

# the **Westerly**

FREE monthly community magazine for Massey to Hobsonville Point

**PROPERTY MARKET REPORT**

**DAFFODIL DAY COLLECTORS NEEDED**

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

**RARE PLANT AT HOBSONVILLE POINT**

Circulation is 16,000 print copies.

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

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

June 2018

# Intro

Recent power outages left parts of West Auckland without electricity and internet for well over a week. One mother of three young boys posted her reflections on how much she had become used to being constantly in touch with everyone and everything. Without the in-ternet, she felt closer and more engaged with her family. The average adult often spends four hours a day keeping in touch with the internet and social media, with a couple more hours in the case of teenagers. There is no doubt that the technology is amazing. It was the stuff of science fiction writers 50 years ago, and now it is a reality. It might feel 'great' to be the first to know about something, and be the first to comment, but the downside risk is a lot of time wasted in the hope or expectation of it actually mattering. Unfortunately this time isn't banked somewhere that you can ask for it back later. Remember the first travellers from Europe, who would wait months to receive and send mail? Clearly we have come a long way since then. But we also have to filter out knowing about real trivia, and not the sort we can use later in a quiz programme.

How good is it to have more Facebook friends than the next person? Are they the sort of friends who will help you out when you have a problem? Well possibly, but I wouldn't rely on it. There are posts which are really interesting and individuals whose opinion you value, but sadly there are also many links round the screen which seem tempting, but after you have read them you are older but no wiser.

It becomes a bit of an addiction. Access to it is so easy, it's always there! There is always something new. It's never boring. But just possibly a power outage could be a blessing in disguise if it gives you time to consider what is actually important in your life.

Look around. See what is available in your community. There is plenty of information in the Westerly. Activities - swimming, aikido, golf, even dancing! What about taking the kids to a local science museum? Have you tried the jam Jacinda Arden gave to the Queen? Do you know what a rehabilitation therapist does? Geoff's article will tell you. Graham's Market Report gives a lowdown on local housing. As usual you can read about food ideas, care for cats and dogs, and the ways your body can get into trouble and the fix-es.

Enjoy your Westerly and have a good month.

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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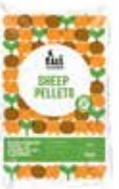
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# Community notices

## Dive on in to swimming lessons at Hilton Brown Swimming

We are open for lessons and loving getting to meet all our lovely customers and their children from the Hobsonville area and further afield. We offer a free trial lesson for all new customers so please



give us a call on 09 666 0240 to book in now, or you can book online via our website at [www.hiltonbrownswimming.co.nz](http://www.hiltonbrownswimming.co.nz). Hilton Brown Swimming staff are all highly trained and cater for all ages of swimmers, from babies through to adults. Every instructor has gone through comprehensive training to teach correct technique while ensuring children progress and have fun. Our unique teaching methods are the result of years of experience – we know what works. Our aim is for your children to become safer and more confident in and around the water – giving them swimming lessons for life. This stunning new learn to swim facility is located at 5 Rawiri Place, Hobsonville.

## Tyres, tyres, tyres – Bridgestone Tyre Centre, Westgate

Do you use old tyres in your garden – they can get a bit heavy and earth clogged so we remove the sidewall which makes them easier to move around. We supply some local community gardens who use them around the trees in the Community



Orchard for protection. If you think they would be useful in your garden, please call in, we will be happy to help you out. Winter time means slippery roads....roads that have been dry get very greasy when the rain starts and this affects braking distances. This is a good time to get the tyres checked and sometimes a tyre rotation will help elongate the life of the tyres. Call to see us at 1 Cellar Court Westgate (behind McDonalds), phone 09 833 8555 or email [firestonewestgate@xtra.co.nz](mailto:firestonewestgate@xtra.co.nz), we will perform a free tyre pressure check, free tread depth check

and we are happy to check your spare tyre at the same time. We are your local family owned independent tyre store and we have been part of this Community for over 20 years.

## When 'close enough' isn't good enough

The Touch Up Guys have invested in state of the art equipment which allows them to perfectly match any colour when repairing your vehicle. A Spectrophotometer – or Spectro for short – takes a digital image of the



paint on a surface, and with the software we have in our vans we can get a perfect colour match so you can rest assured no one will ever know that you needed a touch up in the first place. Our vans are like a mobile paint shop, we have everything needed to repair bumpers, scratches, stone chips or perform a cut and polish to the highest standard right at your doorstep. Get the convenience without sacrificing the quality.

The Touch Up Guys is a family owned and operated business that started in Australia and has been in New Zealand since 1993. Your local Touch Up Guy, Tom, lives in Waimauku and has owned the West Auckland franchise since 2016 after 10 years as a panelbeater. Call for a free quote on 021406618 or email [tom.williamson@touchupguys.co.nz](mailto:tom.williamson@touchupguys.co.nz).

## Massey Birdwood Settlers Hall

Aikido is practiced in the Massey Birdwood Settlers Hall on Monday nights from 6.30pm. The group is run by Craig Andrew and is affiliated to Japan who grant the gradings for black belts. Aikido is an art that follows a principle of peaceful resolution opposed to a violent outcome. Aikido is not sport based but training for everyday life. Aikido is an effective system to control aggression and is used by the Japanese riot police, law



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enforcement agencies around the world and many people around the world that use Aikido to benefit their lives. Craig Andrew, a Massey resident has been studying Aikido since 1990 and is the Chief Instructor for New Zealand with a club on the North Shore and Wellington. Craig holds the rank of 7th degree instructor and runs the classes. Craig is also on the executive of the Association. To find out more about Aikido, contact Craig by emailing [craig.andrew13@yahoo.co.nz](mailto:craig.andrew13@yahoo.co.nz) or visit the website [www.tenshinaikido.wordpress.com](http://www.tenshinaikido.wordpress.com).

## Daffodil Day collectors needed

Become a Daffodil Day street collector in Westgate, Massey, West Harbour, Hobsonville or Hobsonville Point - If you can spare some time on Friday 31 August 2018, please sign up to volunteer. It'll only take 2 hours, and you can choose a time and place that suits you. [www.auckland-northland.cancernz.org.nz/how-to-get-involved/volunteer/volunteer-for-an-event/daffodil-day-street-collector](http://www.auckland-northland.cancernz.org.nz/how-to-get-involved/volunteer/volunteer-for-an-event/daffodil-day-street-collector).

## Rare plant at Hobsonville Point

Auckland Council's Biodiversity team has acknowledged that the Coastal Kanuka growing at Hobsonville Point is a very important rare plant around the Auckland harbours. The plant is in the "at risk and declining" threat category due to habitat modification and loss, from the large amount of urban development affecting the Auckland coast. It differs from the usual kanuka with very narrow, fine looking leaves which are covered in long twisted, silky grey hairs and larger flowers. It is being propagated at the plant nursery off Bomb Point Drive. The Kaipatiki Project Environment Centre has been closely involved in developing the plant nursery for the past 7 years at Hobsonville Point and a group of dedicated volunteers has grown around 10,000 native plants a year at the nursery. These plants have been used to restore and enhance some of the coastal walkways and bush fragments around Hobsonville Point. If you are interested, please email Derek at [restoration@kaipatiki.org.nz](mailto:restoration@kaipatiki.org.nz) or call 09 482 1172 or just come along and join our volunteer community. You don't have to live at Hobsonville Point. Photo credit John Braggins.



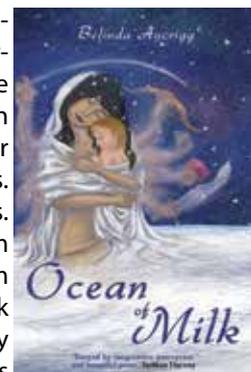
## Ivy cottage parties

Is your little one's birthday party coming up soon? Are you wondering what to do to keep the kids entertained? We'd LOVE to

come to your party. Let us weave a wondrous spell of happiness & joy to make your child's party an unforgettable experience ~ your child will be made to feel so special and have a party that they will always remember. We'll keep the kids absolutely captivated with our magical games, flying lessons, treasure hunts, magic bubbles, enchanting stories, wishing dust and fun craft activities. Phone or text us on 022 312 5116 / Email: [fairies@ivy-cottage.co.nz](mailto:fairies@ivy-cottage.co.nz).

## Massey Library is having a book launch for a local author

Who? Belinda Aycrigg, who studied social anthropology at Cambridge University UK, and did a Masters of Creative Writing at AUT. She lives locally with her husband, across the road from her daughter, son in law and two grandsons. And she is trying to find out who she is. Questions like "Who am I?" And "Why am I here?" questions most of us ask from time to time. The book - Ocean of Milk - which was written in Massey Library and features Massey Library in it. What's it about? Waking up in hospital, all memory erased like a computer restored to factory settings, Amalia enters a bizarre world where nothing is normal, everything is experienced as if for the first time. The doctors' assurance that Amalia's memories will return over time provides scant comfort as she not only starts remembering things which have never happened, but also acquiring a repertoire of rather curious abilities... Could her father be right when he declares his daughter has had a personality transplant? When? Tuesday 19th June from 6 - 7 pm. Where? Massey Library Don Buck Road & Westgate Drive, Massey. 09 832 5389.



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

A psychic reading from an experienced psychic medium such as Kerry-Marie can really make a positive difference in your life and bring you comfort. Kerry-Marie has worked a psychic medium for over 20 years and she works locally in Hobsonville doing private consultations, healing and teaching her spiritual work. She is, accredited through the UK has been featured on TV, radio and magazines. Book a reading through [www.spiritualdecisions.co.nz/bookings-payment](http://www.spiritualdecisions.co.nz/bookings-payment).

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# Safer communities

## Waitakere Volunteer Fire Brigade

Five members of the Waitakere Fire Station along with approximately 700 fire fighters completed the Auckland Sky Tower stair climb on 19th May 2018. The aim is to raise money for the Leukaemia and Blood Cancer charity. Last year they raised \$1.2 million dollars. This is not a walk in the park and is fact a gruelling challenge to climb the 1,103 stairs while wearing full structure firefighting gear that weighs 25kg. This is a great event cause that challenges fire fighters fitness as well as raising money. 21,000 Kiwis live with blood cancer with six people diagnosed every day. Thank you to all of the residents who came down to the Waitakere Station open day in April. The team enjoyed showing you around the station including the new fire truck. The team are usually on site Sunday mornings around 9am so if you are passing call in and say hi. Denis Cooper - Station Officer, Waitakere Volunteer Fire Brigade.



## Message from Massey Police

Police have noticed a recent increase in complaints of bullying, threats, and harassment through the internet. In 2015 the Harmful Digital Communications Act was introduced. It aims to deter, prevent and lessen harmful digital communications. This includes cyber bullying and harassment posted online through emails, text, websites, applications or social media. Harmful digital communication and cyber bullying also includes: sending or publishing threatening or offensive material, spreading damaging rumours, sending or publishing sensitive personal information such as embarrassing photos and videos. Digital communication is any form of electronic message such as text, Facebook and Facebook messenger, photos, recordings etc. Determining whether something is Harmful Digital communication or not can be difficult but a key factor is determining whether the communication was designed to cause serious emotional stress. If you are experiencing anything like this or if you think you might be but are unsure if it fits the criteria, and

you would like some more information, I would encourage you in the first instance to either make a report to Netsafe, or visit their website at [www.netsafe.org.nz](http://www.netsafe.org.nz). Netsafe offers good advice about online security and how to prevent bullying, abuse, and scams. They also offer some great advice for parents on how to keep your children safe online, including up to date tips for parents and how to create a safety plan. Netsafe will then refer you on to the correct channels including the Police if they believe a Criminal Offence has been committed.

## Ask the Citizens Advice Bureau

Shane recently started his first job and thinks he's being paid less than what was agreed to – but there wasn't anything in writing. Mira's landlord just put up her rent, and it's only been five months since the last rent rise. Morgan's neighbour likes holding loud parties on week nights. Vinod and Geeta recently migrated to New Zealand and want to find schools for their children. These are the sorts of issues people bring every day to the Citizens Advice at Massey Westgate. We sit down with them and help them work through what their options are. We have volunteers who undergo intensive training, as well as regular on-going learning sessions – so they are up-to-date with legislation and policy changes. Last year we helped with around 10,000 enquiries. We have access to an enormous wealth of information online, which complements our volunteers' knowledge and skills. From our website [www.cab.org.nz](http://www.cab.org.nz) you can find services and information on all manner of topics, from your employment rights to how to deal with a dispute. If you can't find what you're looking for on our website, or you still have questions after reading the information, you just can't beat talking to someone about it. That's what we are here for. And language shouldn't be a barrier, as we have a specialist language service, CAB Language Connect, which helps people via phone and email in 16 different languages. So if you aren't confident in English there's a good chance we'll be able to help you in your own language. Anyone can contact the CAB to find out about anything. Our service is free and open to all. You can just pop into the CAB Massey in the library building on the corner of Don Buck Rd and Westgate Dr or call 09 833 5775 and we can help you work through your options. If you think helping people with these sorts of situations would be rewarding for you, contact Barbara at the CAB 09 833 5775.

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# People:places

## Hunting and Fishing report

We managed to grab some precious time with Peter Francis, the Owner and Director of Hunting and Fishing New Zealand Westgate and Northshore outlets and asked him some questions about the brand and the retail stores.

Tell us what makes the Hunting and Fishing brand so good?

The H&F Brand has been around for over 25 year in NZ and is the recognised industry leader in outdoor recreational equipment sales and service. Whether it be any type of hunting, or fishing, camping, tramping, diving, you know when you go into the stores they are going to have the gear to cover your need. It's become a household name, a trusted brand that has grown rapidly over the years to 38 independently owned stores throughout the country. The stores are owned by Kiwis who are passionate about the outdoors and staffed by people considered leaders in their fields. People you know you can trust to give sound advice and put you into the right gear.

People identify with the brand. Fishing in particular has the biggest participation numbers of any recreational activity in NZ. Because the H&F brand has serviced this recreational market for so long that most Kiwis identify with the brand.

What in-store experience can a buyer expect?

Our customers can expect to walk into a well presented store with a wide range of outdoors equipment and a friendly staff member to provide assistance. They can expect that a staff member will be available who would have a wealth of experience in any particular field they are interested in and that they will be able to prove expert advice and steer the customer towards product suitable for your level of experience and for what you are trying to achieve.

What do you want to achieve with the retail experience?

I want to grow a successful business and I believe we can achieve this if our customers to walk away with a smile, satisfied that they have purchased quality gear from good people who made them feel at home and who gave them the attention and a level of service that delights them. I want those people to spread the word personally so that friends and family have the confidence to come in as well, knowing they will have a good retail experience. If we can take care of these basics then I'm more than confident the business will grow successfully and we will become the recognised outdoors store of choice.

In your opinion why do locals engage with the outdoors?

Even though most of your readers live in an urban environment, there are very few Kiwis who are not closely connected one way or another with the outdoors. Whether or not we personally fish or hunt, go tramping, or camping over Christmas, it's very unlikely we won't know someone who does. There are very few degrees of separation between Kiwis and the outdoors. Perhaps it's because we all live so close to the ocean and that camping at our plentiful beautiful beaches is a large part of our culture. One way or another we seem to be drawn to the outdoors more so than in most other countries. Look at the tramping options in the Waitakere ranges on our doorstep, the choice of 2 coasts to fish – with or without a boat. Opportunities abound with the natural playground that surrounds us.

What makes staff so passionate about the brand?

