coast Sculpture Gardens with Physio Flex picking supreme winner. Hallertau would like to thank everyone who voted for us, drank our beer and enjoyed our food, and the whole team at Hallertau Brewery who make it possible.



Tandoori Bar and Eatery

Winter is at our doorstep as we have witnessed sudden temperature drops in past couple of weeks, an ideal time for food that makes one look forward to cooler weather.



For centuries, Ayurveda dictated Indian meals as food should

provide necessary mineral and vitamins against ailments. With summer fading into the past, drop in for a heart-warming meal at Tandoori which will be loaded with spices that aid fight colds and flu.

Warm ambiance coupled with some of the fine wines on the menu will definitely be indulgent but at a reasonable price. Try Goat Curry with a deep Willowglen Shiraz or Andhra Prawns with Rua Pinot Noir.

Popular Butter Chicken paired with wide range of Pinot Gris on offer which enhances flavour of the dish.

Yumcha Chinese Restaurant

The only Yumcha Chinese restaurant in Waitakere Auckland. We have more than 200 seats and affordable prices for Yumcha Dimsum. Reservation is recommended. We are looking forward to seeing you soon. Address: 26-30 Totara Ave, New Lynn. Phone: 09 827 8883. Website: www.elegantfood.co.nz, or search for Elegance Chinese Restaurant in Facebook.



Are you hungry for something different?

Come to try our traditional Italian dishes, we have Neapolitan pizza, homemade pasta like gnocchi, fettuccine, tortellini, lasagna...

Let our chef's creativity surprise you with our weekly special. Now on is a tasty Seafood Bisque Gnocchi. We try our best to bring you a piece of Italy.

Peko Peko
JAPANESE TAKEAWAY

Eat healthy for a long life!
Introducing homemade and unique Japanese taste to your home.
Locally owned by an authentic Japanese family ☺

We are a little food truck located at 92 Hobsonville Rd
(Passion Produce vegetable shop car park)

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Winter

WINE FAIR

7TH - 23RD JULY 2017

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*THE DESIRABLE \$9.90 BIN ENDS *SUPER WINTER SPECIALS
*MIXED CASE SPECIALS *GIFT SHOP SPECIALS

That's Amore Ristorante Italiano, 329A Main Road, Huapai, phone 09 412 2001 or visit www.Thatsamore.co.nz.

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
- 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!



The Fireplace Café Restaurant & Bar

Weekly Specials

Monday - Sunday Brunch - Lunch Special. All meals \$12.99 from 10am to 3pm. Plus enjoy discounted drinks with your meal.

Monday Kids Dine Free. Conditions apply

Hungry Tuesday All mains \$21.90

Sweet Wednesday All desserts \$8.00

Porky's Thursday - Pork belly, Pork Ribs or Pulled Pork Burger + House wine/ Pint of Tap beer \$25.00

Friday - Happy Hour 4-6pm. All bar snacks half price plus Drinks

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The original animated film of "Disney's The Little Mermaid" is arguably one of the best of the Disney canon. With songs written by the incredible Alan Menken and Howard Ashman it



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WEDDINGS/SPECIAL OCCASIONS

Petstips:advice

The most important rule of dog safety for children

Always Ask! Yes it sounds simple but it is the number one rule to drill into your children's minds: it can keep them safe.

Teach your children that they should always ask the owner before approaching a dog.



Asking 'Please can I pat your dog?' or 'Please can I say hello to your dog?' firstly announces to both the dog and its owner that the child is there and would like to interact with the dog.

Imagine if you were walking down the street and a complete stranger randomly walked up to you and hugged you or your child; we can guarantee most of you would be pretty worried and unimpressed, uneasy at the least. The same goes for when someone is walking their dog and suddenly there's a group of children touching the dog.

Secondly, by asking you are giving the owner the opportunity to say 'no'. If they say no there is probably a reason why not. It may be that the dog isn't particularly fond of children or has had a bad experience with them in the past. It may be that your child is wearing a hat and people wearing hats spook the dog. It could be that the dog is ill, injured, tired or just having a bad day and the owner knows the dog won't appreciate being touched by strangers. The dog could be in training and the owner needs the dog's full concentration on them, it may be that the dog is new to the family and they aren't sure yet on how it reacts to children. There are so many reasons why an owner may say no, but remember it is highly likely the 'no' is coming for you and your child's safety so please teach children not to take it personally when it happens. Instead of getting sad, or grumpy, teach them that it is okay and it might be that the next dog they see they are able to say hi to.

The 'Always Ask' rule is also a great way of teaching children what to do if the owner is not there. If the owner is not there then there is nobody to ask, and as they always have to ask: the answer is No!

This could be if a dog is tied up outside a shop waiting for its owner or a dog may be poking its head out of a hole in the fence. Children need to be taught that if they see a dog on its own then they leave it alone.

