

the **Westerly**

FREE monthly community magazine for Massey to Hobsonville Point

PROPERTY MARKET REPORT

WHATS IN A STREET NAME?

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

NORTH WEST SHOPPING CENTRE

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

November 2018

2018

Intro

Nigel Latta's series *The Curious Mind* (still available on TVNZ On Demand) gives a fascinating insight on the need for people to connect with other people. Humans are a social species, who work with others for survival and to maintain their health. When we feel iso-lated or disconnected from those around us our brains crave making connections to add meaning to our lives. As individuals we may be relatively weak, in survival terms, but working together in teams can make us strong. Many people enjoy being part of a group, whether it is a club, a sports team - player or supporter, or a community volunteer.

In strong groups you can usually find the inspiration to try harder or tackle a bigger goal from another member of the group. Learning from your own mistakes is not always productive (though occasionally this isn't a bad thing) finding out from the community if someone has the experience you are looking for and can share their knowledge, is of great benefit. If no-one has that skill or service, there is a good chance they can recommend someone who has, a reliable plumber or electrician, for example. Seek the company of successful people, who may be able to offer you the opportunity to share an experience or expertise. Being an active member of a social community can be a time to have fun in the company of others.

In this month's *Westerly*, look for ways to engage with your active community. There are good things happening at all levels, from enterprising fundraisers at an early childhood centre supporting vulnerable children and families, to advice on preparing for retirement living, and everything in between. A locally-produced documentary looks at the benefits of a plant-based diet, putting a fresh slant on the more traditional diet choices many of us make. It is time to look ahead for ideas to celebrate Christmas, as the diversity of modern N.Z. cultures enables our community to celebrate this festival in different ways. The awards won by two local conservation groups in our larger area are another cause for celebration.

There are the regular features of advice on pets, food, health, travel, keeping fit and gardening, as well as an in-depth look at the property market, and associated legal issues. Why is North West Shopping Centre so good? It's here for you to find out.

Have a great month and take care.

John,
Editor



the *Westerly*

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WESTGATE

Community: Notices

Celebrity psychic in Hobsonville

We have a celebrity psychic medium working in our community.

Kerry-Marie Callander – psychic medium is a new star in the latest TV series Sensing Murder and has previously raised by funds for Countdown Kids by putting on a show in Hobsonville. Kerry-Marie's passion is to help the living and the deceased by bringing though message of peace, love and hope through to those here on the earth plane. Through her gift she also offers offering spiritual guidance to her clients and does her best to assist you. You could be greatly touched by seeking her services in the future including personal or couple readings as well as healing. She doesn't promise miracles but knows you can be touched & healed if you come to her with an open mind and heart.

Book a reading or a healing with Kerry-Marie: spiritualdecisions.co.nz go to the bookings page.



Everyday hero

How fit do you have to be to chase a bad guy? How many fires does a fire-fighter put out every year? How does a police dog learn to identify a dodgy smell from a harmless one? What does it take to be an Everyday Hero? After the community's positive reaction to the recent Waitemata Police Pop-Up recruitment drive at North-West Shopping Centre (which yielded 43 sign-ups from interested locals wanting to join the force, including 20 women – significant as we celebrate the 125th anniversary of Women's Suffrage), several emergency service groups decided to join forces for a community day out recently.

At the event, NZ Police, NZ Fire Service, St Johns, and the NZ Defence Force spent time with families, giving them a closer look into a day in the life of an 'Everyday Hero'. Locals took part in fire-engine tours, saw live demonstrations including a police dog show, as well as having opportunities to enquire about



recruitment and understand what it takes to join emergency services.

Amidst the entertainment, the event enabled West Auckland's emergency services to speak with potential new prospects and answer questions, as well as hearing directly from locals about their most pressing needs.

Aquabot

The first Auckland Aquabot competition for underwater robots was held at Whenuapai Airbase recently. Driven by local law firm Belvedere Law and National Aquabot organisers, Ministry of Inspi-



ration from Nelson, the competition day was hosted by the Royal New Zealand Air Force with support from WSP Opus. The day was very successful with teams from local and south Auckland schools competing and at least three heading to Nelson for the national finals. NZ national winners are eligible to compete in the US national finals in 2019. Building on this year's success this will become an annual event for Auckland schools. WSP Opus sponsored the Intermediate and High school winners (Hobsonville Point Secondary School) with both individual and team educational game prizes. WSP Opus' own Building Solutions Team Leader – Christopher Caine was a volunteer judge for the day's action. "As a judge for the Aquabot Competition I was suitably impressed with the students' presentations, their understanding of the inner space (as opposed to outer space) and good old kiwi can-do attitude complete with fencing wire! In the main, the theory was backed by significant trial and error as they strove to make their Aquabot perform to the required tasks. It was obvious from the students that this competition was a fun challenge, packed with many of life's lessons, such as time management, teamwork, perseverance and resourcefulness. This is a great STEM initiative for the young minds of New Zealand and one the WSP Opus aligns with supporting young Kiwis on the road to a career in engineering." Chloe Brigden wsp-opus.co.nz.

Waitakere Grey Power

Waitakere Grey Power Association is holding its final General

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Members Meeting on Thursday 6 December 2018 at Swanson RSA, 663 Swanson Rd, Swanson commencing at 10.00am. Our Guest Speaker is Janice Willis from Elderly Assist. The meeting will be followed by lunch at Swanson RSA commencing at 12.00 midday. Cost of lunch per head is \$20.50. Waitakere GreyPower Association is an advocacy group for people in our community 50 years old plus. We advocate on National Superannuation, rest homes and hospitals, their care and facilities. We were also responsible in achieving rates rebates for those on National Superannuation and low-income earners. We represent the local community at Local Board and Auckland Council meetings when issues arise. All Associations lobby Parliament and all political parties on advocacy issues as they arise from time to time, without fear or favour. For further information and bookings please phone Waitakere Grey Power Office on 09 838 5207. Mate Marinovich, President Waitakere Grey Power Association, Office 247 Edmonton Rd Te Atatu South.

Construction Rocks NZ

This November sees the return of WSP Opus' Construction Rocks New Zealand, the battle of the bands networking event for the design, construction, infrastructure and property industry, which is now into its fifth year. Twelve bands will battle it out on the 7th and 8th of November at Q Theatre, 305 Queen Street, Auckland CBD.



Construction Rocks is a unique event that is not only tremendous fun but also gets the whole industry engaged for a great cause every year, bringing enthusiasts together. Since its conception, Construction Rocks has gone on to raise over \$300,000. For event details and tickets go to www.constructionrocksnz.com.

All proceeds from the event will be donated to the Westpac Rescue Helicopter Trust. Providing vital safety for New Zealand for over 35 years, last year Westpac Rescue helicopters performed over 7,290 missions and are now operating through 16 local rescue services. The people at Westpac Rescue Helicopter Trust courageously put their lives at risk for the safety of others. In many instances, they have been the difference between life and death, transporting the critically ill and injured to hospitals around New Zealand. Chloe Brigden wsp-opus.co.nz
Photo credit: Andrew Lau Photography.

Seniornet West Auckland

For our November monthly meeting at the Kelston Community Centre the guest speaker will be Grant Stevens. SeniorNet

members will all know Grant from his previous visits, always a lot of fun and with a lot of computer information as well. This is our Christmas meeting so we will have some extras for morning tea provided by the Committee. All welcome.

We have just done a class on TradeMe and have more people waiting, so if you would like to know more about this and how to download photos for it etc, then please give our class co-ordinator Pam a ring on 09 827 2156. She will ring you back if you leave your details. Our web page has the latest classes being held at our Learning Centre, upstairs in the Henderson RSA, Rail-side Avenue, Henderson. The office is not always operational so please leave a detailed message on 09 837 7600 as these are checked regularly. We will have our Help Sessions on the 2nd and 4th Tuesday of November and our last one for the year on the 11th December. We will recommence on Tuesday, 22nd January 2019. The Kelston meeting is at the Community Centre cnr Awaroa Road, Kelston and starts at 10am entry by \$2 raffle ticket. This meeting is open to members and non-members and is a good time to come along and find out more about what we do.

Countdown Westgate

Countdown Westgate says haere rā to single-use plastic carrier bags and kia ora to a new store manager.

Countdown Westgate is welcoming a new store manager. Mark Williams, has recently left Countdown Hauraki Corner and has now taken over the reins.

Mark started with the business in 1982 as a butcher and has proceeded to move up the ranks in a variety of different roles, culminating as the new store manager at Countdown Westgate. He's got a great team behind him, many of whom have been in the store for several years. He brings with him a wealth of knowledge and experience. He also has some great ideas to work more closely with the community and in particular the local schools. All of Countdown's 180 stores have removed single-use plastic carrier bags from checkouts and online shopping. Countdown's move to phase out single-use plastic carrier bags will see 350 million of these bags no longer in circulation in New Zealand each year.

Mark says he's been hugely impressed by customers who are already adapting well to the changes and adjusting their shopping habits.

"Customers are really getting behind the change and I'm excited to see what more we can do for the environment and the West Auckland community" he says.



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
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Waitakere Fire Brigade

We receive a lot of calls at this time of year about fire permits, if one is needed and what restrictions may be applied to burning. Put very simply, it is always best to seek a permit before you light up. It does two things: It gets you to consider all the



safety aspects and considerations and it allows a professional to review your plan who may give you some suggestions. Best of all it is free from cost. Your first step is to go online at www.checkitsalright.nz for specific information in your area. The present status is Open Fire Season. No fire permit is needed to light a fire in open air. However you still need to exercise caution, check the weather and be well prepared before lighting. Note that a restricted fire season is in operation on all Public Conservation Lands. You need to apply for a fire permit for any fire type that is not listed below:

- Gas-operated appliances
- Campfires in a permanent fireplace
- Cooking and warming fires

Note that any fire you light may have requirements to meet with the Auckland Council. Check online at www.aucklandcouncil.govt.nz or call 09 301 0101.

The other issue we get in November is BBQ's. We suggest you replace the drip tray absorbent, make sure the BBQ is at least 1 meter away from the house or any wood surface or cladding and check the gas connection and hoses are in good order. A little trick is to do a spring clean on your BBQ at this time using

hot water with detergent and wash down the hoses and connection. Leave wet, ignite one of your burners and check that there is no bubbles on the connection or rubber hose. You may need to reapply the hot water a few times to confirm.

Ensure you always turn the gas off at the burners and then turn the bottle off. And whatever you do, the BBQ stays outside or in a fully ventilated environment. Stay safe, be prepared and be aware.

Graham McIntyre - Officer in Charge, Waitakere Volunteer Fire Brigade.

Watch out for cold-call telephone scams

The call will be unexpected. They may be friendly and try to make you think they are local by commenting on local events and weather. They may be intimidating and threatening, saying there is a problem or asking for payment of an 'overdue' bill. They may know details about you they have found through stolen data sources. They may ask for a fee up-front so you can receive a refund or prize. They may pressurise you into a quick decision, by making a threat or saying an offer expires soon.

What to do if you are contacted.

Politely say "no thanks" and hang up the phone - you may need to do this a few times. Don't engage in conversation, or tell them off - you may be put on a "harass" list. If unsure if a scammer or legitimate, hang up and call the organisation on an official helpline number. If you still need help, call toll free on 0508 NETSAFE (0508 638 7230) or email help@netsafe.org.nz Go to netsafe.org.nz for more information.



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People:Places

North West Shopping centre



Tell us what makes North West Shopping centre so good?
NorthWest Shopping Centre is the newest shopping complex in the wider Western area. We are a fresh and modern take on the traditional mall, exemplified through our diverse restaurant offering. Our 2018 research report shows that NorthWest is not only the shopping centre of choice in our primary catchment, but it is also the only centre showing significant growth in loyal shoppers since 2016.

What experience can the public expect?

When visiting NorthWest Shopping Centre, we want the public to experience a real sense of community. We pride ourselves on being a unique setting in which locals can not only shop, but they can also dine, as well as experience interesting events and in-centre installations. For example, we've held an art exhibition in centre for our local cluster of schools, and we annually hold our Music in the Square event, which enables up and coming performers to get on stage with well-known artists, providing fantastic live entertainment for the public. We also recently ran a fantastic Rewards campaign to support 11 local schools. The participating schools were lined up to grab a share of a \$6,000 total prize pool, and voters and students were tracking each school's progress in-centre or via our website. Huapai, the overall winning school, won the \$3000 prize and are putting the money towards sun shades for their playground. Helensville School received \$2,000, and Hobsonville Point Primary received \$1,000.

A big focus is to continue devising more of these community events to enhance the public's experience at NorthWest. As our local catchment continues to grow, so too does its interests

and requirements – which is why we are in continuous conversations with our customers to find out their needs, so we can cater to these.

What do you want to achieve with the retail experience?

We hope to offer a retail experience that is unique and tailored specifically to our surrounding catchment. By offering a range of services, eateries, fashion retailers, and both independent and specialty stores, we want our retail offering to be a mixed bag, reflective of the customers who shop with us – there is something for everyone.

In your opinion why do customers engage with the complex?

We think our customers engage with us because we are convenient, modern, and because of the variety of services we offer. Whether it be dining at Goode Brothers with friends, bringing their child to Toddler Tuesdays, or getting their daily groceries, we think locals appreciate somewhere they can go to that has everything in one place.

What makes the public so passionate about North West Shopping Centre?

We think it's the events we hold for the public that make them passionate about us. Our Christmas in the Square hosted by Suzy Cato brought many happy families together, Parked Up Out West saw crowds of vintage cars rock up to the centre in style, local dance group performances impress onlookers in the food-court on a regular basis. We want to create a community hub the public feel connected to – it's these sorts of initiatives that bring people together.



Geoff Dobson
MEDIA

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E geoffdobson2017@gmail.com



In Brief updates: Events

Hobsonville Point photography exhibition

The first Hobsonville Point Photography Exhibition was held recently at Headquarters in Hobsonville Point. The opening night gave visitors the opportunity to meet the 30 photographers who entered exhibits. Additional historic photos of the Hobsonville Point area pre-development were lent by HLC (Homes Land Community who have managed the development of the integrated urban communities at the former Hobsonville Air Force base). This event was sponsored by Headquarters/Auckland Council, Fabric Cafe and Bistro and Photoprints. "It was a great night with big turnout from the community with support for another event next year. The food from Fabric Cafe and Bistro was a huge hit and two community members walked away with prizes from Photoprints and Fabric Cafe."



