

# PONSONBY NEWS<sup>+</sup>

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OCTOBER 2015

PONSONBY MARKET DAY HIGHLIGHTS - P28

COVER CREATED BY PANKAJ BHAMBRI  
A student at Media Design School - P31

OUTDOOR LIVING @ HOME - P86



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# WHAT'S INSIDE THIS MONTH



photography: Martin Leach

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**P28:** Armando from **Gusto** Ponsonby showing off his wonderful pizzas; **Ngakeita, Tui, Morgan, Regina & Beth** enjoying Ponsonby Market Day, pictured in the lane at **Ponsonby Central**. These ladies are hosting a 'Lovely Larger Ladies Fashion Event' on **Saturday 7 November** at **Studio 230** at 230 Ponsonby Road. [www.eventfinda.co.nz](http://www.eventfinda.co.nz)

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COVER: PANKAJ BHAMBRI, MEDIA DESIGN SCHOOL

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 POSTAL: P.O. BOX 47-282 Ponsonby, Auckland 1144. [www.ponsonbynews.co.nz](http://www.ponsonbynews.co.nz)  
 T: 09 378 8553 or 09 361 3356



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**Editor/Publisher** **MARTIN LEACH**; M: 021 771 147; E: martinleach@xtra.co.nz or martin@ponsonbynews.co.nz  
**Associate Publisher & Ad Manager** **JO BARRETT**; M: 021 324 510; E: joannebarrett@xtra.co.nz  
**Distribution Manager** **JAY PLATT**; M: 021 771 146; E: jayplatt@xtra.co.nz or jay@ponsonbynews.co.nz  
**Advertising Sales** **ANGELA MARTIN**; M: 0274 108 320; E: ponsnewsnz@gmail.com  
**Operations Manager** **GWYNNE DAVENPORT**; M: 021 150 4095; E: ponsonbynews@xtra.co.nz  
**Contributing Fashion Editor** **JULIE ROULSTON**; M: 027 211 7169; E: julie@ponsonbynews.co.nz  
**Contributing Editor** **DEIRDRE ROELANTS**; M: 021 261 8439; E: deir42@vodafone.co.nz  
**Contributing Editor** **JOHN ELLIOTT**; M: 021 879 054; E: johnelliott@ihug.co.nz  
**Proof Reader** **JESSIE KOLLEN**  
**Layout Designer** **ARNA MARTIN**; E: arna@cocodesign.co.nz  
**Designer** **MELISSA PAYNTER**; E: melissapaynter@me.com



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**LOSS OF URBAN TREES & LOSS OF LOCAL CAR PARKS**

It's deeply ironic that in the same Ponsonby News that John Elliott decries the loss of trees in urban environments, in another column in the same issue, he predicts that the sky is falling in with the loss of a few car parks at the Grey Lynn shops. The genuine affection for urban trees that is so clear in the former is completely undermined by the random hyperbole of the latter.

In his column on the Grey Lynn shops, John acknowledges that figures can be twisted around, but then goes on to perform a remarkable statistical pirouette of his own. By the loss of "several" car parks, he neglects to mention that in the latest Auckland Transport proposals, they are talking about just three.

This is in an area where Auckland Transport's research shows car park occupancy is far lower than areas such as Ponsonby and Newton, which often have to resort to metering to control car park use. Grey Lynn just doesn't have an on-street parking problem compared to other areas.

He desperately clings to the needs of the 47% of people who drive, and neglects the 53% who walk, cycle or bus, and who have their own valid wishes for the shopping precinct that they regularly use and spend their money in, to support their needs.

Places like Fort Street, where street changes have made them accessible for all transport users, have shown that businesses have thrived. Why should the loss of three car parks be the disaster that John predicts?

In the Auckland region, public transport, walking and cycling are steadily on the rise. Grey Lynn is an important hub for all forms of transport, and yet parts of the shopping area are simply unsafe for many people who travel by means other than the car. Try crossing the Chinaman's Hill intersection on a bike or on foot. Having a new controlled pedestrian crossing will be a much needed improvement to the area.

Writing as a Grey Lynn resident, business owner, shopper, cyclist, bus user and car driver, the proposed changes are a step in the right direction. For me, the disappointment is the lack of cycling infrastructure to make the area even better for all users, and I do hope that these are given much stronger consideration as the ideas are developed further.

Part of ensuring a liveable urban environment is not only to preserve trees, but also to provide real alternatives to the car culture, in part to protect and improve the environment we have, and which John rightly values so highly. And in an everyday sense, the extension of the streetscape to support all transport options is a small but important step in meeting the needs of all transport users, not just car drivers. It's good for our neighbourhood.

**ADRIAN FIELD, GREY LYNN**

**JOHN ELLIOTT RESPONDS:**

I make no predictions about the sky falling in, but I am not falling over myself to denigrate the 47% of visitors to Great North Road shops who arrive by car. While it's still legal to drive around our city, it often suits me to do so. But, as a Green Party member and because of my personal convictions, I support walking and cycling options. I will be pleased when the cycleway from Williamson Ave to Cox's Bay is completed, hopefully with a Cycle Pump Track in Grey Lynn Park.

Slowing traffic on Great North Road to 40km/h would help pedestrians too. The AT parking research included the difficult to access car parks behind GNR shops. Maybe Mr Friedlander will create some public parking spaces in his new development. Unfortunately, strip shopping all over Auckland suffers as people drive to the malls, which I hate far more intensely than I dislike AT.

The car parking scarcity won't keep me from Grey Lynn shops, because I just won't go to the malls, but I'm afraid others will. Now that we have a new restaurant planned for the old ASB corner, the debate will go on.

**HELPING SAVE THE MAGNOLIA TREES AT 230 PONSONBY ROAD**

I am now travelling but a friend sent me the September issue eMag of Ponsonby News. Thanks for making the magnolia trees the front cover and major story. We all really appreciate your support and for getting behind saving Auckland's trees.

**WENDY GRAY, BY EMAIL**

**FABRIC-A-BRAC EVENT - A HUGE SUCCESS**

Our Fabric-A-Brac event on 5 September at the new venue was a huge success, thanks to your support. We had a massive turn-out and everyone went home with bags of fabric for their sewing or craft projects and Mercy Hospice was also happy with the funds raised from the event. We are going to take a little breather before starting to plan for next year's event, but I will be in touch once I have further details as we will be very grateful for your continued support.

**GRACE SAMUELSON, BY EMAIL**

**TONY SKELTON'S RETIREMENT FROM THE ST MARY'S BAY ASSOCIATION**

I am writing to say thank you for your generous words expressed in the editorial in the last edition of Ponsonby News. It is appreciated. It has been quite a journey serving the community over the last 40 years, but it has been worth it. Keep up the good work!

**TONY SKELTON, ST MARY'S BAY**

**CAFE ON LITTLE GROCER SITE TO GO TO ENVIRONMENT COURT**

Unfortunately it appears as if celebrations were a tad premature. The proposers have decided to challenge the Auckland Council decision to turn down the cafe application and go to the Environment Court. Can't they get the message that they are not welcome in our residential neighbourhood?

**CASEY HOOPER, Grey Lynn**



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THIS ISSUE, WE CELEBRATE OUR 26TH BIRTHDAY and it feels we've come a long way since 1989. This month we are also delighted to announce the relaunch of our updated website: [www.ponsonbynews.co.nz](http://www.ponsonbynews.co.nz). We hope you like it. One section we love is the Ponsonby Little Black Book - an A-Z of local bars, cafes and restaurants. There are great opportunities for premium positions for our Ponsonby businesses to be featured more prominently. We value the continuing support from our contributors, advertisers and readers - without you we couldn't exist.

Despite the weather report saying there would be showers all day, Ponsonby Market Day last month was fortunate to have nice weather. There was a great turn out and everyone we met was enjoying the entertainment, food and shopping - P28.

I enjoyed a great afternoon, last month, dodging rain with some of the students, who are studying for a Graduate Diploma of Creative Technologies at the Media Design School. The students were invited to create a front cover image for our October issue. Pankaj Bhambri from India was the lucky winner and we thought his take on Ponsonby was stunning. We hope this gives Pankaj a launch pad for a successful career in media design. He wins a voucher for dinner at Gusto Ponsonby.

In this issue, John Elliott flags the possibility that Watercare could be privatised and outlines some of the issues which large private water companies have caused worldwide - P30.

The team was sad last month to hear of the passing of Graham Brazier, local musician extraordinaire. Back in the day, he was a regular at Ponsonby's infamous 'Mandrax Mansion' and The Gluepot. Aged only 63, we lost him far too young.

Art lovers? Don't miss Artweek, which is on from 10 - 18 October. Feeling creative? Why not enter Ponsonby Central's mural competition and create a new artwork for 6 Brown Street - P47

Our fashion editor, Julie Roulston has been busy reviewing NZ Fashion Week. It is heartening to see Ponsonby's fashionistas shining on the local and international scene - P58

Diary Date: NZ Lovely Larger Ladies, Saturday 7 November. There will be an event in Ponsonby for plus-size fashion at Studio 230 at 230 Ponsonby Road, featuring labels like The Carpenter's Daughter. Tickets are \$15 and are on sale at Eventfinder.

Our contributing editor, former Deputy and Acting Principal John Elliott of Bayfield School took a nostalgic trip down memory lane and inspected the school's rebuild - P76.

This month, to assist new parents planning their childcare needs, we have published our A-Z of local childcare providers - P76.

We hope you enjoy the issue and our new website. (MARTIN LEACH) [PN](#)



photography: Michael McClintock

**Jay Platt, Martin Leach, Gwynne Davenport, Angela Martin and Jo Barrett**



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PONSONBY ROAD P58



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### Wynyard Central is coming to life

The uptake of apartments at Wynyard Central has been overwhelming, with over half selling in three months from launch. The apartments have mostly sold to Aucklanders seeking high quality, low-maintenance, well-designed homes in a secure and exceptional location. The 128-year lease is fully pre-paid by Willis Bond with a guarantee of no rent payable throughout that period. With this peace of mind, inner-city living in Auckland has never looked so appealing. The project is on track for construction to begin in October with the first residences due for completion mid-2017.

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**Mary Jane Mumford has been with Milly's Kitchen on and off for the past 12 years. She is now Operations Manager, overseeing the Ponsonby and Parnell stores, and she is also responsible for the cookery classes. Mary Jane lives in Ponsonby, halfway between the gorgeous harbour and Ponsonby Road.**

**What was your childhood like?**

Great fun, I grew up at the base of One Tree Hill, so every weekend was an adventure with a packed lunch. The local kids and their mothers leading the gang around every nook and cranny up there.

**The most annoying celebrity today?**

Paris Hilton is the leader of the pack, but the pack is huge!

**Favourite TV series?**

Downton Abbey - Maggie Smith has the best lines.

**Your dream holiday?**

New York for a month to absorb the vibe and follow my love of food, design and art.

**Best thing you have brought back from an overseas trip?**

A turkey baster, a salad spinner and a Le Creuset pot, clearly we didn't have those in New Zealand then.

**What do you love most about your age?**

I know everything! The old adage older and wiser is so true!

**Who do you think are the best dressed women on earth?**

Audrey Hepburn, Princess Grace, Chanel, actually I think it is the designers who make outstanding clothes.

**Something that you really disapprove of?**

Rudeness, so unnecessary but quite common.

**What song makes you happy?**

'Pearl's a Singer', a party song for my friends, and we usually use the back of a couch for a piano.

**If you won a million dollars what is the first thing you would do?**

Buy a one bedroom apartment in St Mary's Bay or at least make a deposit.

**Your comfort food?**

A good curry with truck loads of garlic, including naan!

**What motivates you?**

Making a change in a small way, I believe we can all make a change. Sometimes we don't think small changes make a difference, but they do.

**What do you think happens when we die?**

I'm heading to heaven - no worms for me.

**Give your teenaged self some advice?**

Men don't grow on trees.

**How do you chill out?**

Cocktails, beach, shopping.

**Favourite book?**

I loved the Daphne du Maurier books when I was younger, I loved the idea of smugglers with all the cloak and dagger action on the coast of Devon and Cornwall.

**Which item of clothing can't you live without?**

Anything from Trelise Cooper.

**What is your idea of perfect happiness?**

A cocktail or two with a friend or two on a tropical island or two.

**Greatest fear?**

Not being able to breathe.

**If you could change one thing about yourself what would it be?**

Legs like Elle MacPherson.



**Which talent would you most like to have?**

I would love to be artistic, in any form, but to be able to sit down at a piano and make it sing would be marvellous.

**Which living person do you most admire?**

The Queen, she is the hardest working woman in the world, through adversity, trouble and regular criticism, she works to make the world a better place.

**Do you have a life motto?**

"Go confidently in the direction of your dreams" - Henry David Thoreau

**Have you ever had any acting aspirations?**

Never.

**What cliché do you most abhor?**

It is what it is.

**What gizmo can you simply not live without?**

Microplane.

**Your greatest weakness/indulgence?**

Anything with cream.

**Which website do you read the most?**

The Denizen, I love hearing what is new, what clever people are up to and seeing into our creative future.

**Are you a handshake or a hug kind of person?**

Hugs, the more the better.

**What is your favourite season?**

Summer!

**Do you have any recurring dreams?**

No, each one is a new adventure.

**Your dream guest list for a dinner party and why?**

Richard E Grant - the stories, and I think he is a little naughty. AA Gill - food critic, funny and as above. Anthony Bourdain - as above, and hearing great food stories. Jeremy Clarkson - stories, and what we don't know about the BBC. Aretha Franklin - the music. Mick Jagger - great stories.

**Do you have a party trick?**

Yes... say no more.

**Describe your first pet?**

An indulged spoodle, Sir Angus McKenzie, on his first day home from the SPCA, he was given fillet steak and strawberries and cream by my mother, he never looked back.

**How do you take your coffee?**

Flat white.

**Do you travel light or heavy?**

Light leaving, a tad more weight on return (well lots actually, call it shopping).

**What is the best holiday you've ever had?**

A month in a villa in Italy, outstanding.

**What is your opinion on today's man?**

Gorgeous.

DAVID HARTNELL, MNZM [PN](#)

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## The mammoth task of finalising Auckland Council’s Unitary Plan continues apace, with hearings before an independent hearings panel and council staff preparing responses to huge volumes of submissions.

The size and importance of this task for Auckland cannot be underestimated, but it continues with only minimal input from the vast majority of your local elected representatives.

The majority of all hearings are now complete. With the creation of hearing topics now grouped under re-zoning and precincts to hear the voluminous site-specific remaining submissions, completion of the hearing programme is in sight.

The draft Unitary Plan was released in March 2013 and Auckland Council held an extensive, 11-week informal engagement. This was designed to encourage feedback across Auckland to help improve the Proposed Auckland Unitary Plan (PAUP). A joint committee of most councillors and all local board chairs then met over many months of intense sessions to debate and settle the terms of the PAUP. Local boards met for whole-day sessions to meticulously canvass with planning staff the locally specific areas where greater intensification might be appropriate. Before the last local body election, all local boards sat in and fully participated in a three-day marathon meeting where the politically sensitive issues such as zoning, height and density of the various proposed zones and town centres were debated, and resolved, prior to the PAUP being notified in September 2013.

Then it was the turn of the Aucklanders. 9,400 submissions were received on the Unitary Plan and a further 3,800 submissions were made supporting or opposing the original submissions. These numbers include businesses and other organisational groups, but it’s clear that of the thousands of Aucklanders who submitted, many have been worn down by the process and its onerous time commitments.

Participation rates for individual submitters, community groups and special interest groups continue to decline and are now at 2.6% (compared to the previous quarter’s 2.7%, 7.2 % (8.4%) and 9.2% (7.1%) respectively.

Many submitters seek site-specific matters impacting on their own properties, but equally many other submitters seek substantial change to the PAUP, many for much more intensive development, or the removal of perceived barriers to this, such as the historic character pre 1944 demolition control rules.

Without much public debate, Council is making significant changes to the PAUP with increases to height levels by one floor in the high density zones and removal of density controls in the wide-spread Mixed Housing zones. The density in this zone has doubled. Some of these changes are in response to new information about the less than realistic impact of the PAUP in many areas, but they also overthrow the vigorously negotiated compromises in the PAUP that local board chairs agreed on 2013.

This ‘changing of the game’ reinforces the wisdom of this board for insisting on Grey Lynn and Westmere remaining largely in the Single House zone until the pre 1944 historic character survey was completed. Other boards accepted large parts of their ward being up-zoned from Single House to Mixed Housing, thinking the then rules acceptable to their communities.

The Hearings Panel has expressed a clear position through an interim guidance which is fundamentally at odds with the council’s position to shift from special character to historic character. Council has, for the present stuck by its historic character position and the pre 1944 demolition overlay, and is to be applauded for this. This position has been the key basis on which Council has been undertaking surveys of the pre 1944 overlay, and targeted surveys of historic character areas, including the Grey Lynn and Westmere suburbs. Ominously however, a high-level planning analysis is then to be applied in conjunction with the survey results. It is said to ensure an appropriate balance is struck between managing the heritage values of these areas and providing for growth in a quality compact form. So vigilance on our part and submitters will be required.

The maps of Council’s position in response to the thousands of zone and precinct submissions, including the work on surveys undertaken of the pre 1944 overlay by staff over many months are scheduled to be released in final form to elected members this month - three days in advance of being discussed behind closed session. There are no plans, as occurred last time, for sessions with staff to review detail and gauge your representatives views on what are expected to be large changes. We have three days to absorb and form a view on a significant amount of information to be able to participate in debate, and only at chair level, on any changes. This is all less than satisfactory, and not the way to get the best outcome for Auckland. Be assured, we are nevertheless gearing up to do our best on your behalf. (SHALE CHAMBERS) [PN]

Contact me: [shale.chambers@aucklandcouncil.govt.nz](mailto:shale.chambers@aucklandcouncil.govt.nz)



George Leys as Batboy at Tole Reserve



The Waitemata Local Board members at Tole Reserve: **Vernon Tava, Shale Chambers, Pippa Coom, Greg Moyle and Deborah Yates**



Locals of all ages enjoy the upgrade of Tole Reserve

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## SPRING HAS SPRUNG AND MPI BEGINS FINAL PUSH IN FRUIT FLY PROGRAMME

THE MINISTRY FOR PRIMARY Industries (MPI) is asking Auckland residents to hang in there for just a few more months while it completes its programme to eradicate a small population of the horticultural pest, the Queensland fruit fly.



MPI field staff checking a fruit fly trap which is the main field activity currently underway.

A small population of the damaging fly was found in Grey Lynn back in February and since then a range of activities has been carried out to get rid of it.

A controlled area was put in place with restrictions on the movement of fresh fruit and vegetables outside of this area. These movement restrictions remain in force for now.

A small number of properties with infestations of the fruit fly were treated with insecticide sprays and ground treatments. All fruiting trees within the controlled area had bait applied to attract and kill adult fruit flies.

In addition to the treatments, MPI extended its existing network of surveillance traps to locate any flies that could remain in the area. No flies have been trapped since March 2015. MPI's Planning Manager Edwin Ainley says fruit flies tend to be inactive over winter but now is the telling time. "Now that the weather's warming up, if any flies did manage to survive the earlier treatment blitz, they'd be on the wing and we'd trap them in our extensive network of lure traps."

Ainley says in the past week the Ministry has resumed more frequent checking of the surveillance traps in the A Zone of the controlled area, closer to where the original flies were found. "Residents in this central A Zone can expect to see officials checking the traps twice weekly now."

The Ministry is confident of success in the fruit fly eradication but Ainley says it needs these next couple of months of trapping to verify this. "We can't assure our trading partners that the population is gone until the empty traps confirm our success. At this stage, we hope to declare eradication and end the movement controls on fruit and veges before Christmas."

The Ministry is grateful for the support of its partners in the operation - government industry agreement signatories Kiwifruit Vine Health and Pipfruit NZ, as well as the Auckland Council. "And we are especially grateful to the people of Auckland, particularly residents and businesses in the controlled area, for their ongoing support. Without their help, this would not be possible. There will be full communication about when the activities are over." PN

More information is here: [www.biosecurity.govt.nz/pests/queensland-fruit-fly](http://www.biosecurity.govt.nz/pests/queensland-fruit-fly)

## FINE PORTUGUESE BED AND TABLE LINENS NOW AVAILABLE IN PONSONBY

**Vila Mourisca was born out of love for family, Portugal and beautiful bed linen. The company has been around since 2010, selling online to those looking for fine bed linens and has just opened a boutique Ponsonby showroom.**

"We hear the same thing from our customers again and again, once you've experienced Vila Mourisca sheets, you can't sleep on anything else, there's simply no going back," says co-founder Christina Guy. "We use high-grade, long-staple Egyptian cotton and work with one of the best manufacturers in Portugal. Portugal is well-known for producing quality textiles so we're lucky to be tapping into that knowledge and skill."

There's a limited range (sheets, duvet covers and table linen - all beautifully hand-wrapped) but what is on offer is some of the best in New Zealand. All sheets are made from long-staple Egyptian cotton and luxurious single ply yarns. No inflated thread counts, just high-grade cotton.

Their new showroom on Brown Street (located above Cocoro Japanese restaurant, just down from TK Store) showcases their beautiful range, so you can now touch and feel their collection before purchasing.

"We offer free shipping on New Zealand deliveries, so there's no check-out surprises." And the name? "My parents retired to Portugal from Hong Kong 30 years ago and Vila Mourisca is the name of our family home. It's really what started it all, so we wanted to pay homage to that." Open Saturdays 9am - 1pm and Thursdays 10am - 2pm. PN

But if you can't make the journey, then visit their website:  
SHOWROOM: Level 1, 56 Brown Street, T: 09 360 0013, [www.vilamourisca.co.nz](http://www.vilamourisca.co.nz)



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## PONSONBY COMMUNITY CENTRE UPDATE

**Ponsy Kids Preschool**

The latest news is that Ponsy Kids offer:

- 20 ECE funded hours.
- Scholarships for children and families in the community who might otherwise find it difficult to access ECE.
- New session times developed to meet the needs of our community.

We are also very excited about our new up and coming project to transform and extend our outdoor area that will take place over the Christmas break.

Ponsy Kids Community Preschool is a not-for-profit preschool that is licensed for 41 children aged 2yrs - 4yrs. We have high-quality teacher/child ratios with six qualified teachers and a teacher aide providing a nurturing and educational learning environment for our children. We are proud to have long-term and dedicated teachers. Building strong relationships with our families and the community is very important to us. Being community based and non-for-profit means the aspirations and needs of the families in our community come first. Our teaching philosophy is based on extending children's learning through their individual and group interests.

Ponsy Kids Community Preschool plays an integral part here at the Ponsonby Community Centre. Ponsy Kids led by Head Teacher Julie Ferguson and Assistant Supervisor Fleur Rehm, has a great team of teachers who are passionate about preschool education. For more information on vacancies or any other queries, contact Ponsy Kids on T: 09 376 0896.

**New courses for PCC this spring term:**

Kelmarna Gardens and Ponsonby Community Centre are working together to provide the following workshops:

**Time to Garden workshops:**

- Saturday 3 October and Sunday 8 November: 'Time to Garden' workshops will focus on how to grow a bountiful, organic summer garden. The workshops will cover sowing and planting seeds, learn harvesting techniques and efficient weeding methods and how to improve your soil.
- Saturday 5 December: 'Foraging' workshop will focus on and what you can eat from the plants growing wild all around you. This increases your ecological wisdom, can improve your health and save money - and it's fun.

All the workshops are based at Kelmarna Gardens, 12 Hukanui Crescent, Herne Bay and run from 9am to 12pm. The cost is \$30 per person. Guy Pringle will be facilitating the workshops and they will be practical and hands-on for attendees.

Registrations are essential - please contact the office by phone or email [info@ponsonbycommunity.org.nz](mailto:info@ponsonbycommunity.org.nz) to book a seat.

PONSONBY COMMUNITY CENTRE, 20 Ponsonby Terrace, T: 09 378 1752, [www.ponsonbycommunity.org.nz](http://www.ponsonbycommunity.org.nz)



**Julie Ferguson** - Head Teacher, **Sienna** and **Gabriella** (twins) and **Fleur Rehm** (Assistant Supervisor)



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# NEWS FROM GREY LYNN COMMUNITY CENTRE

## For some lucky primary school children, the school holidays mean action-packed, fun-filled days at the Grey Lynn Community Centre's holiday programme.

There are still some places available for the final week of the current programme, commencing Monday 5 October. Bookings are essential and can be made online or at the community centre office.

"We are proud of our programme - it is highly sought-after with local children returning year after year to join the fun," says Cath Bathe-Taylor, Grey Lynn Community Centre manager. "If your children haven't already attended, we would welcome them. We guarantee a great time with a well thought out programme, that strongly emphasises physical activities and fun. We are not here to babysit, but to show children a really good time over the school break."

Highlights of the final week include a trip to Butterfly Creek, Rock Star Karaoke and a visit to MOTAT. School holiday programme leader Anushka Kariyawan has a sports degree and has had extensive experience supervising programmes for youngsters. Fellow supervisor James Doyle has a wide-ranging background in early childhood education. During term time, James runs the Grey Lynn Kids Playgroup and is a much-loved figure with Grey Lynn mothers, nannies and grandmothers and their young charges.

The holiday programme runs Monday to Friday from 8am to 3pm, or 5.30pm. It is a CYFS certified OSCAR holiday programme and accepts WINZ subsidy bookings (forms are available at the Community Centre). Children bring their own lunch, morning tea and a water bottle. Afternoon tea is provided.