Please teach the children (and grownups!) in your family to Al-

ways Ask before touching a dog.

Always Ask is the first of 3 Golden Rules from Kids Safe with Dogs Charitable Trust (KSWD). You can find out more information on keeping your children safe around dogs and the great work KSWD do on their website www.kidssafewithdogs.co.nz.

Raw Essentials

Cats and dogs will heed the call of the wild, and bound into Raw Essentials once they hear what is on offer.

A specialist pet food store; we stock chicken, turkey, duck, veal, rabbit, fish, possum, wallaby, venison and more.



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"At Raw Essentials, we truly believe raw, meaty bones are the best way to feed your pets - it's what carnivores are designed to eat. Our role is to provide a convenient, easy way to feed your pets a well-planned, species-appropriate diet."

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www.rawessentials.co.nz.

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Kanika Park

We would like to thank everyone for their support and feedback on the opening of Kanika Park Cat Retreat last month. It was a year in the making and we can't express how much it means to us to be able to offer a luxury holiday experience for your feline baby.



As we know, cats by nature are territorial and do not like to share space with strangers. Which is why at Kanika Park, we only offer individual suites and only cats from the same family will share a suite. If you would like more information or to arrange a viewing give us a call on 09 411 5326 / 027 550 1406, or find us on Facebook at Kanika Park Cat Retreat.

Tips for keeping your dog happy and healthy through winter

As much as we like to think we are in the winter-less North, Auckland does experience wild weather and already this year the temperatures at night are quite chilly! Make sure your best friend's



needs are met. If your dog is an outside dog, make sure the shelter is dry and out of the wind, with extra bedding and a coat at night; increase food for outside dogs will help them keep warmer. Even inside dogs can feel the benefit of something warm to snuggle in, a jumper or jacket. Locally based Saddlery Warehouse stocks reasonably priced and well made waterproof coats for dogs of all sizes. Your dog's fur is likely to get more matted and tangled in winter. Fur that is un-groomed is less able to maintain heat. Be sure to regularly brush and check paws. If you're leaving home in the dark and coming back in the dark finding the motivation and time for dog exercise can become a chore. If getting out is really impossible, play games inside! Hide and seek with food is a good one: throw a treat and then go



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hide in another part of the house, you'll have a great time and tire out your dog, while practicing the come command! Have a go at clicker training: you can pick up a clicker for a few dollars and get yourself some delicious treats. Start with simple targeting: get your dog to touch the back of your hand and every time she does, click and treat. Soon you'll have built a tool to get her attention. There's heaps of resources out there for clicker training, it's fun and can stimulate your dog's mind when exercise opportunity is restricted. A dog walking service is invaluable in winter months. Reduce your guilt and know that your dog is getting his exercise needs met while you work. Country Pets is Muriwai's local dog walking service; Pet First Aid Certified and with Public Liability insurance. See Country Pets on Facebook or contact Lisa on 027 380 0265.

Muriwai Golf Links

MURIWAI GOLF LINKS



Trillion Trek in support of the Police Blue Light charity, supporting Youth in the Regions

CHARITY OPEN DAY

Friday 23rd June 2017 (Day before All Blacks V Lions Test @ Eden Park)

Attractive hole sponsorship packages available at \$1,300 + GST including:-

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- Complimentary meal after the golf plus nibbles during the round.
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- Promotion and advertising on the hole of your choice.
- Individual entry of \$100 per player or \$400 per team.

The event will be individual stableford, and team stableford (best 2 scores at each hole count)

Limited to 28 teams of 4. Contact David Shorter on 021 610 910 or david@shortercars.co.nz

Muriwai Golf Links on 09 411 8454 or www.muriwai.co.nz

Trillion Trek in support of the Police Blue Light charity, supporting Youth in the Regions - Charity Open Day. Friday 23rd June 2017 (Day before All Blacks V Lions Test @ Eden Park).

Attractive hole sponsorship packages available at \$1,300 + GST including: Eligibility to win great prizes on the day. Complimentary meal after the golf plus nibbles during the round. Complimentary drinks during and after the round. Promotion and advertising on the hole of your choice. (First in first choice). Individual entry of \$100 per player or \$400 per team. The event will be individual stableford, and team stableford (best 2 scores at each hole count). Limited to 28 teams of 4. Contact David Shorter on 021 610 910 or david@shortercars.co.nz or Muriwai Golf Links on 09 411 8454 or muriwai.manager@golf.co.nz.