Mayoral conservation awards

Two local conservation groups have received recognition in the Mayoral Conservation Awards for their passion for conservation, education, innovation and determination to conserve and protect our natural environment. The awards recognise the outstanding efforts in conservation made by groups and individuals across the Auckland region and acknowledge the effort of communities and landowners in helping to protect the environment. At a Civic Reception in the Auckland Town Hall, Mayor Phil Goff praised all the finalists for their efforts. "These awards are an important initiative to acknowledge the unsung heroes of conservation across the region for their energy and selfless commitment. "It's inspiring to see the great work being done by those here in our own backyard and I'm glad to have the opportunity to recognise them for their efforts. We applaud all award winners and look forward to seeing the positive impacts these groups and individuals will have on their communities in the future." The



award categories encompassed eradication, restoration, collaboration, education and innovation.

Matuku Link is located at 111 Bethells Road, Te Henga, West Auckland, immediately upstream of the Te Henga Wetland, the largest wetland in the Auckland region. The project is just two years old and run by experienced and dedicated people, with rare native birds and plants, and funded without council money. The excellent lowland native forest will become a safe corridor for native fauna with quality predator control in the forest and around the wetland, and restoring the alluvial riverside flats by planting hundreds of trees, shrubs, and reeds. Matuku Link was a winner in the Restoration Category.

Kaipatiki Project, based at Eskdale Reserve, runs the Engine Bay Nursery at Hobsonville Point acting as a linking point for wildlife between the Waitakere Ranges and Tiritiri Matangi. Kaipatiki Project Nursery won the Collaboration Award for their mentoring of neighbourhood groups and networks to restore reserves and native bush. Pest-free Kaipatiki won the Innovation Category for their Ecotrack, an app that allows weeds to be mapped to allow better control. They were nominated in the Eradication Category, for a campaign to weed out moth plant and ginger, and for a local board-wide chew card monitoring programme.

Hospice West Auckland

Hospice West Auckland is here to help people and their whānau live every moment at the end of life. As our compassionate, palliative care is provided completely free of charge, we depend on donations from our community to keep our hospice services running. This Christmas, help keep Hospice West Auckland's services free by remembering someone special with our Christmas Stars and Trees of Remembrance. Our Christmas Stars are a heartfelt way to honour and remember a loved one. We invite people to make a donation to Hospice, and in return they receive a Christmas Star which they can write a personal message on, and hang it on our dedicated Tree of Remembrance. If you're able to volunteer some time to deliver our Trees of Remembrance campaign to the people of West Auckland, we'd love to hear from you. Please call our friendly fundraising team on 09 834 9750.



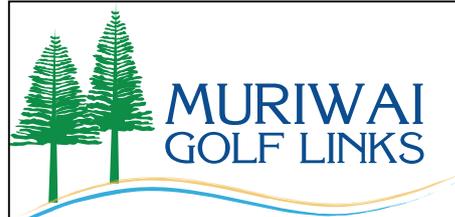
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Morning tea at Summerset at Monterey Park

Morning tea Wednesday
22 November 10.30am at 1
Squadron Drive, Hobsonville.
How to market your home:



Join us for morning tea at our Hobsonville Village, Summerset at Monterey Park, and learn all you need to know about selling your home. We will bring you an interactive session on selling your home and provide you with hints and tips on the best way to market your home and answer any burning questions you may have. While you are here, take a look around our beautiful village and facilities. With views over the sea towards Herald Island and Greenhithe, Summerset at Monterey Park offers modern retirement living in a vibrant developing suburb. Brand new apartments available soon. Discover for yourself why our residents love the Summerset life, call us on 0800 SUMMER. Or visit summerset.co.nz.

Photoprints

Photoprints were one of three sponsors of the recent first Hobsonville Point Photography Exhibition. Local West Harbour resident Gary Ashton offered reduced rates for photographers and supplied a much sought after raffle prize of a A1 size photo production. Photoprints is a family business on Auckland's busy Ponsonby Road. We offer a cost effective, high quality custom framing service alongside the photo and canvas printing. So please either pop in, or send us an email with any questions and we will be happy to help. C/- One Step Ahead, 287 Ponsonby

Road, Ponsonby, Auckland info@photoprints.co.nz.

Open day and fund raiser for Bellyful

New Shoots Westgate recently held an Open Day and Fund Raiser for Bellyful, a NZ charity which cooks and delivers meals to families with newborn babies and families with young children who are struggling with illness, where there is little or no family or social support. The event raised \$1000 for the charity. At New Shoots, your child plays, grows and learns in a beautiful, sustainable, natural environment. They're supported by highly-trained, caring early childhood teachers to enjoy surroundings, resources and equipment that are carefully chosen and mindfully presented. Your child's food is lovingly handmade in our centre kitchen and jam-packed with nutritious, seasonal ingredients to help their bodies and minds thrive. "At New Shoots, the wellbeing of our children is our top priority and our compassion stretches beyond the walls of our centres. Having access to nutritious food every day is something we want for all children in New Zealand, and by supporting Bellyful we're making sure that the most vulnerable children and families in our community are looked after," says Michelle Pratt, co-founder of New Shoots Children's Centres. New Shoots is at 1 Kawakawa Place, Whenuapai (near Mitre 10) 09 869 3977 west-gate@newshoots.co.nz www.newshoots.co.nz For details



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Jaime's Christmas present

Jaime is 13 years old with Rett Syndrome (a genetic brain disorder), lives just outside of West Auckland. Her family is raising funds to get Jaime a COGY pedal wheelchair for Christmas. Please donate and help this family. Jaime's motor control is challenged and she spends most of her day confined to a wheelchair. When she walks in a walking frame at the therapist's, she usually just lets her left leg drag. But after her first trial with the COGY, her co-ordination was remarkably improved. With COGY, Jaime can keep her joints supple, strengthen her legs and build muscle memory and co-ordination for standing and walking. It'll also give her the joy of being able to get around under her own steam. With her condition, this is the only option for her to enjoy physical activity. For more, visit givealittle.co.nz/cause/cogy-pedal-wheelchair-for-jaime.



House of Travel Hobsonville

I don't know about you, but in our office any talk about food whether sweet or savoury is enough to set us salivating.

Lots of our clients are currently planning trips to the United Kingdom. Now the UK and Ireland are not the



traditional places you would think of when thinking of visiting an overseas foodie destination, but don't think you will end up with fish and chips with mushie peas every day washed down with a pint. There are plenty of places to get a foodie fix!

Those self-proclaimed foodies amongst us are all familiar with the restaurants of the celebrity chefs such as Gordon Ramsay, Jamie Oliver, and of course Cornwall's Rick Stein, however here are a few of the less well known spots worth a look.

There is no better classic British tradition than afternoon tea – and there are plenty of famous classic places to try – The Goring, The Ritz Hotel, Claridges just to name a few. However, if you are in Edinburgh why not try afternoon tea with a difference. The Royal yacht Britannia, a royal residence that hosted state visitors and royals alike was part of British history for nearly half a century and is now permanently moored in Leith. This unique vessel is well worth a visit and you can even take time for after-

noon tea on board.

One thing Britain does very well is its pubs and inns. A national institution the tradition of public houses dates back hundreds of years, with 400-year-old taverns still surviving to this day. Hire a car and head out to the countryside to head to one of these historic haunts.

Ye Olde George Inn, located in the heart of Hampshire's countryside and dates back to the 15th century. This old inn is full of character as you would expect, with open fires and wooden floors. The food is good too, and the produce is all local, so it has an ever changing menu as items come in and out of season. In Ireland, Galway specifically you can also enjoy food and history at the same time, Moran's Oyster cottage is gaining in reputation. Here you can enjoy the local fare (the Galway Bay oysters will melt in your mouth) in a 250-year-old cottage with beautiful antique interiors and the fabulous views of the Atlantic Ocean. If you are in London, head to the Borough Markets, stalls have been trading here for over 1000 years. Visit the market these days and you will find a huge variety of street food, from veggie nibbles to authentic dishes from just about everywhere. Of course, you also can't go past Camden Markets, go and soak up the atmosphere and enjoy some great food.

We all know the city of York is steeped in history, but whereas most British cities were built through steel, coal and wool – York made its mark through chocolate. For 300 years this beautiful city has been one of the UK's top chocolate manufacturers, there is even a chocolate trail to follow. Aero, Kit Kat, Smarties and Rolo's are on the favourites list in our house and all were made by local company Rowntree. I recommend a visit to York's chocolate story, for an entertaining and educational look at the city's history of chocolate making – as well as the opportunity to try some sweet treats!

So if you want to visit somewhere and visit some of the more of the out of the way places as well as the more well known, come and visit us at House of Travel Hobsonville, we will even make you a coffee while we have a chat! Corner of Hobsonville Point and De Havilland Roads, Hobsonville Point. 09 417 0700 hobsonville@hotmail.co.nz.

Country Club Huapai

Construction is well under way on an exciting new Lifestyle Retirement Village located in Huapai. Situated on the original site of the Nobilo Estate winery this is a joint venture project between Hopper Developments Ltd and Cabra Developments Ltd and is part of the Hopper Living Retirement Group.



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panies that take pride is producing quality property developments, and Country Club Huapai offers a new standard of luxury for the active retiree.

The first stage of building has commenced and includes 15 architecturally designed villas. It is anticipated the first of the villas will be completed early next year, much to the delight of those who have already secured their dream retirement property.

The central building construction is set to begin in early 2019. The facilities will include a restaurant & bar, meeting & social activity spaces, a luxurious indoor pool, spa and gym facility and the outdoor leisure area will include a bowling green. The building includes 46, one and two bedroom apartments on the upper levels and upon completion the community shall have 250+ dwellings, together with an aged care facility.

Residents will be able to select from a range of accommodation types under an "Occupational Right Agreement" and the village is registered under The Retirement Village Act and is a member of the Retirement Villages Association.

To lodge your interest or find out more contact Helen at the Sales office located in The Vines, Level 1, 1A Tapu Rd, Huapai, 09 476 4220. Every Wednesday you can enjoy a cuppa tea or coffee and a slice of cake between 10.30am and 2.30pm. www.countryclubhuapai.co.nz.

Ground-breaking local health documentary 'The Big FAT Lie'

Have you wondered why there is so much heart disease and cancer? Well according to Grant Dixon it's all about what we eat. Grant lives in Hobsonville Point and is an independent film



and television documentary maker. His new film claims that most heart attacks and many cancers would be avoided if Kiwis ate a whole food, plant-based diet.

The film claims that cow's milk is far from safe, gives no benefits to bones, and probably causes type 1 diabetes. Stories are told of ulcerative colitis, heart disease, obesity and type 2 diabetes being cured by a change in diet. The film also warns that the fat content of sausages and mince is far higher than you would think, while a surgeon links our world-leading bowel cancer rates to our love of fat and red meat.

Grant interviews six professors, nine doctors and numerous health experts to show the benefits of this new way of living. The film also claims major food companies dominate government food policy, while reducing food quality to increase profits.

The premiere screening is on 15 November at Auckland Univer-

sity. To book go to www.eventbrite.co.nz and search 'The Big FAT Lie'.

Christmas gifts with meaning

Christmas is coming.

Tired of buying generic, mass produced gifts?

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Based in Muriwai, Jo from Precious Imprints hand crafts personalised and symbolic jewellery and keepsakes.

Each piece is designed to represent the people, places and the things we love; therefore allowing us to keep them close always.

Whether it be the names of the special people in our life, significant dates, the latitude-longitude of first dates/wedding locations/favourite places, OR a design where the elements of the piece represent these things. Each piece is individually made to order just for you.

Choose from one of my designs or we can work together to design something truly unique and meaningful to your recipient. Visit www.preciousimprints.co.nz or email – jo@preciousimprints.co.nz to discuss your ideas today.



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302A Main Road, Huapai, Auckland. info@littlemissenchanted.co.nz. Phone 0800 LIL MISS or 0800 545 647.



What's new at You Travel Westgate?

Firstly we welcome Jo Grundy who has joined our team at Westgate; with three years' experience, Jo has already proven herself to be a great part of our team.

Here at YOU Travel Westgate, I have been busy finalising our Solo Group Package to Vietnam & Cambodia. In May 2019 I have the pleasure of taking a group of ladies, who would normally be travelling alone, to Asia for 17 Days. We have built a fabulous itinerary with so much to see & do, with some free time too!! All flights, twin share accommodation with breakfast, tours & transport, along with many lunches and evening dinners; are all included within the package price of \$7,183 pp. There is still room for a couple more people, so if you're interested, give me a call! It's been a busy October, with our Cruise Sale Month, which has always been popular. We have had some amazing deals for both ocean and river cruising, all around the world. There are

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jbw51red@gmail.com to book

you will receive a month's worth of local exposure

still great deals to be had, so don't miss out, get in touch and lets see what can be found for your next Cruise holiday.

Can you believe Christmas is approaching and very quickly? I like to go away for a break over the holiday season – whilst everyone expects this to be a busy and expensive time of year to be away, but recently I found a great deal, with flights, transfers and 5 nights' accommodation, with breakfast, oceanfront too; in Fiji for under \$1500 per person– What a great way to spend Christmas – If you fancy a festive break away; give me a call and see if I can find you a great deal too!

Email me paula@youtravel.co.nz Call me: 09 831 0018

Or come in and see me @ YOU Travel Westgate, 18 Westgate Drive, Westgate. www.facebook.com/youtravelwestgate www.facebook.com/YOUCruiseWestgate.

Let me give you a helping hand to find your next amazing trip.

Toddler time at Flippin' Fun

Parents - are you looking for something new to do with your little ones and haven't been to our Little Flippers session? Then you need to come along and try it out.

Little Flippers is a dedicated time when parents can have fun with their preschoolers while socialising with their friends in a comfortable, low-key, relaxed environment.

Your little ones can discover their capabilities on the trampolines in a safe supervised area. It's a huge adventure playground which allows developmental benefits such as muscle co-ordination, motor skills, balance and, above all, self-confidence.