"Along with child-centred activities, adult health and fitness fills nearly every other slot in the comprehensive Grey Lynn Community Centre programme, reflecting our health conscious community," says Cath.



Yoga instructor  
**Roselle Gould**

Examples of adult activities are the seven different yoga groups, catering for everyone from children to vibrant seniors, as well as Grumpies yoga for men. There are classes for beginners to advanced, as well as chair yoga for older people, which is approved by Sport Auckland and Green Prescription. Three well-known instructors - Roselle Gould, Marilyn Gravette and Becca Wood have run classes at the centre for many years.

Other groups include: Fit Fit Fit, a mother and child friendly exercise class, Tai Chi (Chen style) and Tai Chi for Seniors, Jumping Beans Gym, Free Dance, Performance Net, Auckland

Central Goju Ryu Karate, Hootchy Kootchy Burlesque, Philippa Campbell School of Ballet and Grey Lynn Dance School. Also promoting health are Narcotics Anonymous, Alcoholics Anonymous Direction and Strength meetings, and the Underearners Group.

It's all wrapped up on Sundays at the famous Grey Lynn Farmers Market at the community centre from 9am to 12.30pm, with its wonderful array of health-giving organic produce, baked goods, honey and many other delicious treats, coffee, pizza and plants.

"All these life-enhancing activities - as well as a myriad of other groups, including art, cartooning, drama, claymation, maths tutoring, languages, ukulele, choirs and the NZ Hawaiian Steel Guitar Club - bring over 10,000 people to the community centre every month," says Cath. "We are right at the heart of the community and it's a wonderful community to be part of."

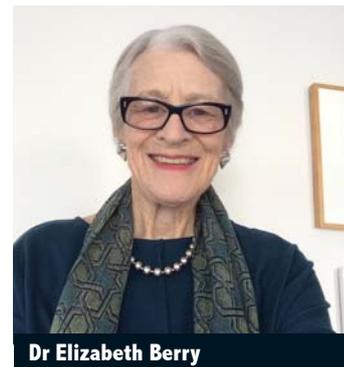
Citizens Advice Bureau, Plunket Nurse Marilyn Hemmings and Te Roopu O Wai Ora support services are also located at the community centre.

The centre also has a well-patronised range of spaces for hire at reasonable prices, from the large hall down to smaller meeting rooms. (PHILIPPA TAIT) [PN](#)

GREY LYNN COMMUNITY CENTRE, 510 Richmond Road, T: 09 378 4908,  
[www.greylynn.org.nz](http://www.greylynn.org.nz)

## Ponsonby U3A member Elizabeth Berry retired after a distinguished career in haematology, with particular emphasis on treating people with bleeding and clotting disorders.

She is patron of the Haemophilia Foundation of New Zealand and was awarded a Queens Service Order for her work in New Zealand and internationally.



**Dr Elizabeth Berry**

Dr Berry was the 10-minute speaker at the September Ponsonby U3A meeting. She spoke about the bleeding disorder haemophilia, often known as the Royal disease because of its connection through Queen Victoria with many of the royal families of Europe. In those days no treatment was available and haemorrhages caused severe pain, suffering, crippling and early death. She reflected on the impact on the Romanov family, the role of Rasputin and the possible contribution of Alexei's haemophilia to the Russian Revolution.

Modern management of haemophilia began in the 1970s when small volume concentrates of the missing clotting factor became available. These allowed the freedom and joy of self therapy and a network of Haemophilia centres was set up in New Zealand to co-ordinate care. In addition, family camps were very effective in combining education and fun, as well as friendship and peer support. Transmission of AIDS and hepatitis viruses through blood products in the 1980s was disastrous, but now factor concentrates, made largely by genetic technology, are much safer. Today's child with haemophilia, having regular prophylactic therapy, can expect to live a normal life span and have minimal joint damage.

Guest speaker at the September meeting was Pauline Sheddan, Community Liaison and Bequests Manager, Coastguard New Zealand. Coastguard, she said, is a Kiwi institution, "It's a charity run by volunteers, dedicated to saving lives at sea." More than 2,300 Coastguard volunteers are on call throughout New Zealand 24 hours a day, 365 days a year. On the water where anything can go wrong very quickly, Coastguard volunteers will go to the assistance of anyone in trouble in situations such as assisting people whose boats won't start, to rescuing a man overboard, helping a kayaker or surfer in trouble, responding to an emergency flare, locating a drifting vessel or attending a medical emergency at sea. Pauline outlined the history of Coastguard in New Zealand to the present day. Over the years local rescue units were established throughout the country, independently run by committed volunteers. Pauline said, "We save lives at sea because it's the right thing to do. For the volunteers it's a great feeling to know that you have saved a life, but in typical Kiwi fashion volunteers prefer to remain humble about it. Volunteers train to be the very best at what they do." Coastguard has 85 vessels nationwide that are also supported by many generous volunteers who use their own boats if required.

A course offered to wives and partners of boat owners called Suddenly in Charge should be a must for those taking to the water. It's important that more than one person on a boat knows what to do when trouble strikes.

Government provides around 15% of annual funding, with the remaining 85 per cent coming from supportive organisations and individuals.

Ponsonby U3A meets on the second Friday morning of the month at the Leys Institute in Ponsonby. There are 15 special interest groups that meet between monthly meetings.

Guests and visitors are welcome to attend a U3A meeting. If you wish to attend please phone Annie Webster on T: 09 376 2902 or Jane Jones on T: 09 378 7628.

Guest speaker for the October meeting will be Boyd Miller, 'Pacific on the move - intro to plate tectonics.' (PHILIPPA TAIT) [PN](#)

NEXT MEETING: 9.45am, Friday 9 October, First Floor, Leys Institute, St Marys Road.

ENQUIRIES: Annie Webster, President, Ponsonby U3A, T: 09 376 2902,  
[www.u3aponsonby.org.nz](http://www.u3aponsonby.org.nz)



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# Extending a helping hand to some of the world's most vulnerable people

## Most people I meet have been moved by the heart-breaking images of Syrian refugees flooding into Europe and the people affected by the crisis.

It is difficult to truly appreciate the extent of what some of these people have been through for them to make the decision to flee their homes, their jobs, communities and everything they know, to find peace in a foreign country. In my time as a Member of Parliament I have met with refugees who have come to Auckland.

While they have come from different parts of the world their stories are similar - they have experienced abuse, violence, fear, persecution and were left feeling that they had no other option but to leave. Seeing the images of people fleeing their homes, and meeting with refugees once they are here, is a powerful reminder of how fortunate we are to live in a peaceful and democratic society.

Most people I have talked to want New Zealand to step up and make a contribution to help some of those who have fled or been displaced.

In response to the Syrian conflict, and the worsening humanitarian crisis, the Government has announced it will settle 750 Syrian refugees in New Zealand over the next two and half years. Six hundred of these places will be offered through a special emergency intake that is above and beyond our annual quota, and 150 places will be offered within the quota. We have been very focused on ensuring that these people will be well-supported when they arrive here.

The first refugees are expected to arrive early next year. The overall cost of these additional places over two and half years is estimated to be \$48.8 million, on top of the \$58 million we annually spend resettling quota refugees. We have also announced a further \$4.5 million to help refugees displaced by fighting in Syria, bringing New Zealand's total humanitarian contribution to the refugee crisis to \$20 million.

This is further to the contribution New Zealand has already made to the region. We have settled 121 Syrians since 2011 and provided \$15.5 million to support people affected by ongoing violence in Syria and Iraq.

Once refugees arrive here, it is important to provide a high level of service to ensure they are supported to settle into their new home. The estimated cost over three years of bringing in and settling a refugee is approximately \$81,000 per person.

Once here, refugees complete an orientation programme, focusing on English language skills and the information they need to settle in New Zealand - including laws and customs, shopping and cooking. Further support is offered through Work and Income to help new arrivals find employment and assist them as they start their new lives.

The NZ Red Cross is also contracted by Immigration NZ to help support refugees once they leave the Mangere Refugee Resettlement Centre. They help with important things like setting up bank accounts, IRD numbers, Work and Income benefits (if required), through to basics like housing and furniture. Each refugee or family is also assigned a social worker and volunteer support to help them for the first 12 months.

I understand that some people are concerned about our permanent quota, and want to know that through our total contribution we are stepping up. Next year we will be reviewing the annual intake of refugees to New Zealand. This review takes place every three years. The Minister of Foreign Affairs and the Minister of Immigration will make a recommendation to Cabinet once it is completed.

We aim to ensure that the quota remains targeted to refugees in greatest need of resettlement, while also balancing our capacity to provide good settlement outcomes to those accepted under the programme. The current quota is 750 places. Last year we accepted people from a range of countries, including Afghanistan, Colombia, Bhutan, Myanmar, Sri Lanka and Syria.

While the Government has an important role in helping refugees settle in to New Zealand, this valuable work could not be done without contributions from non-government organisations, volunteers and communities. It really takes a team effort to help them. If you would like to help refugees there are a number of ways you can

- by donating goods to the Red Cross, through to welcoming them warmly when they arrive.

I am proud of the fact that New Zealand is able to offer these people a safe home, and give their children the opportunity to grow up in a society without the violence they have experienced in Syria.

New Zealand has a longstanding commitment to meet the needs of some of the world's most vulnerable people. More than 33,000 refugees have come here since 1944, and we are as committed as ever to improving the outcomes for the refugees we take each year.

I am confident that through this new support, and the review of our permanent quota, we are focused on ensuring New Zealand continues to make a significant contribution in helping some of the world's most vulnerable people have an opportunity for a better life in our great country. (NIKKI KAYE)

Hon Nikki Kaye is the MP for Auckland Central.

[www.nikkikaye.co.nz](http://www.nikkikaye.co.nz)



**HON NIKKI KAYE**

MP FOR AUCKLAND CENTRAL

For constituency enquiries and appointments please contact my Auckland Central electorate office.

**Address:** 48C College Hill, Freemans Bay

**Phone:** 09 378-2088

**Email:** [mp.aucklandcentral@parliament.govt.nz](mailto:mp.aucklandcentral@parliament.govt.nz)

**Website:** [www.nikkikaye.co.nz](http://www.nikkikaye.co.nz)

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**Drop In Constituency Clinic:** 48C College Hill, Freemans Bay  
– 3pm, 16th October

Authorised by Nikki Kaye MP, 48C College Hill, Freemans Bay, Auckland.



## ST STEPHEN'S PRESBYTERIAN CHURCH TO HOLD A FIRST WORLD WAR COMMEMORATIVE SERVICE

**A special service of worship is to be held at 10am at St Stephen's Presbyterian Church, Ponsonby on Sunday 8 November to commemorate the service men and women who left from St Stephen's to serve in the Armed Forces during the Great War, known as the First World War; and to remember those who died in active service or as a result of their experience.**

Eighty-five young men left St Stephen's; 18 were to die either on active service or as a result of their service.

There will be an opportunity for those attending to make their own remembrance by placing a candle or poppy in a memorial tray at the front of the church.

Family members are encouraged to wear their loved one's medals on their right, while medals awarded to an individual are worn on the left above the heart.

The Manukau Counties Police Choir will participate in the service. There will be a display of memorabilia and contributions from local schools.

St Stephen's would like to hear from family members associated with those being remembered. In particular, the church is keen to see diary excerpts and any writing that may have come from the service personnel, as well trench art and artefacts.

Online Cenotaph lists war casualties. For example, Gunner Albert Eric Ralston [49066] was a corporal in the New Zealand Artillery, 2nd Brigade, died in France of wounds on 26 August 1918. [PN](#)

A reception in the church hall will follow the service.

Further details: [www.ststephensponsonby.co.nz](http://www.ststephensponsonby.co.nz); or from Rev Don Hall, E: [donjanethall@xtra.co.nz](mailto:donjanethall@xtra.co.nz)

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## Completing the vision of Auckland's Great War generation

**For some three years now the council has been contemplating the best way to formally commemorate the centenary of the Great War. In November last year, I was appointed the chairman of the World War One Centenary Memorial Working Party and tasked to come up with an answer.**

The working party included Colin Davis, Greg Moyle and Sandra Coney, from the Orakei, Waitemata and Waitakere Local Boards respectively, and my Governing Body colleague Cr Chris Fletcher. After careful thought and debate we decided not to embark on a separate new monument, be it a traditional heroic sculpture or something more contemporary. The Auckland War Memorial Museum in its matchless setting must be one of the most superb war monuments ever built, so anything new should complement and not distract from this much-loved cultural treasure.

Auckland's War Memorial Museum, designed by Auckland architects Grierson, Aimer and Draffin, and cenotaph were completed in 1929. The unique idea of a museum being at the same time a war memorial was quite inspired. Both the neo-classical museum building and the cenotaph, the empty tomb, (modelled on the cenotaph in White Hall brilliantly designed by architect Sir Edwin Luytens), were constructed of imported Portland stone. This is the same radiant sandstone from which were quarried the 580,000 Imperial (now Commonwealth) gravestones and many of the Great War monuments erected across northern France and Belgium.

Mindful of this history, we looked for something modest and functional to be of practical use for everyday visitors to the Auckland Domain but that would be at the same time an aesthetically worthy enhancement to the present War Memorial Museum, the consecrated ground of the Court of Honour and Cenotaph - and moreover something that could be seamlessly integrated with that complex.

Our recommendation then was to construct what is best described as a 'processional way', aligned on the museum's central axis, down the northern grassy slopes before the museum to the Domain Drive, where it is envisaged there will be an entrance 'contemplative feature', including a staircase, connected to the pathway (across Domain Drive there is another walkway directly linked to the new Parnell train station). This proposed pedestrian way and contemplative entrance would enable both casual and formal ceremonial access to and from the museum (this is a broadly similar concept to that proposed by City Engineer James Tyler in 1932).

The proposed centenary memorial is to honour not just the fallen and those soldiers who did return but also their families and all those generations of Aucklanders personally affected by the consequences of the Great War - and all wars.

On Anzac Day, the Mayor made the first public announcement that Auckland Council, hopefully with the help of the Government, would create a centenary memorial in the Auckland Domain and that the memorial would be in place by 2018.

The Council's Governing Body backed up that commitment by including in the Long Term Plan the first \$1 million to begin what we estimate to be a \$3m project. Additional funding options, including a public subscription, will be considered to cover the possible balance required.

Over the last few months, a design brief has been prepared and a progress announcement made by me on behalf of the council at the Chunuk Bair service at the War Memorial Museum on 8 August.

On 14 September at a meeting of key stakeholders gathered in the Town Hall council chamber, I announced the next stage of the project - a request for expressions of interest (REOI) - the council's formal invitation to multi-disciplinary teams of designers to register their interest to design this memorial. The REOI period closes on 9 October, tender details are available on the following website link:

**[www.gets.govt.nz/AC/ExternalTenderDetails.htm?id=16587682](http://www.gets.govt.nz/AC/ExternalTenderDetails.htm?id=16587682)**

The council will then go through a process of selecting a short list of multi-disciplinary teams who will then be invited to submit a final set of designs to be put before the public early in the New Year.

Within the guidelines set out in the brief, the final design and aesthetic details have been left with room for some creativity. Albeit we are requiring, as the people of Auckland would expect, that the proposed memorial must respect, harmonise with and complement the Auckland War Memorial Museum building and Cenotaph.

This project, we believe, will be of deep public interest. The working party is striving to achieve a balance of encouraging design excellence from expert professionals, while at the same time being inclusive of the public in selecting the final design.

I am very proud to be associated with this project. I hope it will be a tribute of 21st Century Aucklanders to the vision and commitment of that generation of soldiers and civilians, and their civic leaders. These brave people, inspired by collective grief and reverence for the fallen, first raised up the great monuments which today are our museum and cenotaph. Now with the young soldiers in foreign fields, all of the Aucklanders of those times lie united in death. What better way to express our gratitude for what they bequeathed to us than to fulfill their uncompleted vision.

Mike Lee is the Councillor for Waitemata & Gulf and the chairman of the Auckland Council World War One Centenary Memorial Working Party. (MIKE LEE)

Councillor for Waitemata and Gulf **[www.mikelee.co.nz](http://www.mikelee.co.nz)**

Mike Lee is the local councillor for Waitemata and Gulf ward, the chair of the council's Infrastructure Committee and a director of Auckland Transport. He writes in his role as a councillor.

## 254 PONSONBY ROAD - UPDATE

THE EXTENSIVE SUBMISSION PROCESS FOR THE DEVELOPMENT OF 254 PONSONBY Road (Liquor King site) undertaken late last year resulted in an overwhelming endorsement of Option 3, the whole-of-site park, as the preferred outcome.

More than 77% of all respondents chose this option. In recognition of this, the Waitemata Local Board is now trialling a new 'Community Led Design' strategy to advance the whole-of-site, open space development. An interim group is being established to begin this process.

One of the main objectives of the interim group is to engage with the wider community to connect with people wanting to put in the hard work necessary to carry this project forward. The interim group will host some events to promote and encourage discussion around the community-led design process and the development of the whole-of-site park.

Another aim is to increase the visibility and awareness of the development and to be open to everyone's positive contributions. All suggestions and interest in making the whole-of-site park a reality will be greatly appreciated.

Which is where you come in! It's time for some positive, blue-sky thinking. An 'ideas fest' of possibilities and suggestions, including the good and the not-so-good that collectively will provoke further thinking and discussions. Inevitably these ideas will need to be refined and prioritised, but for now it's time to think boldly and be inspired to shape and share a vision.

Dare to dream and join in! Events and contact details will be widely publicised as they are determined. In the meantime, you can check out the Ponsonby Park Facebook page at: **[www.facebook.com/PonsonbyPark](https://www.facebook.com/PonsonbyPark)**

# NEW PLAYGROUND FOR ALL AGES - SHOWPIECE FOR GREY LYNN PARK

**A development to be known as the Grey Lynn Pump Track is planned for Grey Lynn Park. Grey Lynn resident Paul Wacker heads an incorporated society set up to bring this dream to fruition.**

The site in Grey Lynn Park will be on the pathway of the proposed Greenway Cycle Route, which will extend from Williamson Avenue to Cox's Bay.

The Waitemata Local Board is very supportive, and if the Auckland Council Parks and Recreation assesses it and gives it's support, the Board will consider future funding. So far, there has been unanimous support from residents, especially around Dryden Street, where the track is planned to be sited, enthusiasm from Hon Nikki Kaye and local schools.

Ponsonby News talked to Paul Wacker about the project. Paul is a BMXer (riding a bike to our meeting) with a fourth place North Island Champs plate prominently displayed on his bicycle. He has two young sons, Tuscan and Lucca (aged seven and five), who have been introduced to BMX from a young age. Both Paul and Tuscan, then five, entered the World Champ BMX event at Vector Arena two years ago.

Paul explained that kids need to learn to ride a bike at a very young age (three - five years). Younger than six, kids just love the park. Between six and 18 many kids lose interest and find parks boring. They are likely to spend hours behind a computer playing games on-line or Facebooking friends. That is the age Paul's group is targeting.

These teenagers need something more challenging and exciting to develop skills and have fun. The Pump Track will be non-competitive, and will not have teenagers saying 'if I can't win, I'm going home'. It will be about improving personal skills, playing against yourself, having fun, with no reason to stop. Ponsonby News agreed with that thesis, and pointed out that by the time young people reach their teenage years they become realistic about their chances of winning Wimbledon and often drop out of competitive tennis and other sports. A pump track might keep them involved.

The planned track will be of concrete or asphalt construction, for minimum maintenance. It will be open to all and not fenced off. The track will be self-policed, and after studying overseas tracks in Switzerland, Asia and America, where they are proliferating, Paul Wacker is confident there will not be health and safety issues.

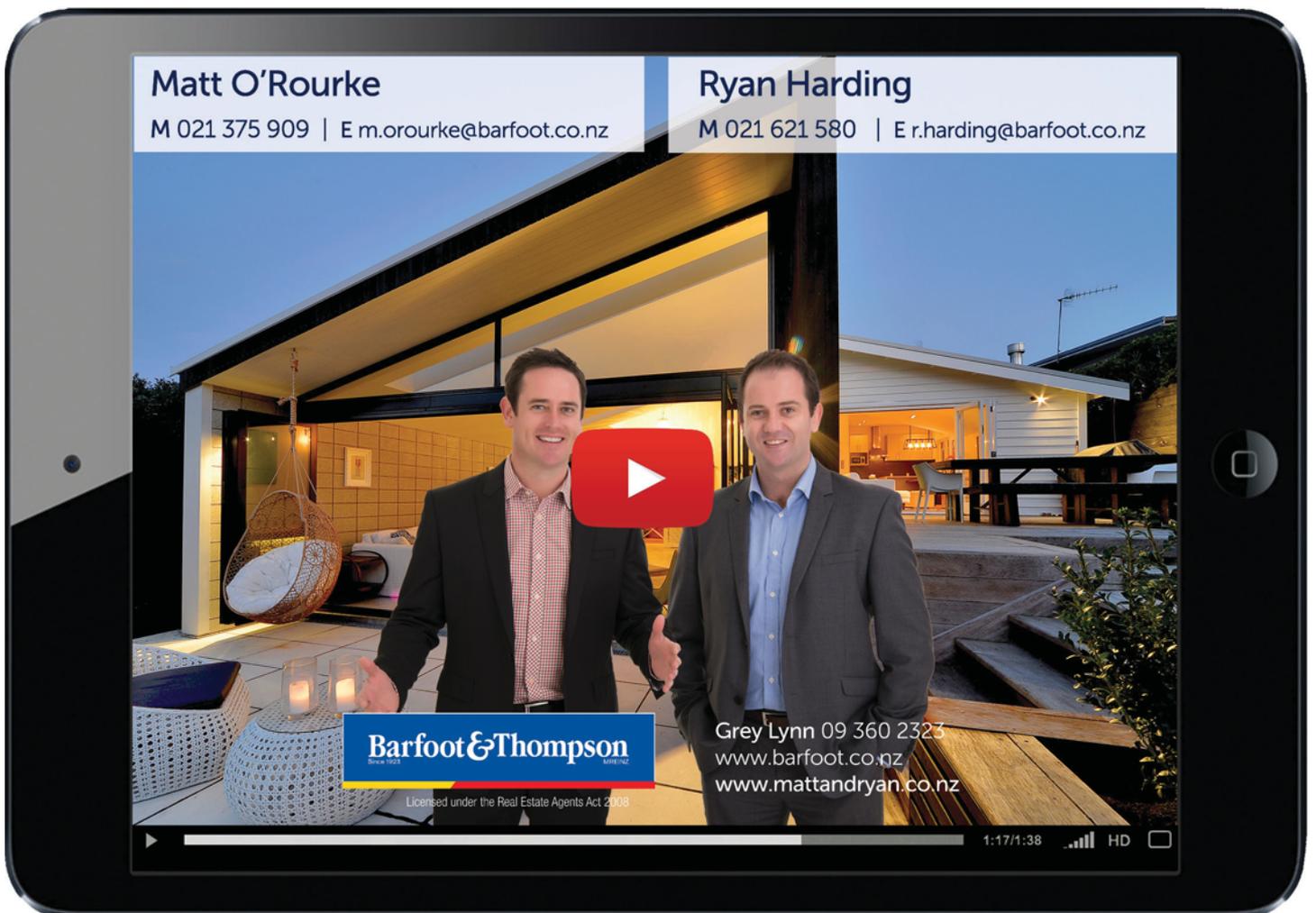
The very young will have usually have parents in attendance, no one will want to deliberately crash, and Paul assured us that the courtesy of older riders will rub off on the younger ones. Also, because it is so local and open to the public, and everyone using it has the same objective (to get more and more skilled), the self-policing is highly likely to succeed. It has been proven to work on a similar track built over a year ago in Napier. It will be a co-operative environment rather than a competitive one.

The Pump track is estimated to cost about \$150,000. Paul Wacker's group hopes to secure some public funding, with the balance from private companies or individuals. Those targeting the youth market should find that an attractive proposition. It is an opportunity to align with something 'cool', suggests Paul.

The track would not affect any other uses of Grey Lynn Park, and would be a show piece for our suburb and Auckland City. The raison d'être behind the Pump Track proposal seems carefully thought out, and provided funding can be secured, this will be a decided asset for our community.

Local parents will look forward to watching their children challenge themselves to get more skilful, and be pleased to see them having fun in their local environment.

Anyone who is interested in finding out more can contact Paul Wacker on M: 021 272 8590 or go online to [www.petition24.com/grey-lynn-pump-track](http://www.petition24.com/grey-lynn-pump-track)



**Matt O'Rourke**  
M 021 375 909 | E [m.ourourke@barfoot.co.nz](mailto:m.ourourke@barfoot.co.nz)

**Ryan Harding**  
M 021 621 580 | E [r.harding@barfoot.co.nz](mailto:r.harding@barfoot.co.nz)

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1:17/1:38 HD



## The Cavalier Tavern - The Suffolk Arms

**This historic tavern is one of the few remaining wooden pubs in Auckland. Records don't reveal when it was actually built, but in 1865 a James Chapman was granted a licence for the Suffolk Arms Hotel. According to researchers, the actual building was probably erected between 1864 and 1868, so it has been a popular local for some 140 years and is still plying its trade successfully - even though Ponsonby is now inundated with trendy bars.**

Getting to the hotel in those early days was a bit of a mission. Access was up or down a muddy track running beside a grass verge and when it rained water flowed down from the Dedwood Ridge both behind and in front of the pub, hence the naming of Cascade and Spring Streets.