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Health:beauty

Black Lotus float studio open In June

We are very excited to announce that the Black Lotus float studio will be opening its doors this June in Riverhead. What is floating? Floating is a way to pause the hectic, saturated world and enter a state of deep mental and physical relaxation. By giving you a break from the endless input of sensory experiences, your mind and body have a chance to recharge, rest and emerge to face the world with renewed perspective and energy. Floating has many benefits to the overall health and well-being of your body. Floating can be used as a tool to aid in the relief of stress, depression and anxiety, deep relaxation, pain reduction and aid in the elimination of addictive habits. Rest and sleep are essential to the body's ability to repair itself; 1 hour of floatation in a tank is equivalent to 4 hours sleep. Come try the ultimate relaxation experience yourself. Follow us on Facebook and Instagram for discounted floats, specials and competitions @blacklotusfloatstudio or book online at www.black-lotus.co.nz.



Elevate Chiropractic

Is your body whispering or screaming? I recently read this great quote, "If you listen to your body when it whispers, you won't have to hear it scream". I often see people that say they had a niggles for several weeks and just thought it would go away and ignored it. Then suddenly, they did something simple and their back started 'screaming'. When your body 'whispers' too you, you should listen. Often these little niggles or aches and pains are the starting point of something bigger. If you can catch them early, hopefully you will be able to stop them getting worse. If you are currently suffering from some aches or pains and want to try and avoid the 'screaming' give us a call and arrange a checkup. Your body will thank you for it. Elevate



Chiropractic: Shop 1, 10 Greenhithe Road, Greenhithe. Phone 09 413 5312.

Time for an eye exam?

Even if you feel there has been no change in your vision, you need to check that your eyes are HEALTHY. Regular checks, at least every two years, enables your optometrist to monitor your eye health and to determine any changes that may occur over time.

Early detection of eye diseases and early intervention can save your sight. Forming an ongoing relationship with your healthcare professional is very important.

At Hobsonville Optometrists at 413 Hobsonville Road, allow 45 minutes for an in-depth eye examination with Frank Snell or Kevin Wong, your local eyecare professionals. Phone 09 416 3937 to make an appointment. Mon - Sat 9am - 5.30pm.



Do I have an ingrown nail?

As the weather gets cooler many people are returning their feet to enclosed footwear after a summer in sandals or jandals. With this there can be a period of adjustment, especially from the toes and toenails. Many people present to the clinic at this time of the year with complaints of ingrown nails.

What is an ingrown toenail? It is when a piece of nail pierces the skin next to the nail, the sulci. If left untreated the skin can become infected - red, swollen and sometimes with yellow pus present. When treated in the early stages, an ingrown toenail is easily managed and a lot of pain can be prevented. Left too long, it becomes more difficult to treat and many will require surgery to completely settle.

What does treatment involve? If the skin is broken it is best to clean the area with warm salty water (or other antiseptic), dry the area and cover it with a bandage and antiseptic ointment. This should prevent any infections. This dressing should be changed daily. The next thing to do is to book in with a Podiatrist so they can remove the offending piece of nail. If the nail spike or jagged edge is left there, it will prevent healing.

Do I need antibiotics? If your toe is very sore and swollen, it can

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be an idea to get antibiotics prior to your appointment with a Podiatrist.

My skin isn't broken but it is really sore, it feels like I have a piece of nail in there! This is quite a common complaint, some nails are very wide, or curved in nature, as a result they can place a lot of pressure on the skin surrounding the nail. In response the skin thickens to protect itself from the pressure. Many people can have a buildup of callus, or even a small corn next to, or underneath, the toenail. In the tight space next to the nail this can cause a lot of discomfort. The removal of this skin results in a lot of pain relief. Removing the skin is a pain free procedure, as the skin is dead. Lauren Peet - Hobsonville Podiatry, level 1, 124 Hobsonville Road, 09 390 4184.

Could your eyes be trying to tell you something?

Did you know that if you wear contact lenses instead of glasses, you should watch out for white spots on your cornea (the clear layer over the front of your eyeball)? This can be a sign of a corneal infection.



Stress can show in many ways, one of which is an eye twitch. It can be very annoying but is nothing to be worried about, other than a sign you need to get some more rest and reduce your stress levels.

If you have any concerns or would like more information, please contact the team at For Eyes Optometrists in the Kumeu Village.

Hot stone body massage great for winter

Spa Di Vine's Sacred Hot Stone Therapy body massage with beautifully smooth, rounded, heated basalt stones is everyone's favourite and perfect for colder months. This hot stone treatment is deeply relaxing as the stones gently heat the muscle tissue during massage, perfect for releasing tension.



Spa Di Vine's treatments and packages, which include hot stone massage, are the individual sacred stone massage for 60 minutes and there is a 90min session, for extended relaxation.

The spa package for two people also includes a warm-up in the spa pool before a side by side hot stone massage plus a foot

scrub and foot massage.