Grab one of our yummy coffees and enjoy sitting, relaxing and watching your toddler have a great time. Added bonus. We guarantee your kids will enjoy a better afternoon nap!

Call us on 09 833 6880 or visit www.flippinfun.co.nz for more information.



Hobsonville Community Trust

Christmas on the Point - Sunday 9 December, 5.30-7pm at the Rifle Range Amphitheatre in Hobsonville Point. Christmas carols, food and activities + a visit from Santa. Free event. All welcome.

Caroling through the Neighbourhood - bring the family and friends and let's bring some festive cheer to our Hob Pt. Wednesday 12 December, 6.45-8.15pm. Meet at corner of De Havilland and Hobsonville Point Roads.

Any queries, contact community@hobsonville.org.nz.



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Property market report

Since 2010 I have provided buyers and sellers with significant information on the number of sales and the value of property in the area. It helps both buyers and sellers understand the market, understand value trends and make better decisions. Over the next several months I will create a clearer picture of trending data relating to specific markets, and what you may expect due to development and pricing.

Waimauku, the township once driven by Vision Waimauku and now at the mercy of multiple developments. Land sales in the area are \$550,000 to \$650,000 for the year ending September 2018. Median value in the area sits at \$970,000 for the month compared to \$1,050,000 for the year ending September 2018. The highest sales upper quartile is down to \$970,000 for the month compared to \$1,330,000 for the year ending September 2018. Sales volumes for the month were 1 units (average days on market 17) with annual sales at 55 units (average days on market 78) to year ending September 2018. Buyer groups are blended over most age groups but deficient in families with high school age children. A concentration of 30 and 40 year old parents with younger children top the social demographics. The Waimauku market offers semi-rural living and larger section sizes and the infrastructure is working better. The market shows signs of slowing growth and reduced sales values.

Swanson, end of the double-track train line with a flourish of Fletcher homes and relocated dwellings. Land sales in the area are \$300,000 to \$370,000 for the year ending September 2018. Median value in the area sits at \$810,000 for the month compared to \$860,000 for the year ending September 2018. The highest sales upper quartile was \$951,000 for the month compared with \$1,140,000 for the year ending September 2018. Sales volumes for the month were 8 units (average days on market 22) with annual sales at 95 units (average days on market 48) to year ending September 2018. Buyer groups are varied in the area. Demand is niche but values do reflect a real softening to the early \$900,000 as supply continues to increase.

Now let's have a look at this month's sales:

Hobsonville \$551,000 to \$1,755,000.

Massey \$500,000 to \$1,040,000.

Royal Heights \$748,000.

Swanson \$632,000 to \$1,050,000.

Waitakere \$800,000 to \$1,000,000.

West Harbour \$668,000 to \$1,540,000.

Whenuapai \$1,025,000 to \$1,145,000.

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. Likewise, before you go to market, have a chat with a few highly educated real estate professionals about the best process, marketing support and relationship that will deliver the best return on your asset. It may well save you thousands, make you thousands and deliver a much more enjoyable experience. Call me today on 0800 900 700, text 027 632 0421 or view www.grahammcintyre.co.nz - Mike Pero Real Estate Ltd Licensed REAA (2008).

Who can buy residential land now?

From 22 October 2018 the law changed as to who can buy land, whether a house or lifestyle block, whether a New Zealand citizen or not. Every buyer will have to complete the new Residential Land Statement.

New Zealand citizens and residents who live here are free to buy any interest in land. This also applies to Australian or Singaporean citizens or permanent residents who live here and want to buy a home to live in or to develop residential land. However, for all other land purchases they will need consent of the Overseas Investment Office.

New Zealand residents who live overseas will need consent for any land purchase whatsoever.

All other overseas buyers are prevented from buying or building any home here. They may get consent to buy land to build houses - but they won't be able to live in them.

Before signing sale and purchase agreements ensure real estate agents verify the purchaser's status.

Belvedere Law, 29 Settlers Avenue, Hobsonville phone 09 416 6562.



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What is in a name?

The legal professional in New Zealand is made up barristers and solicitors. What's the difference? A barrister will represent a client in open court and may appear at the bar. A barrister does not deal directly with clients but does so through a solicitor. Typically a barrister will specialise in a particular area or court i.e. family, civil or criminal.

A Solicitor on the other hand is actually a Barrister & Solicitor and whilst they tend to deal with more transactional work such as the conveyance of property, raising and discharging mortgages, subdivisions, drafting wills and estate planning, negotiating disputes and settlements, a solicitor may also represent clients in court. One main difference is that a solicitor can operate a trust account for handling client monies, but a barrister cannot.

Both barristers and solicitors can also be referred to simply as 'lawyers'. 'Attorney' is the American equivalent, or 'advocate' in Europe.

In New Zealand we are only permitted to refer to ourselves as being a lawyer, barrister or solicitor if we hold a current practising certificate with the New Zealand Law Society.

ClearStone Legal incorporating Kumeu-Huapai Law Centre are a firm of Barristers & Solicitors. Telephone 09 973 5102 to make an appointment.



Asbestos and body corporates

Commonly, asbestos is a material used for roofing and in some cases fencing during the last 20 to 30 years. Often as not in industrial units which are owned as strata title or unit title. However, the potential health and safety risks with having asbestos

present in any structure has led to a range of regulatory action against this. From April 2018 onwards, a body corporate is required to have a management plan to deal with any asbestos which may be present in a body corporate owned structure. Importantly, the asbestos may not be in the roof over your unit but in another unit in the same structure given that individual owners may have from time to time replaced the asbestos roof with a tin roof. The cost can therefore fall upon all of the body corporate owners because it becomes a body corporate cost.

An obligation to either manage or remove asbestos may also be significant because it essentially involves the cost of a new roof. Significantly, the presence of asbestos in any unit title structure can involve negotiation of a discount of the purchase price taking into account the removal or ongoing management obligations which relate to asbestos. These are all issues to consult your property lawyer about.

Kemp Solicitors, 25 Oraha Road, Kumeu phone 09 412 6000 or email luke@kempsolicitors.co.nz.

How we negotiated a client's IRD tax debt down

Have you been behind with your tax payments and need some direction to tidy up your returns?

The Smith and Partners team regularly help clients come to settlement terms with the IRD.

We had a client who was in significant arrears with the IRD amounting to approximately \$500,000. This particular client had three separate entities that had, due to unforeseen circumstances, failed to file annual tax returns for a number of years.

Our client came to us for advice as the IRD had served him with bankruptcy proceedings and his company with liquidation proceedings.

Working with our specialist tax compliance accountant, we were able to negotiate a settlement proposal, reducing the tax payable by \$475,000. Our client was also able to avoid bankruptcy and was required to pay a lump sum of \$25,000 to resolve the matter entirely.

AND most importantly our client could move on with life free of the stress of having arrears with the IRD.

If you would like further information in relation to negotiating a settlement with IRD to reduce your tax problem please contact Wendy Alexander on 09 837 6844.





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area property stats

Suburb	CV	Land Area	Floor Area	Sale Price	
Hobsonville	830,000	136M2	144M2	870,000	
	875,000	0M2	194M2	1,010,000	
	850,000	158M2	160M2	945,000	
	1,000,000	219M2	162M2	968,000	
	1,525,000	500M2	306M2	1,755,000	
	960,000	206M2	185M2	965,000	
	920,000	200M2	145M2	955,000	
	630,000	0M2	83M2	612,500	
	650,000	0M2	114M2	730,000	
	695,000	135M2	77M2	722,000	
	1,025,000	152M2	200M2	1,195,000	
	950,000	201M2	202M2	1,050,000	
	1,075,000	239M2	175M2	960,000	
	1,025,000	202M2	181M2	955,000	
	1,200,000	330M2	241M2	1,226,000	
	640,000	0M2	79M2	660,000	
	610,000	0M2	79M2	551,000	
	765,000	110M2	123M2	805,000	
	Massey	950,000	450M2	198M2	1,040,000
		630,000	584M2	90M2	660,000
730,000		612M2	100M2	670,000	
950,000		450M2	199M2	1,033,000	
950,000		695M2	165M2	900,000	
790,000		563M2	138M2	820,000	
640,000		703M2	100M2	695,500	
670,000		451M2	129M2	670,000	
580,000		1777M2	90M2	620,000	
780,000		0M2	100M2	805,000	
740,000		1012M2	156M2	850,000	
660,000		465M2	90M2	657,000	
650,000		445M2	100M2	680,000	
630,000		708M2	110M2	650,000	
530,000		0M2	70M2	540,000	
1,000,000		452M2	21M2	1,036,000	
560,000		590M2	94M2	717,500	
640,000		572M2	104M2	680,000	
620,000		454M2	94M2	635,000	
630,000		510M2	100M2	725,000	
640,000	809M2	100M2	732,500		
620,000	693M2	100M2	500,000		
Royal Heights	880,000	679M2	142M2	748,000	
Swanson	965,000	1384M2	250M2	1,050,000	
	780,000	1138M2	147M2	925,000	
	1,000,000	1012M2	221M2	1,000,000	
	840,000	574M2	150M2	795,000	
	560,000	356M2	87M2	632,000	
	1,125,000	1232M2	270M2	950,000	
	Waitakere	880,000	4.94HA	65M2	1,000,000
1,150,000		5HA	177M2	800,000	
West Harbour	1,000,000	476M2	170M2	802,500	
	1,030,000	603M2	200M2	992,500	
	1,025,000	695M2	166M2	998,000	
	670,000	598M2	90M2	668,000	
	1,430,000	702M2	312M2	1,540,000	
	770,000	0M2	150M2	855,000	
	1,210,000	717M2	230M2	1,401,000	
Whenuapai	1,300,000	430M2	262M2	1,145,000	
	1,100,000	305M2	245M2	1,025,000	
	1,125,000	309M2	240M2	1,042,500	

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

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

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EASY FAMILY LIVING, BRICK AND TILE, WESTGATE 3  2  2 

By Negotiation

4 Rush Creek Drive, Westgate
By Negotiation

Welcome your family in to this easy care sunny and spacious brick and tile three bedroom home with wonderful street appeal. In a lovely elevated position and close to great schools, parks, Westgate Shopping Centre and NorthWest Shopping Centre, the Massey Leisure Centre, this fabulous home in a great location and is ideal for your family or a relaxed easy care retirement. Enjoy open plan living and dining with a modern kitchen overlooking the pretty front garden and urban views. Indoor outdoor living is enhanced by the large covered pergola leading to the back garden. Master bedroom with ensuite, double garage, heat pump, loads of storage and two garden sheds provide all the conveniences of modern living. For the keen gardener, beds are at the ready for your summer crop of veges.



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

www.mikepero.com/RX1664987



INVESTORS AND FIRST HOME BUYERS, BRICK AND TILE 3  1  2 

By Negotiation

12 Akeake Lane, Manurewa
By Negotiation

A wonderful opportunity for Investors and First Home Buyers here. This near new, large two level, brick and weather board terraced home, provides all the conveniences and comfort of modern living. On the first level, you will enjoy a well-appointed kitchen with an open plan, spacious living and dining area, and the convenience of a guest toilet. Living areas lead out to the lovely patio area and garden, ideal for alfresco dining, summer entertaining and barbecues. Upstairs are three double bedrooms and two bathrooms including the master ensuite. With double glazing, aluminum joinery, internal access garaging and off street parking, living here is a breeze. Conveniently located near transport links and close to shopping mall and schools.



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

www.mikepero.com/RX1621009



TICKS ALL THE BOXES!!

5 5 3

By Negotiation

12 Amber Place, Waimauku
By Negotiation

If a home with options and space is what you crave you've struck the jack pot. This spacious property located in a quiet peaceful cul-de-sac has plenty of options with a 3 bedroom property and an attached 2 bedroom apartment on separate power. With 4 living areas, 3 bathrooms, 2 outdoor living spaces and triple garaging, room for 5 off street parks in total there is room for all the family. An ideal opportunity for extended or blended families. This home boasts a beautiful green outlook, lots of birdlife (tuis and wood pigeons), in a strong, safe family community and conveniently located to an abundance of vineyards, wineries and great restaurants. Ideal extended or blended families. Apartment ideal as great rental or B&B.

www.mikepero.com/RX1675880



Jacqui Kalka
021 867 108

Jacqui.kalka@mikepero.com

Graham McIntyre
027 632 0421

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4 3 2

Offers Over \$1,039,000

16 Denehurst Drive, Waimauku
Offers Over \$1,039,000

Big home, brick, block, tile, roofing eaves, on a large 1236 sqm site. Four bedrooms (master with ensuite and walk in wardrobe), two bathrooms feature in this expansive two level home delivering space to work, live and play, all under one roof. A generous 240sqm home that enjoys open-space entertaining kitchen-lounge-dining integrating into north facing alfresco living to a large, safe, back yard off covered decking. Triple car garaging with workshop and extra room for teenage retreat/ office or games area. Close to Waimauku Primary School, convenience shopping, cafés, reserves and a short drive to the iconic Muriwai Beach. The property is sure to impress in location, looked after and longevity.

www.mikepero.com/RX1575586



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com

Cherry Kingsley-Smith
021 888 824

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Offers Over \$1,019,000

16 Harvard Street, Hobsonville Point Offers Over \$1,019,000

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

www.mikepero.com/RX1522096



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SPLASH INTO SUMMER! FABULOUS FAMILY HOME ON 1200 SQM

4 2 2

By Negotiation

17 Matua Road, Huapai By Negotiation

Hidden in the heart of Huapai you will find this fabulous four bedroom single level home, perfectly positioned on a prime flat 1200sqm site. Lounge, dining and kitchen flow out to a magnificent paved and landscaped back garden oasis with in ground swimming pool, spa area and alfresco covered dining, perfect for all year round entertaining. Beyond the fully fenced pool area is an abundance of lawn to play or bounce on the trampoline. Four bedrooms include a very spacious master with ensuite, space to relax, own separate entrance and overlooking the lush front garden. Big main bathroom, additional toilet, separate laundry and a wood burner provide all the comfort and convenience of modern living. With a double garage and plenty of parking, there is room for everyone!