All the staff employed at our stores are passionate about the outdoors in one form or another. Their jobs are centred around

teaching people and selling them the gear they themselves would use to participate in their hobbies. We encourage our staff to be 'out there doing it' as much as they possibly can. It's these hobbies that make our people tick and it's their passion that should be reflected when it comes to engaging customers in the store. For more information phone 09 869 3331 or go to [www.huntingandfishing.co.nz](http://www.huntingandfishing.co.nz).

## West Harbour Tide Chart

Date	High	Low	High	Low	High
Fri 1 Jun	-	02:52	09:14	15:10	21:40
Sat 2 Jun	-	03:33	09:54	15:49	22:20
Sun 3 Jun	-	04:15	10:34	16:27	23:00
Mon 4 Jun	-	04:58	11:14	17:08	23:42
Tue 5 Jun	-	05:43	11:56	17:51	-
Wed 6 Jun	00:26	06:30	12:40	18:39	-
Thu 7 Jun	01:13	07:18	13:28	19:31	-
Fri 8 Jun	02:02	08:09	14:20	20:28	-
Sat 9 Jun	02:532	09:01	15:17	21:25	-
Sun 10 Jun	03:45	09:54	16:15	22:21	-
Mon 11 Jun	04:39	10:48	17:13	23:15	-
Tue 12 Jun	05:32	11:41	18:08	-	-
Wed 13 Jun	-	00:07	06:27	12:33	19:01
Thu 14 Jun	-	00:59	07:22	13:25	19:53
Fri 15 Jun	-	01:52	08:16	14:17	20:45
Sat 16 Jun	-	02:45	09:10	15:08	21:37
Sun 17 Jun	-	03:39	10:04	16:00	22:30
Mon 18 Jun	-	04:35	10:58	16:53	23:24
Tue 19 Jun	-	05:31	11:53	17:48	-
Wed 20 Jun	00:19	06:28	12:49	18:45	-
Thu 21 Jun	01:16	07:26	13:46	19:46	-
Fri 22 Jun	02:12	08:23	14:45	20:47	-
Sat 23 Jun	03:08	09:20	15:45	21:46	-
Sun 24 Jun	04:03	10:16	16:42	22:41	-
Mon 25 Jun	04:56	11:08	17:36	23:32	-
Tue 26 Jun	05:48	11:57	18:26	-	-
Wed 27 Jun	-	00:19	06:36	12:43	19:11
Thu 28 Jun	-	01:03	07:23	13:26	19:54
Fri 29 Jun	-	01:46	08:07	14:06	20:35
Sat 30 Jun	-	02:27	08:48	-	-

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.



# InBrief updates:events

## Hobsonville Point Headquarters

Good news for Hobsonville Point people who've been longing for pleasant indoor spaces to hire for community meetings, events and activities. The old art deco RNZAF Headquarters at the end of Buckley Avenue is almost ready for action. Refurbished and repainted, it's having finishing touches completed before the doors open this month. To be known as The Hobsonville Point Headquarters, it'll be open from mid-June, after that, for the following few weeks, locals are welcome to just wander in and take a look. Auckland Council staff from their ACE team (Arts, Community, and Events) will be there to talk to about how you'd like to see its various spaces used. What sort of classes/events/activities/functions would you like to see in the evenings as well as daytime? If you have skills you'd like to share, what sort of classes or gatherings would you like to run? Megan Smith, The Headquarters' Place Manager, says the Auckland Council wants the building's uses to be broad reach in terms of ages, stages and interests and is seeking a 'community-empowered approach'. This means those of us who live here get to say how we want it to develop. Only after this initial consultation time will a programme of activities be drawn up. Auckland Council will do the ongoing management and handle bookings. Hiring fees will be released later but the idea is for them to be affordable. It all sounds great for those who've been hanging out for some community arts, culture and creativity indoors to add to the walking, running and cycling we enjoy outside.



## Matariki Festival 30 June to 22 July 2018

Light up your winter with an unforgettable dawn karakia, spine-tingling kapa haka, family kite-flying events, street dance and kai party, and much more at Matariki Festival 2018. Experience the spectacle of Auckland



coming alive with the sights, sounds and tastes of Matariki, the Māori New Year, at more than 100 events region-wide from 30 June to 22 July. Don't miss the chance to be a part of Auckland's premier winter festival: join us celebrating our Māori heritage. Matariki Festival is proudly hosted by Auckland Council in partnership with iwi manaaki (host iwi), Te Kawerau a Maki. Go to [matarikifestival.org.nz](http://matarikifestival.org.nz) or follow @MatarikiFestival on Facebook for programme announcements. Image credit: Poi 360 and Pātea Māori Club performing at Te Korakora on Federal, Matariki Festival 2016. Photography by Serena Stevenson, courtesy of Auckland Council.

## House of Travel Hobsonville

I just wanted to start this month's article with a huge thank you for all the support our branch has received from everyone since opening. It's been clear to us that Hobsonville and the North-West love booking with a locally owned and operated New Zealand travel agency. This support was confirmed when Air New Zealand informed us we had the best launch month they had seen of any travel agency over the last 5 years. The North-West sure is full of travellers planning amazing journeys. We have been fortunate to book some fantastic and inspiring trips. So far these have included some super excited young couples on their first big European adventure, a multi-generational holiday to Hong Kong Disneyland, and local school cultural trips to Fiji. We have arranged expedition small ship cruises to Antarctica, Alaska, Galapagos and the Amazon and multiple ocean





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**Mobile: 021 2253907 Ph: 09 4118454**  
[muriwai.manager@golf.co.nz](mailto:muriwai.manager@golf.co.nz) [www.muriwaigolfclub.co.nz](http://www.muriwaigolfclub.co.nz)  
P O Box 45 Waimauku 0842, Auckland, New Zealand

cruises to all corners of the globe. We were also excited to set up exotic, tailor-made Asian itineraries, packages to the Japan Rugby World Cup, European tours and river cruises. We enjoyed organising family holidays to many sunny and sandy destinations and a tiger safari in India. The list goes on and on. Wow, what a dynamic and exciting place we live and work in. Due to our huge enquiry levels I am thrilled to be able to announce that our team is expanding, with the new addition of Beverley Mitchell, another wonderful, experienced travel consultant. Bev has worked in Australia and New Zealand as a consultant and wholesale cruise specialist both ocean and river. With Bev our experience extends to a combined 55 years in the travel industry. If you would like to talk to Bev or any of us about your upcoming plans please don't hesitate in contacting us. Mention this article and get \$60 off your next holiday travel over the value of \$1500. House of Travel Hobsonville 09 416 0700 hobsonville@hotmail.co.nz Corner of Hobsonville Point Road and De Havilland Road.

## Summerset at Monterey Park

We are pleased to announce the opening of our 52-bed Care Centre at Summerset at Monterey Park. The Care Centre is on the 2nd floor with spectacular views across the harbour and Auckland city. It is accredited for rest home and hospital level care. We also have respite care available. Terry Jacobs, our Care Centre Manager has over 17 years of elder care and runs a quality team of Nurses and Resident Support staff. "We pride ourselves on being modern and accessible while providing exceptional care for you or your family member," says Terry. Family members can rest assured that their loved ones are well taken care of: "I would like to thank the staff for the professional care and assistance given to my mum. It reinforces that we made the right choice of Summerset for mum". A Dunnett. "I am very thankful and happy that my husband is able to be here for respite care." L Turner. "I am very happy that mum is staying here. She is loving being spoilt and well looked after." S Parkinson. If you or someone in your family would like to understand more about the care options Summerset at Monterey Park provides, please phone Terry Jacobs, Care Centre Manager on Phone 09 951 8930 Or Carol Andrews, Village Manager on 09 951 8921.



## Anna Jeffs Private Investigator

Anna Jeffs is the Director of Fox Private Investigators Ltd. Fox Private Investigators Ltd is a highly professional and experi-

enced team including ex NZ and UK Police and legal personnel, both with over 20 years of experience and ex-army personnel. We offer expert investigation services including surveillance, infidelity investigations, criminal legal support, family and civil litigation support, locating missing persons and birth parents, document process serving, GPS vehicle tracking, computer and mobile phone forensics and bug sweeping. Please call Anna for confidential advice 021 036 8417 or visit [www.foxprivateinvestigators.co.nz](http://www.foxprivateinvestigators.co.nz). Licensed by The Ministry of Justice: 13-008198.

## Treasured treasures

Do you see these shells on the beach? Did you know they are actually not shells? They are buoyancy chambers found in squid. Called Spirula spirula or Ram's Horn Shells, I am a sucker for them and my kids know it! Any time we are at the beach they instantly search for them to give to me, knowing how much I love them. So I decided to turn one into solid Sterling Silver. That way I can wear this pendant and be reminded of so many things. The beach, my happy place. Days at the beach with my kids. My kids joy when they find one of these 'shells' and not to mention just how adorable that swirl is. Do you have a favourite shell, beach find or other item that you would like to wear to be reminded of special days, moments or memories? I'd love to help turn them into something to treasure forever. Email me at [jo@preciousimprint.co.nz](mailto:jo@preciousimprint.co.nz) to discuss the possibilities today.



## Cruising the Italian Riviera

Seabourn cruises are classed as a 6 star cruise line and you may ask what makes a cruise line 6 star? Service, service, service. And is it worth the price difference? You bet! Seabourn actually doesn't cost a lot more if you compare the price with another 5



star line in a suite, and sometimes will work out cheaper. The Seabourn Quest, which I have just experienced, has only 450 guests onboard and 350 staff so that is what you pay for. We arrived in Rome very early in the morning and rather than hanging around in Rome we headed straight down to Civitavecchia

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Port arriving just as most of the passengers were disembarking. We were noticed waiting and the guest services director got us onboard and in our cabin before most people arrived to embark – amazing! They even knew our names before I gave them. Most of the service staff seemed to know our names and our drinks at the bar we liked. While we were sitting around the pool (no queuing for loungers either) cocktails and ice cold towels were brought around to us continually. Drinks are all inclusive onboard Seabourn as are gratuities which I love and the food was exceptional. We cruised the Italian Riviera and in some small ports we were the only ship in, that is the benefit of small ship cruising. We are having an information evening on small ship cruising covering Seabourn and Oceania on Wednesday 23rd May at 6pm and all are welcome to attend. Please rsvp for venue details if you would like to attend or if you would like more information on small ship cruising please phone 09 416 1799 or email [hobsonville@helloworld.co.nz](mailto:hobsonville@helloworld.co.nz).

## The changing face of a science museum in your local community

Not all museums are facilities where displays are inaccessible. Children's Science Museums should be places where communities gather to share information about themselves, their environment and the objects in their lives. A new updated and different concept for young children's science experiences has been developed in Henderson.



My Science Playroom contribute to the development of a social interactive, curious community who want their children to engage in various explorative science, technology, engineering, arts and maths (STEAM) activities. Children especially like



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to spend time doing chemical (kitchen science) experiments. Adults and their children are naturally curious and the engagement of all their senses in playful interactive explorations and discoveries give them satisfaction in knowing how certain activities work. When visitors explore, and play with different resources, their actions often give them joy. Their laughter is infectious, causing others to want to join in too. Joyful repetition become the motivation to learning various skills. This style of playful learning suits most babies, toddlers and young children. We offer a great facility for work functions, school trips, child care, home school, nannies, birthday parties and individual parents with young children to play with science. Check us out on [www.scienceplayroom.co.nz](http://www.scienceplayroom.co.nz) or FB @scienceplayroom. We are at 406 Great North Road Henderson Phone 09 838 2273.

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## SeniorNet West Auckland

Thank you to those who came to our Meet and Greet day in May. It was lovely to meet up with everyone. SeniorNet is a community training network that supports and motivates people aged 50+ to enjoy and use technology in their everyday lives. We are going to have two Help Days every month 10am to Midday, on the 2nd and 4th Tuesday's starting this month. The idea is that people can call in, no appointment necessary; if you have any problems and we will endeavour to help for a gold coin donation of \$2. You must be a member of SeniorNet West Auckland to receive help, however non-members may join on the day. Windows Apple and Android operating systems covered. This is also a good time for members of the public to call in and enquire about us. For those with Apple Mac Computers please contact Janet on 021 993 341 who will be able to help you with information on classes. For classes on other devices

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ring Pam on 09-827-2156 and leave a message. We are now in our new Learning Centre, upstairs in the Henderson RSA, 66- 70, Railside Avenue Henderson. Railway and bus stops just outside. Our next monthly meeting will be on the 19th of June 2018, at 10am at the Kelston Community Centre, Cnr Awaroa Road, Kelston. Guest speaker followed by morning tea. Entry is by \$2 raffle ticket which could also win you one of three prizes. Friends are welcome.

## Kip McGrath Education Centres: A reputation for excellence

Kip McGrath Education Centres have been improving and extending the learning outcomes of NZ school children for over 40 years and is now a global institution with over 40, 000 students in 20 countries. New Zealand centres, however, tailor their lessons to the NZ Curriculum Framework to ensure consistency with school programmes. This reputation lies not only in the professionalism and compassion of the teachers that tutor at our centres, but also the quality, curriculum-based learning programmes we create to meet each child's specific needs. At Kip McGrath you will see your child... enjoy learning, develop confidence in his/her natural ability, make real progress and achieve better results at school, finally 'get it' and smile. NZ relevant assessments and teaching methods - To ensure your



child gets the right help with learning, we will assess him or her against the National Curriculum and use teaching resources and activities best suited to your child's learning style. A positive learning environment - Your child will also love the friendly, kind, positive reinforcement of our carefully selected teachers whose goals are to see every child get results, love learning and grow in confidence. Testimonial: "We cannot thank you enough for all the time and effort you have put into our son. He is now a confident young man and knows he can put his mind to anything - and succeed. His latest school report is the best he's ever had." Call today for a free assessment. 09 831 0272. www.kipmcgrath.co.nz/NZ/Westgate.

## Waitakere Grey Power

Waitakere Grey Power would like to invite all members and potential members to our Annual General Meeting to be held from 12.30pm to 2.30pm on Thursday 14 June 2018 at the Te Atatu South Community Centre, 247 Edmonton Rd Te Atatu South. Our Guest Speaker is Dr Rod Perkins of Dementia Auckland. We would like to see as many members as possible at our Annual General Meeting especially because Dementia is afflicting more people annually throughout the country. Come and hear about research into dementia and how to cope and manage family members who have been diagnosed with dementia. We are pleased to have Dr Perkins come to talk to us about the various types of dementia. If you require transport to the meeting please phone our Office at 09 838 5207 at least two days prior to our AGM. Mate Marinovich President Waitakere Grey Power Association Office 247 Edmonton Rd Te Atatu South.