All treatments finish with refreshing fresh fruits coupe, enjoyed in the relaxation lounge overlooking the terrace and gardens. Phone Spa Di Vine to book your treatment on 4115290 or email us on relax@spadivine.co.nz, Website: spadivine.co.nz
Spa Di Vine, open by appointment, 12 Taylor Road, Waimauku.

So you have a disc hernia?

Forty years ago disc hernias could only be discovered during a surgery or on autopsy and their role in back pain and sciatica was obscure. Then after CT and MRI scans becoming widely available doctors thought the cause of the majority of the spinal issues could be identified and fixed surgically or otherwise. Now, few years down the track, we now that things are more complex. Indeed, some patients suffer from disc hernia that causes compression of a nerve resulting in pain, tingling, weakness etc. In other patients disc hernia might be a complicating factor, however, pain might be caused by muscle spasm, joint restrictions and tissues tension. This latter group can benefit greatly from manual treatment, such as manipulation by an osteopath, chiropractor or physiotherapist. And it has been found that many people develop intervertebral disc hernia without any significant discomfort.



Finally, majority of disc hernias tend to improve and shrink a bit with time and thus easing the symptoms. It might take a few months or some years though, so be patient here. At Family Osteopathic Clinic we are experienced in treating back pain with the relation to disc hernia with or without nerve compression and will be happy to assist. Phone 09 417 0097, www.familyoste.com.

Pregnancy and Chiropractic Care

Pregnancy is a special time for every woman, and the transformation your body goes through is simply amazing. However, sometimes those changes can result in back ache or pain, shoulder stiffness, sciatica or pelvic problems – to name just a few. If not addressed, these conditions can have a negative impact on your pregnancy and possibly the delivery of your baby.



The good news for you – and your baby – is that chiropractic care has a long history of helping women suffering back, neck,

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pelvic and/or shoulder pain during pregnancy. Chris and Nolene McMaster, the Chiropractors at Kumeu Chiropractic, would love to help you during this special time with a natural, drug-free solution to alleviate your pain and to also partner you through a more satisfying and problem free pregnancy. They have cared for many pregnant women over the last thirty years, many from conception through to birth, and some families even continuing their care through to their third generation of babies.

"84% of patients receiving spinal manipulative therapy [chiropractic care] reported relief of back pain during pregnancy. There was significantly less likelihood of back labour when spinal manipulative therapy was administered during pregnancy." Please call 09 412 5536 for an examination and assessment of your spine now.

Massage Therapist

Victoria Wiltshire is a Qualified Massage Therapist at Huapai Massage Therapy. She graduated from the New Zealand College of Massage in 2010 with two Diplomas in Health Science.

Her massage clinic is based in Huapai at her mother's osteopathic practice. She spent two years working in London at a busy multi-disciplinary health clinic and during her time there she saw a wide variety of interesting clients including athletes, office workers, pregnant women and even a few celebrities. She is also a professional dancer, therefore is particularly interested in injury prevention and rehabilitation through massage and sports therapy techniques.

Whether you have an injury, postural and work related issues, or just need some time out for relaxation, she can tailor her massage techniques to suit your individual requirements. For more information call 021 755 745 or visit www.huapaimassagetherapy.co.nz.



Home remedies - How to make a natural foot soak

If you like to pamper your feet and prefer to use natural products then read on for Shoe Talk's recipe on how to make a foot soak you can use at home.

Supplies needed - 1 cup lemon juice, ¼ tsp cinnamon powder, 2 tbsps. olive oil, ¼ cup milk, water, tub.

Instructions - Fill a tub with warm water and put the lemon juice, cinnamon powder, olive oil and milk in it. Mix well.

Relax and put your feet in the tub and let them soak in the water for 10-15 minutes.

Now, wash your feet with a mild soap, dry them with a towel.

We also have a second store location so come in and see us at either 401A Great North Road or 1/32 Clyde Road, Browns Bay.



The stress of insomnia

Insomnia. A nasty ailment most of us will suffer at some point in our lives. Being wide awake at 3 am is never a fun experience, especially when one is due to start work at 7 the next morning. Sadly, this condition is all too common. I spend a lot of my time as a GP talking about 'sleep hygiene'; basically techniques on how to get a good night's sleep.

The causes of insomnia are many. They range from anxiety, depression and caffeine excess to rarer causes such as thyroid issues and sinus trouble.

Before I share some tips on how to get a good night's sleep, I thought I'd briefly talk about sleeping pills. I do get many requests by patients to prescribe these. They certainly work. However, as the old saying goes, there's no such thing as a free lunch, and there's no such thing as a magic pill. Sleeping pills have a cost. Sleeping pills are addictive, and in the long term you can end up even worse off if you become too reliant upon them. Speaking for myself and my family, I would try really hard to avoid sleeping pills. In addition to this they have some unpleasant side effects such as drowsiness the next day and a metallic taste in the mouth.