www.mikepero.com/RX1705127



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



CENTRAL MASSEY LOCATION, ELEVATED AND WELL PRESENTED

4 2 2

By Negotiation

19 Zefiro Drive, Massey
By Negotiation

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

www.mikepero.com/RX1505411



Graham McIntyre
027 632 0421

graham.mcintyre@mikepero.com



4 BEDROOM - NEW MADDREN HOME AT \$915,000

4 1 2

Asking Price \$915,000

31 Nellie Drive, Kumeu
Asking Price \$915,000

Seize this opportunity to purchase your four bedroom two bathroom brand new home in a quiet street in Huapai. Crafted under the watchful eye of Maddren Homes, one of the original craft builders in the Kumeu area and backed by a residential Master Build 10-year guarantee. Concept to Construction. Brand new Maddren Home. Stunning high spec property with quality fittings and workmanship. Additional stud for that feeling of space and quality in the living area. Impressive kitchen with massive bench space, gas cooktop and island bench. Open plan kitchen, dining, living area flowing to outdoor living. Master bedroom with stunning ensuite, walk in wardrobe. All Watercare services. Double glazing, heat pump, LED lighting, dishwasher, rangehood, waste disposal, heated towel rails, alarm.

www.mikepero.com/RX1567258



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027 632 0421

graham.mcintyre@mikepero.com



RIVERHEAD MAGIC, WALK TO RIVER, ON 1214M2

3 1 1

By Negotiation

43 Maude Street, Riverhead
By Negotiation

This elevated family home sits atop a magical North facing site with park-like grounds featuring mature trees, loads of lush green lawn, chicken coop and abundant bird life. Living here is easy and just a short stroll takes you to the river, shops, school, bar and eateries including the historic Riverhead Tavern. Expansive covered decking provides indoor / outdoor living all year round, overlooking the big sunny back garden and enjoying glorious forest views and a peek of the river. There is plenty of room here to grow the children the old fashioned way, playing, exploring and tree climbing, amidst the free range chickens. Three bedrooms, selected double glazing, upgraded modern kitchen, bathroom and laundry, open plan lounge and dining, plenty of parking provide all the comfort and convenience of modern living.

www.mikepero.com/RX1673369



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



POTENTIAL, PERSONALITY, POSSIBILITY AND FUTURE URBAN - KUMEU

2 1 1

By Negotiation

46 Oraha 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. 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.

www.mikepero.com/RX1470382



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



LIFESTYLE, BIG BARN - WAIMAUKU, HELENSVILLE FRINGE

3 2 2

Offers Over \$1,195,000

125 Alf Access Road, Helensville Offers Over \$1,195,000

Brick and tile, elevated home with extensive views to the North. Refurbished and ready for you to move in. The home offers a very comfortable, entertainers open plan environment, large kitchen dining area, leading to second living area, with wrap around decking joining to large living area. Extensive decking leads out to the view. Three double bedrooms, including large master room with ensuite and walk in wardrobe, opening on to deck. Main bathroom includes shower and bath separate to toilet. Office / study or fourth single bedroom. This lifestyle property is 1.8 hectares with easy access for boat or motorhome, double garaging and additional access way to the barn and vegetable garden. Easy access, off a no-exit road, close to Waimauku and Helensville.

www.mikepero.com/RX1662304



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027 632 0421

graham.mcintyre@mikepero.com



HOBSONVILLE - AFFORDABLE FAMILY HOME

3 1 2

Offers Over \$869,000

136 Hobsonville Road, Hobsonville Offers Over \$869,000

With a six Homestar rating, this home has been beautifully finished by Jennian Homes, built in 2016 with a 10 year master builders guarantee. The open plan kitchen, dining and lounge area link seamlessly out to the north facing alfresco patio. Perfectly positioned with excellent indoor outdoor flow through a double stacker slider allowing you a private, sheltered spot to relax with friends and family. A clever floor plan downstairs allows for additional extra features including a small study, guest toilet, laundry and under stairs storage which are conveniently accessed off the main living area. Upstairs are three generous sized bedrooms including a gorgeous master with walk-in wardrobe and spacious ensuite. A single garage with storage and workshop space is accessed via a private laneway.

www.mikepero.com/RX1610906



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BUILD YOUR DREAM HOME WAIMAUKU

By Negotiation

908 Old North Road, Waimauku By Negotiation

Often sought but seldom found, this flat easily accessed 1.7 hectare site ticks the boxes for the lifestyle buyer that seeks a flat no nonsense property to create a piece of magic. It features: 1.76 hectares, No building covenants. Down a private ROW, Fenced, Flat site, In a rural glade with shelter belt trees to the south west. A short drive to Kumeu and Waimauku shopping centres, transport links and schools. 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.



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www.mikepero.com/RX1571757

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TAUPAKI, KUMEU, WHENUAPAI BOUNDARY LOCATION

By Negotiation

Lot 1 Nixon Road, Taupaki By Negotiation

Affordable countryside land offering location, lifestyle and lookout. Offering up an impressive 2 hectares on Nixon Road, a short drive from Massey, Whenuapai and Kumeu Townships. The land is elevated and offers panoramic, north facing valley views. Options around building sites and potential for additional development subject to council approval. If you have been searching for a covenant-free land lot that offers easy access for relocation and a blank canvas for creation of your lifestyle plan, this could well tick all the boxes. NB: If you are concerned about electrical step-potential from high tensile wires and nearby pylons then this is not the property for you. If however you can overcome this social hype, give me a call and let's make a plan.



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Hot:Property



Riverhead historic township is an idyllic paradise

Riverhead is split into two parts, the old and the new. The old offers some of the true historic value of large section, simple living and close proximity to inner-harbour, pub restaurant and convenience shopping. The new, offers smaller sites and easy care. This home is in the former category.

An elevated family home that sits atop a beautiful north facing site with park-like grounds featuring mature trees, loads of lush

green lawn, chicken coop and abundant bird life. Living here is easy and just a short stroll takes you to the river, shops, school, bar and eateries including the historic Riverhead Tavern.

Expansive covered decking provides indoor / outdoor living all year round, overlooking the big sunny back garden and enjoying glorious forest views and a peek of the river. There is plenty of room here to grow the children the old fashioned way, playing, exploring and tree climbing, amidst the free range chickens.

Three generous bedrooms, selected double glazing, upgraded modern kitchen, bathroom and laundry, open plan lounge and



dining. The home has a natural flow with the rooms off a central corridor while the lounge, dining and kitchen is down the other end of the home.

Downstairs has some potential to develop and the section size may offer some development opportunity with the standard requirement for Council Approval. Plenty of parking, and a garage provides all the easy and convenience of modern living.

Contact Cherry Kingsley-Smith on 021 888 824. Mike Pero Real Estate Ltd Licensed REAA (2008).



Hobsonville:Point

“What’s in a name? A road by any other name would smell as sweet.”

Welcome to the Hobsonville Point page for November. This month our story writer Sue Heggie researches local street names - a fascinating read, offering a deeper insight to the art of street naming in the context of our unique community. Thank you to Kathleen Waldoock from Hobsonville Land Company for her assistance and to our resident photographer Leanne Silver for the gorgeous montage of street signs and spring flowers. Leanne can be contacted at Leanne@argent.me and Sue at heggies@xtra.co.nz. I am your local real estate specialist and delighted to sponsor this page. Thank you, Cherry Kingsley-Smith 021 888 824.

(Apologies to Will Shakespeare). This month we explore some of the street names in Hobsonville Point. Sidney Wallingford Way: Sidney Wallingford was in the NZ Air Force and undertook what was described as the world’s first air-sea rescue, which happened in the thirties. Wallingford flew a seaplane from Hobsonville over to Karekare and rescued a swimmer. This was no mean feat as those early canvas and wire planes were not designed to land on heaving ocean waves. The full and fascinating story can be found here: www.noted.co.nz/life/life-in-nz/against-the-sea-and-sky. Squadron leader Leonard Isitt (left) with Flight Lieutenant Sidney Wallingford. Photo: Whites Aviation.



Leonard Isitt also above, after whom Isitt Road was named, was the first Commanding Officer at Sockburn in 1923. In 1928 he was appointed to command the NZ Permanent Airforce Station being established at Hobsonville. He became the first New Zealander to hold the appointment of Chief of Air Staff and rank of Air Vice-Marshal.



And what about Frances Byers Road, and would she have approved of The Block houses? Frances was a warrant officer and the first member of the WAAFS to reach that rank. She marched in London’s victory parade in 1946 and ran the accounts section at Hobsonville. Frances was awarded an MBE in 1961.



Other street names are also air force themed and hark back to the days when HP was an air force base. We have Harvard and Sunderland, Glidepath and Catalina, De Havilland, Squadron Drive, Tiger Moth and many others. Vasi and Cavok, both in Panuku airfields, also have an aeronautical theme. CAVOK refers to “ceiling and visibility is ok” and VASI is the acronym for “a visual slope indicator” i.e landing lights.

Bird names too, flock together, like Sacred Kingfisher, Chaffinch, Plover, Greenfinch, Silveryeye, Pheasant, Torea Tai, Poaka, Skylark and Grey Warbler. Once you find one bird you are likely to find the others nesting nearby. All of these birds have been seen on the Point.



Then there are the fishy ones, like Tuatua, Mollusc, Saltmarsh, and Flounder also all together near the coastal mangroves. We have a few plants grouped together too, such as Ponga, Harakeke, Kanuka, Mapou and Oioi. (has just the two “ois” and so is not of Australian origin). Oioi are a bluish-green native rush with dark bands along the stem of the leaves. It grows along the edges of tidal rivers and lakes and on damp flats in sand dunes.

Some of the Māori street names refer to specific activities and the following streets all weave into each other and have similar meanings. Te Aho Matua Road means the ‘Main thread’ and relates to surrounding road names to tell the story of harakeke (flax) weaving.



Raranga means to weave or plait, and Whiro means to make the kete or whatever you are weaving, and Whatu means the weft of the weave. Piko is also in this little cluster of streets and means to bend, therefore little curved Piko Lane is also aptly named. I have only just scratched the tarmac of Onekiritea, but this is a taster to understanding our neighbours and where we stand in Hobsonville Point. There is a cohesion and historical context to our streets that makes it feel special and connected to both the past and the natural environment.

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Home:Garden

Do you have green fingers?

Spring is here and your garden will have started to come alive!

Do painful thumbs stop you from pruning, planting and preparing beds?

At the Hand Institute we provide a comprehensive service for people who experience arthritis to help you get back to doing these activities you love.

We can help you with advice for managing the symptoms of arthritis, protecting your joints, splint provision, advice about adapted gardening equipment and other aids.

Call us at the Hand Institute and make an appointment today....
09 412 8558 Kumeu or 09 479 8438 Rosedale.



Noise in the workplace

None of us probably want to lose our hearing, yet that can be what happens from working in a noisy environment.

The companies we work for have a duty under the Health and Safety at Work Act to ensure that every practical step is taken to prevent us, the workers, from hearing loss.

As workers we also have a responsibility to ensure that our hearing is protected from damaging noise.

Part of that responsibility is to advise our boss that the environ-

ment we are working in is noisy. Hearing loss is preventable. When it comes to noise risk and hazards noise can be from the machines we work with, equipment or vehicles. It can be from the path the noise travels before it reaches us or at the place we are working.

A PCBU (person conducting a business unit) that you work for should be carrying out noise monitoring tests to establish the risk posed by noise and this should be done every five years to check that conditions have not changed, or sooner if necessary. As well a PCBU should be conducting regular hearing tests of staff to ensure that workers are not being affected by noise and further checking with staff on a regular basis to ensure that there are no new noise issues, and that staff are aware that noise can pose a problem and how it can affect their hearing and that adequate hearing protection is provided and is being used. A good idea for a business is to hold regular Toolbox meetings that cover issues such as how to maintain or look after your PPE equipment (ear muffs) and even how to wear the PPE. There is an art to correctly fitting ear plugs in your ears. A suggestion is that you ask your local PPE provider if they could arrange to come and talk to staff about how to choose the correct ear muff for your situation.

For further information please phone your Securo H&S consultant John Riddell on 0274779750 or contact him through www.securo.co.nz or email securo4@securo.co.nz.

Standard Iceberg roses and spring gardening

With spring underway, it is so nice to see the deciduous trees leafing up, along with the ever popular standard Iceberg roses. Awa Nursery currently has a good stock of



these stunning Iceberg roses. These classics are looking great and are currently pruned into shape with their new spring leaves increasing every day. Plant in a location that enjoys full sun. Early spring is the perfect time to apply a good slow release fertiliser to your existing plants ensuring bigger and healthy flowers. Regular dead heading will encourage more flower buds to develop.

If you are developing your orchard, there is still time to plant fruit trees, feijoas, citrus and berries and any other plants for that matter. It is a great time of the year to be planting, and



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your plants will be getting established before the dry summer months. Spray your stone fruit trees with copper to protect from leaf curl disease, and prune back your citrus after picking the fruit, to open up the plant for more light to get to the centre. It is also a good time to fertilise your plants and mulch your gardens to aid moisture retention over summer. Awa Nursery phone 09 411 8712 or visit www.awanursery.co.nz.

Making your business worth more without you

A business that relies heavily on its owner is not as valuable as a business that is not reliant on its owner. Reducing or minimising your business' reliance on you as a key person can significantly improve its value. Buyers will pay a higher price for a business that can be easily integrated into their current business or smoothly transitioned to a new owner. They will want some comfort that the business' key customers and staff will stay with the business once the current owner departs. We recommend looking at several key areas: business systems such as inventory management systems, establishing customer relationship management protocols, and putting staff succession plans into place. A business valuation is always a good place to start. To find out more about business valuations and how to increase the value of your business, 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.

Waimauku Garden Club

New leaves, new flowers, birds with nesting material, everything coming alive. Spring at last.

We stayed local this time, New Lynn and Whenuapai. Thank you Mitre 10 Mega Cafe at New Lynn for getting us off to a good start with a drink and a muffin.

I'm sure you have all had some Crown Lynn dinnerware at some time or your mother or grandma did. Maybe even had a drink from a NZ Rail cup. Remember the white swan?

A visit to Te Toi Uku, Crown Lynn Clayworks Museum is certainly worth a visit. Ronnie Pace made the history so interesting. He talked about the Gardners, the Crums and the Clarks. A trip down memory lane awaits you.