The Suffolk Arms also served as a meeting place for community groups, particularly the Dedwood Highway Board whose members had to organise and lobby the government to finance the building of new roads. Locals could not afford the sixpenny fare to travel on the horse drawn trams that had to reconnoitre through the mud on College Hill. Instead, those hardy souls had to struggle on foot up the steep incline to attend the many ratepayer meetings held at the hotel, which were often "very rowdy".

A letter in an 1871 edition of the Cross makes for hilarious reading. The writer evidently had strong objection to another correspondent who dared to opine that the board should be doing something about unformed roads in the the Dedwood Highway district. "Does that self-conceited individual wish the Board to throw a lot of metal on unformed roads. I have a strong suspicion that he would like a good metalled road to his own door paid for by other persons. Let 'Ratepayer' pay his rates and not expect rates paid by other people spent for his benefit". Finally, in 1878 the track was tarsealed so that more people could attend the meetings and College Hill was the first footpath in Ponsonby to be asphalted, but it was many years before the road was sealed.

Interestingly, a building originally used for storing war material became redundant after the war and Messrs T.T. Masfield and Field persuaded the government to allow for its removal to Jervis Road near the site which would eventually be occupied by the Gluepot.

The entrepreneurs intended it to serve as a centre of culture and community groups in the area. At a public meeting in 1875, very few share options were taken up so with minimal capital, the company had mountainous debts and liabilities. There weren't many applications for its use and meanwhile the Suffolk Arms continued to be popular for social groups and sporting fans. The Dedwood Highway Board continued to post announcements there about rate levies that were up for public inspection.

Not much has been altered at the Cavalier over the years, apart from the name change. The stables and cobblestone wood-fired kitchen are still in place, although they are used as storage nowadays.

Early pubs generally had a corner entrance lit by a gas lamp so imbibers could easily locate their favourite watering hole.

The Cavalier has a replica lamp still in place on the corner of Cascade Street. The historical décor has been retained in all its glory with gilt-framed paintings of British royalty, military and sporting events decorating the walls, most installed around the time the pub was built. More recently added accoutrements are totally appropriate, such as the large sandstone sculpture of a cavalier sitting above the bar which in its turn, is fashioned from wood recovered from a demolished church in Bristol. Another cavalier image is inlaid on an intricately carved kauri fireplace, adding to the olde world ambience.

Understandably, The Cavalier has had many owners during its long history, among them John Campbell in 1897. It is protected by the Auckland City Council for its heritage value. (DEIRDRE ROELANTS) [PN](#)





## Preparing for extreme weather events in New Zealand, including tsunamis

**Japan has recently had disastrous floods, leaving several dead and dozens missing. Japan is no stranger to natural disasters and is frequently rocked by typhoons. However, nothing in recent memory has compared with the tsunami of 2011, when more than 18,000 people were killed.**

An elderly Japanese woman caught in the recent floods told rescuers, "I still feel the trauma from the tsunami. I was ready to run away as soon as the evacuation order was issued."

New Zealand's entire coast is at risk of tsunami. A tsunami can violently flood coastlines, causing devastating property damage, injuries and loss of life. A natural phenomenon consisting of a series of waves generated when a large volume of water in the sea, or in a lake, is rapidly displaced, a tsunami can be caused by coastal earthquakes, or volcanic eruptions beneath or near the sea.

Civil Defence has important information on line about tsunamis, earthquakes and other natural disasters. Everyone should take the time to read these articles, and check out how to be prepared in case of emergency.

There are three types of tsunami:

Distant tsunami, like the Japanese one of 2011, give us several hours warning. I distinctly remember the waves at Tutukaka in Northland after that dreadful event.

Regional tsunamis are generated between one and three hours travel time away from their destination. An eruption from an underwater volcano in the Kermadec Trench to the north of New Zealand could generate a regional tsunami.

Local tsunami are generated very close to New Zealand. This type of tsunami is very dangerous because we may only have a few minutes warning. A group of scientists led by Dr Jose Borrero is working on tsunami hazard mitigation around the New Zealand

coast. Their efforts are in line with the Earthquake Commission's report 'Tsunami risk facing New Zealand' released last month, which includes the need to complete evacuation planning, improve early warning and communication systems and provide better information for decision-makers during tsunami events.

Dr Borrero explains, "We are assuming that a Japanese-sized earthquake could occur on the large fault line running to the east of New Zealand. This is not fanciful thinking; this kind of earthquake has happened before and could very well happen here. The waves from such an earthquake would reach the Coromandel coast in less than an hour, and produce substantial inundation and potential devastation throughout the region."

As part of Civil Defence's promotion of their activities, a national Shake Out Day has been organised for 15 October at 9.15am. Companies, schools, families and individuals are invited to register to take part. It is a chance for everyone in New Zealand to practice the right actions to take during an earthquake: drop, cover, hold.

The occurrence of an earthquake and a tsunami are not a fanciful theory. They are realistic possibilities. We should all be prepared. There are extensive lists we can heed on the Civil Defence website around actions to prepare for an event, what to do during an event, and what to do after the event.

These are preparations all New Zealanders should take seriously. As I have been writing this article, Civil Defence has issued a tsunami warning following a large earthquake near Chile. The warning concerns marine and beach areas throughout New Zealand including Coromandel but excluding Auckland. It was expected to hit about midnight on Thursday 17 September. (JOHN ELLIOTT) [PN](#)



### At long last spring has arrived and I couldn't be more thrilled...

During the colder months we notice in Real Estate that activity and engagement tends to drop; however as we emerge out of hibernation we can't help but notice the increase in inquiry.

While economists and analysts are busy forecasting, we see that spring is the perfect time to plan ahead. If you've been thinking about buying or selling in the next few months we would love to help you achieve your property goals.

With a fantastic brand, second-to-none marketing and specialist knowledge of city living in Auckland we have some excellent ideas we would like to share with you including our latest Global Campaign Promotion.

Please don't hesitate to get in touch for an appraisal of your property or for more information about the market in general.

Yours faithfully,



**Robbie Robson**  
City Living Specialist  
Bayleys Maritime Square  
021 840 208  
Robbie.robson@bayleys.co.nz



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**The Heritage Festival is now in full swing.**

We are hosting many interesting lectures and tours during the first week of October in our fabulous heritage building. Come and visit us to pick up a programme.

**School holiday fun at Leys**

The theme for the school holidays is all about digital. We invite your children to come along and discover some new and creative ways to entertain themselves on computers and devices these school holidays.

**Stop motion stories and movies**

Thursday 1 October, 10am -12pm

Use your imagination to create stories and movies using a stop motion app on our iPads.

**3D printing workshop**

Friday 2 October, 2 - 4pm

Have you ever used a 3D printer? We will have one at the library for you to try today! Have a go at using a programme on the computer or iPad to create a 3D model at this exciting workshop. Suitable for children aged six and up.

**Author talks:**

**An evening with Deborah Challinor**

One of New Zealand's bestselling novelists Deborah Challinor will be with us to discuss the lengths she goes to when researching her popular historical novels. These include entering underground mines while rigid with claustrophobia, dressing in a long skirt, shawl, boots and bonnet in a cemetery, and hopping fences into old prison grounds to be chased away by a security guard with a Rottweiler. She will also be discussing her new book, *A Tattooed Heart* published by HarperCollins. This is the last book in her *Convict Girls* quartet.

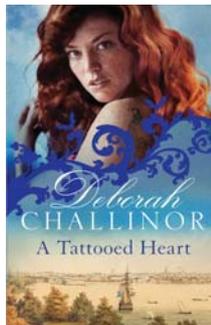


Tuesday 3 November, 6 - 7.30pm

Books available for purchase courtesy of Paper Plus. RSVP: through the Leys Institute Library Facebook page, at Leys Institute Library or T: 09 890 8755. Gold coin donation, light refreshments provided.

**My Librarian is now online**

Stuck on new ideas on what to read next? Auckland libraries have just launched an excellent new service that aims to advise you of new authors and titles, specifically catered to your individual preferences. Visit the Auckland Libraries website to get a personalised list of books sent to your inbox by the librarian of your choice. (RACHAEL TE AOTONGA)



LEYS INSTITUTE, 20 St Marys Road, T: 09 374 1315,  
[www.aucklandlibraries.govt.nz](http://www.aucklandlibraries.govt.nz)



On my mind... curl power

**Yesterday, I traipsed into the hairdresser's - way overdue - with longish, straight hair and sauntered out with shortish, curly hair. Convinced everyone was pointing and staring at me and my metamorphosis, I scuttled home as fast as a cockroach on a Bondi kitchen bench.**

I'm unsure if my Herne Bay/Ponsonby neighbourhood is quite ready for my curls. Thing is, my personality has gone curly along with my hair.

Once home, I changed out of my flash hair-salon clothes and into a sleeveless top. Sleeveless! Me! I snapped a selfie and sent it to a friend in said top with curls and upper arms on view. Who knew having curls made one so daring?

"What on earth!" (polite version) my friend messaged. "I've never seen your arms above the elbows."

"I've gone curly," I replied, "I've even made my own hummus and broke my hand-whizz and I don't care."

Knowing what that hand whizz had meant to me in my non-curly days, my friend messaged me a mega gasp followed by seven exclamation marks (polite version).

Normally, I'd be cosying up on the sofa with my new cushions, spending many unproductive hours on Facebook, Twitter and watching Oscar acceptance speeches in the hope of seeing skinny, pale Nicole Kidman topple off her long legs onto her bony rear end (mainly I want to catch a glimpse of her handsome husband, Keith. We're on first name terms unbeknown to him and once he meets me, it's all over Ms Smith). But the curls have turned me into a whirling dervish. I've scrubbed out the fridge and replaced limp courgettes and black, slimy cos lettuce in the veggie bins with snow white paper towel liners.

My kitchen is scoured to within an inch of its beige life. My bathroom actually looks bigger now that nests of long, black straight hair have been removed. Washing has been folded and put away. A rarity pre-curl. Accounts done. Noisy neighbours upstairs shouted at with some extremely curly language. None of which they would have heard because they are so stampy, thumpy and bangy. Nails have been cut, filed and polished - blue this time, not red.

It is exhausting being curly. Will I sleep? Will my dreams be springy? Will I want to lay on my stomach instead of my side?

If I'd realised how many dollars could've been saved on cleaners and homemade hummus or spent on other, more important things like Champagne or world trips, I'd have had my hair curly years ago.

At last I'm on the couch, watching the clouds turn from peach to pink as the sun sets, mimicking a Maxfield Parrish painting. A tippie of chardonnay sits in a glass I don't usually use. Where will this end?

Reflecting on my post hair-salon afternoon, I'm looking forward to bed and awakening with the 'inevitable after hair-salon, next-day hair.' In my case - straight.

It is far too tiring being curly. Now I know why my curly-haired friend is always 'doing'. I should encourage her to straighten her hair and see if she chills out. Cheaper than a holiday in the Maldives - just. Perhaps I have stumbled on a new 'new age' self-help modality? I could write a training manual for new coaches to include such topics/healings as: 'Personality Changes and Disorders from GHD's'; 'Curly or Straight - Who Are You Really'; 'It's Your Hair and You Can Curl If You Want To'; 'Feel the Fear and Straighten Anyway'. There's bound to be some fringe benefits along the way.

I ponder a final question before I head to dreamland: How long before I toss out the hummus? (DEIRDRE THURSTON)

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# HIDDEN CLASSIC IN THE HEART OF GREY LYNN

**You would never dream that behind a nondescript roller door in Pollen Street, Grey Lynn lies a glamorous showroom alongside several action-packed workshops. This is the home of International Performance Classics (IPC).**

After decades of custom building high performance classic cars from the ground up, IPC now offers classic car connoisseurs the opportunity to purchase one of their much-admired vehicles off the showroom floor.

IPC is a division of International Motorsport Ltd (IMS), which is best known as a professional motorsport and car-building company. They have nearly half a century of experience supporting one of the world's largest and most successful professional race teams. In numbers, this translates to a remarkable 21 National Championship wins. An impressive array of race trophies on display in their entrance and reception areas bear testament to this. Add to these photos of their Bathurst win and race memorabilia adorning the walls, and you know you have arrived somewhere special.

Despite their high-profile achievements, the whole team is extremely modest when talking about their motorsport, vehicle building and mechanical engineering credentials. They have prepared racecars for world-class drivers to local heroes, some of whom have gone on to Formula One and Australian V8 Supercar teams. For Team IMS this is just everyday business, which they live and breathe.

Behind every successful motorsport team is a well-oiled machine, literally! The engineering and coach-building skills that exist within International Motorsport are utilised to custom-build high performance race and classic cars. The team that works on vehicles at IMS is known for their precision and meticulous attention to detail.

Industry folk have been known to say -

“What Lyall Williamson doesn't know about cars is not worth knowing.”



The Williamsons: **Jonathan, Lyall, Nick**

Lyall Williamson, founder and managing director of International Motorsport is a man of few words, but ask him about his family business and you can't help but be swept up in the pride and passion in his voice. While reaching 50 years in the business is a milestone he is extremely proud of, what currently excites him is their evolution into retailing classic cars alongside their custom builds.

Their growing collection of classic cars and the increasing demand for them, have prompted the Williamson family to include a retail sales arm. “We appreciate that classic car owners are a discerning and passionate group of people, but not everyone is in a position to build their own car, so retailing classics is a great way of making them available to a wider market,” Williamson says.

Son and general manager Nick says they are well-placed to focus on selling classic cars alongside their IMS-owned bodywork shop Accent Panel & Paint. Accent is known for their rigorous pursuit of perfection when it comes to repair work.

“We are able to repair the common steel panel as well as aluminium and plastic, which means we can assist people with their own restoration projects as well as our custom builds.”

“And of course at Accent we offer services from small touch-ups to complete repaints and smash repairs,” he adds.

Nick's brother Jonathan, who manages business division, Swank Auto Grooming (Swank), chips in, “We are also looking at developing a hands-on seminar on 'How to Care for your Classic'. So often we are contacted for advice around repairs, servicing and cosmetic maintenance of classic cars; it makes sense for us to share our knowledge and help people keep them in top condition in between services.”

9-11 Pollen Street  
Grey Lynn, Auckland



09 376 5064  
nick@internationalmotorsport.co.nz



On the day we visit, there is a myriad of vehicles being groomed, ranging from an impressive gull-winged McLaren (one of only two in New Zealand I am told), through a wide array of Europeans to cars of a more 'well-loved' variety.

Swank itself has over 35 years in the car grooming business.

"We have a huge number of loyal repeat customers," says Jonathan, "we have a philosophy of total commitment and doing it right the first time, and that attitude translates across all the business units... I think you can see that in terms of both the quality service and calibre of the cars we supply to the market."

Both sons have been involved in the business since childhood, trailing their father around workshops, race days and more, so it makes sense that after more than 40 years in the business they are encouraging their father to take more of an executive advisory role.

After all, the boys joke, their father "is in fact a bit of a classic himself now..."

Both Lyall and wife Joy are very much hands-on in the business; there is laughter from Nick and Jonathan when we query what might their parents do if Lyall takes a step back from day-to-day involvement - at this stage they will believe it when they see it. They think that their father's passion for classic cars is such that he will find it difficult not to be involved.

For Lyall, stepping back may be a work in progress, but Nick and Jonathan are excited about offering classic car sales to their customers.

If you are in the market for a pristine example of a classic car and you are keen to buy off the showroom floor, International Performance Classics is your team.

For enquiries contact Nick on 021 778 950 or email [nick@internationalmotorsport.co.nz](mailto:nick@internationalmotorsport.co.nz)

To keep up to date with the classic cars we have for sale check out our website or follow us on Facebook.

[www.internationalmotorsport.co.nz](http://www.internationalmotorsport.co.nz)



Lotus Cortina Mk1 1967, with documented history an excellent example of this sought-after classic \$100,000



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A selection of recent IPC projects lovingly restored with all the precision and care you could expect from a world-class team.



Current restoration project: 1967 Porsche 912



BMW 2002, 1973, sold new in NZ, 5-speed getrag gearbox, good original example \$POA



L to R: Santiago Soul Star stars at Three Lamps; **Mary & Lynda** outside Simply Youneek; **Marcello** outside Sierra Cafe.



L to R: **Ollie** gets his face painted outside Bayleys; Lovely fairies from The Fairy Shop; **Alex** outside Frenchie.



L to R: Music can be heard on every street corner; Lovely young **Jackie** outside her store, Evolution; **Maxim** from Ma Cherie serves **Patricia Reade**.



L to R: **Patrick** outside Allpress Coffee; **Sue & Melissa Fergusson** outside Household Linens; **Valentina, Chelsea & Thao**, St Mary's College pupils' fundraising table.



L to R: **Shelley, Karen Spiers, Megan, Veda, Dave & Yasmin**; **Andrew Cosgrave** outside Prego with his son's **Travis & Jacob**; **Nick** and the team at Meat on Ponsonby.

photography: Martin Leach

# PONSONBY MARKET DAY - SATURDAY 19 SEPTEMBER



L to R: **Marie & Michael** outside Boy & Bird; **Emily** and her dad **Jonathan** outside Fifth Ave; **Anne** and **Everall** from the PBA promoting Auckland Heritage Festival events.



L to R: **Mona** and **Madha** from Freeman's Bay Playcentre; The Laneway at Ponsonby Central; LOT3 was busy with people enjoying the day.



L to R: **Ella** outside the Poi Room, Mackelvie Street; **Jay Platt & Pippa Coom**; the ladies at Il Forno were doing great specials on their wonderful breads!



L to R: **Finn & Friends** playing in Mackelvie Street; **Christina** promoting goodies from Wilder & Hunt; **Augusta** outside The Garden Party.



L to R: AK Samba always attract a crowd; AK Samba entertain the locals; **Padme, Tat & Bo** have just opened Fuse, a Thai cafe & restaurant, where Sunday Painters used to be.

# PONSONBY MARKET DAY - SATURDAY 19 SEPTEMBER - CONTINUED P129



## Memo to Auckland Council - don't you dare privatise our water

**In her 2004 book, 'Troubled Water', the late Anita Roddick quoted a group called 'Public Citizen', a not-for-profit consumer organisation set up in America by Ralph Nader in 1971.**

Public Citizen declared: Water is a common good, the trust of all humanity. The right to water is an inalienable individual and collective right. Each member of the human community has the right to water in quantity and quality sufficient to life and basic economic activities. Water belongs to the earth and all species and therefore must not be treated as a private commodity to be bought, sold, and traded for profit.

The United Nations General Assembly, in 2010, passed a resolution which declared that "the right to safe and clean drinking water and sanitation" was "a human right that is essential for the full enjoyment of life and all human rights."

Karen Piper, in her 2014 book 'The Price of Thirst: Global Water Inequality and the Coming Chaos', was scathing in her attack on the world's major private water companies.

Her assessment, in nearly 300 pages, was that privatisation around the world has increased costs to consumers, cut off supply to those who can't pay, and diminished the quality of the water in many cases.

And right now, Auckland Council has commissioned a review of Council-owned assets, so possible privatisation of Watercare Auckland can be assessed. They are also examining assets like the Ports of Auckland and the Airport shares. The CEO of Auckland Council, Stephen Town, stated that he thought there would be little appetite for selling our water, but the review is taking place nevertheless. Is this just a softening up process?

What are the arguments against privatising water, you may well ask?

Many municipalities have realised that they are worse off under privatised water. For example, in Paris, Deputy Mayor Anne le Strat explained, "We were run by a private company, Veolia, for 25 years but recently we voted to become public.

"Since then, we have lowered rates but still increased profits. And these profits have gone back into the utility. We also have more transparency so people are happier." According to le Strat, Veolia "imposed successive increases whose accumulated effect over the period worked out at a rise of 260%." ('The Price Of Thirst', p209 )

It is worth noting here that Veolia has the contract to supply Papakura's water, as well as several other New Zealand towns. They have offices in Parnell, so watch for their interest in taking over Auckland's water supply. Veolia is one of the largest private water

companies in the world, with turnover 10 years ago, according to Anita Roddick, of some \$5 billion with a staff of 295,000 worldwide.

Roddick further alleges that the major water companies have created sophisticated lobby groups to encourage the passage of legislation friendly to their interests. She says, "the performance of the international water companies has been well documented: huge profits, higher prices for water, cut-offs to customers who cannot pay, little transparency in their dealings, reduced water quality, bribery and corruption."

Finally, Roddick's book 'Troubled Water', says, "A water secure future depends on creating a global water trust that must never be used to line the pockets of a greedy few."

There is no more basic need than survival, and no substance on earth more crucial to survival than water. This makes it attractive to privatise and commodify, and one worth fighting and dying for. It is a capitalist's dream, and is an important reason why it has been predicted that future world wars will not be about gold, silver or uranium, but will be about water.

As Robert Kennedy Jr has said, "Water no longer flows downhill. It flows toward money".

Water is a closed system: all of the water that exists on earth today existed when the planet was first formed. The water in a dinosaur's drinking hole 250 million years ago may be the same water in your afternoon tea tomorrow. The river polluted by toxic runoff may be in a baby's formula in 10 years time.

As Vandana Shiva, ecology adviser to the Third World Network has said, "Governments and corporations cannot alienate people of their water rights. Water rights come from nature and creation. They flow from the laws of nature, not from the rules of the market."

Karen Piper's book 'The price of Thirst' paints a harrowing picture of a world out of balance, with the distance between the haves and have-nots of water inexorably widening, and she metes out a lot of the blame home to multi national water companies making more money out of water than was ever made out of iron, steel or oil.

Those of us who oppose privatisation of our water need to be extremely vigilant to ensure our city does not make a sudden grab for some cash to help its cash-strapped budget by flogging off our water. (JOHN ELLIOTT) [PN](#)



# STUDENTS FROM MEDIA DESIGN SCHOOL PRODUCE PONSONBY NEWS FRONT COVER

**Last month Ponsonby News editor Martin Leach enjoyed a great afternoon dodging rain and spending a few hours walking around Ponsonby with some of the students from the Media Design School. Aged from 20 to 25, they are from China, India, Korea and Nepal, and are studying for a Graduate Diploma of Creative Technologies.**

The students were asked to create a Ponsonby News cover. The image we liked best was from Pankaj Bhambri and he told Ponsonby News, "It was my first trip to Ponsonby and the major source for my artwork was what I saw with my own eyes; my own individual experience of Ponsonby that I tried to convey in my artwork. It's a very vibrant place; a very diverse crowd, very lively and very warm, so I wanted to convey that through the colours I used and through my composition.

"I ate pizza while I was there, so I decided to make a pizza base. As per the brief, Martin told us he wanted to see the diversity of Ponsonby and what the future of Ponsonby might look like, so I decided to create a pizza base that showed people going here and there with the heritage buildings, such as the Post Office building, featured as well. I wanted to make a composition that showed both sides of Ponsonby; the old heritage side and the new buildings, too.

"It was a great feeling to be selected, to be published in a new country is seriously amazing. It's really awesome that my cover has been selected and that I'm getting the opportunity to be published. I'm very thankful to Ponsonby News for selecting my cover." [PN](#)

MEDIA DESIGN SCHOOL, Level 16, 92 Albert Street, T: 09 303 0402, [www.mediadesignschool.com](http://www.mediadesignschool.com)




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## GREY LYNN SHOPS TRANSPORT PROJECT

**Increasing investment in public transport, public spaces and cycling has ignited debate across Auckland, especially in central areas, about the impact on retailers who fear losing car parking and customers.**

A proposed Grey Lynn transport project reported on in Ponsonby News by John Elliott over the last few months draws out many of the themes of the wider debate. It also highlights that the benefits to be realised from transport choice and people-focused planning needs to be clear if the changes coming are going to be embraced by everyone.

Earlier in the year when Auckland Transport first proposed bus safety improvements at the Grey Lynn shops resulting in the removal of car parking on Great North Road it was not surprising that local retailers campaigned for a re-think. There were genuine practical concerns like the need for loading zones but also a perception, shared by John who enjoys driving to the shops, that currently there are "very few car parks". The Waitemata Local Board asked Auckland Transport to bring data to the table so we could review any proposal based on facts.



A parking occupancy survey of the 214 on-street car parks surrounding the shopping area found an average 40% vacancy rate. Only 10% of spaces are used by people who park in the town centre and take the bus. Another survey found that the majority of shoppers arrive other than in a private car and that the time and money spent in the shopping area was similar for all modes of transport.

A Grey Lynn plan developed by the Grey Lynn Business Association in consultation with the community looked to image the future design of the shopping precinct. It includes measures to slow the traffic, and provide more pedestrian links, new crossing points, and more trees. The plan is backed up by results from Auckland and overseas that pedestrian and 'people-focused' improvements can boost local economic activity.

Auckland Transport now says they have taken into account the Grey Lynn plan, feedback and the surveys to come up with a much more comprehensive approach. My initial view is that new proposals connecting to other future developments like new cycleways, gateway treatments and new bus routes (as well as working with landlords to make the large amounts of off-street parking tucked behind the shops more accessible) have the potential to be positive for retailers, shoppers and the local community.

However, it is too soon to reach any conclusions until Auckland Transport's consultation has been completed.

Ultimately, we need to make sure it is good for business when we look after the local people who are choosing to leave the car at home as much as we do the drivers. And motorists like John need to continue feeling welcome to drive to the shops - fortunately when visiting Grey Lynn a car park is pretty much guaranteed! (PIPPA COOM) [PN](#)



## Good for Auckland, good for New Zealand

**The debate about the economy has moved on quickly. Just a few weeks ago the question was, is the economy in trouble or not? Now it's - are we in recession or not?**

This seems to have come as a surprise to the Government. It shouldn't have. Over the past few months, I've certainly heard people becoming progressively more concerned about the resilience of our economy, and not just from those in my old dairy farming home town of Morrinsville.