The first thing I say to patients is to make sure you have a set routine at bedtime. Try to go to bed at the same time and get up at the same time, no matter what day of the week it is. This way your body clock stays in sync. Likewise don't nap during the day. We sleep a lot better as our core body temperature drops. Try to have a warm bath or shower at night, which will enable your core body temperature to increase then drop. Consider opening your window (but make sure your room is not too

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cold-as this will have the opposite effect). Try not to eat too late, if you do, food in your stomach will reflux into your oesophagus. This will cause discomfort and you won't be able to relax at night. I advise patients to try to eat no later than 6 in the evening. This enables your body to get a head start at digestion, and food won't be sitting in your stomach causing indigestion and reflux.

I briefly mentioned caffeine. Kiwis love their coffee, but do try to reduce the intake of this stimulant, especially after lunchtime, as this can affect our sleep if taken in excess. Caffeine also causes us to pass more urine, which can keep us awake. Alcohol has a similar problem.

One final tip I give to patients is to try to have a completely dark room. Lights from the hallway or a slightly opened curtain can cause stimulation of the brain and keep us awake. Consider fitting blackout curtains which can help shut this light out.

If you have tried these tips and are still having problems, consider visiting your doctor to ask for further advice. It may be that there is another cause for your insomnia. You do not have to suffer in silence from this common condition. Dr Isabelle Duck is a GP and Urgent Care doctor at Westgate Medical Centre.

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At Top Notch Massage Therapy, we understand the stress that is placed on the modern life; whether that is from a



hard training session, the pressure of work and a busy lifestyle, or the impact that pregnancy has on the body. Our professionally trained therapists are ready to work with you towards better health, ensuring you get more out of life. So if you want to get better results in the sporting arena, re-balance yourself or make that pregnancy more manageable, then you need to get in touch with Top Notch today. Clinics are located in Massey and Hobsonville. We are currently offering \$10 off all massages for new clients, so take advantage of this deal today. You can book online at www.topnotchmassage.co.nz or call 021 181 8380.

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ommending changes. Education about injury prevention in the workplace, including back care, manual handling and prevention of occupational overuse syndrome. Treatment of work related injuries. Stress management and relaxation therapies. Pain management. Meanwhile, here are some tips: If you use your hands a lot (such as typing), then give your hands and wrists a quick break every 30 minutes. Practise good posture at your desk and consider an ergonomic chair. Help prevent back injuries by learning the correct way to lift (with your legs) and using appropriate lifting equipment where necessary. Report any hazardous equipment or areas such as slippery floors or loose carpet. For more advice call us on 09 412 2945 or contact us via our website www.northwestphysioplus.co.nz.

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Five biggest causes of tooth sensitivity and ways to improve

1. Heavy brushing - Brushing your teeth too vigorously will worn down tooth enamel causing sensitivity. The simplest solution is to switch to a toothbrush with softer

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bristles and to be gentler when brushing.

2. Grinding your teeth - Even though tooth enamel is the strongest substance in your body, grinding your teeth can wear down the enamel. By doing so, you expose the dentin, or the middle layer of the tooth, which contains the hollow tubes that lead to your nerves.

Talk to your dentist and Westgate Dental about finding a mouth guard that can stop you from grinding.

3. You've got gum disease - Receding gums, which are increasingly common with age (especially if you haven't kept up with your dental health), can cause tooth sensitivity. If gum disease or gingivitis is the problem, your dentist will come up with a plan to treat the underlying disease, and may also suggest a procedure to seal your teeth.

4. You have excessive plaque - The purpose of flossing and brushing is to remove plaque that forms after you eat. An excessive buildup of plaque can cause tooth enamel to wear away. Again, your teeth can become more sensitive as they lose protection provided by the enamel.

The solution is to practice good daily dental care and visit your dentist for cleanings every six months — or more frequently if necessary.

5. Your tooth is cracked - A chipped or cracked tooth can cause pain that goes beyond tooth sensitivity. Your dentist at Westgate Dental will need to evaluate your tooth and decide the right course of treatment.

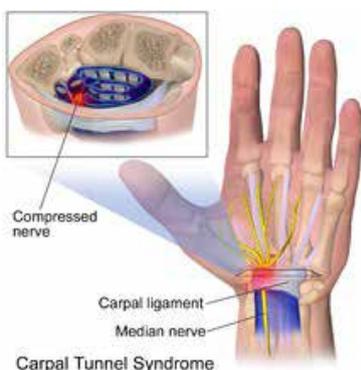
Tooth sensitivity is treatable, If your sensitivity is extreme and persists no matter what steps you take, be sure to see your dentist for an evaluation. Only an office visit can determine the most likely cause of your tooth sensitivity and the best solution for your particular situation. We can offer vanish application, recommend tooth mouse and provide different samples of Desensitising Tooth paste.