One of the old kilns is next door which you can view through the glass.

New Lynn has changed so much!

After a satisfying lunch at the New Lynn RSA we headed off to Whenuapai where Roy and Lee of Le Roy Orchids were waiting for us.

It was easiest to group into three groups. Roy took one, Lee another and the rest were able to wander around their garden. A

mature garden with plenty to catch your eye. It was a big home-ly garden.

Lee took us inside her laboratory and showed us how she propagated the orchid plants from seeds. What a laborious job. Her Dad had introduced her to orchids when she was four.

From here we went out to the temperature controlled glass-house. Well here you saw the most beautiful blooms you could imagine plus all the new seedlings that had been propagated in Lee's laboratory.

Labour intensive work with stunning results.

The face of Whenuapai is changing, let's hope the garden will be able to continue.

October 18 we will have enjoyed visiting Coatesville for the Day. Fernielea, Pinelee Garden, A la Fois and Twin Lakes.

November 15 Matakana and Sculptureum. December 18 Soljans for Christmas Lunch. Contact Judy 027 272 9994, Diana 027 478 8928, Althea 021 123 6448, Jan 021 108 7925, Bette 021 145 1854 for more information.

Laser Whenuapai - your plumbing, roofing and drainage experts

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reasonable rates, Laser has over 30 years of experience in providing quality plumbing, roofing and drainage services to West Auckland and beyond!

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We have been trading since 1985 - so choosing us means choosing a solid, reliable and experienced company that you can depend on. As part of our 'Totally Dependable Guarantee', we stand by all our jobs by offering warranties, and always use quality New Zealand made products.

Open five days a week from 7am-5pm, Laser Plumbing & Roofing is located locally at Unit 4, 3 Northside Drive, Whenuapai. Give us a call today 09 471-0110 or visit our website laserplumbing.co.nz for more information.

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Auckland

Central's Tips

November 2018



It's starting to feel like summer is just around the corner - now's the time to plant the tender crops, keep an eye on citrus for pests and tidy up gardens and outdoors by removing old blooms, trimming perennials and mulching.



Plant tender crops

Runner beans, basil, corn and melons can go in now that the ground is warmer.

In the Veggie Patch

- **Tender crops can go in now** - runner beans, basil, corn and melons
- **Check your citrus trees** for colonies of scale, whitefly and aphids, particularly on the tips or backs of the foliage. If there's an infestation, spray with Conqueror Oil, (summer strength) when the bushes are not in full sun
- **Water fruit trees and vegetable plants regularly** - if the area is dry and windy, mulch to aid water retention

Lawns

- **Combination weed-and-feed lawn products** can be used now, but it is important to follow the instructions closely
- **This is the right month to apply Aquaturf Max G** to help water penetrate to the roots of lawns that tend to dry out over summer



Check your citrus

Scale, whitefly and aphids multiply quickly at this time of year so it's very important to get on top of them quickly! Spray with Conqueror Oil in the cooler part of the day.

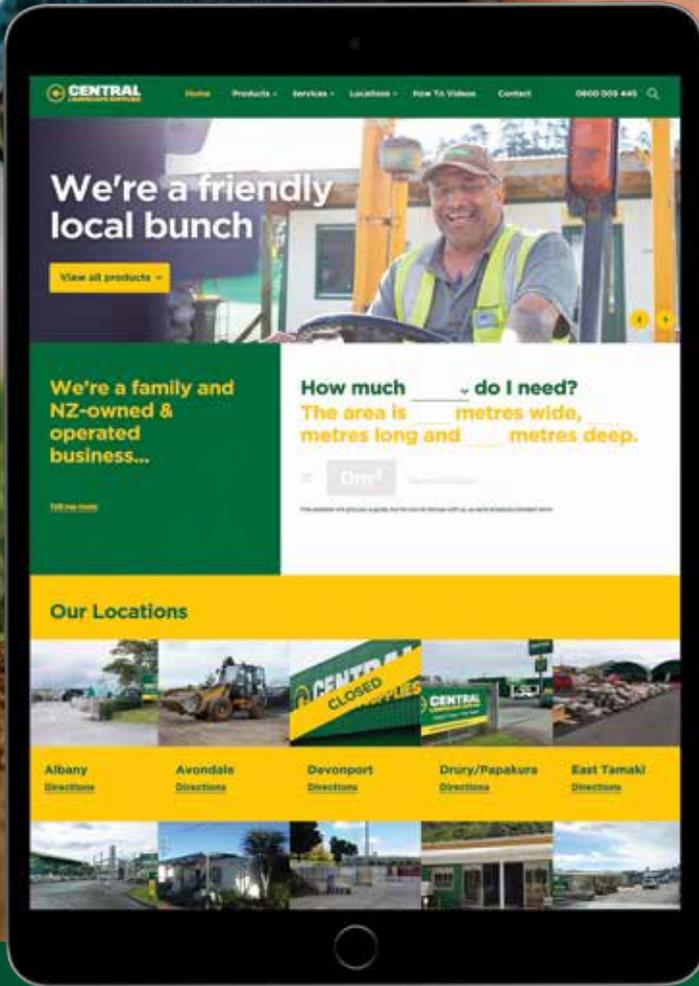
The rest of the Garden

- **Remove or spray weeds such as ivy and convolvulus** that threaten to smother prized plants
- **Neaten the look of camellias and azaleas** by removing fallen blooms. It also helps to reduce the risk of spreading petal blight
- **Mulch** everything ahead of the hot, dry summer season
- **Time to divide and re-pot water lilies** and give the pond/water feature a good clean-up
- **Trim perennials** that will look great again in the new year: lavenders, daisies, pulmonarias and catmint all look great with fresh growth on them



Mulch, mulch, mulch!

Spreading mulch around plants is the best way to help them through the dry season. Plus, mulch inhibits weeds growing through the garden and it looks great.



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Build:New

When precision pays off

The stars aligned for the third of our five winning homes at this year's Registered Master Builder House of the Year awards. Picking up silver in the NuLook New Home \$700,000 - 1 million category, this stylish home was a standout with its strong architectural forms.



It was a great project to see through and the finished result is a stellar example of what can be done with a large floor plan and lots of creativity. The clients were very artistic with lots of ideas and flair which they used to design the outdoor space and landscaping. Their love of entertaining required lots of space which we created with a mono pitch roof and raking ceiling that seamlessly flowed across the entry, kitchen-dining and living area, making three rooms look like one.

The indoor connects beautifully with the outdoors to the patio area and we kept that sense of space by cutting the concrete slab to look like large tiles. Rodger Scott, General Manager who oversaw this project said, "This took a lot of time, but the precision in doing this paid off and it's these little details that really elevated this house." When the judges do their evaluations, they grade all these elements and how they work together while en-

suring a high standard of craftsmanship underpins everything. It wasn't enough to just have lots of space, so it was important to allow plenty of natural light in with clerestory windows above the kitchen, which borrow light from one side of the house to be used for the other. As builders while we are all about detail, we are practical by nature. We use traditional building methods and modern design to craft a home with the perfect balance of design and flow to perfectly suit our client's lifestyle.

An unmissable investment opportunity

Are you seeking a sound and solid investment that delivers quality and assurance? A Signature show home investment will tick all your boxes.



New home construction companies from time to time seek investors to finance their new show homes. They can be a rarity as they are often 'picked up' quickly due to their safe and profitable nature.

Signature Homes, in order to maintain liquidity, will often seek an investor in preference to tying up working capital, to finance a show home. A show home is a tool used to show case product, design, quality, and provide a visual manifestation of space. Typically these are turned over every two to four years (depending on the franchise) to keep a fresh look, and to showcase new products.

Three great reasons to purchase a Signature show home:

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1. Guaranteed rental income, fully maintained, cleaned and insured throughout lease period.
2. Top quality finishes and specifications and landscaping.
3. Fabulous return on investment.

How does it work? Exact details vary from company to company but typically an investor will fund the project, either from cash funds or a mortgage, and own the property outright. The property will be leased back for an agreed annual sum, often with renewal options. The homes incur very little wear and tear without full time tenants and are often reinstated if need be, to new, prior to handing back to the owner.

Why is this desirable?

- An investor will benefit from a secure guaranteed income over the period of the lease without fear of damages to the property.
- Signature Homes Kumeu will usually cover all insurances and outgoings for the duration of the lease.
- The lease-back fee could be a higher interest rate than a mortgage against the property giving an immediate net gain.
- In a good location the capital gain will see profit over the period of the lease.

Could it work for you?

If you are considering relocating in the future, a show home investment could see you purchase at this year's prices, hedging against price increases and capital increases due to market pressures and knowing your home is secure for future occupation by yourself.

If you are looking for an investment over a one to three year period with potentially good returns and lease renewals, this could be worth considering.

Things to consider:

In all cases as with all investments your own due diligence is essential. The company you work with, the region, current and anticipated market trends, interest rates and levels of invest-

ment should all be considered carefully before committing to any investment opportunity.

How do I find out more?

Approaching Signature Homes Kumeu to discuss the concept with either the franchise owner, company owner or a new home consultant would help you ascertain if any are currently available. Signature homes 0800 020 600.

Maddren Homes Tradie of the month

It's rare to find someone who is so good at what they do, that customers never get let down. Mark Little from Robertson Bathware is that guy. And it's his 30 plus years' experience combined with his incredible problem-solving abilities, that have seen him take home the Maddren Homes Tradie of the Month award. Nothing's a problem



for Mark and he often steps in with a clever solution when problems arise from overseas orders. Because of this, it keeps a build project running smoothly so that the client can move in, on time as planned. Mark's awesome work ethic has earned him a voucher from sponsor Western ITM. Well done Mark.

We build homes as unique as you



Signature Homes can help you design and build a home that is perfectly suited to your family and lifestyle. You can bring your own plans to us, or engage our experienced architects and interior designers to take your dream home off the back of an envelope or Pinterest page, and make it a reality.

If you are thinking about building, whatever stage you are at in your journey, we can help.

Contact us on 0800 020 600 or visit our website signature.co.nz for more information

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

HUAPAI SHOWHOME: 3 Podgora Ave (off Station Rd), Huapai | Open Wed-Sun 12-4pm

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

Food: Beverages

Wondering what to buy for someone who 'has everything'?

Why not consider a gift pack of gorgeous gourmet chutney or relish? It's always handy to have these on hand in the pantry to liven up some home cooking, or serve as part of an antipasto platter when unexpected



guests pop in. The NoShortcuts range of artisan chutneys, relishes and jam is a real treat for foodies and your only challenge will be deciding which ones to choose. All are handmade – just like mum made, chockful of natural ingredients and contain no artificial flavours, colours or preservatives. You can select which of the following products you'd like in your gift pack; Beetroot or Gherkin Relish, Mustard Pickle, Sambal Ulek, Tamarillo or Old Plum Chutney, Thai Tomato, Feijoa & Ginger Jam or Feijoa Kasundi. Just \$20.00 for the 2 pack and \$30.00 for the 3 pack. To purchase go to www.noshortcuts.co.nz.

Siamese Doll comes to Catalina Bay

Siamese Doll restaurant opened recently. It is brought to you by Quality Restaurant Group. Sharing DNA with popular Thai restaurants Grasshopper, Thai Street, Mai Thai and Red Crab, Siamese Doll is a new South East Asian injection right in the centre of Hobsonville's Catalina Bay. Edward and Bo of Quality Restaurant Group arrived in New Zealand in the mid 80's and saw an opportunity to add flavour and



colour to the Auckland dining scene and Mai Thai was born in 1988. They have since created a string of other well-known Thai restaurants in Auckland, each with their own unique identity. The Siamese Doll menu takes you far beyond any other dining experience, accommodating an authentic Thai cuisine experience. Consider the menu an exhibition of the tantalising tastes of South East Asia, showcasing sweet, sour, spicy and savoury in complete harmony. Whether you begin or end your evening here with a small bite or share an night of exquisite dining, we

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are here to create a social hub that caters for every occasion. Phone 09 416 0333. 3/3 Boundary Road, Hobsonville Point.

Hallertau's Beer Banger Challenge

Hallertau's Six annual Beer Banger Challenge once again pitted six of Auckland's finest artisanal butchers against each other in the quest to produce the best beer banger. All six sausages were served on a platter at the Hallertau Biergarten and patrons voted for their favourite. After over 120kg of sausages served and some spirited debate the top two sausages literally could not be separated. With both receiving the same number of votes, Whenuapai Meat Merchant and Alpha Butchery Huapai were declared joint winners. Alpha's Hallertau No.2 Pale Ale, Pork, Kaffir Lime, Mediterranean Herbs sausage and the Hallertau No.4 Schwarzbier, Pork, Cardamom & Fennel from Whenuapai will join the Hallertau menu and can be purchased instore. Photo: Francesco (Alpha Butchery – Huapai) & Steve Plowman.



Tomato chickpea salad with Coriander and lime

This salad is full of nutrition, can be made in minutes & is packed with fresh, citrusy flavour! A salad or side dish, prep time 10 minutes, 4 cups/servings. 2 cups / 540 ml can of cooked chickpeas. 1 medium red onion. 4 - 5 large tomatoes diced. 2 large handfuls of coriander or flat-leaf parsley. 1 tablespoon extra virgin olive oil (omit to make oil-free). 1 large lime zest and juice (or lemon if unavailable). Salt and pepper to taste. Add the chickpeas, onion and tomato to a large bowl. Drizzle over the olive oil and lime juice and sprinkle over the zest then stir well so everything is coated. Season well with salt and black pepper to taste. Be generous. It really brings out the flavours. Add the coriander/parsley leaves and stir again. Leave to sit for about 10 minutes to allow the flavours to mingle. Stir well before serving. Best on



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the day it is made but leftovers can be stored in the fridge and are ok for up 2 days after. Author Melanie McDonald. Follow my blog at avirtualvegan.com.