Sadly, it seems National ignored the looming global economic storm clouds because they thought New Zealand could ride them out. In my view, that attitude was recklessly complacent.

From an economic perspective, there have been opportunities provided by the Christchurch rebuild and the skyrocketing milk price. That should have been the period in which we followed the old adage - fix the roof while the sun is shining.

In the good years the Government had the opportunity to strengthen our economic resilience by encouraging a range of industries, markets and regions to grow, so that we wouldn't rely on just one.

Instead they focused on one industry - dairy - and one market - China. Now that China is set for a big slow-down and the international milk price has fallen through the floor, we are in some trouble.

There are things that can be done, but right now the Government seems to have no plan B for our economy. It's not enough to wave the white flag, we need action. Especially for our heartland towns and regions where the effects of the downturn are often felt first.

There are things that could be done. Bringing forward some infrastructure projects, especially those that will grow jobs and productivity in the regions, is a first step. For all of us who live in Auckland, this would have the much-needed benefit of easing the pressure in Auckland and cooling the property market here.

Becoming an active partner in the economy is what is needed right now, partnering with businesses and local councils to find those industries where investment will make a real difference.

But that kind of action requires facing the truth and right now, I am yet to see any evidence of that. In fact, having watched the Government day after day in Parliament,

I am convinced the Government isn't worried about talking down the economy, they're worried about talking about the economy at all.

That's the worst approach possible. We need to face up to the facts. Our country is far too reliant on commodity prices. We don't add enough value to the goods we produce. Instead we send raw logs to China where they manufacture them into all sorts of things and often send them back here to New Zealand.

That's ridiculous. We want the raw products that we milk, mine and harvest to be manufactured into good products here. We also want to help new and innovative businesses take the opportunities they have in the changing economy.

That's how we create good, well-paying jobs that provide a living for our young people right across New Zealand, and that's how we create the kind of growth in the regions that we all need in order to ease the pressure on Auckland. It's a win win, now we just need to do it. (JACINDA ARDERN) [PN](#)

JACINDA ARDERN, Labour List MP based in Auckland Central. [www.jacinda.co.nz](http://www.jacinda.co.nz)



**Jacinda Ardern**

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

**Labour List MP based in Auckland Central**

Ph: 09 360 1641  
Email: [jacinda.ardern@parliament.govt.nz](mailto:jacinda.ardern@parliament.govt.nz)  
86 College Hill, Ponsonby, Auckland 1011

**Labour** 

## WSC QUIZ NIGHT SAYS THANKS

**Western Springs College major fundraiser for the year, Quiz Night, was a great success, raising over \$13,000 for the school.**

Twenty-five teams battled it out for brainiac glory with 'The Eventual Winners' humbly taking top step on the podium, 'The Ramones' and 'Diatrube' securing the runner-up slots while 'Alex's Angels' cruised it home for the wooden spoon.

The hardworking quiz committee and friends would like to thank all their sponsors and generous donating supporters who helped make the event such a top night.

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## Cafe Hanoi celebrates five years

**Fresh fragrant herbs and the sharp tangy fish sauce are the two standout hallmarks of Vietnamese cooking.**

It is a gentle cuisine with soft spices, plenty of sweet notes, only a hint of fiery chilli and lots of fresh vegetables and tropical fruits. And no one is more passionate about it than Jason Van Dorsten, the chef of Cafe Hanoi in the city centre. With business partners and restaurant manager Krishna Botica this popular restaurant was set up five years ago and was among the first to venture into what has now become a vital part of the city. From the moment it opened Aucklanders thronged there to experience feasts of incredible variety in a casual friendly atmosphere.

Van Dorsten has lived in Vietnam and visited numerous times over the past 11 years in search of street food, traditional dining in old Hanoi city and adventure. All of which he brings to the menu in a variety of dishes. This is food to never tire of as of all the different cuisines of Asia, this stands out for the variety of flavours and mellow and mild fresh tastes that echo the street food and classic dishes of North Vietnam. He is so enthusiastic about the country that the restaurant website has a great list he has compiled of where to eat and what not to miss if you're heading that way

The restaurant is housed in one of the old heritage buildings that ring the Britomart precinct, and the brick walls, wooden floors, paper light shades and slightly antique Asian feel is a perfect fit. Looking out the window through the slanted blinds you can imagine you are in New York, Chicago or somewhere decidedly international. The open kitchen provides plenty of theatre and the best seats in the house are at the Chef's Table, a high top right in front of all the action.

The menu is extensive as this is a place to gather a few friends together for food that is really suited to grazing from the various plates. Divided into three sections - modern Vietnamese, Old Quarter favourites, and 'And Then Some' (which turns out to be small salads and accompaniments), diners are spoilt for choice.

Kick off with some of the smaller dishes. The staff are helpful, taking time to explain anything and everything. The goi cuon, summer rolls of roasted pork, shrimp, fresh herbs and peanuts are exactly the right item to start with as they're refreshing, delicate and tasty, and along the classic pho ga, are probably the quintessential menu items speaking loudly of classic Vietnamese street food. That pho is an ideal dish to order if dining alone or when not in the mood for sharing as it is a traditional chicken noodle broth, with slices of chicken and topped with herbs to make it the ultimate comfort food.

Other starters are a small bites of excellent minced beef, wrapped in a perilla leaf with a chilli ginger sauce and peanuts, lovely pork wontons with chilled crab, and really juicy tiger prawns coated in young green rice which provides a wonderful textural element.

It's then time to move on to larger shared plates. It is almost impossible to choose, but for me standouts have been the steamed Cloudy Bay clams in a fragrant lemon grass broth, the classic shaking beef which is made tasty with soy marinade, a Hanoi style grilled pork with rice noodles, herbs and good dose of nuoc cham - the fish sauce that is so central to the food, and a delicious wok seared squid with tomato, leek, ginger and dill. Do not miss the traditional crispy pancake fill with pork and shrimp and fine fresh lettuce and herbs.



Cafe Hanoi team: **Jason Van Dorsten, Lance Ourednik, Tony McGeorge and Krishna Botica**

Fishy treats include a very unusual and bold dish, the caramelised twice cooked mullet which is seared with galangal and ginger. It came with a warning about small bones, nevertheless it was worth the careful effort, endless tooth-picking and bone-catching required as the flavour was terrific - salty, sweet and sour at once and happily it arrived with a finger bowl of warm water so we could clean up after feasting on this dark tasty fish, generally overlooked by chefs. Another favourite is the whole baked terakihi, which is precisely the opposite to that mullet as the kitchen takes all the bones out for the diner and then adds a pile of herbs, garlic, spring onion and lovely cooling grilled lime.

Vegetarians have a choice of three excellent tofu dishes; two cooked in modern Vietnamese style. The first is steamed soy and black pepper tofu with steamed bok choy and the other a fried lemongrass tofu with lovely cinnamon smoked mushroom, wilted spinach and pickled mung beans. And in the traditional section of the menu there's a great stir-fry of soy marinated tofu with cabbage, daikon, mint and peanuts. Add in a selection of the stunning small vegetable side dishes and a veritable vegetarian feast can be enjoyed.

The drinks list has been selected with the food in mind. Cocktails echo the flavours found in the food - ginger, lime, aromatic light zingy drinks to relax over before eating or even to accompany the meal. Beer is a great accompaniment to this fare and from a good list there are beers from both Hanoi, slightly malty and robust and from Saigon, lighter and more refreshing. As for the wine, plenty of aromatic white wines and just three chardonnays and a smaller selection of red wines with a distinct international feel.

Dessert cannot be missed, especially the lovely sago pudding with white chocolate and yogurt cream and palm sugar caramel or the mongo mousse with fresh coconut and candied green rice.

Krishna Botica, who has presided over Cafe Hanoi for five years is a well-regarded leader on the Auckland hospitality scene. She was known for many years for her front of house position at Prego, and those who enjoyed her flair for fun and consummate professionalism will be delighted to learn she is about to expand her business with a return to the Strip. She has plans for an all-new Northern Thai restaurant but I cannot possibly reveal more than that. Look out for it in late October/early November. Exciting times. (Lauraine Jacobs) [www.laurainejacobs.co.nz](http://www.laurainejacobs.co.nz)

Open Monday to Saturday lunch and dinner, Sundays from 5pm. Reservations at lunch only or for groups of ten or more. Private dining room in the cellar.

Cafe Hanoi, Corner of Galway Street & Commerce Street, T: 09 302 3478, [www.cafehanoi.co.nz](http://www.cafehanoi.co.nz)



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## LOCALS AT GREY LYNN FARMERS MARKET

**Esteban and Oxana, the pair behind The Green Seed Company are at the Grey Lynn Farmers Market every Sunday.**

### What products do you make and which are your favourites?

We are a small family business and at this stage we produce 'Grawnola'. We love it because not only is it a breakfast food but also a snack due to its chunky pieces.

Our 'Grawnola' is easy and pleasant to snack on it. It's raw, vegan, gluten-free, nut free, 100% organic - we use only organic ingredients for our product and we don't use any added sugar or syrups to our formula. All the tastes comes purely from fruits, berries and spices.

All our flavours are quite different and it's really hard to say which one we like the most, We love all of them because each of them can suit different moods and needs. For making bircher 'Grawnola' we love to use vanilla or cherry berry beets, for an indulgent treat there's the chocolate. And as a snack for good wine, we prefer apricot tahini.

### How long have you been making 'Grawnola'?

We have been manufacturing our product since May 2015 and the great feedback from our customers has been such a rewarding and motivational experience.

### Where did you grow up?

We are an international family, Oxana grew up in Sakhalin which is a small island in Russia and Esteban is from Santiago of Chile.

### What's the biggest business decision you have had to make?

It was about deciding our introductory product range, this is because amongst varied ideas for product placement into the market, it was actually hard to come to a final decision about our first product to work on. Deciding about the first product to offer to the public, can be a very crucial decision and we are very pleased with the response from customers. We are currently working on introducing more products soon.

### What's your favourite way to relax after work?

We believe that variety is the spice of life. Deciding our most favourite way to relax can be challenging, but in between walking, doing yoga, watching movies, singing, swimming, we are glad to say that our most favourite way to relax after a good week of work, is to be in contact with nature. We love admiring all kinds of life forms, experiencing a touch of togetherness with nature fills our hearts with joy.

### Where is your favourite New Zealand holiday spot?

All of New Zealand, we enjoy each place we visit. There are so many gorgeous and unique places here! We are planning to go around New Zealand by train (as much as we can) and then return to Auckland by car, hopefully we will be able to make it very soon.

### What's your favourite thing about coming to the Grey Lynn Farmers' Market?

Interacting with awesome people. We have met a lot of fantastic people and it is very enjoyable to have the chance to communicate with them. We really enjoy our Sundays at the Grey Lynn Farmers Market. 

[www.thegreenseed.co.nz](http://www.thegreenseed.co.nz)



**Esteban and Oxana** of The Green Seed Company

## WHAT'S HAPPENING AT MILLY'S

### MODERN CUISINE

**Indian Flavours**  
Wed. 7th Oct. 6.30pm – 8.30pm  
Cassia, Sid Sahrawat's new restaurant, lends us their head chef for an evening of achievable and deliciously spicy Indian cuisine.

**Soy Pop Up**  
Wed. 28th Oct.  
6.30pm – 8.30pm

Two of NZ's most exciting young chefs take you on a journey through modern Japanese cuisine with a pan-Asian influence.



### SCHOOL HOLIDAYS from 9 years

**Kids Baking 101**

Wed. 30th Sept. 10.30am – 12.30pm

**Kids Baking 102**

Tues 6th Sept. 10.30am – 12.30pm

### HALLOWEEN

**Halloween Party** (For the whole family)  
Sat. 3rd Oct 1pm – 4pm

Make treats from Gruesome Guacamole to Gravestone Chocolate Rolls.

**Halloween meets Day of the Dead**

Sat. 10th Oct 10am – 4pm  
Day of the Dead cakes are hot! Come and learn how to make yours look like this.



### BAKING

**Mini Wedding Cake Class**  
Sat. 10th Oct. 10am – 4pm

Learn all the tricks to professionally decorate a wedding cake of any size, be it your own or for a friend.

**Macaron**

Sat. 17th Oct 10.30am – 12.30pm

Small, gorgeous and deliciously French, learn how to make macaron like an expert.

**The Art of the Croquembouche**

Sat. 31st Oct. 11am – 1.30pm  
Hands on class! Forget the diet and be prepared to get involved.



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# TOP RESTAURANTS TAKE KIWIS ON FOUR-DAY CULINARY AFFAIR AT TASTE OF AUCKLAND, 5 - 8 NOVEMBER

**Taste of Auckland's focus on New Zealand cuisine is bigger than ever. The most exciting thing that food and wine aficionados can look forward to will be checking out how New Zealand's top chefs have come together to create the country's greatest gourmet hangi!**

There will a number of hangi created over the four days with a range of delicious food to sample. Different chefs will be creating their own culinary creations on a daily basis including Ben Bayly (Grove/Baduzzi) and Mark Southon (Food TV/Foodstore).

Some of the restaurant experiences at Taste of Auckland 2015 include:

Ponsonby favourite Farina was last year awarded Best Dish of the festival and are out to do it again with a menu including a ravioli with crab and mascarpone with fresh tomato and lemon butter. Chef and co-owner Sergio Maglione is freshly-inspired back from Napoli where he competed in the World Pizza Championships and ranked in the top 20 - something we've known for years.

Household name, Depot by culinary master Al Brown, will be back again in top form with their celebrated oyster bar to set the summer scene. Recently named Metro's 2015 Restaurant of the Year, head chef Kyle Street is ready with thousands of oysters for his Virgin Oyster Shooter that took home second place at last year's Best in Taste Awards.

Celebrating all things meat and fire, Miss Moonshine make their Taste of Auckland debut with food that comforts the soul and ignites your passion. Slow-cooked and wood-smoked Beef Short Rib, Whole Hog and Apple Slaw and welcoming service from owners Ryan and Annelise, are set to be a festival favourite.

Set your heart and taste buds on fire, as Maltido Mendez will be spicing things up at Taste of Auckland. Embracing authentic Latin American chillies, hot sauces, corn tortillas, masa arepa and dulce de membrillo, Maltido Mendez will be serving up dishes that won't be for the faint hearted.

**CULINARY MUST - DO'S AT TASTE OF AUCKLAND:**

Dilmah Tea Garden - The ultimate green room to experience master classes with tea cocktails, mocktails or classic hot teas.

The Social Kitchen by Fisher & Paykel - Learn from the masters and indulge the senses as top chefs take you on a culinary journey of food innovation.

TSB Bank Producers Market - Explore gourmet treats and learn to become a passionate artisan.

Qantas VIP Lounge - Your haven to sit back, relax and experience the festival at new heights.

100 Years of Wine Making - Opening Night Dinner with Babich Wines in the Carlton Hospitality Marquee.

Kenwood Cookie Extreme with Moustache - Every sweet tooth's dream.



VIVA Ladies Lunch - Friday lunch in the Carlton Hospitality Marquee.

Taste of Auckland Music Bandstand with Peter Urlich.

Canon Food Photography Studio with Lottie Hedley - Discover the secret ingredient to capturing great food photographs from both a culinary and photographic perspective.

Brew Street - Good George, Hawkes Bay Independent Brewery, Paynters Cider, Croucher Brewing, Renaissance Brewing, Liberty Brewing, Sweat Shop Brew House.

Good Taste - Learn everything there is to know about leading healthier lifestyles/food trends to match.

**TSB Best in Taste Awards**

Also for the first time, Taste of Auckland will be launching a great new initiative to help young foodies in the making - The Pledge Me campaign. The aim is to raise funds to bring an international team of chefs across from KOTO in Vietnam.

They would run a dynamic kitchen at Taste and proceeds of the total funds would go towards the Koto Foundation. Koto is a not-for-profit social enterprise divided into two units: KOTO Foundation and KOTO Enterprise and the foundation provide young under privileged kids with a two-year training programme in hospitality at its training centres.

The training equips youth with professional capacity, to prepare them for opportunities to work in hotels and restaurants. They are taught a range of social and life-skills to complement the vocational education. It's an amazing initiative and something Taste of Auckland is proud to be involved in! [www.tasteofauckland.co.nz](http://www.tasteofauckland.co.nz) 



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Speedy desserts that can be prepared ahead mean you will have more time to spend with your guests. Their Can Bech cocoa-based orange or raspberry preserves are a delicious filling for tarts or cakes.

The new Sabato gluten-free Valrhona chocolate brownie served with ice cream or mascarpone with a little Heilala vanilla paste stirred through will be sure to please! For an impressive start to your dinner party, serve a Sabato cheese or antipasto board with pre dinner Bellinis - they have everything you need to put together a stunning platter to share with family and friends, as well as Prosecco and Alain Milliat fruit nectars to create the classic Italian aperitif.

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## Easthope Wines

**Easthope wines is a joint venture between Hawkes Bay married couple Rod and Emma Easthope.**

Rod graduated with a winemaking degree in oenology and viticulture from Roseworthy College, South Australia. Armed with that he embarked on winemaking roles in Australia, New Zealand, South Africa, Italy and France. His last gig was seven consecutive vintages at premium Hawkes Bay winery, Craggy Range.



**Rod and Emma Easthope**

As a youngster, Rod spent school holidays working in his stepfather's Hawkes Bay Dartmoor Valley vineyards.

Emma gained a degree in Food Technology from Massey University and then went on to work at Stonyridge on Waiheke Island, where the iconic wine 'Larose' is grown and made.

She admits that juggling motherhood with the rigours of running a small winegrowing business is demanding - but it satisfies two of her lifelong dreams. Their grapes are sourced from hand-picked local growers.

**Easthope Hawkes Bay Dry Pinot Gris 2015 - \$35.50**

Technically dry, but full-bodied and unctuous. Smells like nashi pear and citrus, while in the mouth it's all poached apple and pear with a hint of tonic water and a dry finish.

**Easthope Te Muna Martinborough Pinot Noir 2013 - \$94.50**

Spicy toast and savoury aromas. Soft and generous on the palate with medium tannins, and cherry/red berry and baking spice flavours.

**Easthope Moteo Hawkes Bay Syrah 2014 - \$57**

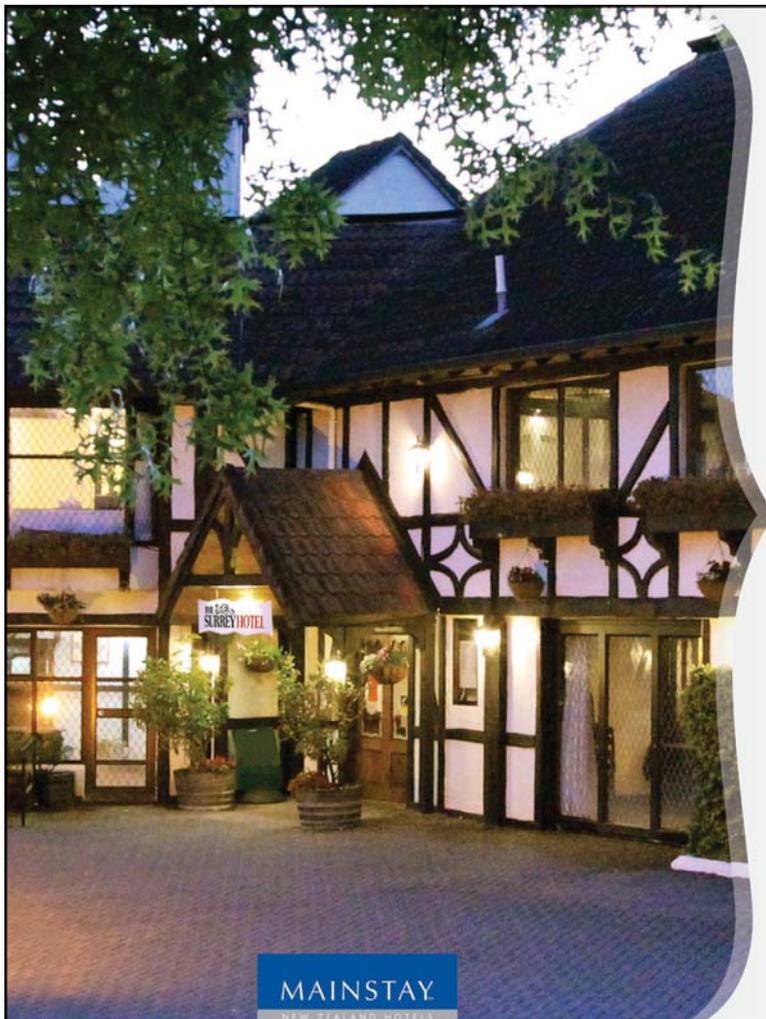
Deep crimson colour with aromas of ground black pepper, cherry and spice. In the mouth it has medium soft tannins and rich dark flavours of mocha, black cherry, stewed plum and an iron-rich minerality.

Available from Fine Wine Delivery and Caro's and also online from local Freemans Bay fine wine company, Dhall & Nash - [dnfinewine.com](http://dnfinewine.com) (PHIL PARKER) 

Phil Parker is a wine writer and operates Fine Wine & Food Tours in Auckland. See: [www.finewinetours.co.nz](http://www.finewinetours.co.nz)

Phil's new cellar door book 'NZ Wine Regions - A Visitor's Guide' is now available on Amazon Kindle.





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# Hear me roar - humans are nothing if not contradictory

**There's recently been one heck of a commotion over the demise of a lion called Cecil and even as a card-carrying herbivore with an endless reservoir of compassion for furry mammals, I found all the brouhaha rather tiresome.**

Cecil was a resident of a wildlife reserve in Zimbabwe and famed for his spectacular black mane, if not his faintly ridiculous name. The media got itself into a frenzy over the fact that an American dentist had paid money to shoot Cecil. Allegations flew: Cecil had been lured out of the protected wildlife reserve, where unpermitted hunting safari organisers had arranged for the dentist to shoot the lion in cold blood in the dead of night. Poor Cecil, we were told, was an easy target. Blinding lights had confused the lion. The bloodthirsty dentist had shot Cecil with an arrow. Consequently, the wounded animal had dragged the arrow around all night while the hunters slept in luxury accommodation. The final act came the next day, when they tracked down the bleeding lion, finished the job, and cut off its head for a trophy.

Should this anger us? Of course. If even only some of the allegations are true, it's an outrage. But when our world is full of obscenely cruel acts perpetrated by humans on animals, isn't reserving our compassion for one carnivorous beast in the brutal ecosystem of the African plains a bit precious? And what about the human-on-human brutality that's a fact of life in Robert Mugabe's Zimbabwe, where people are routinely treated with less respect than Cecil was accorded during his life on the wildlife reserve?

It was particularly galling watching the parade of loud Americans protesting outside the dentist's surgery, some of whom probably went straight from placard-waving to the KFC drive-through, with less than a thought for the inherent contradiction in their stance.

Chickens aren't protected, or rare, and neither are any of the farm animals we slaughter in the millions and never give a single thought to. The same is true of the many so-called pests, made up of species which just happen to be in the wrong place, at the wrong time, and almost always because they've been moved by humans from their natural environment to one which they weren't designed for.

But most of the ruckus over Cecil wasn't over the environmental impact of hunting lions - it was over the perceived injustice of killing a beautiful lion with a big black mane, and directed at one American citizen who legally got his rocks off by hunting, a so-called sport that's big in America, and big (and growing) in New Zealand.

There's an inherent - and obvious - contradiction in that. Is a lion intrinsically more worthy than a ferret or a cow? Why is one animal deserving of a life and not another? Surely, all animals (including human animals) have pretty much the same hardwired needs and desires. Shear off the frivolities, and we all want to be free to live our lives the way evolution has designed us to do. Cats, pigeons and hedgehogs all enjoy a similar experience in life: finding and eating food that sustains their lives, having sensory enjoyment of the world around them, and finding satisfaction through the bonds of family.

Ironically, the first time I thought about vegetarianism (although I didn't know the word back then) was through my exposure to 1960s Japanese cartoon series, Kimba The White Lion. Kimba's big idea was for all the animals to join together and help each other, stop eating each other, and plant, grow and eat vegetables instead. Hardly a real-world scenario, and I doubt that Cecil would have shared Kimba's pacifist ideology. But humans don't need or benefit from the wholesale slaughter and eating of animals. And we will need as much compassion as we can muster to get through the rest of this volatile, violent decade. We can start now by expressing that compassion to our brothers and sisters of the animal kingdom. (GARY STEEL) [PN](#)

Gary Steel is an Auckland-based journalist who runs online vegetarian resource [www.doctorfeelgood.co.nz](http://www.doctorfeelgood.co.nz). He can be contacted via [beautmusic@gmail.com](mailto:beautmusic@gmail.com)



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# STUDENT ENTREPRENEURS MARKET HEALTHY SNACK ALTERNATIVE

Have you spotted Bare Balls on the shelf at Ripe, Smith and Caughey's or Zarbo yet?

You may be surprised to know that behind manufacturers The Bare Foods Company is a group of Year 12 girls from St Mary's College, taking part in the Lion Foundation Young Enterprise Scheme.

Bare Balls is a kit with all the ingredients needed to create chocolate-flavoured energy balls, perfect for just before exercise or as a healthy snack. All you have to do is add water and roll them up. At home, you can add extra ingredients to your taste, such as nuts, chocolate and dried fruit. Ingredients are locally-sourced and the recipe contains no added refined sugar. The ingredients are paleo friendly, gluten-free and vegan. The Bare Food Company aims to encourage New Zealanders to make healthier, educated snack choices.