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# area property stats theWesterly

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

Suburb	CV	Land Area	Floor Area	Sale Price
<b>Hobsonville</b>				
	1,050,000	201M2	176M2	1,018,000
	985,000	225M2	180M2	970,000
	1,270,000	269M2	257M2	1,680,000
	930,000	150M2	160M2	931,100
	950,000	183M2	182M2	990,000
	1,075,000	423M2	108M2	1,109,000
	1,075,000	176M2	222M2	1,148,000
	970,000	153M2	179M2	975,000
	800,000	158M2	143M2	860,000
	1,560,000	450M2	304M2	1,460,000
	700,000	130M2	72m2	688,000
	1,200,000	440M2	195M2	1,073,000
	930,000	179M2	169M2	1,035,000
	760,000	129M2	84M2	797,000
<b>Massey</b>				
	640,000	641M2	80M2	680,000
	660,000	613M2	100M2	666,000
	580,000	410M2	100M2	630,000
	830,000	451M2	149M2	863,000
	700,000	974M2	110M2	735,000
	570,000	602M2	80M2	591,000
	740,000	603M2	120M2	790,000
	530,000	445M2	140M2	560,000
	550,000	610M2	90M2	605,000
	570,000	701M2	90M2	640,000
	580,000	302M2	149M2	649,000
	535,000	1247M2	160M2	790,000
	760,000	352M2	184M2	790,000
	610,000	509M2	100M2	646,000
	570,000	480M2	80M2	625,000
	860,000	1013M2	200M2	878,000
	750,000	503M2	90M2	750,000
	700,000	1019M2	110M2	811,500
	690,000	666M2	90M2	710,000
	670,000	809M2	180M2	765,000
	495,000	809M2	80M2	565,000
<b>West Harbour</b>				
	880,000	835M2	90M2	670,000
	1,180,000	754M2	224M2	1,100,000
	1,010,000	450M2	220M2	1,054,000
	1,030,000	686M2	220M2	1,010,000
	1,075,000	874M2	160M2	1,278,000
	1,030,000	601M2	240M2	1,300,000
	1,650,000	1236M2	350M2	1,666,000
	870,000	707m2	100M2	690,000
	840,000	885M2	90M2	935,000
<b>Waitakere</b>				
	800,000	1401M2	155M2	720,000
<b>Whenuapai</b>				
	1,100,000	314M2	243M2	1,053,000
	1,075,000	330M2	216M2	1,033,888
	1,125,000	303M2	245M2	1,070,000
	865,000	1012M2	190M2	937,000
	1,500,000	803M2	230M2	1,800,000
	1,200,000	341M2	260M2	1,078,000
	1,065,000	763M2	220M2	1,060,000

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

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# Propertynews:advice

## Market report

Steady interest rates, steady supply and fewer than normal buyers makes for a great buying platform if you're seeking to put money into real estate. As winter looms and supply reduces it may be the best time to put your gumboots on and buy a home or investment. These periods of pause and re-adjustment historically are short lived and looking to overseas examples in Sydney or Vancouver seem to start self-pressurising and demand comes back with a flurry. Likewise I might just be the eternal optimistic. We will all know in twelve months. Let's have a look at the sales:

Hobsonville \$688,000 to \$1,460,000.

Massey \$565,000 to \$1,250,000.

Royal Heights \$785,000 to \$791,000.

West Harbour \$670,000 to \$1,666,000.

Waitakere \$720,000 to \$1,625,000.

Whenuapai Residential \$937,000 to \$1,800,000.

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

Credit cards are convenient, but they can damage your home loan application. We crunch some numbers that might just surprise you. Did



you know that just having a credit card – even if you do not have a balance – can dash your chances of getting the home of your dreams? That is because lenders will typically calculate your borrowing power based on the assumption that your credit card limit is fully used. To help you understand how big an impact a credit card can have on borrowing power, we crunched some numbers for you. For a couple with a joint income of

\$130,000, we put in an application through ten different lenders on our panel and then increased the credit card limit in \$5,000 increments. The impacts on borrowing power were: So what options do you have? Always think twice before using the plastic. Anyone applying for a home loan can help themselves by either getting rid of certain credit cards or reducing the available limit.

If you want to know more about how your credit card affects your chances of getting a home loan, speak to Ivan Urlich today. He can help you put your best foot forward when applying for a home loan, find a solution to help pay off loans sooner and show you different debt consolidation options too.

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

## Winter maintenance and repair tips

With winter fast approaching it is important to take the time to ensure your roof and associated components are in good condition to withstand the many different weather scenarios, heavy



rain, and strong winds. Any roof leaks or other problems you experience with your roof during winter can be doubly difficult to deal with, since cold temperatures make repairing roof issues even more complex. With that in mind, here are a few tips to follow to ensure you enjoy a leak-free winter.

Keep your roof clean – Debris is one of the leading causes of roof damage and leaks. Ensure that it is free of dead leaves, wayward branches, rubbish and other waste.

Trim overhanging tree branches – If you have trees with branches that hang over your roof, have the branches trimmed. This will greatly reduce the amount of organic debris that ends up on your roof in the first place, making the need for roofing repairs less likely. It also helps lower the possibility of branches falling on or scraping the house in snow or heavy winds.

Clean your gutters – Clean and check your gutters as per the section below.

Upgrade your insulation – Good insulation can prevent some roof leaks.

Look for interior signs of leaks – Roof leaks will often reveal themselves as stains on your ceiling or as stains and wet areas

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in your attic. However, not all roofing problems are obvious and the absence of drafts or leaks doesn't necessarily mean your roof is structurally sound.

Inspect the condition of your shingles & flashings – Look for curled, cracked, loose or missing shingles from the ground. (Use binoculars if you need to) Over time, exposure to the elements, as well as storm related debris can damage your roof deck compromising the integrity of your roof shingles. If possible, check flashings and other penetrations, including around chimneys and exhaust vents. Be sure these areas are properly sealed against the weather. If in doubt, have a roof inspection done to ensure it will protect you during heavy rain, hail and strong winds. Precision Roofing and Spouting - phone 0800 002 222, email [info@precisionroofing.co.nz](mailto:info@precisionroofing.co.nz) or visit [www.precisionroofing.co.nz](http://www.precisionroofing.co.nz).

## Kemp Barristers & Solicitors welcomes Dail Jones

Despite numerous stints in Parliament and a vibrant political career, it's fair to say Dail Jones' first love was the law. He's worked in the legal profession 'in one form or another' since 1960, and says "there's always another facet to see." Dail has called Kumeu home to his legal practice since 1975, and expresses great fondness for the land and the locals. In his new role at Kemp Solicitors, Dail quips that being paid to work for and with people he likes feels "very good indeed". On a meaningful note, Dail points out "all facets of life are covered in the practice of law". Though his legal knowledge is formidable, his rich experience with people throughout life's ages and stages makes Dail truly exceptional in his work. It's all part of what makes him a great fit with the caring, compassionate team of legal professionals at Kemp Barristers & Solicitors. Dail can be contacted at Kemp Barristers & Solicitors on 09 412 6000 or [dail@kempssolicitors.co.nz](mailto:dail@kempssolicitors.co.nz).

## Changes to the bright-line property test

If you are planning to buy or sell residential property, you need to be aware of the recent extension to the bright-line property rule. From 29th March 2018 onwards, anyone who buys a residential property and then sells that property within five years of purchasing it must pay income tax on any gains, unless it is their main home or another exception to the rule applies. For anyone who purchased a house between 1 October 2015 and 28 March 2018, the original 2 year bright-line test still applies. If you sell a property outside of whichever bright-line period is relevant for you, the bright-line rule won't apply but the intention test may still apply. We recommend seeking expert advice on your

particular situation before buying or selling residential property that is not your main home. For advice on all accounting and taxation issues, contact your local specialist Mark Foster and the friendly UHY Haines Norton team at 329A Main Road, Kumeu, on 09 412 9853 or email [kumeu@uhyhn.co.nz](mailto:kumeu@uhyhn.co.nz).

## What should you know about pre-purchase soil sampling?

Collection and analysis of soil samples from a property prior to purchase is becoming routine but how reliable are these pre-purchase assessments? A common misconception is that a reasonable assessment regarding the contamination status of a property can be done with just a couple of samples. In reality, the appropriate number of samples needed is dependent upon the size of the property and the past activities that have occurred. Collecting fewer samples costs less but if the number of samples is too small the risk that existing land contamination will not be identified increases. A quote that proposes one or two samples to assess a property for contamination before purchase should be scrutinised to make sure that the property is being adequately investigated. Also, care should be taken to make sure that samples are analysed for the appropriate potential contaminants. When it comes to pre-purchase soil sampling, you really do get what you pay for. Make sure you talk to Thomas Consultants to make sure you get the best advice. Call Greg on 09 836 1804.



## The benefits of conducting a pre-settlement inspection

By Fiona Taylor, Smith and Partners Lawyers. You are entitled to do a final inspection of the property before the settlement date. It is best that this is done as close to the settlement date as possible. In this inspection, you should look to see if there has been any damage to the property that wasn't there when you first viewed it and check that the chattels in the agreement are in the same condition as when you entered the agreement. If you do find new damage to the property, you should tell your lawyer before the settlement date so they can contact the vendor and request for them to repair, replace it, or reduce the purchase price accordingly. A pre-settlement inspection is particularly important if the property is tenanted.



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**Lyndsay Kerr**  
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**Graham McIntyre**  
 027 632 0421

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[www.mikepero.com/RX1360146](http://www.mikepero.com/RX1360146)

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



EASY CARE, FLAT SECTION, STAND-ALONE, WELL PRESENTED IN OREWA



By Negotiation

### 12 Crampton Court, Orewa

A short stroll to shops, parks, recreational hobbies, this three bedroom, two bathroom home delivers plenty of comfort to a mature buyer looking for an easy, comfortable life. Generous sunshine and a plush shrub boundary provides the best of natural heating and privacy. Open plan kitchen, dining, entertaining and lounge, the home opens to North facing wrap around decking with step down to easy care lawn areas. Upgraded kitchen and bathrooms with the convenience of a heat pump for heating or cooling. Three generous bedrooms, bathroom and ensuite and internal access to a well presented and carpeted garage, ideal for storage, hobbies, projects or just parking the car. Parking on the drive for motorhome or boat, this home enjoys the best of cul-de-sac living.



**Graham McIntyre**  
027 632 0421

graham.mcintyre@mikepero.com

[www.mikepero.com/RX1469681](http://www.mikepero.com/RX1469681)



BRICK AND TILE ON 2403SQM - ELEVATED VIEWS



By Negotiation

### 14 McEntee Road, Waitakere By Negotiation

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



**Graham McIntyre**  
027 632 0421

graham.mcintyre@mikepero.com

[www.mikepero.com/RX1425082](http://www.mikepero.com/RX1425082)



## BRICK AND TILE ON ¼ ACRE - KUMEU

3 1 1

Offers Over \$839,000

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

Picturesque brick bungalow boasting three rooms, bathroom, open plan kitchen, lounge, dining with decking to the front and back delivering excellent indoor-outdoor flow. A stand-alone single garage and workshop for storage or man-caving. 1019sqm section, fully fenced and peppered with fruit trees and a chicken run for the good-life. A stone throw from Huapai Primary School and bus stop and a short walk to convenience shopping and park and sports field. Secure a real slice of kiwiana, the way it used to be. The CV on this property is \$830,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com).

[www.mikepero.com/RX1417919](http://www.mikepero.com/RX1417919)



**Graham McIntyre**  
027 632 0421

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



## FAMILY ON 4,295SQM IN WAIMAUKU

3 2 2

By Negotiation

### 21 Buttercup Place, Waimauku By Negotiation

Great possibilities for the family or extended family. This majestic Queenslander style character brick home stands in easy care grounds, down a private right of way in the heart of Waimauku village. 21 Buttercup Place features a wide formal entrance, an office, 3 double bedrooms (master with ensuite), a formal lounge plus a combined family room/dinning adjacent to the kitchen. This home has a versatile layout providing lots of options for the family and for a work from home scenario. Open plan living area, spacious and light with access to an extended wrap around verandah, allowing you to follow the sun, indoor/outdoor flow at its best. The land has been landscaped, leaving you the opportunity to sit back and enjoy your new home while the kids and or your pets enjoy the space.

[www.mikepero.com/RX1286702](http://www.mikepero.com/RX1286702)



**Graham McIntyre**  
027 632 0421

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



## HOBSONVILLE POINT - AFFORDABLE AND NEAR NEW

2 1

By Negotiation

### 22 Oioi Road, Hobsonville Point By Negotiation

First Home Buyers and Investors must view this pristine, two level townhouse. This two bedroom contemporary townhouse delivers all the very best of modern entertainer's space and flow. A fee simple freehold, no maintenance, north facing sun drenched backyard is turfed with Tiger Turf grass so great in wet and dry. The home offers entertainment space, customised kitchen including breakfast bar, dining and lounge on the ground floor with high ceilings and large storage cupboard under the stairs. Two generous bedrooms, huge master bedroom with sea views of the harbour, and bathroom upstairs with plentiful sunshine delivering warmth and ambience. The property has a dedicated off street car park as well as convenience parking outside the home.

[www.mikepero.com/RX1439102](http://www.mikepero.com/RX1439102)



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

**Cherry Kingsley-Smith**  
021 888 624  
cherry@mikepero.com



## ELEGANT, COMFORTABLE, MODERN LIVING IN HOBSONVILLE POINT

3 2 2

By Negotiation

### 33 Rangihina Road, Hobsonville Point By Negotiation

Built by Jalcon in 2017 finished to a high standard this near new stylish well-constructed home certainly captures your attention both inside and out. As such, enter with the understanding that you will not only be impressed, you will want to talk with your mortgage broker immediately. Downstairs is open plan living and entertaining with generous open spaces integrating lounge, dining and kitchen. The lounge opens to the north, linking to an attractive sheltered easy care garden with oodles of sunshine. With close proximity to the double garage, it is an easy transition for shopping and transiting. Upstairs is all about restful private spaces, reading nook, 3 double bedrooms, main bathroom and ensuite along with pleasant views and generous sunshine.

[www.mikepero.com/RX1462027](http://www.mikepero.com/RX1462027)



**Graham McIntyre**  
027 632 0421

graham.mcintyre@mikepero.com



**POTENTIAL, POSITION AND PERSONALITY - KUMEU**

2 1 1

**By Negotiation**

**46 Orah Road, Huapai**  
By Negotiation

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



**Graham McIntyre**  
027 632 0421

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

[www.mikepero.com/RX1470382](http://www.mikepero.com/RX1470382)

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



**SELLING, SELLING..... WAITAKERE TOWNSHIP**

2 2 1

**By Negotiation**

**57 Waitakere Road, Waitakere**  
By Negotiation

Elevated, split level and cost effective. 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 \$730,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com).



**Graham McIntyre**  
027 632 0421

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

[www.mikepero.com/RX1154898](http://www.mikepero.com/RX1154898)

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



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

By Negotiation

**77 Royal Road, Massey**  
By Negotiation

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

[www.mikepero.com/RX1399738](http://www.mikepero.com/RX1399738)



**Cherry Kingsley-Smith**  
021 888 824  
[cherry@mikepero.com](mailto:cherry@mikepero.com)



THE PERFECT LIFESTYLE PROPERTY

4 2 2

Asking Price \$1,298,000

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

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

[www.mikepero.com/RX1323109](http://www.mikepero.com/RX1323109)



**Lyndsay Kerr**  
027 554 4240  
[lyndsay.kerr@mikepero.com](mailto:lyndsay.kerr@mikepero.com)



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

4 1

**Offers Over \$729,000**

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

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

[www.mikepero.com/RX1369936](http://www.mikepero.com/RX1369936)



**Graham McIntyre**  
027 632 0421

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



**THE KIWI DREAM**

4 2 1

**Asking Price \$995,000**

**289 Motutara Road, Muriwai**  
Asking Price \$995,000

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

[www.mikepero.com/RX1332459](http://www.mikepero.com/RX1332459)



**Lyndsay Kerr**  
027 554 4240

[lyndsay.kerr@mikepero.com](mailto:lyndsay.kerr@mikepero.com)



**SUN FILLED AFFORDABLE APARTMENT LIVING WITH VIEWS!**



**By Negotiation**

**301A / 160 Hobsonville Point Road, Hobsonville**  
**By Negotiation**

Seldom available, this well presented two bedroom Brickworks apartment delivers a convenient home or rental property for the discerning property buyer. North facing with extensive windows and alfresco deck with lovely views across the park through to the Inner Harbour, this property has plenty to celebrate. Whether you want lock-and-leave or the simplicity that this property can give you, the decoration is peaceful, loads of sunshine, two secure car-parks and access to your own storage unit and a bike room. Close to cafes, Hobsonville Point Farmers Market, Bomb Point reserve, coastal walks, parks, shops, ferry landing, great schools and transport links.