Dental care for High School children are free of charge. Call us today to make an appointment 09 832 2998.

Do you wake at night with pins and needles in your hand?

You may have carpal tunnel syndrome (CTS), CTS is caused by compression of the median nerve as it runs beneath the carpal tunnel ligament at the wrist.

Symptoms include: pins and needles or numbness in the thumb or fingers that wake you at night; pain, weakness or dropping things. These



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symptoms may also be caused by other conditions.

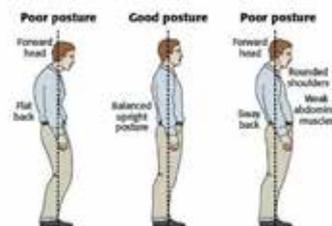
At the Hand Institute we provide comprehensive assessment of your symptoms and can refer you to a specialist if indicated.

Interventions for CTS: splinting; activity modification and exercises; post-surgical interventions.

Call us to book in an assessment at the Hand Institute - Kumeu 09 412 8558.

What everybody ought to know about postural stress

Postural stress is the stress load on our bodies due to poor posture. "Poor" posture is defined as when our spine is positioned in unnatural positions, in which the curves are emphasised resulting in the joints, muscles and vertebrae



being in stressful positions. This prolonged poor positioning results in a build-up of pressure on these tissues. Correct posture is the position where minimal stress is applied to each joint.

Poor posture results from certain muscles tightening or shortening while others lengthen creating weakness, this is often a result of one's daily activities. Various factors can impact on posture including occupational activities, repetitive activities and job stress and strain. Workers with high levels of job stress are more likely to develop neck and shoulder symptoms.

Postural Stress risk factors: Athletes whose sport involves long periods of bent-forward positions such as hockey players, cyclists, baseball catchers and cricket wicket keepers. Sedentary lifestyle. Excessive use of laptops/computers and mobile phones. Poor ergonomic setup at work or home. Weak core. Tight muscles and stiff joints. Lifestyle or occupation which entails excessive amount of sitting, lifting, bending, or shoulder-forward positions. Improper sleeping pillow. Although it may take some time to change the effects of postural stress, the good news is that muscle balance restoration and spine health can be achieved via posture awareness and care. Massage therapy is an effective way to help improve your posture, a series of treatments will release the tight muscles thereby creating the space for change in the body. It is also important to strengthen the areas that have weakened and to stretch the muscles that were tight to maintain postural improvements.

Call me if you experience aches and pains from postural stress such as upper or lower back pain, neck, shoulder and arm pain; lower limb pain, including leg, hip, knee or ankle pain, and muscle fatigue or headaches from tension in the upper back, neck and shoulders. Debbie from Body-Balance Massage & Neuromuscular Therapy – 021 120 2175.



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Social media for your business

In today's digital world, social media can be the making or breaking of your company's branding efforts. As part of your internet marketing strategy you need to concentrate on social media profiles. Social media profiles should never be rushed or completed merely as an afterthought. As the platform from which all your tweets, updates, messages will launch from – and thus something your audience will see on a regular basis – each of your profiles should wear your company's image and values on their sleeves, and let people know exactly who you are. In fact visiting your social media profile could be the first time a potential customer encounters your company, and we all know the importance of first impressions. For this reason, it's good to think of each of your social media pages as a landing page for your brand. And, like a landing page, each of your profiles should deliver a succinct message and aim to generate engagement. Do you know if your competition is using social media and therefore getting customers right in your neighbourhood? To help you make the most of your profiles Utopia can create all your social media profiles for you. This service includes using all your existing branding (including logos, photos and tag lines) across platforms like Facebook, Twitter and LinkedIn. As with first impressions you need to get this right from the beginning. To get your business social media profiles set up give me a call here at Utopia on 09 412 2473 or email michael@utopia.co.nz. We are based in Kumeu and provide web marketing, website design, consultancy and app development



to a range of businesses all over New Zealand.

Taupaki cookbook project on the boil

Taupaki cookbook project team members on the job include, from left, Helen Kruse, Kerry Sanders, Linda Roodt (project coordinator) and Nicola Topping (project coordinator and photographer).



The inviting aroma of home baking is wafting through Taupaki as preparation gets underway for a fundraising cookbook project.

Recipes ranging from goat's milk yoghurt to lamb shanks slow cooked in port and red wine will feature in the 230-page book *Gather*, raising money for Taupaki School.

Dishes have to be tried and tested for the mouth-watering venture.

Project coordinator and professional photographer Nicola Topping of Taupaki then has the massive task of photographing 105 dishes from family kitchens all over the area.

"The recipes within the book aren't ambitious or pretentious," Nicola says. "They are highly achievable family favourites and recipes that use the produce grown or produced on properties throughout our district."