From the students themselves: "As a group we have learned about how to run a business, right down to the finer details and we are eager to continue to utilise the skills we have learned this year in the future running of The Bare Foods company. We would greatly appreciate your support and always love hearing any customer feedback." Keep your eyes peeled as Bare Balls are expected to be popping up in a lot more retailers around central Auckland. 

THE BARE FOODS COMPANY, M: 021 131 1586,  
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## COURGETTE, LENTIL, FETA AND MINT SPAGHETTI

**Serves 4, cost per serve \$4.50**

Time to make: 25 minutes, vegetarian

Master this pasta and you'll have a nutritious, delicious meal on the table in less than half an hour.

- 250g wholemeal spaghetti
- 200g green beans, trimmed, diagonally sliced
- 3 medium courgettes, trimmed
- 2 teaspoons olive oil
- 1 medium onion, finely chopped
- 2 cloves garlic, crushed
- 1 teaspoon lemon zest
- 420g can no-added-salt lentils (or 400g can lentils in spring water), rinsed, drained
- 2 tablespoons chopped mint, plus extra leaves, to garnish
- 2 tablespoons chopped flat-leaf parsley
- 40g reduced-salt feta, crumbled
- 1 tablespoon lemon juice
- freshly ground black pepper



1. Cook spaghetti according to packet instructions in a large saucepan of boiling water until al dente. Add green beans for last 2 minutes of cooking time. Drain well and return to pan.
2. Meanwhile, slice courgettes into long, thin strands or grate coarsely.
3. Set a large non-stick frying pan over a medium heat. Heat olive oil. Add onion and cook gently for 5 minutes or until soft. Add garlic and lemon zest. Cook, stirring, for 1 minute or until mixture is fragrant.
4. Add lentils to pan and stir for 1 minute or until heated through. Add courgette strands and cook for 1 minute or until just bright green (do not overcook).
5. Add lentil mixture to saucepan of cooked pasta and green beans. Add mint, parsley, feta and lemon juice. Toss to combine.
6. Divide pasta among 4 plates and season with pepper. Garnish with extra mint leaves and serve.

Recipe reprinted from Healthy Food Guide magazine with permission from Healthy Life Media Ltd. Find more quick, easy recipes and a special 12-week Kick-start Plan in the October 2015 issue of Healthy Food Guide (\$6.30), on sale now in supermarkets and bookstores or subscribe at [www.healthyfood.co.nz](http://www.healthyfood.co.nz).

Recipe Chrissy Freer. Photography Mark O'Meara. Styling Julz Beresford. Food prep Kerrie Ray.



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# The vast and expanding world of fine Champagne

**During my travels, I have tried a number of different grower Champagnes and found myself captivated each time. Armed with loads of research and recommendations, I headed to the Champagne region earlier this year to visit a selection of growers.**

My time there was fascinating, delving into the depths of the region, village variation, grower diversity and checking in on the consistency of the big names. The result is an exceptional collection of new Champagnes on our shelves now, with even more due before Christmas. All adding to what was already an extensive range of quality Champagne.

Whilst I learnt so much there, the striking take-home was that there's so much more to the world of Champagne and it's a region on the move.

The term grower Champagne refers to a producer who owns the vineyards, grows the grapes and makes their own wine. Champagne farmers. There has always been grower Champagnes produced in Champagne and many of those we are now importing have been making Champagne for many generations.

So what has changed that these producers are now exporting and gaining attention worldwide? It's a question that I posed to many a Champenois whilst there, the response was as you'd expect - varied. It could be that there are now more growers, they are working collectively and as such have a far stronger voice and have become somewhat of a movement. Another school of thought proposed that consumers are looking for something different, an individual voice and character. These wines are loaded with that. Popularity has certainly increased in the United Kingdom and in places like New York to a level where there are many top wine lists that are now 100% grower Champagnes.

The CIVB reports that there are a total of 15,000 growers in Champagne, of this, 3,200 pack and sell their Champagne. The balance will sell to the negociants or are part of a co-operative. The result is four different categories of Champagne produced:

- Récoltant-Manipulant - a grower - someone who owns the land, tends it, makes the wine and sells it.
- Co-opérative-Manipulant - a co-operative of growers; this is where a number of growers bring their grapes together and the co-operative makes and sells the wine.
- Négociant-Manipulant - a negociant house that may own some land and grow grapes, though will also purchase grapes.

Then you have buyers' own brands, which are made generally by one big house.

So is small better? These grower Champagnes are certainly very interesting and fine quality wines. The conclusion I came to in Champagne however is that there are all these categories that have so much to offer, they just offer different things. It's not about better, it's about diversity. The big houses, the negociants, have the skill, resources and hundreds of years of experience to ensure consistency in quality year in, year out.

Let's face it, you try a bottle of Veuve NV in Auckland and then in New York and you know what you are getting - it's Veuve. Whether it's buying a bottle for a special occasion or it is buying a bottle just because it's Friday, having something that you know and love is just perfect. As for the growers, these are very individual expressions, wines of



character and personality. So when looking for something different, these are going to be just the right thing.

You'll find a collection of growers Champagne in all Glengarry stores right now, with more arriving in time for Christmas. To see our complete Champagne range, visit [www.glengarry.co.nz/champagne](http://www.glengarry.co.nz/champagne). At Glengarry Victoria Park, our full range of Champagnes feature in a series of tastings throughout October to December, the details are now up on our website - [www.glengarry.co.nz/tastings](http://www.glengarry.co.nz/tastings) (LIZ WHEADON) [PN](#)

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# JULIE BONNER: NEWS FROM FROG POND FARM

**I always seem to start my article my mentioning the weather - good or bad. And let's face it, spring in Auckland can often be an extension of winter.**

So with this on my mind, what better time to book a holiday! Good idea? Hubby and I stuffed some clothes in our cases (mine is always over packed), grabbed cameras and passports and headed off to Foiata Island in Tonga for a week of R & R.

And what a truly wonderful place it is - remote and tropical, somewhere to kick back and relax, soak up those rays (with suntan lotion slathered on, of course), snorkel, swim with the whales and enjoy three meals a day of super tasty tucker. And yes, I came home weighing more.

I'm a sucker for the Internet, blogging and social media. So I was like a bear with a sore head when I realised that Internet access was only available when the computer was tethered to the phone and then at best, it was intermittent. But the proverbial 'icing on the cake', was that it was only possible to charge devices from 6 - 11pm. No problem really, except that there was a queue to use our one, and only computer and mobile phone cable. As can be expected, squabbling ensued. I won't talk about the hair dryer.

Who cares right? I read a book by David Lagercrantz - Lisbeth Salander is back. Plus, as I do when I'm totally relaxed, I contemplate life, eat too much and snorkel. Not necessarily in that order and certainly not at the same time! I really enjoy snorkeling but the truth is, I'm a bit of a wuss, I'm not keen on sea snakes, reef sharks or anything that appears without warning, and I am more than capable of 'walking on water' when I need to get out of there - well nearly.

Tonga, as it happens, is renowned for humpback whales which journey from the Antarctic to enjoy the warm environs, mate and give birth before heading back to the chill, ready to do it all over again. Isn't nature wonderful?

Whale watching boats can be seen dotted amongst the islands and out at sea, with keen folk joining a guide to swim with these magnificent mammals - but only in groups of four. So imagine me being particularly brave and tossing myself off the back of the boat into the sea, with the bottom nowhere to be seen. The world is so different looking through a mask whilst trying to steady the breathing and maintain some semblance of calm. Then I saw it... a humpback whale swimming directly below me. I held my breath. Hubby, who is a natural in the water, was in and out like a yoyo (yes I am envious). He was the taker of photos and videos and while a novice with the new GoPro, I have been promised images... I'm yet to see them.

So, we had a lovely break, met some wonderful people, enjoyed laughs and stories from people who travel great distances to swim with these spectacular gentle giants of the sea. Thank you so much to the wonderful staff on the island, we had a special holiday!

Back at home my vege garden has been missing me. The weeds are on steroids, but then so are the broad beans, peas, garlic and brassicas. All gloating aside, we have decided that I grew the tastiest broccoli this year by far - look out for the Sprouting Winter Rudolph. It is purple and a good old favourite of mine is Di Ciccio broccoli.

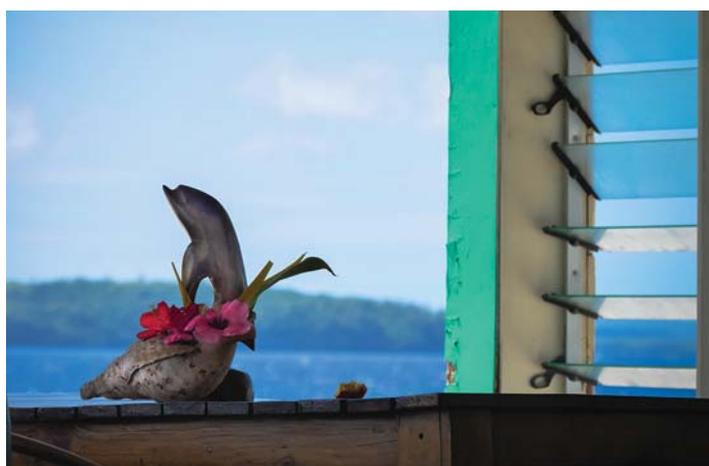


Yes, those tiny late-planted brassicas have grown like mad, which, given I planted them all at the same time, means we are eating lots of broccoli and juicing kale for that morning tonic. I have even sliced up Savoy cabbage and served it tossed with fettuccine, feta, capers, lemon juice, chilli and olive oil, surprisingly divine.

My planting plan for summer is done and dusted but I still haven't sown seed (I'm way behind). I have promised myself though that this year I'm going to buy some heirloom tomatoes, chillies and eggplant seedlings. Last year was a disaster for my toms with blight, and my chillies and eggplants, as they are relatively slow-growing, took forever to ripen.

Lots to think about and do. The orchard is in blossom and looking superb, so it won't be long before I'm feeding the trees, mulching and giving them growing instructions. How is your garden doing? (JULIE BONNER) [PIN](#)

If you are interested in more news from our place or perhaps some gardening tips then visit my blog [www.frogpondfarm.co.nz](http://www.frogpondfarm.co.nz)





## THE PONSONBY CENTRAL MURAL COMPETITION

**It is time to say farewell to the wings and welcome a fresh new mural to the Ponsonby Central wall.**

To coincide with Artweek, Ponsonby Central is running a competition to find a new artwork for the 6 Brown Street site. "We want the mural to have a local flavour this time" says Ponsonby Central owner Andy Davies, "and, like the wings, have an interactive social media angle."

When American street artist Kelsey Montague came to Ponsonby to draw one of her now famous wings murals, we had no idea what a social media phenomenon it would become. Hash tagged #whatliftsyou, the mural on the Brown Street wall is now one of many similar wings artworks on walls and hoardings around the world, from Bondi Beach to New York City to Costa Rica. The Instagram fame started for Montague when Taylor Swift 'grammed' an image of herself in front of the angel wings in New York City and a deluge of Swift fans followed suit. The wings mural at Ponsonby Central has now featured in fashion spreads, blogs and goodness knows how many cute photos of kids and pets across town. Yes pets, the little set of wings to the left of the big wings has been a sensation amongst the owners of cute (and obedient) pooches.

When the Ponsonby Business Association invited Montague to Auckland, Ponsonby Central leapt at the chance to provide a location for the artwork. But, as is the nature of street art, it was always meant to be a temporary work so they have teamed up again to run a competition to find a new mural. This time the PBA is putting up a fabulous \$1000 cash prize plus materials, and Ponsonby Central will be running the competition through their social media, with PC vouchers for the runners up.

Anyone can enter! Email your design to [admin@ponsonbycentral.co.nz](mailto:admin@ponsonbycentral.co.nz) or you can drop it into the office at 4 Brown Street, Ponsonby (8.00am - 3pm). Entries close 12 October 2015.



Street artist **Kelsey Montague** in front of her mural

For more information about entering the Ponsonby Central Mural Competition go to the website [www.ponsonbycentral.co.nz](http://www.ponsonbycentral.co.nz)

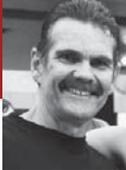
# CALLING ALL STREET ARTISTS!

**IT'S TIME FOR A FRESH NEW MURAL AT OUR 6 BROWN ST SITE SO WE ARE LOOKING FOR ARTIST'S SUBMISSIONS.**

*Go to our website for entry details [www.ponsonbycentral.co.nz](http://www.ponsonbycentral.co.nz)*

Win \$1000 cash and the opportunity to showcase your work for a minimum of 4 months on the Ponsonby Central Mural wall. Competition closes 12 October 2015. Terms and Conditions apply. See website for details.



## ROSS THORBY: SEA FEVER

**Mo'ore'a. A heart-shaped island in the middle of the Pacific pierced by a shallow harbour on its northern side and barely a half hour sail from Tahiti's capital, Papeete.**

Anchoring in Cook's Bay, the Queen Victoria was surrounded by steep, vertical peaks, with pinnacles covered in a fluffy layer of cloud. A billowing mass swirling around the rocky foothills preparing, it seemed, to rush up the sides of the escarpment only to fall back down into the valley below. Living, breathing cloud on a National Geographic scale. The slopes of the mountains, when visible, exposed a dense green jungle hugging sharp, craggy rocks. Even the foreshore and lower reaches of the mountains were dotted with thick foliage, palm and coconut trees all growing in abundance amongst wild and untamed mango, breadfruit, banana and papaya.

Mo'ore'a is truly a paradise and still as Charles Darwin saw it from the Beagle in 1835. Standing on the decks of our ship, we are afforded the same natural and unfettered view as he would have seen, for as one local joked, 'Here you can't build a house taller than a palm tree'.

A city ordinance I wish the rest of the world had followed.

It is also said that this is the island that inspired 'South Pacific'. The very epitome of paradise that some passengers from the Northern Hemisphere had come to see. Even those of us from this part of the world had to admit that this is truly *bali ha'i* - a special island.

The ships' tenders were full to overflowing with keen passengers off on various excursions, shark diving, swimming with the stingrays, overland tours to the many waterfalls and boat tours to the outer reefs. Here, for the hardened shipboard traveller there appeared to be as much or as little to do as you wanted... The island may be small but it is perfectly formed and there are plenty of resorts and local attractions to accommodate even the most travel-weary visitor.

We had been on the ship for a month now, and feeling a little stir-crazy, I hooked up with another couple and hired a car to drive out to one of the flash resorts on the west coast of the island that will happily host day visitors for a small fee. Driving into the grounds of the hotel, we 'Cunard Refugees' were immediately assailed by the sweet smell of the frangipani and vanilla trees set amongst lakes supporting large and beautiful koi fish.

A picture-postcard view: curved palm trees reaching out across a white sandy beach edging onto an azure lagoon and beyond that, breaking surf on a coral reef. Wow!

After admiring the accommodation huts built over the water, with glass floors for viewing the sea life below, we commandeered several deck chairs. Later jettisoning our excess clothing to paddle out into the lagoon where we were immediately surrounded by colourful fish darting in and around us, eager for food. All very nice, until we spotted the reef sharks hovering in the distance.

After enjoying a day in the sea, then taking a quick tour around the island's bright spots, we returned to the ship to appreciate the air-conditioning and enjoy a beer whilst sitting on the steamer chairs on the promenade deck. The tantalising view of the island glimmered beyond our relaxed feet.

Later that night, on a rushing tide, we drew anchor and moved slowly towards the opening in the encircling reef, but then turned, not towards the open sea, but back towards Papeete.

Most passengers hardly noticed as we slipped back alongside the dock for the third 'medivac' this trip. A passenger had suffered a heart attack earlier (probably after receiving his bill for a soda) and with his condition unstable and five days at sea ahead of us, a decision was made that he should be offloaded for his own safety. It must have been hard for the hapless patient to hear the strains of the ship's band and the laughter and merriment onboard as he was wheeled down the hastily laid gangplank into the waiting ambulance. It seemed a heartless farewell after such a wonderful day on the island.

We again turned our bow out through the narrow harbour of the capital of Tahiti and set sail again, destined for the international dateline and Fiji beckoning on the horizon.

Ever the comedian, Cunard is showing 'South Pacific' in the theatre tonight followed by 'Some like it Hot'.

Very funny Mr Cunard. (ROSS THORBY) **PW**





## THE SEASONS OF JAPAN

by Brett Barclay, World Journeys Director

The notoriously changeable Auckland weather will never rival the vast changes the seasons bring to Japan. The allure of the cherry blossoms of spring and the stunning colours of autumn foliage present a completely different Japan to the traveller.

Springtime cherry blossoms carry huge cultural significance for the Japanese. It is a time for festivals, celebration and communal drinking of sake under the trees by a people usually known for their reserve. Masses of pink and white tissue paper-like flowers provide beautiful backdrops to ancient temples and exquisite gardens. A great time to travel, it may be a little cooler than summer, but the more southern parts of the country are still very pleasant.

Tokyo offers a striking bend of traditional culture with uber-modern architecture and technology. Truly a 24-hour city, you can still take time to immerse yourself in some culture - I highly recommend a visit to Tsukiji to see the world's largest fish market. Here you can try your hand at making sushi and nigiri from a sushi master; you'll find it a taste sensation compared to the standard offering here!

Too much Tokyo is easily remedied by a trip out to the countryside, where ancient towns such as Takayama and Shirakawago, with their centuries old farm houses, will show you an entirely new side to this fascinating country. Located in a mountainous region that was cut off from the rest of the world for a long period of time, these villages with their Gassho-style thatched houses subsisted on the cultivation of mulberry trees and the rearing of silkworms.

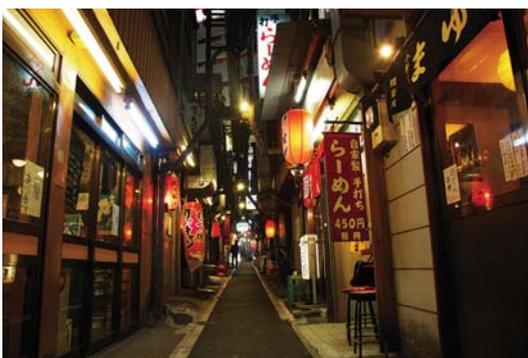
Further south is Kyoto, the centre of artistic and cultural history, with breathtaking temples and gardens, castles and palaces. Make sure to visit the Sagano Bamboo Grove where you can stand among thick green bamboo stalks that seem to go on forever.

The memorial monuments of Hiroshima offer a poignant contrast to what is now a vibrant modern city, and a journey aboard the bullet train is an absolute must.

A highlight of a recent visit was visiting many different gardens - some in the grounds of temples, others surrounding historical palaces. Quite how Japan with its 138 million people can have so many areas of such tranquil serenity made me think deeply about how different cultures embrace the balance of modern day living. I particularly enjoyed that these gardens are used by young and old in harmony - Japan is most definitely a culture with deep respect for nature.

While in Japan, sampling the local cuisine is an absolute highlight, and this also changes with the seasons. Dive in and sample all the regional variations, all washed down with an excellent Japanese beer or sake.

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**1. Andrew Tindall and Caitlin Worth** sent us this photo from their recent holiday in IRAN. The photo was taken by a local boy in Naqsh-e Jahan Square (also known as Imam Square) in Esfahan, Iran. The square is packed with people every evening having picnics, eating ice cream and socialising. They tell us, "Since there aren't many foreign tourists in Iran, you stand out quite a bit and we ended up taking multiple photos with locals who were interested in us. Caitlin was even filmed by a group of girls interviewing her to practice their English."

**2. Local resident Trudi Nelson** tells us, "As usual, a mighty fine Ponsonby News read. I was at the Vietnamese temple before the moon season celebration in HANOI."

**3. Kelly Brown** is part of the Foxes Island Wine team tells us, "I have been meaning to send you this photo snapped of me at home in NEW YORK, standing in front of the World Trade Center Memorial Reflection Ponds. A special place for me - this photo reflects my two homes - New York City and New Zealand."

**4. Emma Badeia** of the Depot Artspace in DEVONPORT loves reading Ponsonby News. During her lunch break, she took a moment to check out the Depot ad and article in the September Ponsonby News Arts + Culture section.

Dear readers please keep sending us your holiday snaps reading your favourite magazine, we love getting them! Photos need to be in high resolution (300dpi), so please email them to [info@ponsonbynews.co.nz](mailto:info@ponsonbynews.co.nz) without reducing the size.

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# RETAIL SUPERSTAR

Rae Sacha

Retail Manager M.A.C COSMETICS, Ponsonby



**How did you come to be a retail salesperson?**

My love for make-up and make-up artistry started with M.A.C when I was 15 years old. I remember walking into a M.A.C store to buy my very first eyeshadow thinking this is where I want to be! Going forward, I attended The Makeup School in Ponsonby and eventually gained enough skill to be employed with M.A.C Cosmetics.

**What brought you to M.A.C Ponsonby?**

Gaining skill, experience and speed in a retail environment I believe is the best place for a make-up artist to start. The store environment means you are able to adapt to multiple situations throughout the day, as well being able to adapt your makeup skills to suit each person. Being in retail means you are face-to-face with so many people, and to be able to make their day in even the littlest way possible is definitely fulfilling.

**What do you love about your store?**

Diversity! All ages, all races, all sexes is our M.A.C credo and we have a diverse team here in Ponsonby that can help anybody and everybody. I love that my

team is passionate about the brand, and work hard to ensure their customers walk away happy with their time spent with us in-store.

**What makes a standout retail salesperson?**

A person who can give a genuine service experience. It's important to listen to each customer's needs carefully to be able to recommend the perfect product.

**Tell us about a memorable sale you've made this year...**

I am a huge believer in fate, and not too long ago I had a lady book in for a make-up application service with me. As you do, you get chatting, and it was incredible how much I learnt from this woman about how she got to where she is in her career in the space of an hour.

The beauty of my job is that I get to spend time with people and listen to their stories, and there is no better of way gaining knowledge than to listen and converse. I think this adds to the whole experience for that customer and helps ensure that we make the person feel amazing when leaving our store.

**If you could wave your wand and have anyone in the world walk into your store right now, who would it be?**

Oh! There are too many to choose from, but it would have to be Christine Centenera. She is the Fashion Director for Australian Vogue, and I have been obsessed with her style ever since I saw an image of her wearing really baggy boyfriend jeans before they became 'cool'!

**Where do you enjoy shopping?**

Ponsonby is definitely my area of choice. I love that each designer is unique in their style and their approach in service.

**Name a great greater Ponsonby store...**

Black Box Boutique in Grey Lynn, always friendly service from all its staff members!

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## THE GEMSTONE FOR OCTOBER

**Donna Mills, owner of Jewels and Gems introduces us to the qualities of the gemstone, Rhodochrosite.**

The information comes from the scientifically conducted trials of German stone specialist Michael Gienger.

The lovely rosey-pink rock, rhodochrosite, like its namesake the rose, is soft and fragile, measuring only 3.5 to 4 on the hardness, or moh, scale. It can be worn by anyone but well reflects the soft, sweet, cheerful nature of people born under the September-October sun sign, Libra.

It is found in two forms; The first is a clear, bright pink, rhombohedral, gem-quality crystal, which is rare and demands great skill from the cutter. The more common form, which comes from white banded stalactite rocks, is a little harder and is used for semi-precious jewellery.

Spiritually, rhodochrosite bestows a positive, enthusiastic attitude towards life and stimulates impersonal, all-encompassing love.

Emotionally, it encourages activity, liveliness, eroticism and spontaneous expressions of feeling. It has a mood lifting effect, bestows energy and makes us light and cheerful.

Mentally, rhodochrosite imparts wakefulness and dynamism. When wearing it, we become filled with ideas and want to be busy. It helps us think of our work as easy and success assured.

Physically, this stone stimulates circulation, blood pressure, kidneys, and the organs of love and reproduction. It makes blood vessels more elastic and can help with migraines. It can be worn in times of exhaustion, tiredness and weakness, and helps to restore life force to people convalescing from illness.

It is important not to wear rhodochrosite for longer than one month at a time, because it will stimulate energy, and after one month the body should rest from it so as not to be over-tired again.

During a migraine, you can place the rhodochrosite at the back of the head where the spinal cord enters the skull, or wear it anywhere on the body. **PN**

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w: [www.ponsonbynews.co.nz](http://www.ponsonbynews.co.nz)

## SPARKLES AND BEADS TO ADORN YOUR FEET

**All the glitter and colour of India will soon be on display in Ponsonby Central.**

Jacqui Walker, a long-time Grey Lynn resident and regular traveller to India, has recently imported an interesting and eclectic collection of Indian designer shoes and accessories which reflect the diversity, vibrance and spice of their dazzling and exotic origin - and they are on sale for the first time in New Zealand in October.

"The Indian people have an extraordinary sense of colour and style," Jacqui says. "They are talented craftspeople - and these shoes are beautifully crafted using high-quality materials coloured for the sun, reflecting the beauty and vibrant heritage that is India."

Featuring faux leathers and fabrics, Stoffa shoes are especially known for their highly stylish embellishments using Swarovski crystals, intricate embroidery and rich and varied brocades. They look stunning for casual, semi-formal and formal occasions - There are even some bridal shoes amongst them.

Blending comfort and style, these shoes are playful and different and look fabulously glamorous. A must-have item to sparkle and adorn your feet this summer. **PN**

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# The 'Now' pieces

Standout 'Now' pieces perfectly capture the mood of the season - and quality of design and manufacture will see them endure within your wardrobe.