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

[www.mikepero.com/RX1431549](http://www.mikepero.com/RX1431549)



**EXTENSIVE PANORAMIC VIEWS - VENDOR SAYS SELL**

**Offers Over \$729,000**

**731A Ridge Road, Riverhead**  
**Offers Over \$729,000**

Elevated mixed pasture and bush in an upmarket and established development. One of the last sections available. Options here to capture the view, create a little paradise and enjoy. 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. The CV on this property is \$810,000. 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/RX1055369](http://www.mikepero.com/RX1055369)



## AFFORDABLE SECTION - CLEARED BUILDING SITE - NO COVENANTS

By Negotiation

### 747 Scenic Drive, Henderson Valley By Negotiation

This flat circa 1600 sqm section boasts a flat, cleared building site with plenty of potential and possibility, delivering an opportunity to create a footprint of peace, tranquillity and sustainability. Elevated and generous sunshine envelopes the section which currently has an old derelict work-shed on site. Value has been added to this property by an architectural design house which gained Resource Consent. All relevant investigation have been completed and approved e.g. Geotechnical Report, Storm Water Mitigation Report etc. All of these are available as part of the negotiations. All the hard work has been done and all that is left to be done is the Building Consent Documentation and Construction.



**Graham McIntyre**  
027 632 0421

graham.mcintyre@mikepero.com

[www.mikepero.com/RX1449850](http://www.mikepero.com/RX1449850)

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



## RARE EARTH

By Negotiation

### 1056 Peak Road, Waimauku By Negotiation

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



**Lyndsay Kerr**  
027 554 4240

lyndsay.kerr@mikepero.com

[www.mikepero.com/RX995192](http://www.mikepero.com/RX995192)

Mike Pero Real Estate Ltd. Licensed REAA (2008)

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



## EXTENSIVE VIEWS, ART DECO REFURBISHMENT, SWANSON

4 4

Offers Over \$839,000

### 1084 Scenic Drive, Swanson Offers Over \$839,000

A beautifully refurbished home with extensive bush valley views with four rooms, two lounges, four bathrooms and study/office. An elegant and Art Deco look that seamlessly links the best of period piece living and the beautiful outlook of Waitakere's Foothills. Options here for a family or a working from home buyer that is seeking a funky and fun environment with excellent offstreet parking. Easy access to one of the rooms directly with walk in wardrobe and ensuite without accessing directly into the home. Extensive alfresco to wrap around decking to integrate with plentiful uncluttered views. The CV on this property is \$785,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com).



**Graham McIntyre**  
027 632 0421

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

[www.mikepero.com/RX1363436](http://www.mikepero.com/RX1363436)

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



## PICTURE THIS, NEW HOME ON 48 HECTARES - WAIMAUKU FRINGE

By Negotiation

### 1295 Old North Road, Waimauku By Negotiation

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



**Graham McIntyre**  
027 632 0421

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

[www.mikepero.com/RX1326808](http://www.mikepero.com/RX1326808)

Mike Pero Real Estate Ltd. Licensed REAA (2008)

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

# Hot property



## Two for the price of one - Extended family home in Henderson Heights

Walking into 11 San Pedro Place you will notice a distinct sense of space and elegance. The large high gloss tiles, a high cathedral alcove and the elegant staircase gives you a sense that this is more than you were expecting from its modest brick and cedar exterior.

The home was designed for an extended family and upstairs is fully self contained with its own look and feel, great flow to decking and sliders that bring the outside in. Cozy in size and

comfy in design the home certainly delivers.

The home that has been crafted for good looks and longevity while the outlook to bush reserve and the absolute privacy from lounge areas upstairs and on street level is blissful .

Downstairs enjoys an easy indoor-outdoor flow and entertainer's living environment, the home opens to the North with native bush vista and fully fenced back yard for pets or children. A world away from the hustle and bustle of suburbia but only a short drive to shops, parks, schools and reserves.

The home boasts six bedrooms, two lounges and three bath-



rooms over two levels with an internal access double garage linking through to the kitchen area. You will be genuinely impressed with the thought that has gone into the layout that separates the bedrooms and maximises the open style alfresco linking inside with outside, clever, fun and very functional.

Whether upsizing for the large or extended family or downsizing with options for guests and family to visit, this home is an outstanding opportunity to enjoy, impress and invest.

Two levels - Downstairs - four bedrooms, two bathrooms, lounge, dining, double garage inc laundry. Upstairs - two bedrooms, one bathroom, lounge and kitchenette.

An excellent choice for two families or an extended family wanting to have exclusive space.

The CV on this property is \$1,150,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email [graham.mcintyre@mikepero.com](mailto:graham.mcintyre@mikepero.com).

11 San Pedro Place, Henderson is for sale price By Negotiation. For further information call Graham McIntyre of Mike Pero Real Estate on 027 632 0421 or 0800 900 700. Mike Pero Real Estate Ltd Licensed REAA (2008).

# Home:garden

## Health and Safety and volunteering as an officer of PCBU

Are you a President, or Secretary or a Treasurer of a club or organisation? In other words, you're a club officer. Are you concerned about something going wrong within your club and you as a volunteer being faced with a visit from Worksafe? As a club officer or official you have a duty to ensure that your organisation complies with its duties and obligations under the Health and Safety Act, this is known as due diligence. Part of that due diligence is to ensure that your organisation (a PCBU) complies with its health and safety duties. So, what is due diligence or what do you need to do. Firstly, ensure that you understand the Health and Safety at Work Act 2015. Check that you know what your organisations risks and hazards are and if you do not know, ask for advice from a suitably qualified person. Discuss the hazards and risks with members, volunteers and officers and any workers that you may require. Ensure that your organisation has the resources available and processes in place to deal with the risks and hazards associated with your organisation. This may require sending and instructor or volunteer on a first aid course, or a first aid kit available. The coach or manager your child's rugby team possibly should have a first aid certificate. Or the Girl Guide den may have a trip hazard in the entrance way, then mark it or eliminate it if you can. The fire extinguishers may not have been serviced. Keep tabs of what you find and what you do and devote a section in the minute book to health and safety, recording resolutions and resources that are set aside to eliminate or minimise a risk under the heading of health and safety, just as you have a section in the minutes for financial resolutions. Set up a book for accident and incident recording and discuss incidents and accidents at your monthly meetings, how you have dealt with an incident, what happened that caused

the accident, how you may be able to prevent the incident happening again. If you consider due diligence under the act you should be immune from prosecution. You may be prosecuted as an "other person" if you do not take reasonable care of your own or another person's health and safety. That means if as a club you ignore fixing a trip hazard in the club rooms, especially after it has been pointed out then you could be liable if someone does trip and injure themselves. Or if someone needs to use the fire extinguisher and it is found to be faulty and required servicing several months ago. John Riddell, Securo Health and Safety Consultant, [www.securo.co.nz](http://www.securo.co.nz) or email [securo4@securo.co.nz](mailto:securo4@securo.co.nz).

## Wet wet wet and field day specials

With wet weather upon us, there is no better time to install that extra water storage. Don't get caught short this summer. Early bird Field Day Specials at Kumeu Plumbing Ltd for water storage tanks 5,000L to 31,000L. Winter is just around the corner, have you thought about energy efficient ways to keep warm this winter? Call into our showroom to view a range of wood burners and cookers, free standing and inbuilt models available. KPL will supply, install and consent. Free quotes available. We look forward to hearing from you. KPL 156 Main Road Kumeu in the big blue building.

## Meet Laser Whenuapai's plumbing manager - Brett Loveday

Brett is our Plumbing Manager and oversees all major plumbing projects. He brings over 30 years of plumbing expertise to Laser Plumbing and can provide solutions for all your plumbing needs. Laser Whenuapai are your local specialists in hot water systems, roofing and gutters, plumbing maintenance, repairs and installations, Laser Whenuapai also offer a state-of-the-art drainage unblocking service. In addition to these services, it also has 24 hour service available for any plumbing emergencies - as these can come at any time. Laser Whenuapai has been trading since 1985 - giving it a depth of experience to plumb from - but as part of its 'Totally Dependable Guarantee', the Laser teams stand by all their jobs by offering warranties and always using quality New Zealand made products. Choosing Laser means



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[www.whenuapai.laserplumbing.co.nz](http://www.whenuapai.laserplumbing.co.nz)

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choosing a solid, reliable and experienced company that you can depend on. No job is too big or too small for Laser Plumbing & Roofing Whenuapai. The team is happy to do any job from basic tap washers right into full re-piping, re-roofing, drainage or gas systems. Contact Laser Plumbing & Whenuapai for all your service needs from plumbing through to roofing, drainage, gas and pumps and drain unblocking on 09-417-0110. Open five days a week from 7am-5pm, we are located in new offices at Unit 4, 3 Northside Drive, Whenuapai. Visit our website [whenuapai.laserplumbing.co.nz](http://whenuapai.laserplumbing.co.nz) for more information.

## Growing citrus trees

No orchard is complete without some citrus trees. 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 readymade fruit 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 hold 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 catered to citrus should you require a bag. Awa Nursery phone 09 411 8712 or visit [www.awanursery.co.nz](http://www.awanursery.co.nz).

## Bright line test and residential property

You now pay tax on any gain you make on a residential property if you sell it within 5 years of registration of the transfer to you. However, not every sale of residential property is caught by the

bright line test. Examples include getting half of the property as a result of a relationship property settlement within the 5 year period. Secondly, selling your main home is not taxable. This is known as the main home exemption. A residential property held by a family trust may be within the main home exemption if the principal settlor and beneficiary of the trust lives in the property (and the principal settlor does not have any other main home). Complications can arise if you rent more than 50 % of the liveable area in the family home say if there is a granny flat or other rental. These are all areas for specialist legal or tax advice. Luke Kemp or Dail Jones, property lawyers 09 412 6000.

## Maddren Homes Tradie of the Month

When it comes to doors and stairs, Paula Lane from HiQual knows all the ins and outs. Not only that, she knows what customers need, what building companies need and how to juggle everything in between. Which is why she's earned herself the Maddren Homes Tradie of the Month nomination. Recently, when a client of Maddren's wanted bespoke French country doors for their new house, Paula spent a lot of time working with them to accommodate their specific needs. And it's this can-do attitude that speaks volumes and deserves recognition. Paula's dedication has seen her walk away with a voucher from sponsor Western ITM. Great work Paula.



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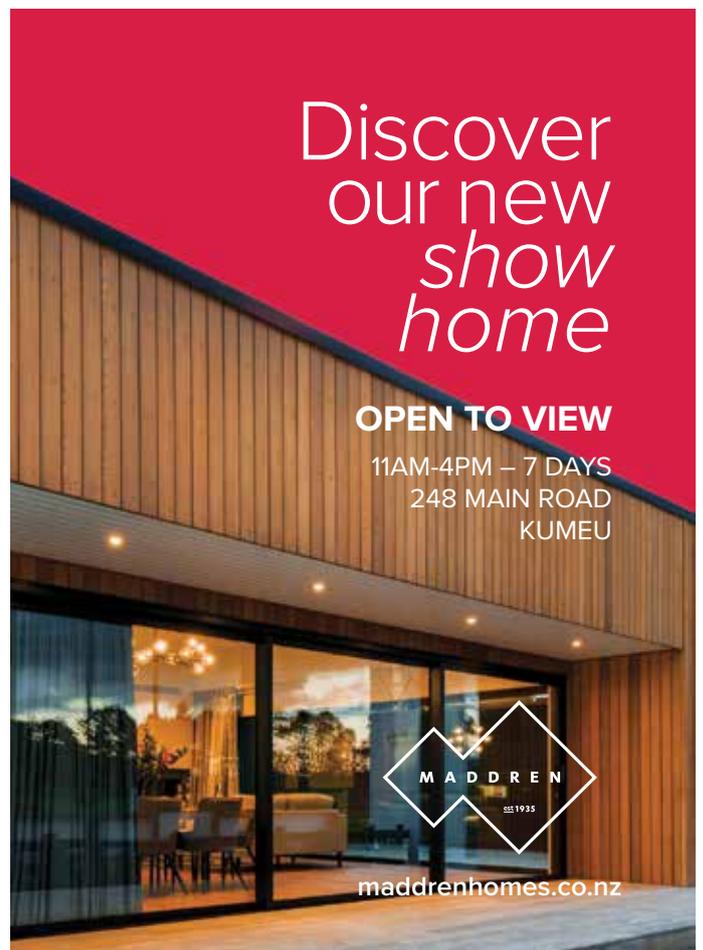
[maddrenhomes.co.nz](http://maddrenhomes.co.nz)

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outboard motor specialist  
09 412 8348

156 Main Road, Kumeu  
[www.gtmarine.co.nz](http://www.gtmarine.co.nz)



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## G.J. Gardner Homes

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

## Edgy Maddren Homes showpiece opens

A newly opened show home at Maddren Homes in Kumeu invites more than just a second glance. The aptly named "Woodhill" 147 square metre three-bedroom home is modern in look yet extensively uses an old favourite in building materials - cedar.



Designer and architect Richard Furze explained the unique home's styling to guests at its launch on April 7. The single-level home's exterior is of vertical shiplap cedar HP55, offset by painted steel PFC framed pergolas with fixed blade louvre screens covering much of the 64.4sqm of vitex hardwood decking. A stand-out addition is the big pizza oven/fire place on the main deck. These break up the home's rectangular appearance accentuated by a four-degree pitch long run steel roof in trapezoidal profile. Entering the front door, the walls ahead and to the side are also in eye-catching vertical cedar – but here's the interesting part. These walls conceal doors with no door handles. Simply pushing lightly on them will open the soft-closing doors to reveal a hidden laundry on the left, a separate toilet area in front, plus storage. Even the big, open plan kitchen, dining, lounge area has something similar to disguise the scullery or walk-in pantry. "Things like that might cost a little more, but they add heaps to the home's value," Richard says. Light floods in everywhere through extensive double-glazed windows. Some of them are frosted in areas like the 2.5 bathrooms, and at the end of the hall where the vertical glass panel can be replaced with a door if another building module or garage is added. The

three bedrooms are roomy with plenty of storage, the master bedroom opening out to another pergola enclosed deck and also having an ensuite. Despite facing Kumeu's main road, the living/kitchen area is quiet, road noise not intruding into conversation even when the glassed deck doors are open. The deck is designed so a louvre roof can be added, which can be opened in good weather, providing even more family space. "Such roofs are no longer experimental", Richard says. He explains the design is about maximising floor space – "so you don't need a big house". The "three rooms in the one room" living area has clean lines, dark paneling covering most of the storage spaces, and the fireplace is set into a recess which includes more storage. The chimney is covered by a bulkhead wall which also hides the heat distribution system and air-conditioning. "Everything is ready to go," Richard says. He says the exterior design is particularly useful for areas like the coast where rain will clean the cladding of salt spray deposits for you. It has all mod cons, such as under-tile heating in the ensuite and bathroom with programmable touch screen thermostats, Fisher and Paykel appliances, black kitchen and sink faucets, and many other custom high-quality items. Maddren Homes general manager Rodger Scott, pictured left with Richard, says the home takes only about seven months to assemble on site. He says that Richard, who is the man to design any home to be different or unique, has done seven homes for Maddren, which also has about three other architects to call on, all offering a different design experience. Rodger prefers not to put a price on the home – he'd rather people come and see it first to realise its value. Maddren Homes are a multi-award-winning Master Builder, long established in the Kumeu area, and the company takes pride in the quality design and build process. It won four gold awards, one silver and one "lifestyle" award for homes over \$2 million in the Master Builders House of the Year awards last year. A gold reserve and category award were also given by Volume Group Builders for homes up to \$450,000. Discover the new Woodhill show home is at 248 Main Road, Kumeu. It's open seven days from 11am to 4pm. Visit [www.maddrenhomes.co.nz](http://www.maddrenhomes.co.nz) for more information.