Planning of these dishes has taken some months and has seen the Taupaki cookbook team amass several hundred props and styling accessories, now in Nicola's studio ready to be photographed.

The book is due to be published in October as a professionally bound, full-colour cookbook. Each recipe will be accompanied by a photograph.

"People tend to eat visually," Nicola says, who has also photographed food for Viva, Canvas, New Idea and other cookbook publications for various schools around New Zealand.

"If it looks good you tend to have more faith that it is also going to taste good."

This is not the first time Taupaki School has produced a cookbook. It put out an A5 spiral-bound book in the 1980s. This book featured more than 300 carefully typed recipes and is still used by many families throughout the district today.

Coordinators for the latest project hope this new book will become as much a favourite cooking companion as the old one. "We are already incredibly proud of this book, and what a small

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community can come together to achieve," Nicola says. The team aims to raise \$25,000 to \$35,000 from sales of the book, printed on lumi silk paper with a matt laminate cover. It will be section stitched and limp bound.

Sections of the book are sponsored too, while at the back is a "Time out of the Kitchen" category featuring local eateries.

The number of printed copies has yet to be determined, but more can be reprinted if they sell out quickly.

Gather will be available for \$30 at the school's Monster Fireworks event at the Kumeu Showgrounds just prior to Guy Fawkes, via the Taupaki School website or directly from Taupaki school families.

3 Google Search Engines

There are actually three instances of a Google search engine in each country, Google Desktop, Google Mobile and Google Maps. This creates an opportunity when ranking for keywords so you can work on rankings in all 3 search engines.



In the spreadsheet screenshot attached you can see keywords on the left and in each column a different ranking for that keyword in either Google Desktop, Google Mobile or Google Maps. For a business that has a physical location it is extremely important to have an optimised Google My Business listing with all the details filled out about opening hours, having the correct categories of services or products and accompanying images. The optimisation of this listing with specific keywords is where the opportunity to rank comes in and the importance of this

listing in Google Maps experts say is of around 15-19% ranking benefit. David Partis – Website Optimisers – www.websiteoptimisers.net.

Time for a clean out – it benefits you in surprising ways!

How we tend to keep our wardrobes and cupboards, garages and spare rooms, can be looked at as a reflection of self. Of course however we keep them is our doing, but perhaps our environment is giving us a message about ourselves. Our outer world is a reflection of our inner world. Perhaps any clutter we are living in is symbolic for any clutter going on within ourselves. Maybe the way we habitually 'keep' our house and our stuff is a clue for us?

It's easy to get comfy about the way we do things and the way things are – but getting comfy often does not equal anything new coming along.

Are you trying to lose weight? If so what does your fridge and pantry look like? Any old food in there? Is the vege bin fresh and clean, do you need to go through the freezer and throw out stuff that is not in line with who you are wanting to be? Are you in business? What does your home office look like? Does it need a good sort out and a better system put in place? The kitchen is often the heart of the house– can the draws and cupboards breathe? Are they brimming with plastic containers you don't need? This can be extended to our cars – how do you keep yours?

I knew a woman whose house was always impeccably kept – dishes were always done, cushions were in the right place, there

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was never any washing lying around and it always looked like it had just been vacuumed. I surprised to gradually learn that most of her cupboards were bursting at the seams. She had bits and pieces all through her house hiding behind cupboard doors. What she presented on the surface was perhaps not what was really going on. Those cupboards were another side of her. A good clean out is symbolic of so many things. You are getting rid of the old, making way for the new. You are giving new energy to YOUR space. In a manifesting book I read recently, it suggested that when you are creating anything new in your life – any clutter and anything old you don't need will distract you from your goal. Your 'old' stuff is just not in line with your higher vision. Make your environment a clearer reflection of YOU.

Having a good clean out is good for the soul; it's a beautiful statement about self, it's leading ourselves, an act of love! I get so inspired and super excited about them. I love everything about a good spring clean. In fact, I try to go through my wardrobe every couple of weeks.

Within any fresh start is a new way of feeling, a fresh perspective. Wiping the slate clean – inside and out. It's preparing the new. To throw something away today that you didn't throw away 6 months ago means your perception of it and how it impacts your life has now changed. It's often a positive change. A shift has occurred. It can feel like a big job, but hopefully this article gives you another way of looking at your stuff. See you at the Salvation Army.

I help my clients create what they want in life using thoughts and a new way of focusing. When we start consciously focusing on exactly what we want, great things start to happen. I have a giggle listening to clients talk about coincidences that happen after a session. When you start 'thinking and feeling and being' differently, then life naturally starts to be different. It's not hard

work - in fact if it was hard work it wouldn't work. For a session call Anna 021 555 658. anna@thinkyourbest.co.nz.