11



12



13



14



15

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- 10. Hailwood dress \$269 and basketball boot \$139, [www.hailwood.co.nz](http://www.hailwood.co.nz)
- 11. Harman Grubisa shirt \$359, jacket \$589 and pant \$449, [www.harmangrubisa.co.nz](http://www.harmangrubisa.co.nz)
- 12. Kate Sylvester two-tone heel \$565, [www.katesylvester.com](http://www.katesylvester.com)
- 13. Prada Raw sunglasses \$1,590, [www.sunglasshut.co.nz](http://www.sunglasshut.co.nz)
- 14. Ruby playsuit \$389, [www.rubynz.com](http://www.rubynz.com)
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Zambesi on the runway at NZ Fashion Week

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## A Ponsonby eye on New Zealand Fashion Week

**Colin Mathura-Jeffree** officially opened New Zealand Fashion Week (NZFW). The model/celebrity has been an NZFW Ambassador for five consecutive years and gives the event enormous bang for its buck. He's front row at EVERY show, immaculately dressed (always wearing a local designer) and watching every look that comes down the runway with his eyes - not his iPhone or his camera.

We wrote last month of **twenty-seven names** charming, if soggy, opening show. We've since learned that the multi-coloured umbrellas that made the photographs seem exquisitely choreographed (their bright hues perfectly offsetting grey skies and the collection's neutral-only palette) were, in fact, a happy coincidence. Resene branded, they were 'lying around' the venue and after a quick check, to make sure twenty-seven names didn't have a conflicting paint sponsor, they created magic that saw a shot from the show on Huffington Post UK's 'best photos of the day from around the world' page.

Group shows can be a challenging watch because often some of the magic is lost when the brands' looks and energy are mingled together. We were happy to absorb the entire Choose Wool show for the sake of **Liz Mitchell's** exquisite winter bridal look. Liz is still the queen of the red (or white) carpet in New Zealand.

**NOM\*d's** show was a meeting of perfect styling and poetry. Models walked to the recording of a performance by poet Sam Hunt at Port Chalmers infamous Chicks Hotel. Chicks iconography featured as some of the prints. Head designer Zeke Sole also mined the NOM\*d archive, reinventing familiar stencils and prints - effectively reflecting the label back onto itself. The label's staple black palette was softened with notes of an eclectic blush pink and utility green.

**Andrea Moore** was also inspired by poetry. Her AW16 collection, The Poem, explored the nuances of haiku poetry and Japanese culture, the latter represented throughout the show by 'gold blossoms' (confetti) falling onto the runway, and beautiful blossom prints. There were gold accents in the hair and make-up, as well as gold bracelets and shoes. In keeping with the haiku tradition - where extraneous words are removed - Moore presented a concise edit of wardrobe essentials.

**Ruby** excels in creating an environment that resonates with its brand. This year, it was pink walls in a car park, Impulse body spray, and an in-season capsule collection - designed for off-duty dancers - specially created for the show. Aptly titled Tonight, Tonight, the dance-inspired range could be purchased from an on-site pop-up store and Ruby stores countrywide immediately after the show. You really could wear the clothes that night, if you wanted to.

It's been 10 years since **Stolen Girlfriends Club** launched their label with a party in an empty Auckland car park where guests drank wine from jam jars. The label's first garment, a T-shirt printed with the word 'Relax', soon followed. A lot has changed in that time, but one thing that has remained constant is that Stolen Girlfriends Club know how to hold a good party. Its concert-esque birthday bash at St James Theatre, where it presented its in-season SS15 collection, Township Rebellion, even saw model Derya Parlak stage dive into the audience.

**Kate Sylvester** seemed to carry her Mercedes-Benz accolade very lightly and didn't deviate from her slick and proven show formula. Her partner, Wayne Conway, signed a stunning set for her 'a Muse' show that had models stepping on to a catwalk flanked by giant Picasso-like cutouts. The clothing itself can seem surprisingly utilitarian on the runway at times. Look! A top and skirt! But Kate Sylvester always 'brings it' in the ensemble. What's more, the sophistication born of the label's 22-year history is evident in precision detailing and cut. The collection was complemented by cool cubist jewellery curated by Sylvester and stylist Paris Mitchell.

This year marks the 15th anniversary for **Hailwood**. We remember back to 2001 when designer Adrian Hailwood made his Auckland, and Ponsonby, debut at the Ponsonby Fashion Festival and became an instant hit for his striking prints. The standout prints of Hailwood's AW16 collection, Lion Heart, were Chinese dragon motifs on sweaters and porcelain prints on silks which paid homage to Hong Kong, Hailwood's manufacturing hub, and to Hailwood's other trademark of mixing high glamour with casual - sparkling sequins and sneakers.

**Zambesi** scored 10/10 for design/styling/showmanship - the three elements of a killer runway show. The hair, styled by Redken artist Richard Kavanagh, also made the models look like rock gods. Some of the garments even bore a literal Zambesi signature (pulled from the archive) handwritten by Zambesi co-founder Neville Findlay.

It was a knockout NZFW debut for talented duo **Harman Grubisa**. No gimmicks, just immaculate sharp looks, beautifully styled with sensational stoles made of Tibetan lambs' wool. Gem tones, chalky pastels and modern luxury. The thinking woman's sexy dressing. (JULIE ROULSTON) **PN**



**Kate Sylvester**

photography: Michael Ng [ngfoto.com](http://ngfoto.com)



photography: Olivia Hemus for M.A.C Cosmetics

Harman Grubisa



photography: Michael Ng [ngfoto.com](http://ngfoto.com)



photography: Michelle Weir [studioweir.com](http://studioweir.com)



photography: Matty Patek

L to R: Runway - Kate Sylvester; NOM\*d; Hailwood



photography: Olivia Hemus for M.A.C Cosmetics



photography: Pliksat Productions



L to R: Ruby; Redken x Zambesi hair; Stolen Girlfriends Club boys



photography: Michael Ng [ngfoto.com](http://ngfoto.com)

# UP CLOSE AND PERSONAL

## Jane Mow

**Jane Mow is a freelance fashion editor and stylist.**

**With a background in fashion design - having studied at AUT and Amsterdam - the past eight years have seen her work for some of the country's biggest brands and fashion publications.**

Most recently, Jane styled the Willa&Mae and Mae by Willa&Mae show at New Zealand Fashion Week, to considerable acclaim.

**Where do you live?**

Freemans Bay.

**Where do you spend your holidays?**

Waiheke.

**How do you keep fit?**

My job keeps me fit - with all the daily running around.

**What's your perfect Sunday?**

Good coffee. Brunch. Lazing with a good book.

**Your best friend would say of you...**

...ahhh, "crazily ambitious".

**Your mother would say of you**

...the same as my best friend.

**Who's your ultimate rock icon?**

Jared Leto.

**What were you going to be when you grew up?**

A pilot.

**How did you come to be a fashion editor/stylist?**

I once asked a stylist if I could assist her on set or just run errands for her. I really didn't care if I got paid. Just to see what she did as a living. The rest is history.

**If you weren't a fashion editor/stylist you'd be?**

A hippie. Is that a profession? I think so! They're so carefree. I'm a little bit more on the serious side of life. Sometimes I wish I could just throw it all in, take the year off and go live off the coast of Peru (which is on my bucket list by the way).

**What's your favourite Ponsonby cafe?**

Queenies - uber cute.

**Your favourite Ponsonby restaurant?**

MeKong Baby - reminds me of Bali.

**Your favourite Ponsonby store?**

Wunderkammer - a small space but I could get lost in it for hours.

**And your favourite Ponsonby fashion label?**

Harman Grubisa - these girls are so talented. So excited to see them taking big steps and playing with the big guns. I'm predicting they're going to be showing at NYFW one day. So much talent!



**What's inspired you recently?**

I attended the Motown musical in Dallas, Texas. That was pretty epic. The costume, hair, everything gave you goosebumps. I think inspiration should always make your hair stand up - literally.

**What would be your desert island distractions?**

Game of Thrones.

**The house is on fire and your family is safe - what do you save?**

My Prada shoes - shallow, I know! But they're so pretty.

**One thing you have learned about life is?**

I'll never stop learning.

**What is your advice to Ponsonby fashion shoppers?**

Know what you want before you step into a store. I have a running list of things missing from my wardrobe on my phone. Never impulse-buy. Always think "how can I work this piece with other pieces in my wardrobe". Make well-informed decisions on your purchases. It's better to invest in things that will last than get caught up in fast fashion.

**What is your advice to young Ponsonby people aspiring to work in the fashion industry?**

It's not enough to just love the fashion industry. Be business-savvy! It's literally the survival of the fittest. **PN**

JANE MOW, [www.janemow.com](http://www.janemow.com)

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# STEPHEN MARR: THE HARMAN GRUBISA NZ FASHION WEEK LOOK

**The Dakota Collection references an iconic apartment block on the Upper Westside of Manhattan that has been the home to many legendary women such as Lauren Bacall and Roberta Flack.**

To complement and soften the collection's strong suiting silhouettes, Matt Benns of Stephen Marr created a hair look that was softly fly-away in texture and celebrated the hair's natural kink.

In an ode to the woman who holds her own, a soft side-parting with hair tucked into beautiful collars and necklines allowed the Dakota-girl's individual presence to shine. 

STEPHEN MARR, 37 Ponsonby Road, T: 09 360 0588, [www.stephenmarr.co.nz](http://www.stephenmarr.co.nz)



photography: Ben Loris Blair

**Juliette Perkins** from Red 11



## Meet Dave Weaver

Meet Dave Weaver - the newest member to join the Stephen Marr team! Equipped with over ten years experience throughout London and Vancouver, Dave brings his killer approach to creating beautiful, effortless hair.

What's your top tip for beautiful spring hair?

Now is the time for change. Think freshening up your cut and colour. Lighten and brighten hair to welcome the warmer season.

What is your go-to hair-look for spring? + Any stand out products you're liking at the moment?

Try R+Co Rockaway Salt Spray to put the spring back into your curls, or just add some soft, moveable texture to your natural hair.

To book in with Dave, call Stephen Marr Newmarket on (09) 524 6702.

STEPHEN MARR





## Bikram Yoga Britomart's Rebeckh Burns

**I tried Bikram yoga for the first time in my life last month, and found the process both challenging and intriguing. It certainly tested my emotional and physical fortitude at times, but involved the pleasure of meeting the wonderful Rebeckh Burns of Bikram Yoga Britomart.**

Rebeckh spent her childhood years in sunny Takapuna, then set out and started adventuring around the world, snowboarding and working for brands such as Volcom and Burton. "I did a season in Wanaka and then headed to Sydney, where those brands were just starting out," she explains. "They went on to just explode in the region and it was so much fun, but not my path or my calling."

After stints in Europe, the United States and Australia she headed back to New Zealand and started studying holistic health. She soon left the snow industry and enrolled full time at Naturopathy school, after having an interest in the area - as well as in meditation, spiritual practices and the like - her whole life.

"I soon came to the conclusion that people were choosing to incorporate natural health into their lives which was great," she says, "but they often start a health regime and then fall back into old habits after a few weeks. The real change needs to take place in the mind, and that lead me to delve further into the effect of the mind on the body and Psychoneuroimmunology, which is that science."

She emphasises the importance of recognising the changes you need in your life and actually keeping to them, which is the hard part for all of us.

This in turn lead Rebeckh to the study of metaphysics, meditation and yoga at the age of 25, an age where many young women have barely entered the workforce proper let alone pursued further study. "I wanted to get the word out that you can incorporate meditation, mindfulness and positive thinking into your life without needing to go and be a monk," she says with a smile. "It's all about things you can do in your daily life now, rather than having to leave your daily life to change it."

Soon she was sharing her knowledge via a series of CDs sold across big chains like Whitcoulls, as well as writing columns in magazines and appearing regularly on radio and TV. She looked into the Australian market and saw it was too big to take on alone, so approached some publishing companies and not long after had a successful book and meditation series published by Harper Collins. "I was only 27 at the time and my publishing career was starting to take on its own entity, which wasn't resonating with me," she explains. "So I pulled the plug. I kept writing and my website is still up but it was time to take back control." That involved taking a break to devote herself to bringing up her two beautiful kids, both at school in Herne Bay and very happy Cox's Bay locals.

She had always been a fan of yoga - her dissertation was on the positives effects that a Hatha practice has on the brain - but as her children grew she began Bikram yoga classes and soon realised "that is brings you present more quickly than any other style. I also loved the fact that it is very broad and can be practiced by all sorts of people, you don't need to have a certain degree of flexibility or strength to enter your first class."

She was inspired to become a Bikram Method Teacher herself and soon left for San Diego to embark on the nine-week course required to do just that. "The hardest thing was leaving my children for that long," she admits, eventually returning to teach part-time, "which I was really happy with. It was the perfect situation for a mum with young kids."



Then the opportunity came up to open her own studio in Britomart - the now buzzing and very successful Bikram Yoga Britomart. Opened 2012, the studio has become a thriving yoga community as well as a sanctuary in the inner city, and Rebeckh has never looked back.

"It was such an amazing, seamless operation," she says with a smile, "and from the very beginning I knew that I was doing the right thing. It is such a busy, thriving area and it seemed that people were really looking for a place like we had created, and new arrivals start class almost every day."

We talk about the attitude of many people that I have encountered when you mention Bikram, which is mainly that its incredibly hard and full of rules, and thus terribly difficult for a beginner. "Well, some people forget that yoga is a discipline," says Rebeckh, "and that it requires a real commitment. We support people the whole way though, and I love hearing their tales of how it changes their life."

When we met, the studio had just experienced its busiest week ever, with an amazing 1000 plus people coming to do yoga under its beautiful roof. "I just think about how much light is going out into the world with that many people doing yoga in one week," says the author-turned-teacher with a smile, and I see that I'm in the presence of one extremely happy woman. (HELENE RAVLICH) [PW](#)

[www.bikramyogabritomart.co.nz](http://www.bikramyogabritomart.co.nz)

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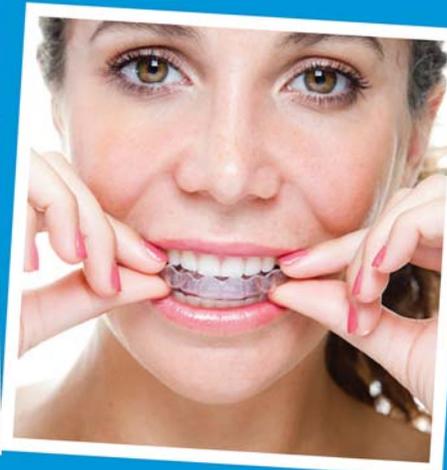
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THE DENTAL FAMILY  
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# Oliver Driver and Ella Mizrahi, Harry Bar



### Spring is a time of flourishing, for love to blossom and nests to be made.

As well as a remarkably useful tool in the workplace to help with team building, conflict resolution and improving leadership skills, the Myers - Briggs framework is proving to be an increasingly popular tool for couples keen to bring a deeper dimension to their understanding of one another.

They say opposites often attract, and indeed they do, but after a time the mystical intriguing differences

can become a source of irritation; likewise similarity can make for perfect ease of communication but too much sameness can sometimes lead to complacency leaving vast unexplored terrain. When couples can learn about and appreciate the different aspects of their partner, then a whole new world can come alive for them.

It is through the understanding of difference that we learn so much about ourselves, and we become more accepting and tolerant of others. This was the wish of Isabel Myers and her mother Catherine Cook Briggs when they originally created the Myers Briggs Assessment tool that is so well-known and respected today. Their work was based on Carl Jung's Psychological Types (1920) and brought his brilliance to light in an accessible model that modern society has embraced as a popular psychometric tool.

As humans, we have a basic desire to meet a mate. Once we have made our choice 'for better or worse' the challenge is to grow together, accepting difference and also negotiating the constantly changing challenges that are put before us, not the least of which is babies!

It is sometimes the very simple things like planning a holiday, how we like to spend leisure time, simple misunderstandings, even how we hang the washing or stack the dishwasher that can erode relationships. Having an essential understanding of each other using an objective and reasoned framework like the Myers - Briggs tool is a brilliant way to safety-proof the future.

So here we introduce our Ponsonby couple who are soon to be three with their baby due in February: co-director of event company Celery Productions Ella Mizrahi and actor/director Oliver Driver now part joint owners of Harry Bar on Ponsonby Road.

Ella presents an ESTJ and Oliver and ENTP, sharing great similarities and also great differences. Both Extraverted-preferring they will never be short of words, so any issues are likely to get thrashed out quickly. They will both enjoy engagement with others and activities, and be energised from these interactions. This is fortuitous in the world of hospitality where engagement with people is essential. Within a relationship, however, they must be aware of taking time out on their own to maintain balance, even extraverts need this.

Both use Thinking as an objective basis for decision-making so when they do differ in opinion, the sparks could fly, as both will tend to be convinced that they are 'right'. Their differences begin in the perceiving arena, Oliver future and ideas-focused as an Intuitive, and Ella more grounded in the present and past as a Sensing person. Although this difference can cause frustration, in fact it is one of the hardest dichotomies to straddle, if understood, it provides the opportunity for a holistic interpretation of the world. Ideas are grounded by reality and the reality is given wings by ideas.

The final difference is Oliver as a Perceiver will be more 'go with the flow' and Ella as a Judger will be more comfortable knowing what the plan is. This can work brilliantly for a couple if it is recognised and faith put in the one that finds planning easier. More often than not the 'J' preferring partner is all too happy to organise and the 'P' happy to have someone take care of this aspect but will still not necessary want to be tied down to a decision.

One must remember that the Myers - Briggs personality type is not an assessment of good or bad, right or wrong, or even how well we do something, but an indicator of how we prefer to gain our energy, understand the world, make decisions and manage ourselves in the world.

For couples together in good times when the sun is shining, understanding these differences is one thing. Introduce some stress and our personalities can take a giant flip. We begin to behave in a way that is 'out of sorts' and often we lose sight of our most comfortable way of operating and turn into a very bad version of our opposite. For Ella and Oliver running a new business together and having a baby are up there on the stress list. With mutual awareness and understanding of their personality types, they are well-equipped to work together as a cohesive unit, utilising each other's strengths and appreciating the gifts that areas of difference bring. (ALI LAWRIE)

To book your personality match session or gift a session to friends go to [www.personalitytype.co.nz/personality-match.html](http://www.personalitytype.co.nz/personality-match.html)

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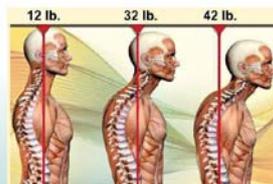
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**Mandy Davies and Sally Doherty**

## COLOURING OUTSIDE THE LINES

**Sally Doherty and Mandy Davies are both Kiwis who had previously left their corporate leadership roles to each set up their own personal and professional development companies, prior to meeting each other.**

A chance meeting in Singapore a couple of years ago, however, resulted in them discussing how many people they both knew who wanted to take a new direction in their profession, career, life (the list goes on), but felt 'stuck' in their current positions. As it turned out, that dinner was the catalyst for the two women committing to work together to create a series of workshops called Outside The Lines. Aptly named to inspire and empower others to design, create and lead their best life.

LEAP is their three day flagship programme - designed specifically so that people can identify what is really important in their lives and enabling its participants to focus on developing themselves to be the best that they can be.

LEAP assists individuals in identifying their strengths and put plans in place to help them achieve their goals, bring about the changes they need to make, and unlock their full potential. LEAP is designed around contemporary research and positive psychology. Reflection time, guest speakers and post-programme coaching sessions are also provided to help participants stay motivated after the programme is finished.

Outside the Lines is excited to be running its LEAP programme for the first time at Riverside, Matakana on 26 - 28 November. "Matakana is the perfect place to host. We will have daily yoga, organic food and the workshops will be held in a room looking over the vineyard. Bliss," says Sally. [PN](#)

If you would like to find out more, contact [mandy@outsidethelines.life](mailto:mandy@outsidethelines.life) or [sally@outsidethelines.life](mailto:sally@outsidethelines.life) or check out their website.

OUTSIDE THE LINES, [www.outsidethelines.life](http://www.outsidethelines.life)



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# Pregnancy

## HOW CHIROPRACTIC CAN HELP?

CHIROPRACTIC CAN AND SHOULD BE USED IN ALL STAGES OF PREGNANCY. THAT'S WHY EVERY DAY PREGNANT WOMEN ARE RECEIVING CHIROPRACTIC CARE WORLDWIDE. DURING PREGNANCY CHIROPRACTIC FOCUSES ON BALANCING JOINT AND MUSCULAR DYSFUNCTION IN THE BODY TO RELIEVE PRESSURE OFF THE NERVOUS SYSTEM. TREATMENT HAS BEEN SHOWN TO NOT ONLY MAKE PREGNANCY MORE ENJOYABLE BUT ALSO AIDS IN AN EASIER DELIVERY.



### Less pain

One of the most common initial reasons why pregnant women first come to our office is because of back pain. Two out of every three women experience back pain during pregnancy. There are two main reasons for this.

Firstly, as your baby grows the extra weight causes your centre of gravity to shift forward which in turn forces your pelvis to tilt forward and your lower back to bend back, thus increases the arch in your lower back. This results in a lot of pressure on your spine and on the pelvic muscles and ligaments. This leads to varying degrees of pain and discomfort in your back, groin, abdomen and legs. Also, we are designed in such a way that everything in the abdomen fits in nice and snugly. As your baby grows and the abdominal muscles are stretched, your internal organs are pushed out of the way to accommodate the increasing bulk.

The shift in posture which happens as your abdomen grows larger frequently leads to pain and discomfort in the middle back and neck, headaches, carpal tunnel syndrome, leg cramps and even nausea. All of which

may be alleviated by chiropractic care.

Secondly, during pregnancy a hormone called Relaxin is released. This hormone makes your ligaments relax to allow for the expansion of your pelvis so that the baby has room to pass through the birth canal during birth. Unfortunately it is not just your pelvic ligaments that go floppy, its ligaments everywhere in your body. This can lead to abnormal movement in any joint and also often causes exacerbation of any problems you might have had prior to becoming pregnant. Imagine a tower with an uneven foundation and then coming along and loosening the supporting scaffolding. Not an ideal situation.

### Safety

On a more positive note, due to the special hormone levels during pregnancy and the decreased tone in your ligaments, you can get excellent results with very gentle techniques and specific alterations made to your exact case. This is one of the reasons why specific chiropractic care is so safe for both mother and baby during all stages of pregnancy.

### Easier Delivery

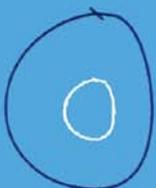
Another common reason why women seek chiropractic care during pregnancy is to increase the chances of an easier labour. If the joints in your pelvis are out of alignment it puts extra tension on the ligaments that attach your uterus to your pelvis. The strain may reduce the space available for the developing baby making it difficult for the baby to manoeuvre into the best position for delivery. This restriction is called intrauterine constraint and such positions tend to lead to longer more painful deliveries often with increased use of medical intervention.

Women who choose to have chiropractic care during their pregnancy report easier less painful deliveries with less need for medical intervention and less need for medication. There has been several studies done that support this. Women receiving chiropractic care have 24% shorter labours if it is their first child and 39% shorter labours with subsequent children.

### In Summary

Research has shown that chiropractic care during pregnancy:

- Reduces back pain during pregnancy
- Reduces the need for pain medication during pregnancy
- Helps you remain active during pregnancy
- Helps with mid-back pain, neck pain, headaches, carpal tunnel syndrome, leg cramps and even nausea during pregnancy
- Is safe for both mother and baby
- Can reduce labour time, back pain and pain medication during labour
- Can help with your baby's position
- Allows for a generally more comfortable delivery



Karen Williams | B.Sc. M.Chiropractic

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## Vitamin K2

### A very important but much misunderstood nutrient.

Vitamin K is so named because initial discoveries which go back to 1929 reported in a German journal, gave it the name 'Koagulations' vitamin due to its role with blood clotting. There are two main forms; vitamin K1 which is found in leafy green vegetables and vitamin K2 which is found in fermented foods and some cheeses. The K1 form is associated with coagulation, but it's the K2 form that is getting scientists talking because it works in a different way to promote vascular health.

I first got really excited about vitamin K2 when I read an interview with Dr Leon Schurgers who is a senior biochemist at the University of Maastricht in the Netherlands. Dr Schurgers was talking about his research, which showed that vitamin K2 could remove calcium from arteries and put it back in the bones - where it belongs.

There is a screening process known as 'calcium scoring' which measures the amount of calcium in the coronary arteries. The level of calcium is a well-known predictor of the likelihood of a cardiac event. This procedure, however, is expensive and it involves considerable radiation. Dr Schurgers published data showing that vitamin K2 deficient aortas calcified, whereas aortas nourished with vitamin K2 were likely to be calcium free. Vitamin K2 is known to activate matrix GLA-protein (MGP) - a strong inhibitor of vascular calcification.

I decided to check my own aorta and I had a simple inexpensive ultrasound which showed white streaks (calcium) on the walls. Coronary arteries can't be observed with ultrasound but I presumed that if there is calcium in the aorta it is almost certain to be present in the coronary arteries.

Dr Cees Vermeer also from Maastricht University in the Netherlands is a scientist who heads a research group on vitamin K. Dr Vermeer conducted a three-year placebo controlled human intervention study involving 244 post-menopausal women who were either given 180 micrograms of vitamin K2 (known as MK7 or Mena Q7) or a placebo. Participants were checked each year and their carotid artery elasticity and their carotid femoral pulse wave velocity was measured.