## Make the most out of your show home visit

Building companies build show homes to showcase the quality and design features you can expect from them, and to inspire you with ideas you might not have thought of yet. As a home-buyer, visiting a show home isn't just about price comparisons and deciding who you want to build with, it's an opportunity to create your wish list. Interiors magazines and social media are a great source of inspiration but there's nothing quite like standing in a real home to understand exactly what you do and don't want. The more planning and decision-making you do in the early stages, the smoother your building experience will be,

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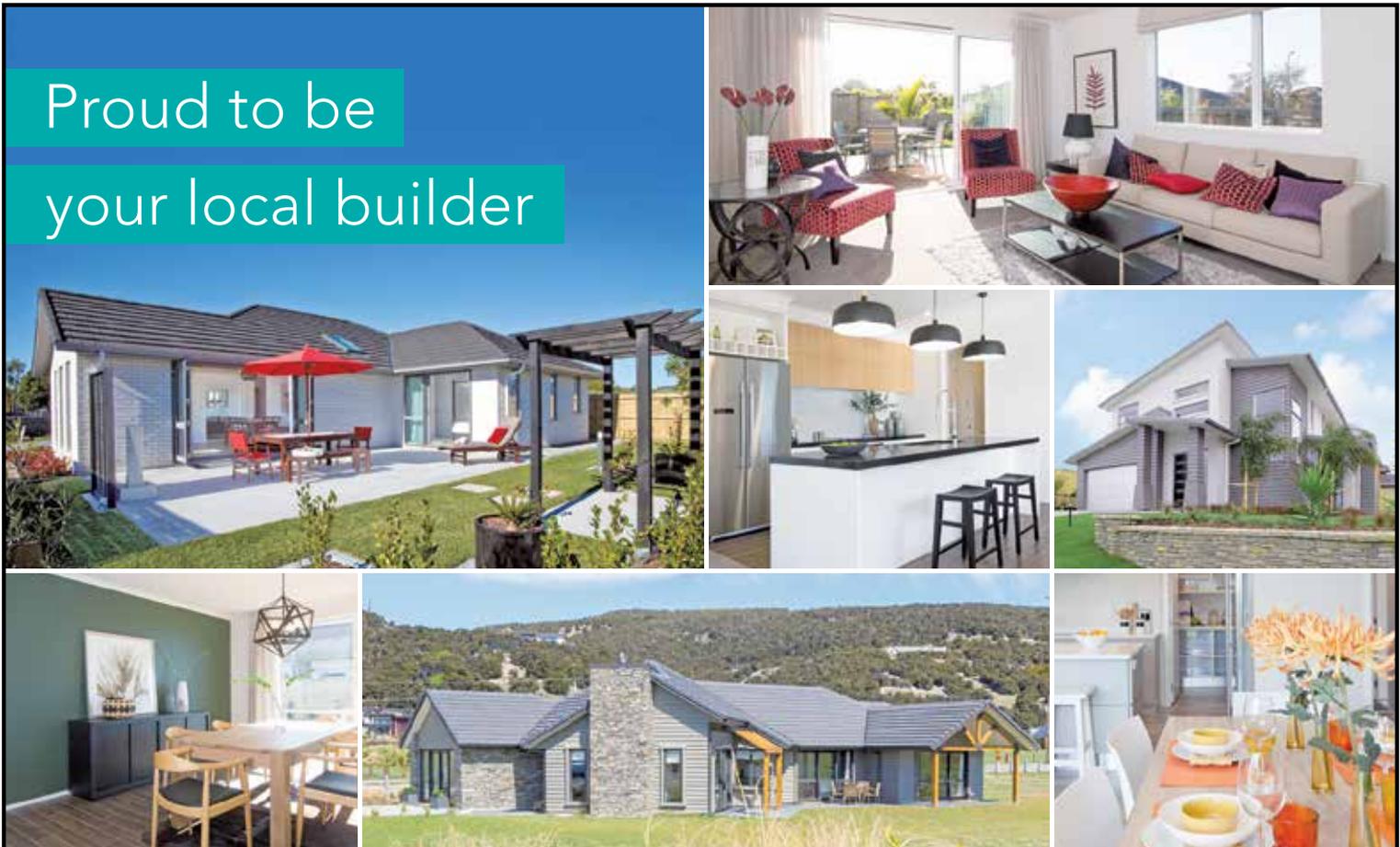
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you will receive a month's worth of local exposure

and the more likely you are to get your dream home. Here are our top tips to get the most out of your visit to a show home: Ask questions - There will always be a company representative at the show home, and it's their job to answer all your questions. From big (How long does the build take, between signing the contract and moving in?) to little (Can I have that exact bathroom tap?), don't be shy about asking as many questions as you need to. Ask about the cost of the show home, including upgrades and extras. Most show homes have special features that add to the build cost of a standard home. What's not included? Initial outgoings and ongoing costs? Who made the kitchen cabinetry? If the show home is in a housing development, ask about local services and facilities. How far is it to the school? Where is the public transport? How accessible is the motorway? Are there shared green spaces? How flexible is the floor plan? What changes could you make without affecting the cost? What is the deposit required? What is the length of time between signing the contract and receiving the keys? Most take around 9 months, but it's an important factor in your planning. What guarantees is the new home covered by? Take photos - See something you like? Take photos and keep a record from each show home you visit. Although it's fun to be inspired by soft furnishings and the 'pretty stuff', take note of big ticket items such as the roof, cladding, window frames, kitchen positioning and cabinetry, heating options and general layout. These are important decisions that will impact the permanent look, feel and functionality of your new home. Make a list of must-haves - When building new, you have the luxury of future-proofing your home and a show home can help you see your options. How many bedrooms and bathrooms will you need? One storey or two? Butler's pantry? Separate living space for teenage children? Underfloor heating in the bathroom? Indoor outdoor flow with a covered patio? Smart home options? Make a list of

the things you won't compromise on so that they can be factored into your budget early on. Keep an open mind - You may be certain you want a two-storey gabled home with wooden floors and all the bedrooms upstairs, but then you walk into the perfect single-storey pavilion-style show home and everything changes. Good show homes make use of cutting edge design and the latest features before they reach the general market, so chances are you will see things you haven't seen before. Keep an open mind, and if you do a 180 after falling in love with something completely different, be thankful it happened now and not after you'd signed on the dotted line. Measure, measure, measure! What looks like a generous bedroom in photos can turn out to be pokey and cramped in person. Likewise, it can be difficult to imagine shared living spaces from a house plan. A tape measure is a great tool to take with you and don't be shy about using it. If you find the perfect master bedroom or living room in a show home, measure it and sketch the layout so you know what you're looking for. Take note of bathroom and ensuite sizes, especially details such as the shower space. How big is your ideal wardrobe? What size is the patio? How big is the front door? If you see details you love, measure them and write down the specs. Reading house plans is so much easier when you know what you're looking for. If you have a favourite piece of furniture that will be part of your new home, measure it before you go and check that it will fit. Sideboards, super king beds, dining tables and pianos can take up a lot of room, and it's better to know now that they won't fit, rather than on move-in day. Every week, thousands of kiwis visit show homes around the country. With a little know-how, the visit can be a really useful part of your new home planning. Signature Homes has a number of beautiful show homes available to view around the country.



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

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

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

# Food: Beverages

## A beer for all seasons

As we head into the autumn and winter months here at Hallertau Brewery our appetite for darker beer grows. Our latest seasonal release Nocturne Double Stout weighs in with a hefty 8.8% alcohol, it is a riot of roasted flavours with coffee and dark chocolate notes. This is very much a stout in the American style with everything turned up to eleven. A small portion of this beer has been diverted into Thomson Whisky casks (their Distillery is onsite at Hallertau) for a keg only release to create a whisky barrel aged version which adds an oaky vanilla whisky complexity. Pouring at Hallertau with limited 500ml bottles available.



## Warm up your tummy with Soljans new winter menu

Winter is here and with the new season comes new dishes. So it is time to head over to Soljans Estate Winery & Café to try our new satisfying warming winter menu. Head Chef, Paul Reid has produced a winter menu to exemplify the stunning crisp winter mornings amongst our vineyard set-



ting. One of Soljans new winter dishes is the all-time popular lamb shanks with truffle oil mash and a tomato and red currant jelly. Soljans Café is sufficiently heated with a gas fireplace, outdoor heaters and a controlled heat pump, leaving no excuse of being cold. The menu is available 7 days from 11:00am-2:30pm, with weekends available for breakfast too. Come and enjoy the winter by calling the café on 09 412 2680 to book your table now.

## Jam fit for a queen

Being so close to Queen's Birthday weekend, it seems appropriate to share the news that our 'NoShortcuts' Feijoa & Ginger jam was among 8 products recently presented to the Queen. The exclusively designed gift hamper containing artisan NZ products was presented by Prime Minister Jacinda Ardern to Her Majesty the Queen at a private meeting on April 20th. 'NoShortcuts' is both thrilled and honoured to have our Feijoa & Ginger jam chosen by 'Paddock to Pantry' as part of their hamper and hope Her Majesty enjoys her little taste of Kiwiana. The award-winning NoShortcuts range of gourmet chutney, relish, pickle and jam offers fresh, wholesome food that is full of flavour and contains no added fillers, colours or preservatives – all in the fast and easy convenience of a jar. This month you can eat like a queen too - and get 20% off our Feijoa & Ginger jam online at [www.noshortcuts.co.nz](http://www.noshortcuts.co.nz).



## GGs wood fired pizza

Kumeu's most well-known wood fired pizzeria has been under a few guises in its time and now new owners Scott and Abby Limbrick are keeping the fire stoked as GGs wood fired pizza. Using a local supply of 100% manuka and kanuka wood to fire the oven, ensures these are some of the tastiest pizzas around and can become, as a few of the locals have found out, quite addictive. GGs use only high quality local and imported salamis and meats, quality New Zealand cheese and veg and have a surprisingly extensive menu to please every taste, items like Smokey BBQ wings, hand cut wedges with smoked garlic aioli, salads, deserts and drinks. GGs will also sell you dough balls or

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precooked bases for those who love to make pizzas at home.  
GGs Wood Fired Pizzas - 316 Main Road Kumeu, phone 09 412 5060.

## Rhubarb and Apple pudding

3/4 cup flour  
1 tsp baking powder  
1/2 cup rolled oats  
3/4 cup white sugar  
100g butter melted  
4 cups diced rhubarb stalks  
3/4 cup brown sugar  
1 Tbsp cornflour  
1/4 cup boiling water  
1 425gm tin of sliced apples  
Sift flour and baking powder into a bowl. Add rolled



oats and white sugar, and then mix in melted butter to make crust mixture. Put diced rhubarb and tinned apple slices into a greased ovenproof dish, such as a small lasagne dish or deep pie plate. Sprinkle crust mixture evenly over rhubarb. In the discarded bowl, combine brown sugar and cornflour. Spoon over the crust mixture. Carefully pour the boiling water over the top. Do not stir. Bake for 30 minutes at 180°C. Serve with custard or cream and if desired dust with icing sugar. This recipe is based on Chelsea sugar recipe. Recipes supplied by Wedding and Birthday cake specialists Paula Jane Cakes. Contact Paula on 021 208 8604 or Jane on 021 273 6139, email info@paulajanecakes.co.nz or visit www.paulajanecakes.co.nz.

## Jesters Westgate Pie Van

Visit Westgate Shopping Centre first thing in the morning and you will see a familiar sight at the Jesters Pie shop, next to Countdown. Tray after tray of freshly made pies being loaded into the Jesters Pie Van in preparation for its popular daily pie runs. The



van covers a large area, stopping at offices and factories in West Auckland and Albany throughout the work week. On weekends and public holidays it caters for hungry mountain bike riders and tree adventurers at Woodhill Forest. In addition, the Jesters Pie Van is often booked for company organised staff shouts or community events. A recent fundraising event was held at Hobsonville School where hot pies were preordered by the kids and staff and delivered hot to the school over 2 days. A portion of the sales were kept by the school and they raised several hun-



- Smokey Manuka woodfired pizzas - Quality salamis and meats
- Wood roasted wings and wedges - roast pork flatbread and deserts
- Homemade gluten free bases available – animal rennet free cheese
- Local Huapai/Kumeu delivery area – mobile and instore eftpos
- Phone orders and walk-ins welcome – large orders by arrangement
- Ph 09 412 5060 - 316 Main Road, Huapai – opposite the Huapai Tavern

Please see our Facebook page for delivery area & Menu  
@ggswoodfiredpizza

dred dollars from the event. To have the van call at your workplace or you have an event or fundraising enquiry, call our shop 09 832 6060 and ask for Angelica or Tony.

## New Zealand Herbal Brew tea

New Zealand Herbal Brew teas aren't just leaves in a bag for making a cuppa; there's a lot of thought behind them. This new range has been meticulously developed, tested and tweaked by Kumeu local Rebecca Stenbeck -- a qualified herbalist and naturopath – resulting in teas for both interest and therapeutic qualities....



“A therapeutic dose can be achieved in three to six cups of tea a day, depending on the ailment and person.” Her range currently includes health teas for liver, digestion, heart & circulation issues and coughs & colds – with more therapeutic blends to come. It also includes single blends like hibiscus, lemon balm, peppermint and chamomile as well as fun blends like a craft beer tea with malt and hops – great gift for enthusiastic craft beer lovers. Teas are available in small and large jars, along with re-sealable pouches. For more information visit [www.newzealandherbalbrew.co.nz](http://www.newzealandherbalbrew.co.nz) or Facebook.com/NewZealandHerbalBrew.

## \$85 = Exposure for a month

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



# Petstips:advice

## Kanika Park Cat Retreat

Noticed your cat limping or any stiffness, these four things may help.

Watching your cat age is unavoidable, there are ways to make their life as comfortable and painless as possible

**Weight** - An indoor lifestyle of lounging around, add a poor diet, and your cat has little chance at keeping fit. Introduce exercise slowly so you don't overburden their muscles/joints. Chasing catnip mice, swatting at laser pointers etc

**Modify Their Lifestyle** - As cats' age, simple tasks suddenly become more complicated. Heated cat beds, ramps, low sided litter boxes, raised food bowls are all inexpensive products your cat will appreciate

**Visit the Vet** - If you suspect your adult cat is suffering from poor joint health, visit your vet

**Daily Supplements** - Omega-3 fatty acids are anti-inflammatory. Omega-6 relieves nerve pain and reduces stiffness, omega-9 helps maintain healthy cholesterol. Your cat will benefit most from a supplement that includes all three.

Read the full article at [facebook.com/kanikapark](https://facebook.com/kanikapark).

For one on one care contact Kanika Park Cat Retreat 09 411 5326 or email [info@kanikapark.nz](mailto:info@kanikapark.nz).