The Herbalist craft beer

Wholemeal Ale Carrot Cake with Fennel Seed Cream Cheese Icing Recipe. This is absolutely delicious and is a wee modification on the Edmond's 1989 Cookery Book recipe: Cake ingredients: 1 ½ cups grated carrot, 1 cup wholemeal flour, 1 teaspoon baking soda, ¾ cup coconut or brown sugar, 1 cup sultanas, 1 teaspoon cinnamon, 1 teaspoon mixed spice, 3 eggs, ¼ cup The Herbalist's Manuka Ale, ½ cup olive oil or melted coconut oil. Method: Pre-heat oven to 180C/350F. Throw everything into a bowl as quickly as possible. Mix well and pour into a baking paper lined tin. Bake for 35-45 minutes, depending on the tin you use. Cool on a wire rack. Icing ingredients: 2 x small plastic cube packs of Philadelphia cream cheese or about ¼ cup in total, 2 tablespoons butter at room temperature, 1 ½ cups icing sugar, ½ teaspoon cinnamon, 1 teaspoon fennel seeds. Mix well or beat with a mixer until the icing is smooth. Ice the cake when cold and decorate with shredded coconut and pumpkin seeds. Serve with The Herbalist's Manuka Ale, enjoy! The Herbalist Stockists: The Bottle-O Huapai, Black Bull Kumeu, Fresh Choice Waimauku, Boric Food Market, Soljans Estate Winery, Riverhead Fine Wines and select West Liquor stores.



The Riverhead is a popular port of call

Riverhead's historic tavern just missed wins after being named a finalist in two categories in the Hospitality New Zealand national Awards for Excellence 2018. The Riverhead was nominated for 'Best Destination Venue', won by Tantalus Estate (Waiheke Island), and 'Best Neighbourhood Bar & Eatery', won by the Southern Cross Garden Bar (Wellington). "The judges all agreed that the standard was exceptionally high this year - not only the winners but the finalists as well," Hospitality New Zealand chief executive Vicki Lee says. The Riverhead, at 160 years, is reputed to be one of New Zealand's oldest riverside taverns. 'The Landing Restaurant' has high quality gastro pub fare. The cosy 'Portage Bar' is a focal



point for people to meet and 'The Boathouse' caters for a variety of functions from weddings, birthdays and Christmas parties to corporate and community events. Previously known as the 'Forrester's Arms', the tavern was extensively renovated and reopened in 2011 under owners Stephen and Paula Pepperell. The Riverhead won the Hospitality of New Zealand award that year for the best renovated bar/restaurant, then won another award the next year for its food. It has won other accolades too. Visit www.riverhead.co.nz for more information.

'Hot Tubs'

With warmer weather and longer days upon us, you may feel like indulging in an ice cream treat but feel guilty or have second thoughts because of the calories, carbohydrates, fat and sugar content. Fear no more - IsoCream is here, and in two new flavours and a single serve tub. Our New Zealand-made high protein, reduced-fat ice cream is now available at over 150 stockists around the country. Due to the popularity of our Choc Fudge Cookies & Cream, we have added Peanut Butter Cookies & Cream - and yes, it's gluten free too. And always a popular choice, we've also launched Salted Caramel. You'll find these and our other flavours in a 500ml tub size, and the two new flavours, plus favourites Choc Fudge Cookies & Cream and Chocolate, in a new 120ml tub for a protein-rich, reduced fat, low cal/carb, 99% sugar-free snack on the run, after the gym, or at the beach. See our website www.isocream.co.nz for full nutritional information and stockists around New Zealand. Readers have a chance to win a voucher to experience IsoCream or try a new flavour - simply visit our website, send us a message saying where you read this article and which flavour you'd like to try, and you'll be in the draw to win one of three vouchers for a 500ml tub. Entries close on 30 November 2018.



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Petstips:advice

A Christmas gift for you

It's almost Christmas and here's the perfect gift for you. Think about having a custom designed magazine style photoshoot starring ... you and your furry best friend. It is a pamper session that includes hair and make-up. Your pet is the star of the



photoshoot, but the whole family can join to celebrate your special bond and love you share. Imagine a gorgeous art mount of your favourite photograph to hang in your home to treasure and make you smile every day.

Book a photo shoot with Yellow Lab Pet Photography before 30 November and you will receive ten of these custom made Christmas Cards (see photo), with your favourite photograph chosen from your session to go on the front and your own special message on the inside to send to friends and family.

To make use of this, quote XMASCARDSWESTERLY when you get in touch on yellowlab.co.nz or email salome@yellowlab.co.nz.

You also have the option on the website to gift a shoot to someone special.

Follow on Instagram / Facebook @yellowlabpetphoto for fun behind the scenes.

Kanika Park Cat Retreat

Excerpt from Pet n Sure. How do we stop the fighting and the abscesses?

Just after you drop off to sleep, snoozing Fluffy slides to the floor and heads for the cat door. As he emerges from the small opening into the darkness outside he shakes his claws, loosens up his shoulders and turns into a lean mean fighting machine



The next morning, he is curled up on the sofa. Relaxed. Content. Asleep.

If he comes off second best he'll have wounds that will cause discomfort and pain. Infection may set in.

How do we stop the fighting and the abscesses? If your cat tends to be the loser of most of these dust-ups, there are some solutions to the problem

Try using Feliway, the synthetic pheromone that helps your cat to chill out a little. Call it anti-aggression aromatherapy. If that doesn't help, there are veterinary dispensed "chill pills". With recent changes around home you may see a change in your pets' behaviour. Eg: house renovations, the presence of trades people etc. This can sometimes upset a cat. If all else fails and your furry friend continues to fight and get bitten then you may have to resort to a time-honoured tradition ... curfew.

Thanks to Nick Purdon (B.V.Sc) of St Lukes Veterinary Clinic for contributing this article

For the full article go to our notes page on Facebook

Kanika Park Cat Retreat offers individual suites, only cats from the same family share a room

Contact 09 411 5326 | 027 550 1406 | info@kanikapark.nz.

Do cats and dogs on a raw diet need extra fibre and omega-3?

Dietary fibre promotes gut health in people by releasing short chain fatty acids (SCFAs) into the large intestine. SCFAs benefit the cells lining our gut. A diet with plenty of vegetables provides us with the fibre that we need.



We are often asked "Does my pet need fibre? Should I add vegetables to their diet?" But studies have shown that when animal products such as cartilage, collagen and bone are fed to carnivores, they have fibre-like effects – producing SCFAs to nurture the gut. So, dogs and cats on a well-planned raw diet will be getting a carnivore-appropriate version of fibre.

This makes perfect sense from an evolutionary perspective: carnivores are built to get the nutrients that they need from eating prey. This is yet another reason why a raw diet must be carefully planned, and should include a mix of meat, bone, and organs from a variety of prey species.

You may have noticed that many processed pet diets have added omega-3 fatty acids (the 'anti-inflammatory' fatty acid). This is because the ingredients of most processed diets (such



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as grains, and grain-fed animals) are naturally high in omega-6 (the 'inflammatory' fatty acid). A recent study compared the ratio of omega-6 to omega-3 in grain-fed versus grass-fed cattle. Grass-fed cattle had a good ratio: 2-2½ times as much omega 6 relative to omega 3. Grain-fed cattle had 8-30 times as much omega 6!

Research suggests that the negative effects of a high omega-6 diet cannot be offset by simply adding in more omega-3. The overall level of dietary omega-6 needs to be reduced so that a healthy level and ratio of fatty acids can be achieved. This is where a well-planned raw diet comes in...We are lucky with our omega-3 fatty acids in NZ. Wild, and grass-fed animals have excellent fatty acid ratios: they are naturally lower in omega 6, with plenty of omega-3.

The team at Raw Essentials offer guidance, support, and product to help you feed your dogs and cats the carnivorous diet they were built to thrive on.

Dog safety tips

With the ever growing number of home delivery services being provided by retailers and other grocery suppliers, staff will increasingly need to be aware of the risks associated with entering a private residence, or even some businesses, where there may be a dog present.

Over the past 10 years New Zealanders have reported over 123,000 bites at a cost of over \$40 million. Last year alone there were over 14,500 dog bites reported that required medical attention.

So how can we protect our workers? Education and training is



the key. Do your staff understand why a dog may bite? Do they recognise the signs when a dog is nervous? Are they inadvertently behaving in a manner that may scare the dog or intimidate it thus causing a bite?

Here are some tips from The Dog Safe Workplace around miscommunications between humans and dogs that can help keep your staff safe:

A wagging tail – many of us have been told that this is a sign that the dog is happy. Unfortunately this is not always true. Research has shown us the tail wagging shows that the dog is engaging with something in its environment. They could be engaging in a positive or negative way. The Dog Safe Workplace has videos of aggressive dogs with their tails wagging.

Rolling on its back – again many of us think this is because they want their belly rubbed. Again not true. They are actually telling us that they are scared and small so please don't hurt me.

Bringing you their toy – yes they are showing you their toy and want you to play with them. Not always true. They may want you to play with them. Though this is not always the case and if you go to take the toy or pick up the ball they may try to snatch it back which could result in a bite. Also there may be certain rules that need to be followed or commands given when playing with that particular dog.

If you have staff entering properties with dogs it is your responsibility as the PCBU to ensure you are educating your staff to avoid known risks. Dogs on properties are a known risk, we cannot eliminate the risk but we can take steps to minimise the risk as much as possible.

Please pass these tips onto your staff and for more information contact The Dog Safe Workplace on 0508 DOG SAFE or email admin@dogsafeworkplace.com.

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Two ways to protect your neck when looking at your device

You can't go far these days before you see someone with their head bent forward looking down at their phone or tablet. This head position is not good for your neck and



upper back and is a common cause of neck/shoulder pain and headaches. I recently released a video showing two alternative ways of looking at your device. One was a version that can be done when sitting and the other can be done on the ground. The idea is to be able to keep your back straight and minimise the bending forward of the head and neck. To watch the video and learn these techniques, simply visit our Facebook page or the blog section on our website.

Facebook page - www.facebook.com/elevatechiropractic

Website - www.elevatechiropractic.co.nz

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

Hobsonville Optometrists - new frames

The Colours of Summer are on display now at your local family optometrist.

Our beautiful frames have started to arrive and the colours are simply stunning. Featuring Face a Face, Jag, Rayban, Fendi, Vanni and Maui Jim sunglasses.

If you need to organise new glasses come and see these delightful frames and talk to us about what you want your glasses to do for you. Do you want them for driving, for computer work, for reading for everything? Sunglasses in your prescription?

Come and browse and chat with us. We will fit you with frames that suit you, and we will advise you about lenses. After an eye exam, we can create your new glasses - usually within two weeks.

Ring us for an appointment for an eye exam - or simply come and browse. You are welcome Monday to Friday 9am to 5.30pm and Saturdays.



How to garden and not strain your back

Spring time and everyone is out cleaning, digging, planting,

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weeding etc. That means bending, lifting, pulling, crouching... And soon we see patients with low back pain, shoulder strains, neck strains and other injuries. Can they be avoided? Often they can. Here are some tips to minimise the risk of the injury.

1. Ergonomic lifting - keep your back as straight as possible and use the power of your legs. Split the load, don't play a hero.
2. Ergonomic tools - use appropriate handle lengths for your spades and shovels to avoid bending down when you dig. Again, use your legs to throw the soil rather than you back.
3. Avoid working in awkward positions, such as bent over, twisted or crouched. Kneel instead, change your positions often and do frequent stretches.
4. Don't make too ambitious plans - divide your tasks into smaller lots with breaks in between

If you still ended up with a strained back, muscle or joint, see Ilya and Nataliya at Family Osteopathic Clinic. They will give you more suggestions how to do gardening safely, they enjoy gardening themselves. Phone 09 416 0097 for and appointment. 39 Hobsonville Rd.

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



Allergies: natural prevention

What if you could get on the front foot and attack your allergies before they attack you. Prevention sounds sensible but how do you do it? Prevention of allergies starts with reducing exposure to the causes (pollens, animals, foods, etc) where possible. Air-borne allergens are hard to avoid (since you must breathe). Food allergens are hard to identify, as sometimes there is a de-

lay between eating the food and when the effects start. Even if you think your allergies are caused by pollens, studies are showing that there are usually food causes too. Think of your immune system as a glass. Food allergies fill the glass up half-way with water. Then when you are exposed to pollens, the glass over-flows causing your hayfever symptoms. These studies have shown that testing for, and removing, allergy-causing foods allows people to cope with more allergens from pollens and other sources. Because of this, I recommend food sensitivity testing for people with hayfever, even seasonal hayfever.

Nutrient Support: Early Phase

There are two phases of allergic response that you need to be concerned with. The first is a histamine reaction. This is where taking antihistamine medicines regularly can help. My favourite antihistamine is a natural one called lipospheric quercetin. Quercetin is contained in many bright coloured fruits and berries. It is very powerful, but not well absorbed. This is why I recommend taking it in a lipospheric form. Vitamin C is also a good antihistamine and can be used in combination with your usual antihistamine tablets.

Nutrient Support: Late Phase

After the initial histamine flare, there is a delayed hypersensitivity phase involving white blood cells. Using nutrients like zinc and fish oils can help to moderate this late phase and reduce the frequency of allergies. Probiotics have also shown promise in turning off allergies.

It is now known that giving probiotics to mothers in the last 3 months of pregnancy reduces the risk of allergic diseases in the baby by 30%. That is a huge reduction. Several case reports have documented preventing anaphylactic reactions to foods using a probiotic-based protocol. The researchers are now conducting clinical trials to investigate this further.

Need more help?

If conventional antihistamine tablets and nasal sprays are not controlling your allergies, then have a chat to our team at Massey Unichem Pharmacy about our Optimal Allergy Health Solution. Take back control of your immune system. Martin Harris.

Three steps to preventing sports injuries

In an increasingly competitive and lucrative sporting world, athletes aim to maximise fitness and strength to remain at the top of their game. Sports such as rugby have become a brutal contest of crunching tackles and head knocks, with injuries the inevitable result, while weekend warriors and casual sports people also risk debilitating injuries if preventative steps aren't taken.

'An ounce of prevention is worth a pound of cure.' This famous

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axiom can be applied to health and fitness and is unfortunately ignored way too often ourselves. Getting in shape and staying healthy requires a progressive strategy, including avoiding the temptation to 100% on your first day back on the field or at the gym.