The vitamin K group had much better vascular condition after three years and their vascular elasticity had improved significantly compared to baseline. Dr Vermeer reported that the most prominent effect of vitamin K2 is accomplished in those with the highest degree of artery stiffening.

Another Dutch study known as 'The Rotterdam Study' assessed the effects of dietary intake of vitamin K2 on heart disease and atherosclerosis in nearly 5,000 adults. When they entered the study, the 4,807 participants had no history of heart attack.

Compared with participants in the lowest third of dietary vitamin K2 intake, those in the highest third had a 57% lower risk of dying from heart disease, after adjustment for other factors associated with heart disease. They also had a 26% reduction in risk of dying from any cause, and a 52% lower risk of severe aortic calcification. The investigators said "These findings suggest that an adequate intake of vitamin K2 could be important for coronary heart disease prevention."

Many people are taking blood thinning medications such as Warfarin which is an antagonist to vitamin K. Should they be wary of taking vitamin K2 together with the drug? Surprisingly, studies have shown that vitamin K2 (note this is not K1) is involved with coagulation inhibiting proteins and it can actually assist with management of blood viscosity.

Dr Vermeer says that increased vitamin K2 intake has a marked anti-thrombotic affect which he says was an unexpected benefit. I plan to do more research on this and I strongly recommend that anyone on blood thinning medication seeks medical advice before supplementing with vitamin K2 I have Dr Vermeer's research if anyone would like a print out to show their doctor. (JOHN APPLETON)

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## FINDING PEACE AND HAPPINESS

### Everyone is searching for happiness in this life - it is our fundamental motivator.

But where can we find this happiness? Where can we find peace? Most of us are searching the world for these things. Most of us believe that when we have the right job, the right relationship or when some other desire is fulfilled that that is where we will find our happiness, but this happiness does not last. Life is a cycle of ups and downs. It vacillates between things going to plan and things getting out of hand. So where is happiness?

Happiness and peace are our natural state. However, our awareness of this state has been lost by the process in which our mind reaches towards objects in the world to satisfy our desires and needs.

A scientific mediation technique, such as Kriya Yoga helps us to re-direct the mind inwardly, toward our true nature, toward our natural inner state of peace and happiness. The regular practice of the Kriya Yoga techniques can completely transform our lives and can also benefit us materially, mentally and spiritually.

Although there are many ways to improve our lives materially, true happiness will continue to evade us until we turn our attention toward the condition of our own mind and soul. Happiness and peace lie within. They are your true friends and they are reliable because they are your true nature.

If you want to overcome the habits that hold you back, improve your ability to concentrate, reduce negative thinking, improve your relationship with yourself and others, and feel more inspired about life than ever before, then Kriya yoga might be what you are looking for. Discover that truth for yourself and begin the journey.

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Viv Gallagher - Xtend Barre

Ponsonby / Studio3 (Pilates, Barre and yoga) Newmarket

**Viv Gallagher describes herself as a middle-aged mother of two amazing teenage girls, working 24/7 to follow her passion and dreams and encouraged by her very supportive partner.**

Viv says, "I am totally the definition of an entrepreneur: 'someone who works 80 hours a week to avoid working 40 for someone else.' Her background is diverse, she's worked in a few different fields including travel and business development, but health and fitness have always been a big part of her life.

"Now I am so fortunate to have a profession that allows my body to move all day doing what I love," she says.

**How did you come to be a fitness professional and studio owner?**

I studied classical ballet from the age of five and evolved from there into teaching group fitness classes - I hail right back to the Jazzercise era! I certified as a personal trainer and Pilates instructor and gained further experience teaching dance internationally, Pilates and personal training. It was while overseas that I first discovered the amazing new fitness craze, Xtend Barre and instantly became addicted. After returning to New Zealand in 2008, I initially worked in a corporate role until the sudden death of my younger brother made me realise life was too short not to pursue your dreams. That was the catalyst for starting my own studio and introducing Xtend Barre to Auckland.

**What do you love about your job?**

I am a people person and I love all the amazing people I meet on a daily basis. I take immense pride in being able to motivate and coach them in discovering their own personal success. It's so inspiring to see clients progress and gain confidence.

**What do you find challenging?**

Paying the bills! Apart from that, I guess the main challenges for small businesses such as mine is wearing too many hats all at the same time. I prefer to view challenges as opportunities to learn and I definitely learn something new every day.

**How do you differ from other trainers?**

I have been in the fitness industry for over 20 years now and have taught many different classes and styles of exercise. I've seen fads come and go which has given me the experience to look carefully at what works and appreciate that what's right for one individual is not necessarily right for another.

As a mother in my 50s I can appreciate the pressures on women working and running families and have a first-hand understanding of the changes in our bodies as we progress through life. I believe that in order for exercise to positively effect our bodies, it must not create more stress or guilt in our busy lives. It should be something that we enjoy doing, that encourages a sense of success and relieves stress and tension in the body. Dance-inspired workouts are a wonderful way to tap into your parasympathetic nervous system and create balance in your body, while having a lot of fun in the process.

**Can you share an anecdote about a pupil?**

I just received an email from a client who has recently returned to my studio after working out of Auckland for a stint: "I knew I missed Xtend Barre but I didn't realise how much until I went for a week straight... and I didn't realise how much my butt missed it either!"



**What do you do to care for yourself?**

I am fortunate that my profession keeps me fit and I truly believe we are what we eat, so I ensure I eat well to maintain energy and good health. I take time to walk my dog, enjoy the sunshine and remember to breathe when it all gets too crazy.

**What's your advice to people seeking Barre/ Pilates instruction?**

Do your homework and ensure your instructor is not only well-qualified but that the programme on offer is licensed. Both my studios offer the internationally licensed Xtend Barre programmes, which ensures high standards of teaching and programming as instructors are required to maintain continuing education to hold their licenses.

I am also a firm believer that in order to stick to a fitness routine, it must motivate, challenge you mentally and physically, and, above all, be something that you enjoy doing! **[PN]**

XTEND BARRE PONSONBY, 56 Surrey Crescent, T: 09 376 8091, [www.xtendbarre.com/studio/xtend-barre-ponsonby](http://www.xtendbarre.com/studio/xtend-barre-ponsonby)



Viv Gallagher

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FOR MORE INFO PLEASE VISIT... [www.xtendbarre.com/studio/xtend-barre-ponsonby/](http://www.xtendbarre.com/studio/xtend-barre-ponsonby/)  
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## BOOK A FREE COSMETIC CONSULT AT SKIN INSTITUTE PONSONBY

**Now that winter is on the way out (hopefully) it is time to start thinking about getting your skin ready for summer.**

The cold air and drying effects of heaters over winter has probably left your skin feeling dull and dry. The Skin Institute Ponsonby is here to help and can combat these effects with their comprehensive range of rejuvenation treatments performed by experienced registered nurses Bonnie Morrow and Fiona Gardien.

What are these treatments and how do they work? Intense Pulsed Light (IPL) and laser treatments can be used to improve fine lines, skin tone, brown spots, enlarged pores, scarring and facial veins. This process stimulates the growth of new, healthy skin tissue and collagen regeneration, thereby tightening the skin. Botulinum toxin is a treatment that relaxes the muscles into which it is placed that is used to soften wrinkles, balance asymmetry, slim the jawline, lift the brow and correct a droopy smile, therefore giving a more refreshed look.

Any facial line or fold can be treated with dermal fillers, which can also be used to enhance lips and your appearance in a natural way. Treating upper lip lines, folds that run diagonally between the sides of the nose and corners of mouth, is a popular shortcut to a more youthful appearance. The tops of the hands can also be rejuvenated using fillers.

After a specialised rejuvenation treatment, your skin will feel and look healthier, smoother and more radiant. Not sure which treatment to try? Book in for a free cosmetic consultation with our registered nurses Fiona or Bonnie where you can discuss your skin and which procedure will suit you best. T: 0800 SKIN DR (754 637) or visit their website

[www.skininstitute.co.nz](http://www.skininstitute.co.nz) 

SKIN INSTITUTE, 3 St Marys Road, T: 09 376 8888,  
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Graham has owned Jervois Dental for 15 years. He is an advanced CEREC user, and President of the NZ Society for Sedation in Dentistry.

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## Local beauty haven, The Villa

**When the leaseholder on the iconic villa at 37 Jervois Road decided to move, for Olivia Van Lierop and Romy Grbic it was like the universe had answered their call.**

The inspiring pair had been looking to find premises of their own for a while, finding that having just one small space each was limiting the experience for their clients looking to get away from the hustle and bustle of everyday life. "We wanted more space to really let our businesses grow," says massage therapist Van Lierop, "and back in June when we found out that we could take on the whole space at number 37 the timing couldn't have been more perfect." Beauty alchemist Grbic adds that the pair wanted to create more of an 'experience for clients', and they then set about finding complementary businesses to help fulfil that vision.

The newcomers include hair stylists Gray & Olsen, made up of experienced industry names Katherine Gray and Craig Olsen. Both have had a wealth of experience both here and internationally, and wanted to create their own boutique-style salon in the Ponsonby area. Olivia found out about the pair through an existing client of hers, and this was also the way they found skin specialist Caroline Hailstone, who takes a different approach to beauty to Romy with treatments like microdermabrasion and peels. Rounding out The Villa lineup is naturopath Twyla Watson, who attended Wellpark College with Romy and treats many clients with chronic conditions.

"It all happened really quickly and organically," says Romy, "we needed to decide whether we'd take on the lease by a Monday deadline and had everyone lined up by the Sunday before. It couldn't have been more easy!" Van Lierop says the mix of personalities within The Villa is also a bonus, especially Katherine who she describes as "so warm and grounding, she's almost like a mother figure and makes us all feel so good."

Romy's business is redox Facials + Beauty, and she is one of the most enthusiastic and passionate therapists I have met in a long time. She absolutely exudes a love for what she does, and her passion is definitely infectious. The self-described "beauty alchemist" qualified as a beauty therapist in 2007 and since then has worked in many areas of the beauty industry including managing a spa on Waiheke Island, contributing to many magazines with articles on beauty and health, and working in clinics in both Auckland and Melbourne. She is also a clinical nutritionist, graduating with top in her class from Wellpark College in 2014 after completing a two-year diploma in Clinical Nutrition.

Her redox holistic facials are her specialty, always bespoke and designed for what your skin, body and mind need on the day. "I believe that beauty shines through and shows on the outside only when we have a healthy inside," says Grbic. "Stress, improper diet and skincare regime, and lifestyle choices all show through your skin, and some choices dull our beauty where others nourish it."

She uses a range of organic, biodynamic and natural skincare products on clients depending on their needs, and makes her own facemasks using clays and superfood powders to suit your skin. Recent additions include an Enzyme Peel and a 70-minute Bespoke Facial with Collagen + Vitamin C booster, which is what I think everyone's skin needs right now!

Olivia is an absolute gem of a therapist who works under the name Enrich Massage Therapy. She arrived back in New Zealand last year, after nine years working internationally as a sports masseuse working for top athletes in Australia and on yachts in Europe. At one point, she held the position of private masseuse, beautician and yoga instructor on one of the most prestigious luxury yachts in the world, and her experience - and caring approach - speaks for itself.

Looking for further challenges, she travelled to many beautiful parts of the world, completing her yoga teacher training in Bali and then returning to New Zealand, where she has combined her talents to establish Enrich.

She incorporates both a therapeutic and pampering aspect into almost every massage that she does, even sending some clients away with yoga poses to practice to keep their bodies in check. She also teaches yoga classes out of The Villa and is planning massage workshops in the near future.

Olivia is also now actively supporting a charitable initiative by Oxfam that was set up to stop gender inequality and violence in Papua New Guinea. "Every person that sees me for their own self care, health and wellness is also giving to this project as I give a percentage of all my earnings per week to this amazing cause," she explains.

"I have always wanted to create a charitable company and I hope the busier I get the more I can give. The philosophy is in the name really - Enrich. Enriching your own life while enriching the lives of others who really need it."

I recently spent an afternoon at The Villa that began with a massage, followed by a bespoke facial and then blow wave with the energy-packed Craig, and the collective are hoping that more and more people will take the time to indulge in that way from here on in.

I, for one, can't recommend it enough! (HELENE RAVLICH) [PN](#)





- ♥ Aroha Healing Candles
- ♥ Aroha Healing Massage
- ♥ Hawaiian Ka Huna Massage
- ♥ Reiki + Reiki Massage
- ♥ Organic Facial Therapy
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- ♥ Yoga & Yoga Nidra
- ♥ Bellydance
- ♥ Aroha Mama Fertility
- ♥ Chakra Balancing Massage
- ♥ Kundalini Massage
- ♥ Animal Reiki & Massage

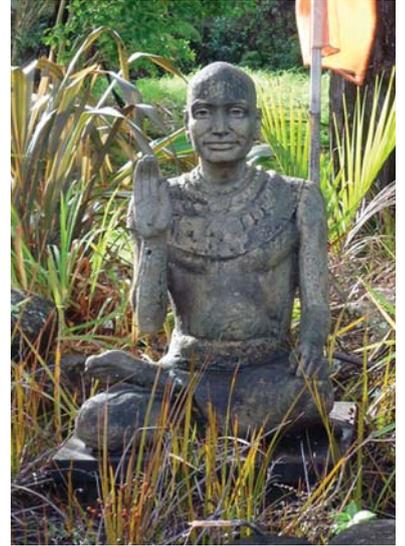
o8oomindbody  
[www.arohahealing.co.nz](http://www.arohahealing.co.nz)  
[www.arohahealingcandles.co.nz](http://www.arohahealingcandles.co.nz)

## AROHA HEALING'S SACRED FEMININE RETREAT

**Are you interested in beautiful feminine movement, learning more about healing, ancient sacred sexuality and how to feel more grounded, balanced and sensual more of the time? Would you like to experience this in a safe, natural environment, whilst connecting with like-minded women?**

Aroha Healing's Sacred Feminine Retreat may be just what you need.

The practitioners at Aroha Healing are passionate and skilled at healing, educating and empowering women. The team has found that many women have become masters at giving. Giving of their energy, love, everything, leaving very little energy and time for their own self-nurturing, healing, time-out and receiving of love. Women can often feel guilty about doing just that. Aside from their amazing healing bodywork, fertility treatments, organic facials, dance and yoga, Aroha Healing have designed a nature workshop that reawakens and reignites the goddess within.

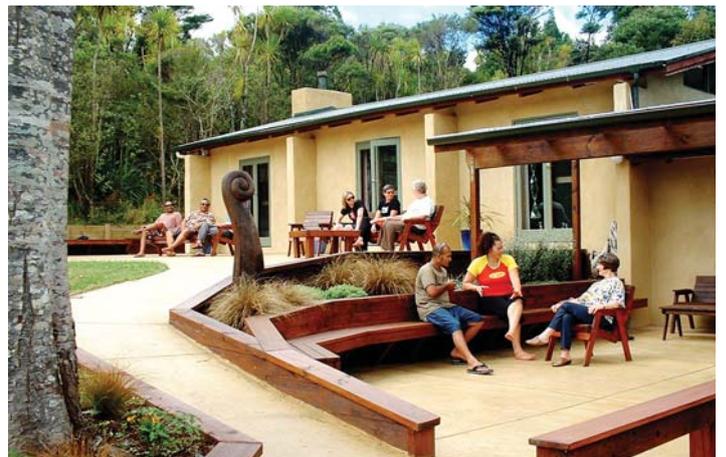


Rosanna Marks will be teaching a fusion of two ancient spiritual modalities designed to empower, heal and free the feminine form. One of their Aroha Healing yoga teachers will offer a morning sacred yoga class for participants. During the Sacred Feminine workshop you will learn ancient tantric philosophy: chakras, mudra, body awareness, sisterhood, honouring, healing yoga and simple beautiful bellydance movements including rituals that reflect the tantric philosophies.

You will be immersed in the beauty of nature, peace and be treated to delicious vegetarian food, sauna and an outdoor spa. This workshop is for every woman; age, size or shape wishing to awaken and learn the sacred, ancient secrets of feminine vitality, movement and expression. With her background in presenting, bodywork, healing, bellydance and tantra philosophies, Rosanna will be facilitating her 16th Sacred Feminine workshop at Aio Wira Retreat Centre near Bethells beach this month beginning Friday evening 30 October until Sunday afternoon 1 November.

To read more about Aroha Healing's workshops and retreats, visit their website. For more information about Aroha Healing's Sacred Feminine Retreat please contact Rosanna Marks. [\[PN\]](mailto:info@arohahealing.co.nz)

AROHA HEALING, 3 Maidstone Street, T: 0800 646 326,  
 E: [info@arohahealing.co.nz](mailto:info@arohahealing.co.nz), [www.arohahealing.co.nz](http://www.arohahealing.co.nz),  
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## CLARE CALDWELL: THE ART OF LIVING

GREG FURTH, A JUNGIAN ANALYST LIVING IN AMERICA, IDENTIFIES art used in a therapeutic way as giving "insightful indicators of both psychological and somatic information about the person."

In his studies of children and adults and their pictures, he has compiled things to look for when working with art in this way that I think is of interest to everyone. His initial questions when looking at an artwork might be: What feeling does the picture convey? What's there - what's left out? What's usual - what seems odd? Are there any barriers, if so, between who and what?

What might extensions and trajectories convey? When looking at outlines, do they emphasise or contain? If symbols are used, what do they mean specifically to the drawer? He would note colour usage, intensity and patterning. Colours all have common universal meanings but again, what do they mean to the drawer?

Three common themes appear in drawings: **House drawings** arouse associations within the person regarding home, family and relationships and can also be self-portraits. **Tree drawings** are deep unconscious material - a representation of one's own tree of life. Is the tree rooted and grounded, balanced and healthy? Markings on the trunk such as branches, co-relate with significant events and ages in the drawer's life. **Human figures** are how one sees oneself or would like to be seen. They contain information about the person psychologically and physiologically, attitudes towards interpersonal relationships and obsessive fears and beliefs.

Then there are types of drawings from painstakingly detailed to atypical. Different usage of lines also conveys unconscious material, e.g. a strong ground line, while normal in children, when used by adults conveys a need for a more structured life, a rigidity or anxiety. Overly dark lines can mean tension or high energy, whereas sketchy lines indicate timidity, not wanting to 'own' the drawing, being indecisive.

Excessive shading, over-erasing and perspective are also things to be considered along with myriads of other details, observations and intuitions. All questions about the picture or painting must come from the artwork itself, not any prior knowledge of the person and the drawer must always be asked what they want to say about their artwork at the start. This is an interpretive method of working with pictures and relies heavily on a trusting relationship between therapist and drawer.

Doing art as a therapeutic activity is a way of consciously working with unconscious material. It's a projective technique and provides a means of 'dredging' through our unconscious material that's as yet unrealised and unresolved. The act of creativity is healing itself, but further analysis can lead to the artist making their own connections and beginning to make sense of things.

Every drawing, even a doodle through to a carefully crafted work of fine art, will carry some unconscious material. Leonardo da Vinci was aware of this when he wrote "the person who paints is inclined to lend to the figures he renders his own bodily experiences, if he is not protected against this by long study." Maybe I need to reconfigure some of those paintings I was going to exhibit! (CLARE CALDWELL) [PN](#)

Clare (Claudie) Caldwell is a creative arts therapist who runs a small private practice from home. She now runs a voluntary art and art therapy programme at Auckland City Mission. She is also a freelance artist.

Enquiries: T: 09 836 3618; M: 021 293 3171; E: [clare.e.caldwell@gmail.com](mailto:clare.e.caldwell@gmail.com)



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# MOVEMENT LAB: TAKE YOUR TRAINING PERSONALLY

**The neighbourhood's newest physiotherapy clinic, Pilates and personal training studio has opened in Surrey Crescent.**

Long-time local Gianni Felpas opened the doors of MovementLAB in August, and within its light-filled Pilates studio and gym, you'll find him with a group of hand-picked expert practitioners.

Working over the past 15 years as a personal trainer, physiotherapist and Pilates instructor, Gianni realised there was no facility that offered all three - so he decided to create one.

MovementLAB has the ability to take a client from injury back to full function and beyond. On offer are ACC registered physiotherapists, qualified Pilates instructors, REP's registered personal trainers and an onsite qualified massage therapist. Gianni says, "We believe everybody should experience the joy to move and exercise, achieve their goals and feel amazing!"

One-on-one sessions with Pilates instructors and personal trainers are already very popular at MovementLAB, and the team is very close to launching small Pilates mat and reformer classes: they are to specialise in groups of four to six, with attention to detail and proper exercise form.

In the words of a current MovementLAB client Erin Larsen; "Beautiful gym! So knowledgeable and inspirational. From who I was a year ago, to who I am today... I'm so excited about who I'll be in a year's time. It comes down to focus, determination on my part and encouragement from someone who genuinely cares - and it's so much fun working out in a fantastic space. I'm telling everyone about MovementLAB."

And Gianni's message to Ponsonby News readers? "Please call to book a site tour of our beautiful new facility. We will be announcing the MovementLAB class timetable on our Facebook, Instagram and website soon. [PN](#)

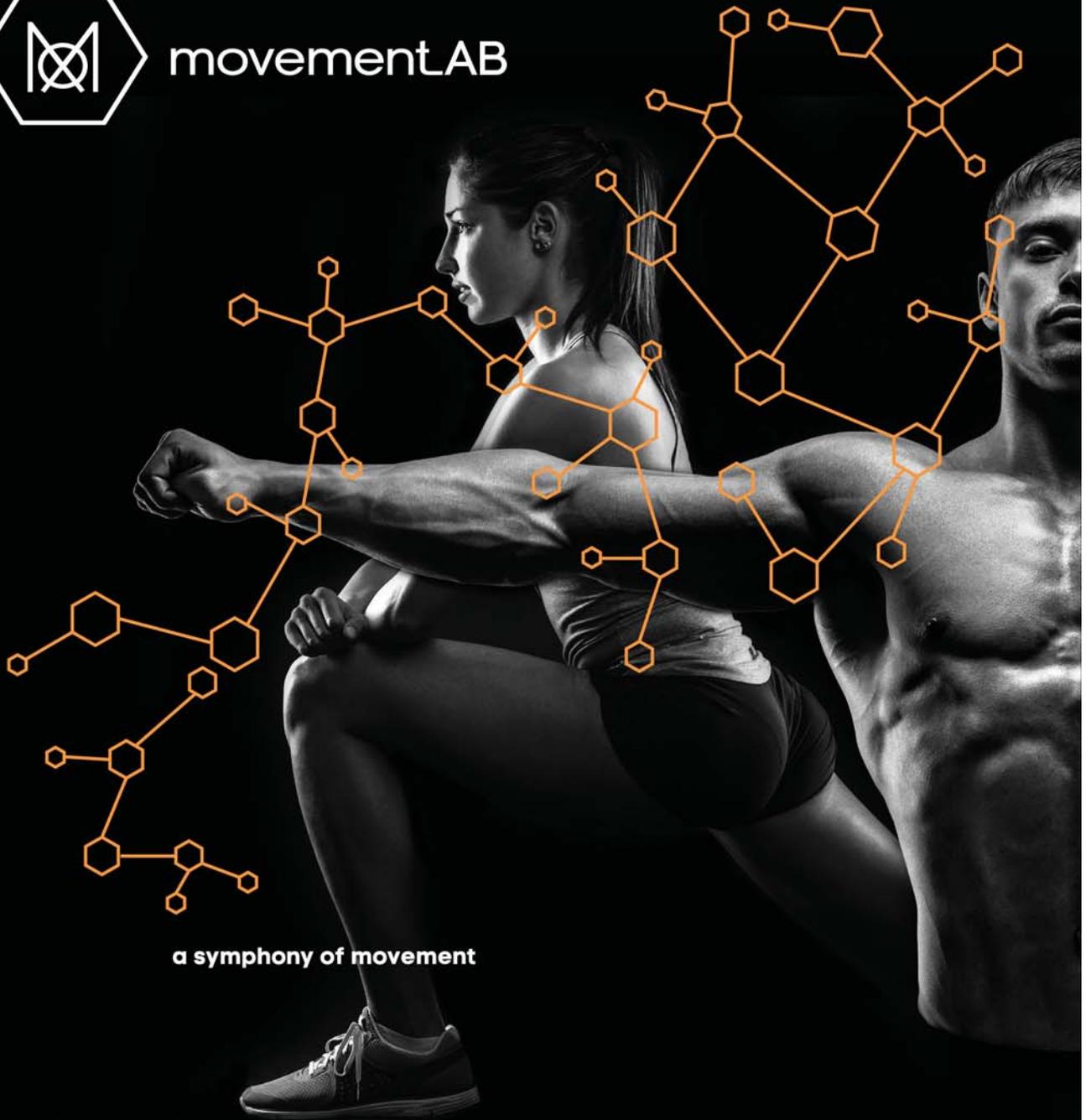
MovementLAB, L3/S1 58 Surrey Crescent, T: 09 360 0008,  
[www.movementlab.co.nz](http://www.movementlab.co.nz)



**Gianni Felpas** of MovementLAB



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## BAYFIELD'S BEAUTIFUL NEW SCHOOL

**It's 40 years since I was Deputy Principal of Bayfield School, and now I am crossing the road to the brand new school on the present site.**

We were excited by the newness and the innovative layout of the new school, which was set out in a style that allowed the collaborative approach which Bayfield teachers still use today. We called the spaces 'open plan' and several teachers taught together in what we called a pod. They now refer to it as a hub.

What a change from the old school across the road, now an early childhood centre!