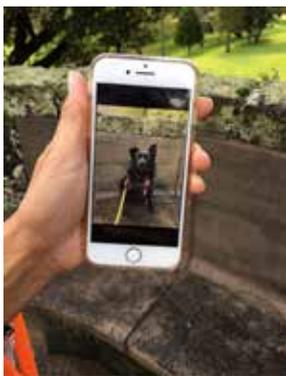


## 5 top tips on how to take amazing photos of your dog

You love to flood the internet with adorable photographs of your dog, but you feel your instafeed can be better. Keep reading - it's easy.

I am pet photographer YELLOW LAB (@yellowlabpetphoto on insta) and today I'm sharing my top tips on how to take better photos so you can up your instagame and your doggy become the influencer he deserves to be.

Clean lens: This happens to me all the



time. With my big DSLR camera AND my iPhone. I am snapping away and can just not figure out why the photograph looks out of focus. Use a microfibre cloth or clean it with your shirt.

**Focus:** Camera apps let you decide where you want the focus to be. Choose your focal point by tapping on the part of the screen you want in focus.

**Shoot from your dog's eye level:** You bond most when you are nose to nose with your pup and your photos will shine.

**Get their attention:** This stops scrolling on feeds. Get your dog's attention with their favourite toy or treats. Hold it close to the phone's camera. Sometimes it's difficult to do it all on your own, get help. Try to make funny sounds (dog crying sound, meowing or even barking). Different sounds get other expressions and head tilts.

Download your copy of my eBook with 15 Photographer's Secrets to Shoot Your Dog with Your Phone at [yellowlab.co.nz](http://yellowlab.co.nz).

Have fun! Love, Salome.

\*Mention this editorial when you book your and your pooch's magazine style photoshoot to receive \$200 print credit.

## Kids Safe with Dogs charitable trust

Did you know that in the past 10 years ACC have had over 125,000 reported dog bites? Costing almost \$40 million dollars in medical fees.

Each year the number of reported dog bites increases. ACC started keeping records in 2005 where the number of reported bites was 8854. Last year in 2017 we reported 14,694 dog bites, which is an increase of over 39%.

But help is on the way. There is a charity called Kids Safe with Dogs that are working with holiday programmes and local schools to educate children, families and communities.

With support from local businesses they are coming to schools all over the region. The Trusts recently gave them over \$5000 to enable them to visit more schools and Local Council gave them \$1000 last year.

The programmes are designed for different age groups and have been peer reviewed by a psychologist at Massey Univer-



**RYAN JACKSON**

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

P: 09 810 8609.

PO Box 133, Kumeu 0841 Auckland



sity. This ensures that the programmes are age appropriate and address the issues in a way that allow children of all ages to develop empathy and understand the reasons that a dog may bite. They also run Canine Body Language courses for adults that teach us how to understand what our dog is saying to us and how we can use this information to keep both ourselves, the public and our dogs safe.

The Three Golden Rules are simple and easily remembered by children of all ages.

1. Always ask: always ask permission before you touch a dog – which means if the dog is alone do not approach it.
2. Where to touch: Only ever pat a strange dog on its side or back – which means never touch anywhere around the head. How would you feel if a stranger came and touched you under the chin or on your chest?
3. Stand like a tree: If a dog comes up to you cross your arms, stand still and look at your feet – which means don't run, don't wave your arms and don't scream. The majority of the time the dog will lose interest and move away.

If you want more information or if you want them to come to your school or holiday programme you can visit their website [www.kidssafewithdogs.co.nz](http://www.kidssafewithdogs.co.nz) or [info@dogsafeworkplace.com](mailto:info@dogsafeworkplace.com) or call them on 0508 DOG SAFE.

## 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 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.

## When to start grooming your puppy

Puppies should ideally be introduced to grooming as early as possible. We recommend booking your puppy in for their first groom a week after their last vaccination. Starting the grooming experience early will ensure a



positive relationship is developed between puppy and groomer and will get the puppy used to having a groom on a regular basis. This will ensure their long-term association with grooming is one of wellbeing and acceptance.

At Angels Grooming Parlour we offer free weekly puppy washes after your first paid groom, up to the age of 6 months. This is our way of introducing your puppy to regular grooming with us. It forms the bonds and trust required to make sure your puppy feels safe and accepting of grooming at our parlour now and as they grow into adulthood. Ring Angels Grooming for further information and bookings on 833 5571.

## Cat lovers urgently needed

Volunteers required to help with cleaning duties etc. at a cat rescue shelter in Huapai. Can you spare two or three hours once a week? Also loving homes needed for some of the friendly rescue cats. Donations appreciated at the [www.nzcatfoundation.org.nz/donate](http://www.nzcatfoundation.org.nz/donate). Please get in touch with Carolyn on 021 143 6815.



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

you will receive a month's worth of local exposure

## Special thanks

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

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

# Health:beauty

## A simple exercise to help improve posture

I recently posted a video showing a really simple exercise called the 'Bruggers Relief Position'. This exercise is designed to improve posture, especially if you spend a lot of time sitting in front of a computer or driving. It can be done easily whilst you are at work at your desk and can be used as a micro break to help keep your body mobile. Want to see the video? Simply look at the blog section on our website or on our Facebook page. Your body will thank you for it. Facebook page - [www.facebook.com/elevatechiropractic](http://www.facebook.com/elevatechiropractic). Website - [www.elevatechiropractic.co.nz](http://www.elevatechiropractic.co.nz) Elevate Chiropractic: Shop 1, 10 Greenhithe Road, Greenhithe. Phone 09 413 5312.

## Three golden rules for recovering from a hurting back

I quite often injure myself. Shoulder, back, hip, knee... After seeing physiotherapists on each occasion, I have found these golden tips which always help me know what to do:

**Temperature:** Most of the time, we are told to cool down the area for the first 3 days, then warm up to help the recovery.

**Anti-inflammatory:** Cream or gel type will work fine and these are both available from supermarkets.



**Movement:** Keep moving the injured area within a pain-free range.

"Movement" is hard to practise, especially in the case of back pain. Therapists sometimes recommend water walking/jogging. But we have to walk all the slippery way to the swimming pool, which sometimes is enough to discourage us.

I hurt my back about 2 months ago. I used COGY (a pedal wheelchair) inside my house after the injury to keep moving. Whilst I stayed in front of the desk most of the time, I sometimes pedalled to the kitchen to get a glass of water. Pedalling on the COGY did not cause me any pain. To my surprise, I even felt less pain after pedalling. Then I decided to pedal whenever my back felt uncomfortable. It was only a simple forward and backward pedalling, but it was good enough to release the pain.

Do you want to know more? Visit [kokocogy.wixsite.com/gocogy](http://kokocogy.wixsite.com/gocogy) or search "kokocogy".

## Is your child struggling to see in the distance?

This problem is called short-sightedness or Myopia. Myopia can't be removed.

Glasses or contact lenses can be used to improve distance vision if your child has only a little amount of myopia. If your child has a high level of

myopia, there are much higher risks to their sight in the longer term - glaucoma, retinal detachment (which can lead to blindness) and cataracts.

Act now to prevent your child becoming highly myopic. We can't cure myopia, but it can be treated, perhaps with contact lenses or eye drops. Please ring Hobsonville Optometrists on 09 416 3937 and book your child in for an initial assessment. 413 Hobsonville Road. Open Monday to Friday 9am - 5pm and Saturdays. Late bookings on request.



## Massey Physiotherapy takes on a new business partner

The 3rd of April 2018 has marked an exciting business milestone for Massey Physiotherapy, which has been tirelessly built from

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- Designated Cardio Area
- Group Fitness Classes
- Smart Training
- Personal Training
- Indoor Netball Leagues 4 Nights a Week
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the ground up by Maureen Betts in 1985 to become a thriving, busy, well trusted clinic.

Massey Physiotherapy would like to announce that Physiotherapist Elizabeth (Liz) Costabeber is now an active business partner.

Liz is a West Auckland local, residing with her family in Te Atatu Peninsula. Having grown up and trained in Auckland, Liz returned in 2016, after living in Australia, to work at Massey Physiotherapy.

While in Australia, Liz lived in North Western Queensland, Townsville and rural NSW working as a physiotherapist at a variety of public hospitals, private musculoskeletal clinics and occupational health services.

Having completed post graduate advanced musculoskeletal physiotherapy training at James Cook University in Townsville Liz is now further developing her expertise through ongoing post graduate study in rehabilitation and musculo-skeletal physiotherapy.

Liz is pleased to have returned to New Zealand to make the most of the active outdoor kiwi lifestyle. When not working or studying she enjoys spending time with her family including husband Josh and 2 sons Tristin and Connor playing outdoors, bushwalking, riding bikes and doing Pilates.

Maureen and Liz are particularly excited about what this partnership can bring to the Massey Physiotherapy community as it offers our valued clients greater diversity, more appointment opportunities, and of course some added extras to our already highly trained and experienced staff.

Liz is excited about the new role of business ownership and the ventures this can lead to. Maureen, although she is still working just as hard, is looking forward to the opportunity of a long-deserved holiday, first stop Canada.

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pelvic area, between the ribs, shoulder and neck or just 'everywhere', we can help to calm and relieve those areas to make your pregnancy more manageable. Scheduling a massage appointment gives you that precious time out to recharge; it provides you an opportunity to be more in tune with your body and reconnect with your baby.

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## Do you have a short leg?

There are many people who suffer from recurrent aches and pain in their back, hip or leg. Sometimes they notice that their pants are not sitting evenly on their hips or they wear one shoe faster than the other. Those are possible signs of the leg



length inequality. One leg being shorter or longer may shift the pelvic balance so that it becomes tilted to one side and generate a strain on the leg, spine or even a neck. In some cases the difference in leg length can be developmental or a result of a trauma such as a broken bone. Such cases might benefit from a foot lift or a heel lift to balance up the pelvis. In other cases the legs are even, but the mechanical derangements in the leg or pelvis make it look like the legs are uneven. This scenario is potentially amendable and can be corrected by osteopathic manipulation. At Family Osteopathic Clinic we can assess the alignment of your joints and soft tissues, including the leg length. Most of the time we will be able to treat or recommend further action if a problem is present. Call us 09 416 0097 to make an appointment.

## Is pregnancy massage safe?

We receive a lot of questions not only from mums to be, but also husbands or friends uncertain if pregnancy massage is beneficial and how it may help; especially if the mum to be is someone who does not receive regular massage therapy.

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## Period pain and acupuncture

Medical researchers in New Zealand and Australia have found that acupuncture treatment significantly reduces period pain intensity, duration and symptoms over time, with improvements being sustained up



to a year after treatment. Research paper: [journals.plos.org/plosone/article?id=10.1371/journal.pone.0180177](http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0180177) Menstrual or period pain is most common in women aged under 25. It is also the most common gynaecological problem among

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women generally, with four out of five encountering it during their reproductive years. Cramping and period pain is caused by an overproduction of prostaglandins in the muscle wall of the uterus. Acupuncture can be used to help regulate menstrual cycles, reduce stress and improve blood flow to the pelvic area and uterine lining.

As well as acupuncture a treatment programme will usually include a combination of herbal medicine, dietary, and lifestyle modifications, which are designed to help rebalance your body and regulate your cycle. Acupuncture is safe and has few common side effects, which is why so many prefer it to painkillers and medication. So, if you've been struggling with heavy, painful, and seemingly never-ending periods and want to know more about how acupuncture might be able to help you, you can read more at [www.northwestphysioplus.co.nz/menstrual-pain-and-acupuncture](http://www.northwestphysioplus.co.nz/menstrual-pain-and-acupuncture) or contact May Woo at [may@nwphysioplus.co.nz](mailto:may@nwphysioplus.co.nz) or on 09 412 2945.

## Auckland traffic....literally a pain in the neck!

It's 5pm on a Friday night on SH1, Auckland and you ain't going nowhere. It's gridlock on Groundhog Day! It's not just Fridays' but almost every day of the week you sit on your bum in your car looking left, looking right, looking in the mirror and looking ahead, you have a headache, your backside is numb and your shoulders hurt. Oh dear! The good(ish) news is that you are not the only one and we are not the only city or country to have this issue.

Millions of drivers in the UK could be in need of physiotherapy treatment due to spending too long sat uncomfortably behind the wheel of a car, the results of a recent survey suggest. The British Chiropractic Association (BCA) teamed up with Citroen for the research to question 2,066 drivers on whether they suffered from back or neck pain.

Overall, more than three-quarters (79.5 per cent) did, with 13 per cent already linking this to spending too much time sitting

in the car. Most put it down to an uncomfortable seat causing them to strain their neck or sit awkwardly.

Based on this figure, the BCA and Citroen have estimated that as many as 5.5 million car drivers in Britain could be in need of vital physiotherapy to ease their neck and back pain. That's a lot of potential clients. Although yes, great for business it's not great for your health.

While physio's can help to ease the pain, ultimately, if changes are not made to our driving position then our pain will return.

1) Therefore here are a few tips to help permanently alleviate that niggly ache 45min and 4km into that gigantic traffic jam you are stuck in...

Check the alignment of your mirrors, if you need to strain or crane your neck to see out of them, adjust them.

2) Check the alignment of your steering wheel, you do not need your arms fully extended and elevated above your shoulders; a slight bend and chest height is perfectly adequate.

3) Adjust the seat to fit you, not your wife/husband/child, and make use of that build in lumbar support that you likely paid extra for.

4) Men, make sure your back jean pockets are empty, not only do you have the potential to break your iPhone but you can also through your pelvis out of alignment due to you sitting on an uneven surface for hours on end.

5) Take regular breaks if you are on a long journey. A quick bend and stretch will suffice and take you 2 minutes.

By making these simple changes you can at least relieve your back, neck and shoulder pain and minimise your time face down on our physio table. I hate to talk Hobsonville Physio physiotherapists out of a job here but if you set yourself up properly we can't magic the traffic away but we can help make the journey at least not as physically painful as it might be mentally.

## Tips on how to care for your feet during winter

A monthly pedicure - either by a professional or go for a lovely home pedicure.....don't forget the red wine and chocolate to add to this process. The reason you need to do this is to get rid of dead skin, improve circulation, keep your toenails in check and to keep the skin soft on your feet.



Another top tip to keep your feet in great shape is, buy a pair of natural fibre socks, rub Vaseline all over your feet and then put on the socks, you can do this just before you go to bed. Combine this with gently scrubbing your feet with a pumice stone.

Wear slippers inside or a big pair of fluffy socks.

Don't try and warm up your feet too quickly if they are chilled,

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this can cause chilblains. Just pop on some warm socks, slippers and move about, your feet will soon be toasty. Reduce chance of fungal infections - don't wear the same shoes every day, in winter there is more chance of your shoes becoming wet, make sure they have a chance to completely dry out before you wear them again. Shoe Talk - 401A Great North Road, Henderson phone 09 835 9936 or [www.shoetalk.co.nz](http://www.shoetalk.co.nz).

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## Thank you

As we head into winter, we would like to take the opportunity to thank the people of the wonderful Nor-West for their continued support of Kumeu Chiropractic, and of chiropractic care in general. The summer months have been busy with the usual outdoor-activity related strains and sprains and the winter is now upon us with its usual stressors about to hit us with a vengeance.



At Kumeu Chiropractic our focus is on more than just relief of back and neck pain. Good spinal health is about performance, injury prevention, healing and general well-being. Improving spinal function through Chiropractic Care assists your body to work better and to heal better; it's as simple as that. So, it is our mission to create a healthier and happier community by adjusting as many spines as we can to promote a more natural healing process within every one of us. We can only do this through

your referrals and we appreciate all those who have told their friends and family to give Chiropractic a go.