Here are three steps to preventing sports-related injuries:

Adjust goals as your fitness improves - It's in the nature of sports people to set high standards and train hard to achieve their goals. However, the goals need to be SMART (Specific, Measurable, Applicable, Realistic and Time manageable) to avoid new injuries or the recurrence of an old one.

Successful sports people know their bodies and understand personal limitations and are acutely aware of any symptoms that could indicate injury. Feeling somewhat sore or tired is normal after playing sport, but long-term pain or mobility problems are signs that damage has occurred. Detecting the potential onset of an injury before it escalates is an extremely valuable step in preventing sports injuries. In other words, if you want to run a marathon and today is your first training day, start with a walk around the block.

Warm up and cool down - The human body has a powerful capacity for physical exertion. As you exercise, your breathing, heart rate, blood pressure and body temperature all adapt to the change, and with regular exercise, your muscles will grow. Moderate fitness is beneficial for everyone, but pushing too hard too soon can cause damage to tendons, ligaments, joints and bones. It's essential to warm up and cool down properly to prevent unwanted sports injuries.

Before exercise, a dynamic warm-up (a series of movement drills performed in a progressive, deliberate sequence from low to moderate intensity) is best.

After exercise, a gentle jog followed by a period of stretching accompanied by adequate nutrition and hydration is best.

Listen to your body - Exercise should be steadily increased, and fitness maintained at a level you are comfortable with. It's true that the feel-good factor of exercise makes it difficult to hold back, but pushing too hard can lead to an injury setback and total derailment of your plans. Your body needs to adjust to the new stresses experienced in muscles, joints and bones, and

while a short-lived mild ache is 'good pain', ongoing and extended pain isn't a positive sign.

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're spending too much time on the computer.

As much as we love Netflix, too much screen time could be causing your eyes to strain and tear up. "Although it sounds ironic for watering to be a symptom of dry eye, it's the eye's response to dryness," Herz explains. "It's common among people who spend much of their day looking at a computer or television screen."

Optometrists Matthew and Molly Whittington have lots of experience treating dry eyes, and supply specialised lenses for viewing screens, hand-held devices and reading. Book your top-quality eye examination at For Eyes in the Kumeu Village: Phone 09 412 8172. (*Acknowledgement: M. Bonner, Marie Claire).



How do you mould and stretch a pair of shoes to fit your feet when you are short on time?

This is Shoe Talk's guide on how to make your new shoes fit your foot shape when you have purchased something new that you need to wear soon after purchase, please note this only works if the footwear actually fits your foot correctly to start with shoes will only ever give in width a few mm and not at all in length.

So follow the following tips:

- If the shoes pinch your heels you can soften the heels by gently rolling the back of the heel over with your thumbs to soften the edge.
- Put on a pair of socks; grab your new shoes and your hairdryer. Turn the hairdryer onto warm and gently direct the head to-



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wards the shoe, approx 15cm away be careful though as you do not want to burn the leather, if it's suede put the heat even further away. Heat the leather up to where it feels malleable. Put the shoes on your feet and walk around them as they cool. The heat will soften the leather and allow it to mould to the shape of your foot. Repeat if required.

• Finally notice any points that feel like they will rub on the first wear and put a plaster on this will ensure you have a great night and no sore feet or blisters.

Chiropractic and pregnancy

With pregnancy come many joys as you prepare for the arrival of your newest little bundle of joy, and we love seeing our pregnant mums in our Hobsonville Office. However, sometimes it comes with pain as well—specifically, back pain. Fortunately, a recent study finds



that Chiropractic care is an excellent way to relieve back pain during pregnancy, and the positive effects occur not on during pregnancy, but long after you've delivered.

If you're expecting and you have back pain, natural Chiropractic care can help ease your symptoms. We're conveniently located at 295 Hobsonville Road, and we'd love to help you have a healthy, natural pregnancy. Give our office a call today at 09 416 7589 for an appointment.

Peterson CK, Mühlemann D, Humphreys BK. Outcomes of pregnant patients with low back pain undergoing chiropractic treatment: a prospective cohort study with short term, medium term and 1 year follow-up. *Chiropractic and Manual Therapies* 2014;22(1):15ly.

Reformer Pilates and pregnancy

Reformer Pilates is an ideal exercise during pregnancy because of its low impact nature, meaning it's kind to your joints. There are particular exercises suitable for pregnant women that can be performed in positions that are safe at all stages of



pregnancy. The Reformer machine has a gliding carriage that allows movement through a full but carefully controlled range of motion, while enabling you to work at an intensity you are comfortable with.

Pilates targets the exact muscles and functions that can be a problem during pregnancy and after birth, in a safe way. Regular Pilates sessions can: strengthen your tummy muscles, reduce back pain, strengthen your pelvic floor, help with balance and help to relax and control your breathing.

As you progress through your pregnancy, suitable exercises will change to reflect the changing shape and needs of your body. It's important therefore to receive instruction from a qualified Pilates instructor or physiotherapist in a setting where you can receive individual attention.

Our qualified Reformer Pilates instructor at NorthWest Physio+ is also a physiotherapist and can provide you with the best possible care and instruction at this special time in your life. Call us for more information on 09 412 2945 or contact Laura at laura@nwphysioplus.co.nz www.northwestphysioplus.co.nz

Not catching enough zzz's?

This can affect your eyes...

We are sure you all know that the amount of sleep you get every night has a huge impact on how you feel, your body's health and your ability to perform at your best during the day. Something you may not know, is that your eye health is also greatly affected by the amount of sleep you get.



 Westgate Optometrists

If you aren't getting a full night of sleep, you can eventually develop issues with your eyes, which may result in symptoms such as pain, light sensitivity, redness or blurred vision. Involuntary eye spasms (known as myokymia) are a common indicator of lack of sleep. Over time, lack of sleep can lead to red bloodshot eyes due to eye strain or dry eye, which is when your eyes aren't getting the lubrication they need to stay healthy.

Furthermore, if you already suffer from dry eyes, a lack of sleep can often amplify the symptoms of dry eye syndrome, causing redness, discomfort and irritation.

In order to keep your eyes healthy and fight against the symptoms of dry eye, it's vital that you get adequate sleep. Making sure you get between 6 - 8 hours of sleep each night will help your eyes to replenish and recover from a long day's work.

If you are still suffering from dry eye symptoms, even after a good night's sleep, our newly introduced Dry Eye Treatments here at Westgate Optometrists may be just what you need. For more information phone us on 09 831 0202 or make an appointment to see one of our therapeutically endorsed optometrists via our website: www.westopt.nz.

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rochelle@restorecap.co.nz

Area:Columnists

Kumeu Central commercial lots for sale

Two commercial lots are for sale within the newly developed and highly anticipated Kumeu Central subdivision.

Colliers International brokers Caroline Cornish and Craig Smith are marketing Lot 1, which has an area of 3,346sqm, and Lots 24/25, comprising a total area of 3,086sqm, for sale by deadline private treaty closing at 4pm on 7 November, unless sold earlier. They are also seeking expressions of interest from retail and office tenants looking to establish a presence within this high-quality development.

Kumeu Central is a 10ha mixed-use subdivision that will offer a range of commercial, retail, live/work and residential opportunities. It is located off Main Road, next to New World.

The commercial lots are being offered to the market either individually or combined. They are ready to develop now, pending issue of titles early next year, with full services and consents in place.

The first residences at Kumeu Central are scheduled for construction from mid-2019.

U3A

U3A was formed in France in the mid-seventies and grew rapidly worldwide as people leaving work wished to keep on learning and make new friends

Hobsonville U3A was formed 5 ½, years ago, with the first meeting held at the Whenuapai Hall. As the numbers grew, we moved to larger premises at the Hobsonville Bowling Club.

Our numbers have grown over the last few years and we have had the need to cap our numbers at 145. We have a waiting list of people eager to become members and visitors are always welcome.

The club is neither political nor religious with a core policy of learning, interesting activities and friendship.

We have over 30 different Special Interest Groups formed cov-

ering activities and interests from Adventure Walking to World Wars.

We meet on the third Thursday of each month and feature a guest speaker. The Special Interest Groups meet throughout the month, either at a public venue or in a private home.

U3A is an ideal organisation for people who wish to become involved in activities and make new friends.

For further information - please look at the Hobsonville U3A website www.hobsonville.u3a.nz or the Auckland Network Directory for a local club at www.auckland.u3a.nz.

Antique Fair

An Antique Fair will be held again this year at the Kumeu Community Centre, 35 Access Road, Kumeu on the 1st and 2nd Dec 10am to 4pm each day. Entry will be by Coin Donation. The Donation last year went to the Hall Committee which was around \$600. This year the beneficiary will be Dementia Auckland. A very worthwhile charity.

All the articles on display will be for sale i.e. china, jewellery, vintage and retro, linen, silver, crystal, tools, small pieces of furniture and many other items. The dealers attending the Fair will come from Ruakaka, Taupiri, and many parts of Auckland.

If you have any queries regarding the Fair please contact Diane on 021 609 399.



Lavender Hill

In preparation for another busy summer, Lavender Hill has been busy preparing new products and experiences. A new garden has been developed to complement the commercial fields of lavender and for the first time this summer 20 different varieties of lavender will be on display. New products are also available with gourmet lavender chocolate from "Schoc" in the Wairarapa. We have teamed up with Puhoi Honey and have new hives plus great local honey for sale. We are welcoming more and more locals and are an ideal option for unique local gifts and farm produce. We have a range





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of NZ made lavender oil products, a superb extra virgin olive oil and our Limoncello and lavender infused gin is now being stocked at NZs largest duty-free store. We sell online, or from our farm shop. 11 Beacon Rd, www.lavenderhill.co.nz or phone 021 111 6686.

Is the sun staying?

We hope so. All though it's pretty unforgiving, we all really need look after ourselves. I know you've heard it all before, but it is true!

Keeping our bodies safe inside and out. At Pure Allies we can help you on the outside, our products are totally natural and safe.

We don't test on animals, we test on humans! Oops does that sound bad. It is the best way to see how effective products are. We have been using Pure Allies sun screen for about 7 years, with a pale pom and a red head in the family, the pale pom spending as much time in the garden as possible, our sunscreen has kept him sun burn free for many years.

We will only sell them after they've been thoroughly used successfully on the family. We really feel confident doing this as some of the raw ingredients we use are even safe for eating!

We can custom make almost anything for your skin by request. As we're all for the environment our packaging and labeling is kept to a minimum, also good for keeping our prices reasonable. Contact us via Facebook "Pure allies" or pureallies@gmail.com.



Fitness vs pleasure

Do you groan at the mere mention of getting fit? Does your heart sink at the thought of joining a gym? Does the hard slog of sport just not do it for you, with its competitiveness, and intense, physical stress?



Do you enjoy being active but would like a relaxed way of getting that all-important cardio tune-up? I know of a way to make you smile uncontrollably, whilst performing movements that bring pleasure to yourself and those around you.

Morris Dancing is an activity that can be as demanding as you want it to be. You can ride the ebb and flow of the hypnotic, pulsating rhythms, or you can leap as high as you may and show off your athleticism and grace. There are no winners and no losers,

just an exuberance of life.

If it didn't exist, it would have to be invented; with stepping and movements that are as natural as skipping and jumping for joy; it is no small wonder that it has survived many centuries and keeps being revived in a myriad of styles that are now performed around the globe.

Morris Dancing is nothing if not social, because you work together to produce these time-honoured movements, there is a unique bond of fellowship that is not quite like any other. You become a member of a world-wide community.

But the most important thing is what it will do for you personally. Social dancing, done in groups, it has been shown, produces more endorphins than just about any other exercise. Who wouldn't want to feel this good?

In November, we are planning to dance in and around Hobsonville Point. We have not finalised details at time of going to press, but check out our events page on our website: auckland-morris.org.nz/ We will update as soon as we have made the arrangements.

Phone me to find out about how you can have some free practice sessions, and to experience what you've been missing.

Errol Dawson Phone: 021 184 1653, email: dancingdawsons@gmail.com.

Shopping online, safer and cheaper

Buying online is a great way to get some great deals and also knock off your Christmas shopping without the crowds in the malls.

There are a few things to consider to make online shopping a little safer so are some handy tips.

Shipping is expensive especially when you live in a rural location – not only that but it is slower.

What is common practice is that the rural postie signs for your parcel from the main courier and then drops it at your place on their behalf.

Invariably, if you're not home they will just leave the parcel on the deck / front door with no signature needed.

Now here is the worse part – thieves operate in our area all the time but in the next few months they scale up their activity.

They drive round in what can pass as a courier van and follow the rural postie, watching where they deliver parcels and a short while later they steal your online purchase. You won't know for a few days until you try and track it and as far as the courier company is concerned it has been delivered.

This could be a valuable item money wise or more importantly a sentimental item that you can't put a dollar value on – either way you might get your money back from the courier company but you won't always replace what you bought.

Why not think about having our online purchase delivered to work or use the free e-pack service "epickup" - just buy online

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and have the item delivered to e-pack on 5 Wookey Lane Just add your name and mobile contact number to the front of the parcel.

Once it arrives we will text you and you can swing by and pick it up, we open from 7.30 till 4.00pm Monday to Friday and will arrange out of hours collection in special circumstances.

This saves rural courier fees and delivery time and more importantly your purchase will be safe.

Safe shopping & safe shipping!

Contact e-pack for more information 09 412 7018 or mike@e-pack.co.nz.

Are you ready to improve your health and wellbeing

I am teaching Ren Xue classes at my studio in West Harbour. What is Ren Xue? Ren Xue is a holistic approach to enhancing and uplifting life, and combines Eastern and Western traditions and philosophies. Founder of Ren Xue is Yuan Tze, my teacher for over a decade. In Ren Xue you learn Yuan Qi-



gong which helps individuals find greater peace and harmony through a contemporary still and moving meditation practice. In Ren Xue you also learn practical tools like how to think really positively, how your mind works, how patterns and emotions influence your life and learn to make healthy choices for your life. Ren Xue's promise is the possibility of living in a calm, relaxed and natural state, in harmony with yourself, with those around you, and with the natural world. Qigong practices have been scientifically proven to reduce anxiety, lower blood pressure and improve immune system functioning. The many benefits of Qigong are now recognised by many mainstream health organisations.