Top north west businesses honoured

Scott and Sue Narbey, centre, of Physio Flex receive the supreme award at the inaugural North West Business Awards. Also pictured are North West District Business Association chairman Tony Forlong, left, and Richard Thomas of sponsors Thomas



Consultants and a winner in the Westpac Auckland Best of the Best awards, right. Photo: Anita Hodgman.

Physio Flex was named the supreme winner of the inaugural North West Business Awards.

It's another win for Sue and Scott Narbey who recently cleaned up the Ballance Farm Environment Awards Auckland, taking the supreme award for their Helensville farm.

A physiotherapist, Sue has run Helensville's Physio Flex for 10 years, employing 10 staff in the business owned by the pair.

The couple met in their late teens at the Helensville Rugby Club and have two children - Bella, 7, and Ollie, 5.

Sue acknowledges staff and the five physiotherapists, saying the award is really for them and a reflection of their commitment.

She says they're also proud to sponsor many clubs and schools in the area.

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"We all enjoy living and working in such a fantastic community." The Narbeys were among 155 nominations for the business awards, with 46 finalists selected across eight categories. About 7000 public votes were cast.

More than 150 local business operators and their staff, friends and family enjoyed at a gala dinner at The Riverhead with master of ceremonies Wallace Chapman.

The winners for each of the eight categories were announced, including the People's Choice award, which went to Woodhill Mountain Bike Park.

North West District Business Association chairman Tony Forlong says the awards are a chance to celebrate the diversity of business in the area and recognise some exceptional businesses. The awards were also sponsored by Thomas Consultants and The Riverhead.

Finalists were judged on a range of factors, including a mystery shop, public voting and a submission of their choice prepared by each business. It was here that the North West creativity shone with submissions including videos, a fish and chip meal made out of chocolate and a business story told entirely on the lids of multiple boxes.

All things Bernina

All Things Bernina formally known as All Things Patchwork has relocated to the Westgate Outlet Centre 3/7 Westgate Drive.

We offer the same professional friendly services that we were renowned for at Waimauku with sales on Bernina and Bernette sewing machines a particular focus. Buying a new machine is only the start of our customer service as with each machine comes free lessons on how to use the machine, a 5 to 10-year warranty depending on model and at least 1 free service. Products and services, we offer include: Workshops with international tutors, in-house classes from beginners to advanced, quality designer fabrics, quilting notions, haberdashery, Bernina and Bernette sewing machines and overlocker sales and service, Full machine servicing of most sewing machine and overlocker brands. Come in and visit us soon. Shop hours Mon – Sat 9:30am - 5pm. Phone 09 832 6994.

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Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$75 plus GST you can be exposed to over 22,000 locals for a whole month. That is only \$2.50 a day. For more information email our editor at jbw51red@googlemail.com.

West Harbour Tide Chart

Date	High	Low	High	Low	High
Thu 1 Jun	00:19	06:29	12:49	18:45	-
Fri 2 Jun	01:16	07:27	13:4	19:44	-
Sat 3 Jun	02:12	08:240	14:43	20:45	-
Sun 4 Jun	03:07	09:20	15:41	21:43	-
Mon 5 Jun	04:01	10:13	16:38	22:37	-
Tue 6 Jun	04:52	11:040	17:30	23:26	-
Wed 7 Jun	05:41	11:51	18:18	-	-
Thu 8 Jun	-	00:11	06:27	12:34	19:03
Fri 9 Jun	-	00:53	07:12	13:15	19:44
Sat 10 Jun	-	01:34	07:54	13:55	20:24
Sun 11 Jun	-	02:14	08:34	14:33	21:02
Mon 12 Jun	-	02:54	09:14	15:10	21:40
Tue 13 Jun	-	03:35	09:54	15:49	22:20
Wed 14 Jun	-	04:17	10:34	16:28	23:00
Thu 15 Jun	-	05:00	11:15	17:10	23:43
Fri 16 Jun	-	05:45	11:59	17:55	-
Sat 17 Jun	00:29	06:33	12:46	18:45	-
Sun 18 Jun	01:18	07:24	13:38	19:42	-
Mon 19 Jun	02:11	08:18	14:36	20:42	-
Tue 20 Jun	03:06	09:15	15:38	21:44	-
Wed 21 Jun	04:04	10:14	16:40	22:44	-
Thu 22 Jun	05:03	11:12	17:41	23:42	-
Fri 23 Jun	06:03	12:09	18:38	-	-
Sat 24 Jun	-	00:38	07:01	13:04	19:33
Sun 25 Jun	-	01:33	07:58	13:58	20:27
Mon 26 Jun	-	02:28	08:53	14:50	21:19
Tue 27 Jun	-	03:22	09:47	15:42	22:12
Wed 28 Jun	-	04:16	10:40	16:33	23:04
Thu 29 Jun	-	05:10	11:32	-	-

Source: LINZ.

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

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



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