We have the best practice members around, and we have miracles happen in our office every day. That's why we love what we do. The team at Kumeu Chiropractic are looking forward to helping even more people to achieve their health-goals over the next year and we wish to invite you to investigate how chiropractic care may benefit you and your family. Give us a call now. Phone 09 412 5536. Kumeu Chiropractic. 8 Shamrock Drive, Kumeu.

## The Hand Institute

The Hand Institute has moved. We are located at 321 Main Road, and are open 3 days a week from 8am till 6pm. Our team of Hand Therapists have further education in the diagnosis and management of elbow, wrist, hand and digit injuries. This can be from simple lacerations, strains and sprains to fractures and overuse injuries from sport, work or hobbies such as music.



We now have Mr Michael Boland, Specialist Hand and Elbow Surgeon attending the clinic once a month. We are a team of specialists that can manage your acute and chronic injuries. We can refer for x-ray or ultra sound and then manage your fracture in either a fibreglass cast or individually custom made thermoplastic splints. We can get further tests such as MRI or CT's if required. Once a cast/splint is removed we have expert knowledge in establishing for you a specifically designed rehabilitation programme to get your injured limb back to full function with specific exercises of stretching and strengthening. Call now on 09 412 8558 for an appointment.

## Hot Stone Massage experience for two

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. The spa package for two people includes a warm-up in the lux-



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ury spa pool before experiencing a side by side hot stone massage plus foot scrub and foot massage. The spa package finishes with a refreshing fresh fruits coupe, enjoyed in the relaxation lounge with lazy boy chairs and cozy fireplace, overlooking the terrace and gardens. (2 hours total \$379 for two). Phone Spa Di Vine to book your treat for two on 09 411 5290 or email us relax@spadivine.co.nz www.spadivine.co.nz. Spa Di Vine, open by appointment, 12 Taylor Road, Waimauku.

## What your eyes can tell you about your health

Our series continues - Natasha Herz, M.D.\*, clinical spokesperson for the American Academy of Ophthalmology, explains what your eyes reveal about your health, and how you know it's time to visit your optometrist. Today's tip: You have allergies. -



If your eyes are super dry and the skin around them looks a little worn, you might be unconsciously rubbing your eyes too often. "Rubbing your eye hard or often can cause your eyelid to become looser, more relaxed and even saggy," Herz warns. "If the eyelid sags away from eye, it not only causes wrinkles, but also increases exposure to air so the eye becomes overly dry." One of the most common culprits of itchy eyes: seasonal allergies. Phone 09 412 8172 for your comprehensive eye examination with Matthew or Molly Whittington at For Eyes in the Kumeu Village. (\*Acknowledgement: M. Bonner, Marie Claire).

## Golf at Redwood Park delivers many benefits to young players

Hitting a golf ball is fun for kids. They can smack it, chip it and putt it; they can play with friends, and develop good levels of fitness.

Redwood Park Golf Club in Swanson, has a great junior programme that is affordable and provides many choices for the child and parent. To start with, the first few weeks are free- just come and experience the game. Golf clubs are not required.

There are some good reasons why children like golf.

It is fun gathering with other young people to spend time playing and practising. Golf is played by many people from all walks of life. The diversity found at our golf club opens young players to a broader view of their community.

Spending time outdoors, walking and being active develops

good exercise habits and improves breathing and the heart rate. Conditioning for golf improves the strength of core muscles that support the spine, improves flexibility and allows players to improve their fitness.

Golf challenges the player towards constant self-improvement. Players analyse what they did well and what has to change to improve. It encourages a positive outlook. Learning from your mistakes and overcoming obstacles improves a player's self-awareness and control.

Golf is an active game and is less injury prone than contact sports. There is not the pressure of performing as part of a team sport, with parents screaming on the side-line.

Golf has a rich tradition of etiquette which lives on today. Playing golf teaches young people how to behave towards others and imparts values such as honesty and strength during adversity.

For more information on the junior programme, please contact Redwood Park Golf Park, Swanson; phone 09 833 8253; manager@redwoodparkgolf.co.nz; or www.redwoodparkgolf.co.nz/juniors.

## Therapeutic Massage for women

Fleur Williams has been massaging for over twenty years, and works locally in Massey. Fleur's therapeutic massage is about muscle pain, relief, relaxation and the feeling of cheerfulness that follows the removal of anxiety, pain and stress. 'Therapeutic' means relating to the treatment and cure. Having muscle tissue pain in the body can signal that something is out of balance. With the art of massage, Fleur can help reduce muscle pain and bring relaxation to your body. This can bring about a fast release (relief?) and your body can start to recover and heal. Fleur brings a holistic approach to her massage sessions, Holistic healing means bringing mind, body and spirit back into balance, for a happier, healthier wellbeing. Book a therapeutic massage with fleur on 021 069 4708 or fleur8970@gmail.com.

## How massage assists the mind and body

Besides relaxation, regular massage has numerous and exceptional benefits, from helping with anxiety and depression to reducing inflammation. A regular massage routine helps keep stress at bay which also helps defend against physiological tension. It's an opportunity to power down the brain and nervous system for an hour or so. Many of our mundane activities of daily living, such as scrunching our shoulders, craning our necks, sitting for hours, driving to-and-from in rush-hour traffic - can create "holding" patterns of muscle tension.

When muscles are chronically tense or tweaked, it can have a

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nasty effect on our bodies and our minds. Persistent musculoskeletal tension can restrict blood circulation and nutrient supplies to the body's organs and tissues. As the web-like connective tissue (fascia) that envelops the muscles gets increasingly dense and less mobile, it can negatively affect posture and breathing. The experience of low-grade, habitual tension can contribute to chronic hormonal, biochemical and neurological problems of all kinds. Massage interrupts such stress-inducing patterns and helps nudge the body back into a natural state of balance. Read on to find out more about the subtleties of massage, and the powerful healing potential they might hold for you.

**Alleviate anxiety** - A popular explanation is that massage lowers the body's levels of cortisol, the hormone notorious for triggering the body's fight-or-flight response.

**Relieve lower-back pain** - Aside from stress, if there's one thing that drives people to the massage table, it's pain - especially lower-back pain. "Physical pain is like the alarm system of a house, with acute pain, like a burn or a broken bone, the pain signal indicates something is wrong. But, if you have pain every day, like chronic back pain, the alarm is malfunctioning. Massage may not be able to turn off the alarm, but it can lower the volume." Andrea Furlan PhD. You'll get more lasting, long-term relief from lower-back pain by supplementing massage with isometric core exercises that focus on strengthening the muscles that support and guide the spine's movements.

**Tension headaches** - Tension leads to headaches, so it follows that massage would help ease them.

**Restore deep sleep** - Lack of sleep alters the body's biochemistry, making it more vulnerable to inflammation and lowered immunity, and more sensitive to pain. The relationship between pain and sleep deprivation is a vicious cycle - your body doesn't get the rest it needs to heal. Because massage therapy stimu-

lates the body's "rest-and-digest" nervous system (the opposite of its "fight-or-flight" response), it counters both physical and mental stresses — giving you a better shot at enjoying the sleep you need to repair tissue during the night and to cope better during the day.

**Reduce symptoms of depression** - It may seem surprising that physically manipulating the body can help counter a malady we associate with the brain. Massage boosts the body's natural levels of serotonin, a substance that works much like anti-depressants in the brain - massage also encourages the brain to release dopamine, a mood enhancer, as well as oxytocin, a hormone that generates feelings of contentment.

**Lower blood pressure** - Given how positively it affects the rest of the body and mind, and how well it moderates stress, it probably comes as no surprise that massage therapy can also benefit the heart — in part by reducing blood pressure, at least temporarily. To find out more contact Debbie from Realign Massage & NMT, 021 120 2175.

## Tips to help prevent sports injuries

Be in the best physical condition to play a sport. Know and abide by the rules of the sport. Wear appropriate protective gear and equipment. Always warm up before playing. Avoid playing when very tired or in pain. AND REST! What to do if you get an injury? R.I.C.E. As soon as possible after an injury – Rest, Ice, Compression and Elevation. And most importantly, get your spine checked by one of our chiropractors to make sure your body is working as well as it can be. Hobsonville Chiropractic Centre, phone 09 416 7589 or come in 295 Hobsonville Road, Hobsonville.

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# Areacolumnists

## Rehabilitation therapist helps cancer patients

Stories by Geoff Dobson.

A fully qualified cancer rehabilitation physiotherapist with Kumeu-based NorthWest Physio + is believed to be the only such therapist in West Auckland.

Therapist Laura Jefferson, pictured, supports, guides and rehabilitates people through every stage of their treatment and recovery.

Pinc & Steel physiotherapists such as Laura are dedicated to helping men, women and young people with any type of cancer.

There are now more people surviving a cancer diagnosis, but they can face an increased risk of extended health problems, premature mortality and harsh side effects from their treatment.

This is where Laura can work alongside her patients to help minimise treatment side effects and encourage them to have the best quality of life they can.

Cancer treatments are tough. The treatments are more manageable when people know what to expect and are given good advice on everything they can do to maximise their own recovery and help them take positive steps for their future health and wellbeing.

Pinc & Steel physiotherapists are movement-based therapists. The individualised rehabilitation programming is formatted into four phases. Timing of each phase is dependent upon the



patient's physical condition, the length of the healing process, the type of surgery involved, and the courses of adjuvant treatment.

Laura will assess each patient individually for physical impairments and effects of their treatment. She will then work with each patient to create a rehabilitation programme to suit their stage in recovery. The sessions can include a combination of services including manual physiotherapy, graduated resistance training, clinical Pilates, fatigue management and exercise prescription.

The Pinc & Steel Cancer Rehabilitation Trust is a registered charitable trust working to improve the quality of life of women and men affected by cancer.

Its mission is to inspire and allow anyone with cancer the opportunity to rehabilitate and regain their strength and confidence, and to incorporate exercise into their lifestyle.

"Our goal is to actively support thousands of New Zealanders to move over cancer this year," the trust says.

"Every year we help fund over 1000 cancer patients (both men and women) through our certified oncology physiotherapy and rehabilitation programmes including Pinc (for women), Steel (for men), Next Steps – a 10-week group programme for women and men recovering from cancer treatment and PaddleOn – a four-week stand up paddle board programme for men and women recovering from cancer treatment."

Laura gained a Bachelor of Science Honours degree in physiotherapy in 2011 in Glasgow, Scotland. She worked at both her home in Northern Ireland and Scotland, operating in the hospital system for three years before making the move to Australia in 2014. Working out of Darwin, Laura travelled to indigenous communities in the Northern Territory.

In 2015, she came to Auckland and began Pilates training before starting work in St Heliers.

"My Pilates training has played a huge role in my physiotherapy work over the last three years, and it is where I began to come across clients undergoing cancer treatments receiving physio and Pilates rehabilitation," Laura says.

"When I moved to work in Kumeu in May 2017, I started with offering Pilates classes at the clinic and soon realised there was nobody in the area offering Pinc & Steel rehab services."

Laura says having clients come to the clinic for Pilates classes who had undergone the rehabilitation with providers in other parts of Auckland encouraged her to sign up for the training last year.

"Oncology was a totally new field for me in the world of physiotherapy, despite working in hospitals for three years. It has been really interesting learning more about this area, especially

## Anna Jeffs

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when most people don't realise how much a physiotherapist can help these clients.

"Like everyone, we have all got family and friends who have battled with cancer. I feel very privileged to now be able to spend time helping these clients and be able to play a positive role in their journey."

Laura received a Pinc & Steel scholarship which helped towards funding the course.

"Once I finished the Pinc course I decided I did not want men being left out of my service, so I am currently completing the Steel course (finishing before June).

Laura is also completing the Next Steps course. She will consider PaddleOn classes closer to next summer.

A major part of being able to provide these services is having the funding to assist clients who struggle to afford the service, Laura says.

"Cancer does not just impact on a person's physical well-being, but also has a huge impact on their social, financial and emotional well-being."

As fundraising is essential to allow clients to be accepted for Pinc & Steel support, a Pilates'athon will be held for that purpose on June 30.

A raffle and massage will be offered, all funds going directly into helping fund clients for access to the services.

"We will be keeping the information updated on how to book and donate via our website and Facebook page."

There are more than 70 certified Pinc & Steel trained physiotherapy clinics across New Zealand (and networks in Australia, UK, Ireland and South Africa).

The Pinc & Steel Cancer Rehabilitation Programmes were founded and developed by Lou James, MNZM, who established the trust in 2006, and Professor Rod MacLeod, a senior staff specialist in palliative care and conjoint professor of the University of Sydney, now based at Hibiscus Coast Hospice.

Visit [www.northwestphysioplus.co.nz](http://www.northwestphysioplus.co.nz), [www.pincandsteel.com](http://www.pincandsteel.com), or email [laura@nwphysioplus.co.nz](mailto:laura@nwphysioplus.co.nz) for more information.

## May Day madness

In the chilled, dark hour before dawn we arise, put on our kit and other wrappings, and try not to disturb loved ones with our bells, before making our ways to the slopes of Mt. Eden; just as we have done for over forty



years. These days, the road to the top is closed, so we must park our cars half way up. But although we are significantly older, and our joints creak in complaint during the final ascent, we stride forward with eager purpose -even if with heavy breath. Unsuspecting joggers wonder at our fiery, torch-lit procession;

the flames of which, at times, frame the full moon. "Happy May Day," we chime, above bells that are strapped to our chins and announce every step.

As we round the last corner and see the silhouetted trig-station that marks the highest point of Maungawhau, we almost convince ourselves that there are already dancers there before us. For decades, The Britannic Bedlam Morris Gentlemen would drive through the night, from Wellington, to be the first on the summit and 'dance up the sun'. But not this year. Like us, they are not as young as they once were.

Anyone who doubts the effects of climate change has obviously not joined us these last four decades. When we first began this annual ritual, it was with chattering teeth, gloves, scarves, any accoutrement that preserved heat. We danced in hail and driving rain. Thermos flasks of strong coffee were required to awaken and warm; sometimes the occasional hip-flask made an appearance as we beat ourselves against the numbness of bitter cold. These days we are spoiled; May-Day mornings are virtually tropical by comparison. We no longer need to brace ourselves against the elements; maybe we have tamed them after all.

The sky is turning from ink-black to royal-blue. We had better hurry, or else how are we to take credit for coaxing the sun over the horizon? The first dance is a stick dance. It gets the blood flowing. Clashing sticks are wielded as weapons of a bygone era; broadswords, rapier and staves. A small, but appreciative audience has gathered. The next dance is performed with hankies, which accentuate dancers' movements and gestures. Throughout, the rhythm of the bells provides a mantra-like pulse for the life-blood music.

The dances come and go in quick succession. There is even a less energetic country dance, in which the audience participates. Light intensifies to show an unrevealed sun, who hides from us behind a wall of cloud. It seems she is reluctant to shine forth in all her radiant glory. But the clouds are soon vaporised by her intensifying heat. The day has truly arrived. We nod at each other in approval of a job well done. We have worked up an appetite. It's off to the 'Circus, Circus' café.

In the time it has taken to wrest the sun from her slumber, commuters, cars and buses have hit the streets, with all the jostle and bustle that implies. But we have no timetable to keep, so linger over our breakfasts and accompanying conversations. There are fewer of us each year, so we make the most of these occasions. There are none in the next generation to take our places; except for my fifteen-year-old son but, although normally keen to show off his Morris Dancing prowess, even he draws the line at getting up so early in the morning. And so, we stay on deck to dance, sing and play, whilst the great ship sinks.