You can contact me for more information D. van Roij 021517197 or Joostdorrie@gmail.com. Very exciting news is that Yuan Tze will be visiting Auckland on March 2nd and 3rd 2019. Registers are already open. Many people have found his 2 day workshop (taught around the world) a life-changing experience. For more information www.yuantzecentre.com or contact Verena Jonker or Bridget Baker phone 021 683 339 / 020 111 045.

Making Christmas haircare easy.....

It's nearly that time of the year again when we are all starting to prepare for the big day ahead and the holidays that follow.

I know myself how crazy this time of the year becomes and how every day seems to roll into the next and before you know it, Christmas is upon us again.

So here are a few little tips to make hair care easy leading up to Christmas

- Make sure all your appointments are booked ahead. Do this after every haircut but even more so at this time of the year because a good salon will book up early.

- Start planning how many weeks there are until the big day and work out your timing accordingly for colour work.

- If you have a lot of events coming up in December be prepared early, don't leave it until the day before your event to book your appointment

- Christmas shopping can also be done at the salon in the way of vouchers, gift packs and products. It is so nice to give a gift that maybe someone wouldn't buy for themselves.

- Treat your hair to a conditioning treatment. As the weather improves and warms up we need to replenish what is lost. It is also a small amount of time put aside just for you to relax and do something for yourself.

- Remember if you tend to get frizzy hair during these months now is the time to have your keratin complex smoothing treatment done. Go into Christmas with great smooth hair.

Call us today to organise your next appointment and sit back and relax into Christmas and the merry season. Zash Hair 021 814 663.

When buying travel insurance, disclosure is essential

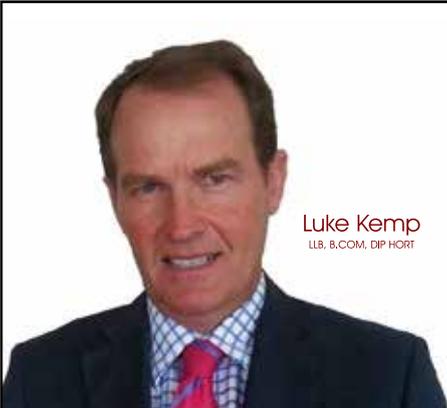
"When we plan an overseas holiday, travel insurance and vaccinations are probably at the bottom of the checklist"

"It's much more fun to research and plan the accommodation, exotic food options and the 'must dos' while we are away."

The issue of what you must tell insurance companies has been under the media spotlight recently with the very sad case of the New Zealand woman who passed away recently in a Bali hospital. Media reports stated at the time the woman was sick in the hospital, that her travel insurance company had declined a claim for medical costs and for bringing her home, stating that she had not disclosed a pre-existing condition at the time of purchasing the policy.

"We all know that travel insurance is important. It can minimise the considerable financial risks of travelling. But people need to do their research by looking at a few options and by reading the terms and conditions before purchasing the policy that suit their needs,"

Typically travel insurance is made up of several different elements: cover for medical costs; the cost of a flight home if you have to return home quickly due to an emergency; reimbursement for non-refundable travel and accommodation costs if



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you have to cancel the trip or return home early; cover for the cost of replacing stolen or lost luggage; and cover in case you injure someone (especially in countries where there is no equivalent to our Accident Compensation Scheme) or damage their property.

If someone has a pre-existing medical condition, it is even more important to check the policy carefully beforehand. Even the definition of what a pre-existing condition is, varies from policy to policy. The insurer asks for this information so it can assess the risk you present and decide whether to offer you cover for those pre-existing conditions.

It is essential to give the insurer accurate information about any risks that may make you more likely to claim on your insurance policy. If you do not do so and later make a claim, the claim is likely to be declined.

Some policies may automatically cover certain pre-existing conditions. Some may specifically exclude some pre-existing conditions. Others may include cover for some pre-existing conditions but charge you a higher premium.

Also, if you develop a condition after you apply for cover but before departure, you generally need to tell the insurance company about that too. Further, if your policy covers you for repatriation or cancellation of travel in case of emergency, you may have to disclose information about any family illnesses which could increase the risk that you'll have to cancel your trip or return home prematurely. For example, if a close family member passes away and was ill before you left, that may be a matter that should have been disclosed or the claim may not be covered.

Many travel policies exclude cover for any mishaps resulting from high risk activities, such as sky diving. Take note if you are planning an adventure holiday.

Everyone should read the fine print and make sure the policy

they choose suits all their needs and to be open about their situation. This avoids any misunderstandings before you head off to enjoy the sights, the food and the culture.

It is important to remember it is not just Travel Insurance where you need to be careful about disclosing anything which may affect your insurance cover.

At the Citizens Advice Bureau at Massey we have helped people refer cases through to the Insurance and Financial Services Ombudsman, or the Disputes Tribunal when things have gone wrong. But that takes time and is stressful. If you think you need help with resolving any of your problems, or if you think you could help people in these situations contact the Citizens Advice Bureau Massey by visiting us in the library on the corner of Don Buck Rd and Westgate Dr, or phone 09 833 5775 or email massey@cab.org.nz.

Young Auckland talent takes to the stage in Shrek the Musical

"Once upon a time, there was a little ogre named Shrek..." Thus begins the tale of an unlikely hero who finds himself on a life-changing journey alongside a wisecracking



Donkey and a feisty Princess who resists her rescue. Throw in the vertically-challenged Lord Farquaad, a cookie with an attitude and over a dozen other fairy tale misfits, and you've got the kind of mess that calls for a real hero. The closest thing they have is an Ogre called Shrek...

The National Youth Theatre Company presents the Auckland

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premiere of "Shrek the Musical".

A Tony Award-winning fairy tale adventure, featuring all new songs from Jeanine Tesori and a side-splitting book by David Lindsay-Abaire. Shrek brings all the beloved characters you know from the film to life on stage and proves there's more to the story than meets the ears.

With a cast of over 200 of the finest young performers from all over the Auckland region and a rocking live band, Shrek delivers a magical night out for the whole family, in a not-to-be-missed, side-splitting adventure of fairy tale proportions. Four shows only, and no extension is possible!

Presented by the National Youth Theatre Company under the Artistic Direction by Jonathan Alver, Stage Director Seamus Ford, Choreographer Frith Horan & Musical Direction James Doy. The outstanding cast includes emerging talent discovered through NYTC's Outreach programme which provides scholarships to singers, dancers and actors who might otherwise not be able to experience the joy of participating in an NYTC production.

NYTC is a charitable trust providing a place where young performers can learn and thrive, developing not only outstanding performance skills but life skills that will support them throughout their lives including confidence, teamwork and mentoring. The company has become the premiere development ground for young stars in New Zealand with alumni working both here and internationally in musical theatre, opera, television and film including graduates starring in School of Rock in London, and locally in Billy Elliot the Musical and Priscilla Queen of the Desert.

Shrek the Musical graces the Civic stage from 29 Nov- 2 Dec 2018. Public performances run Friday 30 November 7 pm, 01 December 1.30 pm & 7 pm & Friday 2nd December 1.30 pm. Just 4 shows, tickets are on sale now from Ticketmaster.

World Clean up day in Massey

The Massey Birdwood Settlers Association, Keep West Auckland Beautiful and the Henderson Rotary Club combined to clean up litter around the streets of Massey, on September 15th.



This year the 15th September was part of World Clean Up Day, and was part of Keep NZ Beautiful's annual clean up week, sponsored by G J Gardner Homes.

This year Don Buck Road between Massey High School and Royal Road, sections of Triangle Road, the Royal Road shopping Centre and the Massey Domain and Triangle Park were all targeted as part of the local clean up. Over 40kg of rubbish was collected by a number of people throughout the day.

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The event started from the Massey Birdwood Settlers Hall, with participants decked out fluorescent high viz vests, and protective gloves and armed with bags all supplied by Keep NZ Beautiful. In the accompanying photo Massey Birdwood Settlers Association Secretary, John Riddell and Immediate Past Chair of Keep NZ Beautiful is seen with Melissa Picton from the Henderson Rotary Club collecting litter in Triangle Park.

Sometimes you lose

Four weeks ago our undefeatable All Blacks lost to South Africa. Then a fortnight ago with only six minutes to go in the game, recent history looked to be repeating itself. In order to win, the All Blacks would need to pull off a miracle performance and achieve two tries and two conversions. Incredibly they gained a try and converted it. South Africa was still in the lead. And then with less than two minutes to go, the All Blacks scored and converted another try. The South African stadium audience stood silently with their mouths open in wonderment. What can we learn from this? The lessons of sport as in your daily life is that, sometimes you win and sometimes you lose. Don't take it to heart. We're only human. We're not perfect. Wins aren't guaranteed BUT isn't that what makes life exciting? Get up, try again and WIN!

Depression

Do you know someone who may be depressed?

Are you?

Do you suspect someone who may be?

Do you know anyone who has moved house or office and you've noticed a change in his or her personality and or health?

It is very likely that moving location, can affect your health.

The stress, the worry, the cost, and many of you may never have heard of this, but the Geopathic Stress (GS) or Noxious Earth Energy.

It is in every home, and if it is where you just happened (or were forced to because there was no other choice) to put your bed, you may have won or lost the jackpot!

If your bed has Geopathic Stress in the same location it could cause depression or lower your immune system so your body just gives up.

Some other typical signs of GS are headaches/migraines, sleep disorders, allergies/eczema, lack of energy, dizziness, high blood pressure, arthritis, chronic fatigue, IBS, cancer and depression, to name a few.

Make sure you won the jackpot and your bed is in a good (GS free) space. Don't lock yourself in a cage! Call Nicky 021 545 299 or visit the website: clearenergyhomes.com.



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The great outdoors



The arrival of Spring in the Auckland region heralds the magical start of the peak fishing season.

Earlier on, the snapper were holding wide in the outer gulf off the Southern part of Great Barrier Island, Channel Island and the top of the Coromandel peninsula, close to their winter hide-outs. Many boats were making the long run across and finding regular long lasting work-ups.

Over the last few weeks, the better fishing has moved considerably closer to Auckland. Kawau Bay has started showing better sized fish with the area between Flat Rock and Motuora Island a stand-out. Stray lining in close on the island seems to have been the most successful technique. Whangaparaoa Bay has also had some good fishing with fish in close at times from Stanmore Bay to Wellington Reef.

The inner Gulf has also contained hot spots South-West of the Aha's and west of Rakino Island on the worm beds. Larger male snapper have even been caught in the thirty metre hole off the wharf at Motuihe Island.

All the standard techniques for work-up fishing have been proving successful, including sliders, slow jigs and soft baits. Of interest has been the success of very large (8-10 inch) soft baits and the re-introduction of Shimano's Lucanus lures in a couple of new colours. All of these techniques, along with a very full range of purpose designed rods and reels, have proven deadly effective.

The consistency and intensity of the work-up fishing for snapper should continue well into the Summer.

The quality of the fishing for the West Coast has lagged slightly behind the East for most anglers with mixed reports from the coast and Kaipara and Manukau harbours.

The most successful harbour anglers have been fishing in very shallow water on top of the banks over the top of the tide, using mostly fresh cut stray-lined baits. As we move towards Summer, expect the channels to start filling with quality fish too.

Surfcasting and kontiki fishing, especially at Muriwai, is gathering momentum out west. The best reports have come from the top of the beach up to the spit at South Head. The general consensus is that the fish are now moving down the beach and will soon be accessible to those closer to home.

When the prevailing South-West swell and winds ease, the bottom

fishing offshore has been consistently good at varied depths, depending on who you talk to. Those beach launching at Muriwai or crossing the Manukau bar have reported good catches of average (for the west coast) sized fish.

As always, your local Hunting & Fishing store in Westgate is able to provide up to the minute info on where the good fishing has been happening and advice on fishing tackle matched to your requirements. Feel free to come and see us or give us a call.

Matt Keys - Westgate Hunting & Fishing. For more information contact either Westgate on 09 833 3019, 7 Cabernet Crescent, Westgate or North Shore on 09 869 3331, 1 Holder Place, Rosedale, free-phone 0800 486 834 or go to www.huntingandfishing.co.nz.

West Harbour Tide Chart

Date	High	Low	High	Low	High
Thu 1 Nov	01:47	07:45	14:17	20:26	-
Fri 2 Nov	02:47	08:48	15:20	21:30	-
Sat 3 Nov	03:51	09:54	16:23	22:33	-
Sun 4 Nov	04:56	11:00	17:24	23:33	-
Mon 5 Nov	05:59	12:00	18:20	-	-
Tue 6 Nov	-	00:30	06:56	12:54	19:14
Wed 7 Nov	-	01:22	07:49	13:45	20:05
Thu 8 Nov	-	02:11	08:38	14:32	20:53
Fri 9 Nov	-	02:57	09:24	15:17	21:39
Sat 10 Nov	-	03:41	10:08	16:01	22:23
Sun 11 Nov	-	04:22	10:50	16:44	23:06
Mon 12 Nov	-	05:03	11:32	17:28	23:48
Tue 13 Nov	-	05:43	12:15	18:13	-
Wed 14 Nov	00:31	06:25	12:59	19:00	-
Thu 15 Nov	01:14	07:10	13:46	19:50	-
Fri 16 Nov	02:01	08:01	14:37	20:42	-
Sat 17 Nov	02:52	08:58	15:31	21:36	-
Sun 18 Nov	03:48	09:58	16:24	22:29	-
Mon 19 Nov	04:46	10:55	17:16	23:21	-
Tue 20 Nov	05:42	11:47	18:05	-	-
Wed 21 Nov	-	00:10	06:34	12:35	18:52
Thu 22 Nov	-	00:57	07:23	13:20	19:39
Fri 23 Nov	-	01:44	08:09	14:06	20:27
Sat 24 Nov	-	02:30	08:55	14:52	21:15
Sun 25 Nov	-	03:16	09:41	15:40	22:04
Mon 26 Nov	-	04:03	10:29	16:29	22:54
Tue 27 Nov	-	04:51	11:18	17:21	23:45
Wed 28 Nov	-	05:41	12:10	18:15	-
Thu 29 Nov	00:38	06:33	13:05	19:12	-
Fri 30 Nov	01:34	07:30	14:02	20:11	-

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





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