Sometimes, after breakfast, we take our entertainment to the CBD and parks and pubs to meet with our public; who are invariably receptive, yet reluctant to swell our ranks. Perhaps it is this public performance aspect that initially deters people from

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joining. Which is why this column includes a segment for you to experience how Morris Dancing is so enjoyable, and why we have been doing it for so long - in the privacy of your own living room, or office space.

Dancing From Home II: Last Month: left, right, left, hop left, swing arms down during the stepping and up on the hop. (Repeat off alternate feet). This month: With arms horizontal, and out from the body from the elbows, step back left foot, hop left, step back right foot, hop right. Then jump onto both feet and jump, landing on both feet. This last is known as Feet Together Jump FTJ. During the jump you can turn 180° to face the other way. Repeat. You can see if you are doing it correctly by checking out our facebook page: [www.facebook.com/morrisdancingathome/](http://www.facebook.com/morrisdancingathome/) For more info phone Errol 021 184 1653.

## Speedy in world BMX champs

James Speedy is living up to his name in BMX racing.

The 13-year-old from Waimauku, pictured, is on his way to the world BMX championships in Azerbaijan at the Western Asia/Eastern Europe cross-roads on June 5-9 with his family. James' first major overseas trip follows his selection for the New Zealand team after he performed well in national, North Island and regional events.



He won the 13-14 years 24-inch cruiser class national title at Easter in New Plymouth. For good measure, James added a hard fought second placing in the 14 years boys' 20-inch class, coming from the rear of the field after a bad start.

"Stoked" with his national success, James expects very tough competition from the 100 or so riders from around the world competing in his class at the 2018 UCI World BMX Championships in Baku, Azerbaijan's largest city.

The North Harbour BMX Club member is ready for it though, having undergone extensive training with coaches Toni James from the Waitakere BMX Club and Bryan Joyce of Papakura.

James, who attends Kaipara College, started riding bikes at the tender age of six. A keen football player with Norwest United Football Club, James often enjoyed riding his bike through mud and around venues where he was playing, having started kicking a ball at the age of four.

Family friends got James interested in BMX competition, suggesting he try it, and he hasn't looked back since.

Parents Andrew and Heather encouraged his participation, and now take him to events throughout the country.

James first won a national title about two years ago, but this

year he has really hit his straps.

"All his hard work is paying off," Andrew says.

The trip to the world champs will cost the family around \$20,000 all up, so they've been fundraising as much as possible, from doing garage sales to running a Givealittle page.

The cost includes the entry fees, tickets to the event, travel, insurance (including special cover for James while competing), accommodation, food and more.

He also has to take his two BMX racing bikes.

"Any support we can get is greatly appreciated," Andrew says, with James also thanking his supporters.

"I'm looking forward to it (the world event)," James adds.

He'll update progress through his "James Speedy #188" Facebook page.

The Speedy family planned to leave on May 30 and return about mid-June.

When they return there's also the prospect of a new North Harbour BMX facility being established in Oteha Valley Road to look forward to.

James might even be able to work towards a career in BMX riding, perhaps along the lines of the Nitro Circus and Crusty Demons world tours.

But for now, it's purely for the fun and the thrill of competing.

## Pinterest wedding

Let's be honest, we are all a bit obsessed with social media. But when it comes to weddings, Pinterest social sharing site seems like the world's most compulsive addiction. There are around



40 million people using Pinterest to plan their wedding, saving around 900 million pins and 70 percent of brides make bridal inspiration boards before they're event engaged.

Planning a wedding is not simple, and while we all need some inspiration at times the information overload that is caused by the influx of stunning photos and amazing ideas is causing most bridal brains to swirl in circles. Thus, rather than making wedding planning easier, a lot of brides discover that Pinterest Induced Stress Syndrome is, in fact, a real thing.

This doesn't mean you shouldn't use Pinterest. Use it wisely and do your study prior. There are a lot of very useful blogs out there that teach you how to stay focused and on track.

For now, remember these few things:

It's the execution that makes an idea successful.

Pinterest is chocka full of beautiful ideas. But they are just that - ideas. You still need to source, create and execute those ideas. Many of the pins on Pinterest have been professionally styled and photographed. Most of them aren't even a real event but a photoshoot set with no practical side to them.



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Having a pin board organised doesn't mean you have your wedding planned.

Most people underestimate the time it will take to DIY the projects that they have lined up for themselves and their partner, ending up stressed and disappointed when some of them do not turn up the way they were intended.

Also, keep in mind that your budget and resources may not match.

Those baby pink peonies might not be in season for your January wedding, and that couture gown may be way out of your price range. Is the cosy Bohemian set up going to work for your wedding of 70 guests or is that more suitable for an Elopement type of ceremony?

Too many ideas pulling you in different directions can also result in rather tasteless event focused on unnecessary details.

Just because you like a pin, doesn't mean you have to incorporate it into your event. Ask yourself why do you like the item – what element of the pin is appealing to you – is it the colour, layout, the overall look? What is the cost vs impact that it will have on your event? Would you rather spend a week decorating glass jars that would be mounted somewhere high over a fireplace because there are no other place for them to go, or spend that week creating a moody playlist for your guests to enjoy as they enter the ceremony site? Are those "absolute must have loan games" a true must have for your event during an unstable March weather? Would you have a "wet weather place" to have them set up under or are your guests going to be entertained by watching those giant knots & crosses soak under the rain?

Remember, while scrolling through images is fun, make sure you know what your are looking for and ensure you know how to filter out, refine and organise you elements of inspiration (not the replica of YOUR wedding look).

Brought to you by your local Wedding Planner – Anna Moroz @

Wedding Girl. [www.weddinggirl.co.nz](http://www.weddinggirl.co.nz).

## Why don't you just do what you said you were going to do?

At any point in time we often have a number of things that we should have done or want to do. We all have a long list of 'I shoulda's' and 'I wishes'. All our wants are based on who we would like to be, which is great – it's fun choosing all things on offer in life. But an 'I should of' means we haven't done it yet. I should eat healthier. I should go back to the gym, I should have chosen the salad instead of the pie. I should have gone for that walk yesterday. I really need to get onto those new business cards. I should have called such and such about that idea. I wanted to join that group, but I didn't go again, I've been wanting more clients but didn't make the calls I said I was going to make.

The obvious question is why not? Why didn't you do what you said you were going to do? Why don't you just get on with it? If it's potentially going to make you happier, healthier and richer or bring you more of what you want, then why don't you go and do the one thing that would make the biggest difference? Most of us might say it's because 'I don't have enough time' or 'I look after my kids and I can't get out' 'I'm too tired', 'there's not enough money to do that' or 'I'm just lazy' or 'I don't know anything about that' All of those reasons are valid but none are the reasons you're not getting round to it. This is what's happening on the surface – not doing something is a symptom of something else. I also don't believe in lack of discipline or lack of motivation - those things are symptoms as-well.

Not actioning something is showing you something you don't know about yourself yet. Something that has nothing to do with



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your body your business or your bank account. The problem of 'never doing what I say I'm going to do' is your biggest lesson ever and has everything to do with your beliefs and perceptions of self. I love the saying, to know and not to do, is actually not to know. So there's something you don't know about yourself yet. Where your actions come from is where you are living from – which says a lot about what you believe. Yes, emotion and how we perceive ourselves is all wrapped up what happens in our whole lives. Not doing things is about what we are really saying to ourselves about it – and it will be a blind spot. I actually don't expect you to read this article and suddenly know. It's very hard to write this article and have a clear answer for everyone as we all feel differently about who we are. It can take a bit of dissecting and we often can't see it until somebody helps us out.

Your life is a reflection of how you feel about yourself. We can't really escape this. Our self-perceptions have been with us since birth - it feels the same as water does to a fish. Seeing it is hard, but our lives are a living example of it all. Everything you do or don't do is an outcome of this. Come for a session. Get some outside help in pointing out why your creating what your creating and why you're not getting on with the all your wants. Call Anna with any questions you may have. 021 555 658 or [anna@thinkyourbest.co.nz](mailto:anna@thinkyourbest.co.nz).

## Boer goat are a great lifestyle block animal

Last month I wrote an article on alpaca for lifestyle blocks, another favourite of mine is the Boer goat. This is a hardy breed of goats that are becoming increasingly popular in NZ. You can run a small herd on a lifestyle block and find a ready market for the meat. Stocking rate is approximately six goats per hectare depending on the quality of the pasture and browse available. The Boer goat is purely indigenous to Africa and more so to South Africa, the Boer goat has developed into the most favoured meat goat in the world, producing a low calorie, heart friendly meat. The Boer goat has much to offer the New Zealand Goat Meat Industry. It is suitable for a wide range of pastoral conditions. Boers under good management will reach carcass weights of 14-18kg at eight months of age. With its high fertility, rapid growth rate and quality carcass conformation combined with the Boer's ability to maintain economic production for six years or longer make the Boer goat a valuable commodity. In an in-



creasingly health conscious world, demand in New Zealand and overseas for low fat, low calorie Boer goat meat is strong and growing with increasing returns for the farmer. The Boer goat is an effective alternative aid in the fight against weeds. Goats are browsers and are excellent at controlling blackberry, gorse, broom, thistles, ragwort, etc and with the removal of these weeds, pasture quality is improved for other livestock use. Recent trials have shown that Boer goats can utilise land that is not suitable for other livestock so therefore in an extensive farming operation, total stock units can be increased thus giving a better financial return for the farm. Information for this article was obtained from the NZ Boer Goat Breeders Association, please visit their website to find out more about these fascinating animals. [www.nzbgba.co.nz](http://www.nzbgba.co.nz). If you require any further information on Boer goats or any other lifestyle property pursuit please give me a call on 09 411 784 or 027 554 4240, if I don't know the answer I will know somebody who does. Lyndsay Kerr your local Mike Pero Real Estate lifestyle block and real estate specialist.

## Fetal Alcohol Syndrome Disorder (FASD)

Everyone deserves a chance to live a normal life. There is a group of seriously passionate people in our community that are keen to make a huge difference for those who suffer from Fetal Alcohol Syndrome Disorder. If you meet someone with this syndrome, you may never even notice that there is anything different, but once you get to know them better, you will become aware of the brain damage that they have. Some research says it is OK for a mother to have a few drinks while pregnant, other research says no drinking is safe at all, but what we do know is that alcohol at a certain stage of the pregnancy can cause irreversible brain damage. Our passionate team aim to create "Fazed Inn", a tailor-made programme for teenagers who are diagnosed with FASD that have dropped out of school for one reason or another. It will be a restaurant with a qualified chef who will teach them to prepare and cook food. We have teachers who will teach them to communicate effectively with others, they will learn social skills, wait on customers and learn how to manage money. We also have an education team waiting to help students achieve their NCEA levels with confidence. The certified life coach/motivation coach can teach the children how to overcome their self-limiting beliefs and work on restoring self-esteem, while also being able to teach them relaxation skills for anxieties they may have. The aim is to get them into part-time/ full-time employment. Join our Facebook page, FAZED INN, follow us, tell others about the group, support us, and let others know we need sponsorship, so we can continue to help those affected by FASD. [www.lifesuccesscoach.co.nz](http://www.lifesuccesscoach.co.nz) 027 487 8290.

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# The great outdoors

## Just another reason why we're out there doing it

I was once asked, why do you work for a business that promotes the killing of animals?

My response was considered as my thoughts began to assemble into some sense, order and plausible reason. The first thing I wanted to know before I answered, was why this question was being asked of me? I didn't want to get ahead of myself thinking the question was necessarily an objection.

Nor did I feel a need to justify. But I felt there was an opportunity to open the conversation up with a level of balance and context. My initial response to the question was introduced with a condition for this discussion.

The condition was to exchange questions constructively, without judgment or argument, so we could explore the value of any point of view as individuals with a right to have that point of view.

I started my response by asking this person if she had any boys. She didn't, she had three girls. I said having boys is not in itself a justification to hunt and fish, but I explained, one challenge I have to deal with, as many other parents and kids have to deal with, is their reactions to a simple request – especially when they are occupied by a game on a screen or on a mobile, a common and prolific preoccupation in today's society.

Imagine this situation, I explained. I ask my son if he has fed the dog. He is consumed by a game on his mobile phone, eyes fixed intently on the screen with his thumbs racing the visual cues and sound explosions in what appears to be a crazed car racing scene. The dog, I asked. An eyebrow flinches with a slight lift of acknowledgement. The dog, have you fed the dog? Yes! Yes, yes ... oh I mean no, I'll get to it when I get a chance. OK! I thought to myself, if I had a blonde his age standing next to me quietly, the one he had been texting the night before, and she wasn't wearing a fragrance, he would be none the wiser. He can't see beyond the linear vision, noise and his testosterone driven by that screen.

Missing something, I thought? Perhaps...

I recall walking with him when he was young, down a busy main street. We were about to cross the road – not at the pedestrian crossing as we should have been, and I asked him to wait. Then it became an instruction. Stop! Stop! It was within a whisker when I pulled him back from a passing bus. I then ask myself, if stop, or wait, or feed the dog were requests worthy of contemplation, let alone any measure of acknowledgement. After all, these were not being received as words of guidance or observed with any measure of discipline.

The dog stayed hungry a while longer. The peripheral vision didn't exist so the girlfriend opportunity was missed. Some simple lessons of life were ignored for the moment, to focus on the most important, intoxicating and seemingly endless pursuit of virtual entertainment.

Which begs the question, has our society become so conditioned and preoccupied by what's in front of them, much of it manufactured, without any apparent reason, that no proper consideration is given to the concept of real life skills?

Then I moved the conversation to raising girls. I asked the person who asked me why I worked for Hunting & Fishing New Zealand, what do you feed your girls? Answer: chicken, plenty

of chicken, vegetables, salads and, occasionally but not often, fish. That's too expensive, fish.

My response: Much of New Zealand's retail choice of chicken is no more than eight weeks old. It's batch raised, filled with growth hormones and antibiotics, raised in unnatural environments, humanely slaughtered, processed and packed in non-biodegradable plastic and there we have it.

Food.

No red meat, I asked? No. Where do they get their iron from? Tablets.

OK, so I can go to the supermarket and get lots of chicken, or I can do this ...

Prepare for a walk, learn about what I need, where I am going and map that out with adequate provisions. Walk in company, talk to each other, take in the sights and perhaps take a few photographs. Take a path less travelled even, and at this point I'm only talking about tramping.

Stay overnight in the bush, light a fire, heat a billy, toast some marshmallows and lean back to stare into the stars.

A form of camping, you might say.

I'm thinking my field of vision is wider, my sense of responsibility is greater and the way I have to operate in my environment, outside, requires a level of arrangement but man, am I relaxed!

So, I suggest, think about the seasons, learn about some new kind of active outdoor recreation activity and yes, perhaps with hunters, intelligent, fit and practised hunters. Learn about distance and aim (there is a goal to shoot for and that may be getting back out of the bush safely), take a shot if you want to, brave the kill and show some humility with that decision, then take responsibility to carry it out. Think about the fact this animal has been running wild for some time, procreating like I wish I could have, eating and living natural ingredients all its life – organic food source, plenty of iron, no fat and I'm reminded a bloody good walk helped reduce my own body fat.

Might try my hand at fishing the river next week as well I'm thinking, just for a bit of variety. Or simply going for another big long walk. That's why I work for Hunting & Fishing New Zealand. We're out there doing it and the natural benefits, properly observed, are immense. And my sons have fortunately, all made the outdoors their true place of adventure. I still feed the dog.

For more information phone 09 869 3331 or go to [www.huntingandfishing.co.nz](http://www.huntingandfishing.co.nz).



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