In the old days school teachers spent all day hidden away with their 'own' class, and apart from visits from the principal or children with a message, and periodically a school inspector, little was known about what went on behind closed doors. If it was quiet, most assumed good learning was taking place. If it was very noisy, most assumed the teacher had disciplinary difficulties. But for all most knew, the teacher could have been reading the Herald all morning and the Best Bets all afternoon.

The collaborative nature of the open plan presented its challenges. It was not universally liked by teachers. It was sometimes said that it resulted in the discipline of the weakest teacher. But in fact, it enabled, and now in the brand new Bayfield School, will enable, younger, less experienced teachers to be mentored by the more mature staff members. It also gives the opportunity for teachers with special knowledge or skills to take the lead in their special area. Music is a good example.

These spaces, so beautifully put together in the new Bayfield School, with coloured tiles to designate each hub, allow for one-on-one learning, small groups, or up to three classes all together for shared reading, a visiting speaker, or massed singing. Versatile and flexible are the key words.

The new furniture is outstanding, with ergonomic chairs. The hubs are also especially set up to facilitate digital learning - between 30 and 60% of the students' time, Principal Sheryl Fletcher estimates. But it is not all about digital. There is a flash new library space too.

Mrs Fletcher gave me a VIP tour of the new school. The first thing that impressed me was the excellent school 'tone'. By tone, I mean the quality or style of the learning that is going on. Students were actively engaged. They are encouraged to develop 'agency', taking some responsibility for their own learning, and understanding its importance. Tonal quality is what inspectors used to be able to assess pretty accurately just by walking around the school. It is one thing ERO still looks for.

Bayfield can now bring to fruition their vision statement 'inspired today - prepared for tomorrow.'

Sheryl Fletcher took me into the rebuilt hall, a wonderful facility for current students and the wider community too.

Up on the wall for the first time since it was displayed across the road in the old school was the Honours Board. It features the names of the fallen in both World Wars, and now becomes a constant reminder to students of those in our community who sacrificed their lives for us.

From 1886 to 2015, Bayfield has a proud past and is assured of a successful future. The Board of Trustees is seeking out of zone applications for a ballot on 14 October, so if you have a Year 1 to 6 child and you are not in the Bayfield zone you may consider an application.

There has been much heartache and disruption over the leaky old buildings, but now the staff and students feel proud, and somewhat lucky, that they can teach and learn in such an up to date and attractive environment.

With the removal of the prefabs and the landscaping completed, Bayfield will be vision to behold in 2016. (JOHN ELLIOTT) 



## A-Z GUIDE OF LOCAL CHILDCARE PROVIDERS

**BAYFIELD EARLY EDUCATION CENTRE**, 272 Jervois Road, T: 09 378 8106, [www.earlyeducation.co.nz](http://www.earlyeducation.co.nz)

Established in May 2000, Bayfield Early Education Centre is a New Zealand-owned privately operated centre in the heart of Herne Bay. With its loyal team, they specialise in full day care facilities ideal for working or studying parents with a cook on site and teachers who work full time. Their preschool area offers extra curricular activities such as a language class (French) and Playball for fitness for the three to five year olds.

**BEAR PARK EARLY CHILDHOOD CENTRE**, 42 Shelly Beach Road, T: 09 376 0232, [www.bearpark.co.nz](http://www.bearpark.co.nz)

Quality is visible within Bear Park, Herne Bay, through the unique and respectful educational environments that offer your child endless opportunities to grow into a competent learner and a strong researcher, confident and ready for primary school when the time comes. Their richly resourced qualified teachers further enhance your children's learning through creating that sense of wonder and curiosity and encouraging them to acquire that 'thirst for knowledge'.

**EDUKIDS PONSONBY**, 62 Vermont Street, T: 09 376 2410, [www.beststarteducare.co.nz](http://www.beststarteducare.co.nz)

Edukids Ponsonby provides a unique early childhood setting in large park-like grounds and boasts a recently remodelled playground. Their supportive teachers work closely with parents to ensure your child gets the very best possible start. The Baby Cottage provides a warm and home-like environment, while the Big House provides many different curriculum choices for curious children. An onsite cook prepares fresh, nutritious meals daily.

**FIRST STEPS GREY LYNN**, 38 Sackville Street, T: 09 376 5431, [www.beststarteducare.co.nz](http://www.beststarteducare.co.nz)

First Steps Grey Lynn are passionate about providing a safe and nurturing environment for the care and development of young children. They encourage exploration, respect towards and understanding of their environment. They support children in setting and reaching their goals in their own time, and at their own level. Their playground has been recently upgraded and children love this fantastic natural environment - you really do need to see it to believe it!

**FIRST STEPS PONSONBY**, 136 Richmond Road, T: 09 376 6643, [www.beststarteducare.co.nz](http://www.beststarteducare.co.nz)

Their programme offers a balance of free choice and structure, and remains flexible in an ever-changing environment. Working closely with parents, they listen to the aspirations you have for your child and the expectations of care and education you have for them while at the centre. Their great infants and toddlers' programme supports children to develop their foundation skills, setting them up for a life-long love of learning.

continued p77



## Junior Warriors make it all, all right

### Forget the disaster of the 2015 Warriors season, there is still plenty to be proud of for Rugby League and Warriors fans.

First of all, from a senior's side perspective, they still have the ability to attract top quality football players to the Auckland Franchise. Luring Roger Tuivasa-Sheck away from the Roosters is a major coup, and Blake Ashford from the Sharks is another real positive. The Warriors have been in desperate need of a quality centre since Brent Tate finished up and Ashford definitely fits that brief. It's great to see their recruitment process is getting back on song and let's hope Isaac Luke, another Kiwi returning home, can produce the type of form he had when South Sydney won the NRL title in 2014.

Secondly, the Under 20s side continues to prove there's plenty that is going right at the club by reaching the Holden Cup finals series for the eighth consecutive time. And when I think back to why the Auckland based NRL Club was established 20 years ago, the mandate was to profile some of the prolific talent New Zealand, and more immediately Auckland had to offer.

For some reason they just seem to be able to shift up a gear when knock out football starts and they've done that again this year. They are shaking off a late season slide to be possibly unstoppable again this year and a real shot at defending their crown. But regardless of the reason for that, there's not another club in the NRL that comes close with a record like this.

While Shaun Johnson is the shining light to have come through the clubs junior system, there are plenty more success stories, both at the Warriors and now plying their trade at other clubs. Elijah Taylor is a prime example of that at the Penrith Panthers.

So, while you may be disappointed with the way the Warriors NRL side folded towards the back of the year, maybe take a breath and even turn the TV on a couple of hours earlier, the Warriors under 20s are one hell of a team to watch. (GEORGE BERRY) [PN](#)

## Full trophy cabinet for Auckland hockey

### Back to back title winners has a pretty nice ring to it for the Auckland Women's Hockey side who demolished Northland to again claim the national hockey title.

In a replay of last year's final, it didn't take long to see the Auckland women would be far too strong with the first of their six goals coming inside the first four minutes, thanks to a penalty corner converted by Liz Thompson. Katie Glynn and Julia King also added their names to the score sheet in the first half with one goal each.

Despite having home turf advantage and a vocal crowd behind them, the class of the Black Sticks-laden Auckland side offered up little to nothing for Northland other than heartache, with Northland kept scoreless as well as leaking another three goals.

Deanna Ritchie, Sam Harrison and Monique Wilson all scored goals in the second half. Despite today's loss, Northland defender Brooke Neal was named Women's Most Valuable Player for the tournament after a top class week of hockey.

In the men's tournament, the Aucklanders weren't quite able to match the heroics of their female counterparts, although they did manage to sneak on for the final podium spot. Their hard fought 3-2 result over Midlands bagging them the bronze medal, thanks to two second half goals from striker Simon Child. Joe Crooks was the other goal-scorer for Auckland. (GEORGE BERRY) [PN](#)

## A-Z GUIDE OF LOCAL CHILDCARE PROVIDERS continued from p76

**FREEMANS BAY PLAYCENTRE**, 124 Wellington Street, T: 09 376 1492,  
[www.freemansbayplaycentre.org.nz](http://www.freemansbayplaycentre.org.nz)

FBPC is a high quality early childhood education option for children from birth until school age. Parents/caregivers attend with their children, learning through play together, whilst also running the centre cooperatively. They offer high adult to child ratios, free adult education courses, a community atmosphere and lots of fun!

**HERNE BAY PLAYCENTRE**, 211 Jervois Road, T: 09 360 0890,  
[www.hernebayplaycentre.com](http://www.hernebayplaycentre.com)

Looking for preschool education where you're involved? Herne Bay Playcentre supports parents to be their children's first and best educator. They offer excellent facilities, free adult education, great parking, fun times and a supportive environment. Sessions are held Monday, Wednesday and Friday mornings for children from birth through to school age.

**HONEYBEES PRESCHOOL & CHILDCARE**, 127 Hobson Street, T: 09 309 9303,  
[www.honeybees.co.nz](http://www.honeybees.co.nz)

Honeybees is a stunning preschool in the inner city, with a large bright and sunny outdoor area, and the most natural and nutritious menu you will find anywhere. The centre is richly resourced and there are no toxic and poisonous chemicals like bleach used on your children's toys. Keep your family close while you are hard at work, and let the Honeybees family take the very best care of yours.

**KARITANE LIMITED**, 560-562 Richmond Road, T: 09 575 7174,  
[www.karitanenannies.co.nz](http://www.karitanenannies.co.nz)

Now known as Karitane Limited, they are the only nanny agency in the Ponsonby / Grey Lynn area. They have been placing Karitane nurses as well as maternity nannies in positions since 1978. They provide live-in, daily, casual, temporary and overseas nannies, Karitane nurses, maternity nannies, experienced nannies and babysitters for private homes throughout New Zealand and overseas.

**KINDERCARE GREY LYNN**, 7 King Street, T: 09 376 5198,  
[www.kindercare.co.nz](http://www.kindercare.co.nz)

Since 1972, Kindercare has provided heart-centred full and part-time care and education for babies, toddlers and preschoolers. Separate rooms and outdoor play areas ensure your child will receive responsive, focused attention at each stage of development. At their small, homely centre in Grey Lynn, loving relationships, a safe environment, and their creative 'Care and Play' curriculum will foster your child's potential.

**LITTLE ENGINES**, 56 Surrey Crescent, T: 09 378 9502,  
[www.little-engines.co.nz](http://www.little-engines.co.nz)

Little Engines seeks to create entertaining and enlightening learning opportunities for children by providing an environment where children's natural love for life and learning are encouraged and nurtured. A strong sense of community is promoted, within the walls and beyond, as is a caring and respectful environment. An authentic Montessori experience in a well-resourced and beautiful environment with a talented and highly experienced team.

**MONTESSORI @ HERNE BAY**, 44 Shelley Beach Road, T: 09 378 8056,  
[www.beststarteducare.co.nz](http://www.beststarteducare.co.nz)

Set in a beautiful old villa, their teachers are trained and experienced in the Montessori method, as well as mainstream early childhood education. With low teacher-child ratios they provide a quality programme and excellent support for children. Their Montessori programme runs across two separate rooms for age groups. Children at the centre develop a solid grounding in numbers, reading and writing in preparation for school.

**OMA RAPETI EARLY LEARNING CENTRE**, 1 Pratt Street, T: 09 376 7282,  
[www.omarapeti.net.nz](http://www.omarapeti.net.nz)

Nurturing, nourishing, natural. Their family-owned centre is where children come to learn through play in a natural garden with fruit trees, vegetables, pet rabbits and bantam hens. Their philosophy follows the inspiring work of Dr. Emmi Pikler. Through respectful primary relationships, trained teachers meet your children's individual needs. They care for family, community and the earth. They love, celebrations, music, arts, organic wholefood, walks, foot spas and fun!

continued p79



# My oh my! Thank goodness the Rugby World Cup is finally underway

**While it feels like it was only yesterday that people were streaming down Ponsonby Road heading for the opening ceremony at Eden Park for the 2011 tournament, the week or so between the All Blacks arriving in England and their first game against Argentina felt like it took an age to actually pass.**

Some days it felt like we were stuck in slow motion and that the tournament kick off would never eventuate.

But with the first game or two done and dusted, and a couple of upsets to excite everyone, it's now where the tournament enters the danger zone for the All Blacks.

The lull between the big opening match against Argentina and the knock out phase, in my opinion, poses the biggest threat to the All Blacks defending, or as they like to put it, winning the Rugby World Cup for the third time.

I've recently heard former All Black Captain Sean Fitzpatrick say "having easier games in pool play will mean the All Blacks arrive fresh and ready to take on what's thrown at them in the knock out stages." However, I just can't help but see more possible pain with this predicament rather than positive, and that Sean is just taking a glass half full approach rather than calling it for what it actually is.

You see, tournament format rugby is so very different to the rugby championship or the June test series.

From game one against Argentina, there was only four days between that and the next match against Namibia, then a massive 10 days before playing again, taking on Georgia in Cardiff. This is where boredom and potential distraction can creep in.

On one hand there are performance issues: those first few games will have seen the full 31 players of the squad swapped in and out to ensure they're ready come crunch-time in the tournament. However, the opposite of that is that the gel or connection the best 23 might possibly have had has only been eroded during that very same period.

It's not like the rugby championship where the best team might be a little rusty in game one but are completely on song come game three and four, having got better and better each week. The tournament for New Zealand really starts at the knock out point of the quarter finals, where, as we saw in 2007 in Cardiff, if you don't play to your potential, no matter what you've done over the past four years, even the past four weeks, nothing can save you from going home unless you win each time you set foot on the park.

On the other side of things, apart from a few days travel mixed in there, the majority of those in-between days are spent training and talking to media. During this period of nothing, there's a vacuum to fill which sees the media desperate to latch onto any wee crumb that might be dropped during the daily media sessions.

Those media sessions are necessary evils, on one hand they're there to fill the void left by the lack of games and keep the waiting public interested in the tournament. But also they can often add extra unwanted pressure to the coaches and players, as performance and possible selection dilemmas are mulled over.

Gone are the days when the 6pm news or morning paper was the only place we got our information about the team. So the demand for anything and everything that team is doing has only ramped up even more.

And I'm sure that pressure can only have compounded with social media now allowing every armchair critic with a Twitter or Facebook account to also have their say.

One can only hope that the All Blacks management has a few things planned to occupy the All Blacks minds and bodies throughout the next month or so. (GEORGE BERRY) [PN](#)

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## Falcons fly high

**Our parliamentary side are at it, our armed forces, the All Blacks and even our very own New Zealand Falcons - winning rugby tournaments, that is.**

The New Zealand Falcons, who only formed two years ago, claimed the trans-Tasman gay rugby championship, the Purchas Cup after beating the Melbourne Chargers 20 points to 8 in the decider at Western Springs last month.

A last minute loss to the Sydney Convicts earlier in the day meant the Falcons had to beat the Chargers convincingly to claim the triangle tournament title, something they managed with reasonable ease in the end, thanks to some solid defence and a 10 points to nil half time lead.

After scoring a try and a penalty soon after the break the Chargers narrowed the gap to just two points before a kick return earned the kiwis another five-pointer. Another late try guaranteed the victory and the silverware for the Falcons.

A little home crowd support and chants of "Falcons, Falcons" would have no doubt had something to do with the victory too.

Tournament organiser Andrew Purchas said he was delighted the Falcons have become such strong competition in such a short time.

"The Chargers put everything on the field... but the very worthy winners were the New Zealand Falcons, fantastic team, wonderful to see a new club actually winning this trophy. Great to see you guys so strong, great to see the competition so strong."



A victory haka then ensued as Falcon's skipper Jeremy Brankin praised all of those involved, "Awesome rugby today, good physical rugby."

"I am extremely proud to be your captain... you just played your hearts out."

The victory proved that no matter what background you come from, rugby is very much a part of the Kiwi fabric. The Sydney Convicts are considered the team to beat in gay rugby after they claimed the Bingham Cup, the gay equivalent to the Rugby World Cup last year.

A tournament and cup the Falcons will now look to add their name to later this year in Nashville. (GEORGE BERRY) [PN](#)



## Helping our inner city kids off the settee

**Everyone knows that per head of population, Auckland has more kids getting off the couch and playing sport than just about any city in the world.**

An organisation making a lot of it happen is Sport Auckland and one of the cogs in the machine is Emily Davidson, our local community sport coordinator. Anyone talking to Emily, an Englishwoman who came to New Zealand three years ago, can't fail to be struck by her passion for her job, the kids and the country. Is it just infatuation, a crush destined to wear off in another year or two?

Unlikely. "New Zealand is my home now. I love it here," gushes Emily. "And working with children is the most rewarding job in the world! You watch them grow, develop and build confidence. And they say the funniest things! It doesn't matter what mood you may start your day in, you know they will always cheer you up!" she said.

"Being able to give back to the community, especially through the children, is my biggest driver in life and both sport and play is a great platform to do this. This year I was lucky enough to work as a volunteer in an orphanage and school in Fiji. I was able to explain the importance of play to the staff and run movement sessions with the children. I also currently volunteer with the Auckland Special Olympics swim team and as a youth mentor for Foundation of Youth Development. If you don't know much about these organisations I recommend looking into them, they are both such amazing organisations that wouldn't survive without volunteers!"

Emily's passion for sport is in spite of - or perhaps because of - the fact that she wasn't a gifted athlete as a child. Sport was not encouraged in her family or school, which didn't play in interschool competitions.

Now, in New Zealand, she's helping Kiwi kids enjoy the childhood that was denied her.

She enthuses: "Our goal is to increase participation in sport, recreation and play by ensuring the right opportunities are offered in the right places. And to ensure we are influencing quality experiences that inspire

and empower our young people! Sport Auckland's vision is to inspire our communities to live a healthy and active lifestyle. It's a vision I live and breathe!"

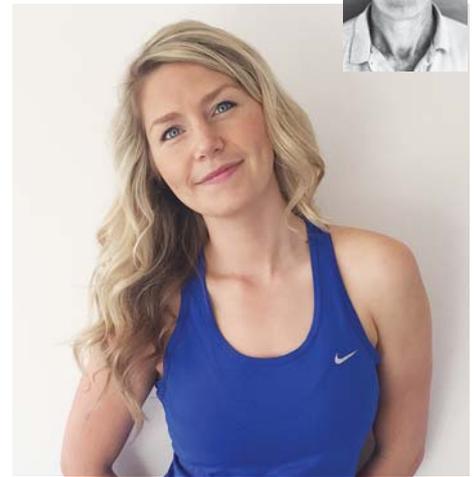
Emily works with all of the inner city schools, including Freemans Bay, Ponsonby, Richmond Road and St Joseph's Grey Lynn. Fourteen primary schools, one intermediate and six secondary schools in all. One of her main priorities is to create a community of schools, which involves the senior students coaching, refereeing, and supporting their feeder schools in sport.

"We currently have 10 kiwi sport-funded sports programmes going into primary schools, ranging from generic sports such as football and cricket to more out of the ordinary sports such as golf and Get Set Go (a fundamental movement programme)," says Emily.

"On top of this we have leadership and coaching programmes that run in school time for the senior students, which involves them coaching their younger peers. A more recent initiative has been the introduction of before and after school alternative sports, such as boxing and SNAG (starting new at golf).

"Giving kids these opportunities is really important especially given one of the biggest barriers for inner city school kids is space, both at school and at home. Before school activity gives kids an outlet to burn off their extra energy before they get into the classroom. It's an extension of the classroom, a place that marries play and learning. For example, our boxing classes teach children life skills such as leadership, respect and honesty."

When you hear the genuine passion Emily has for her work and the kids, you realise that England's loss is certainly Auckland's gain, as Hayley McKeown, sports coordinator at Richmond Road School testifies: "Emily is our Community Sports Leader, and what a sports leader she is! Since Emily and Sport Auckland started working with us, we've



One of our newest All Black fans, **Emily Davidson**

been able to offer our students in-school programmes away from the usual sports, such as golf, Aussie rules, badminton, volleyball, skateboarding and boxing.

"Without Emily and Sport Auckland, there's no way we could offer such a wide range of sports to our students," Hayley said. "After experiencing these sports, many of our kids are now out in the community playing club sports other than just football, netball and rugby. Emily's made such a difference to the sporting culture of our school. She's organised recycle days where we donate excess sports equipment to the community and in return we receive equipment we need, like new netball hoops and football goals.

"So, a huge thank you to Emily and her team at Sport Auckland. Richmond Road sports wouldn't be the same without you!"

It certainly seems that Emily has become an honorary Kiwi for the job she's doing with our children. But one final test: who is she supporting in the Rugby World Cup? "That's a tough one!" she said. "I'll watch all the England games, but at heart I'll be supporting New Zealand. It's my home now. And there's no team as inspiring as the All Blacks. I'm a big fan of them and everything they stand for." Good answer Emily. You can stay. (BILLY HARRIS) **[PN]**

### A-Z GUIDE OF LOCAL CHILDCARE PROVIDERS continued from p77

**PONSONBY KINDERGARTEN**, 22 Ponsonby Terrace, T: 09 376 4931, [www.aka.org.nz/ponsonby-kindergarten](http://www.aka.org.nz/ponsonby-kindergarten)

Ponsonby Kindergarten is a warm and welcoming sessional kindergarten under the umbrella of the Auckland Kindergarten Association. The beautiful heritage building and large outdoor playground and gardens provide a fun and inviting environment for children and families. Please feel free to come and visit the kindergarten and meet the teaching team.

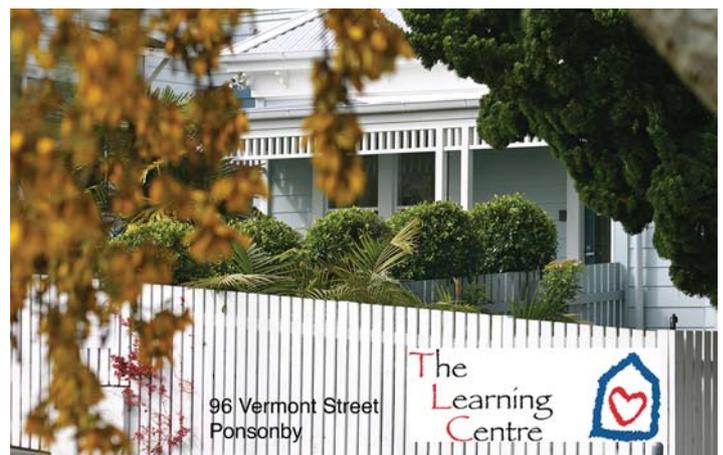
**PONSY KIDS COMMUNITY PRESCHOOL**, 20 Ponsonby Terrace, T: 09 376 0896, [www.ponsonbycommunity.org.nz](http://www.ponsonbycommunity.org.nz)

Ponsonby Kids Community Preschool is a not-for-profit preschool that provides a nurturing learning environment for 41 children aged two to five years. Ponsy Kids offers 20 hours early childhood education funding and also a number of sessions between 8.30am - 4pm. They have seven teachers providing high teacher-child ratios.

**THE LEARNING CENTRE**, 96 Vermont Street, T: 09 376 6857, [www.thelearningcentre.co.nz](http://www.thelearningcentre.co.nz)

The Learning Centre Ltd (TLC) is a boutique, high-quality and homely environment

for zero to six year olds. They have a highly qualified and passionate teaching team who are fully committed to their philosophy of respect influenced by Magda Gerber. They have a lovely garden backing onto a reserve, and an emphasis on natural resources inside. They provide healthy, home cooked, largely organic food.





Zookeeper **Jacqui Birchall** is passionate about engaging Zoo visitors about the critically endangered cotton-top tamarin.

## Join us for Mission Possible these holidays

**Saturday 26 September - Sunday 11 October**

At Auckland Zoo we've made it our mission to build a future for wildlife. It's a big assignment, but we believe it's Mission Possible!

These school holidays, kids can join Mission Possible by becoming a trainee zookeeper.

Zookeepers and zoo vets are at the forefront of the fight against extinction of precious wildlife here in New Zealand and around the world, and they want your help!

On arrival, make your way to the Welcome Tent to receive your Mission Possible Official Trainee Zookeeper Notebook.

Your assignment, should you choose to accept it, is to select and complete four missions at Mission Possible locations around the zoo. You'll discover the many ways that zookeepers help fight extinction and can give some of these fun activities a try yourself. On completion, you'll gain your qualification stamp as an Auckland Zoo trainee zookeeper. Visit [www.aucklandzoo.co.nz](http://www.aucklandzoo.co.nz)



Vet nurse **Mikayle Wilson** monitors the breathing of our male tiger Jaka during a veterinary procedure.

## Stay tuned with Zoo tales

You can discover more about Auckland Zoo people and animals by watching our web series Zoo tales. Every Friday we post a new Zoo tales episode on facebook, youtube and [aucklandzoo.co.nz](http://aucklandzoo.co.nz).



So hop online and come behind-the-scenes with us, get up close, be surprised and moved - and discover how we, with the support of visitors like you, are helping build a future for wildlife!

80 PONSONBY NEWS+ October 2015



Giraffe calf Mtundu, whose name means mischievous



A newly hatched kiwi chick

## Zoo celebrates new life

**Springing into life at Auckland Zoo recently have been kiwi chicks, a 'mischievous' new giraffe calf, ping pong ball-sized leopard tortoises and some stunning Auckland green geckos.**

It's a busy but welcome time for our zookeepers, particularly for those helping our national bird.

Our first Operation Nest Egg (O.N.E.) kiwi chick hatched at the end of August and has since been released onto pest-free Motuora Island in the Hauraki Gulf.

Appropriately for October (Save Kiwi Month), we have more eggs incubating and kiwi chicks at various stages. Once these chicks regain their hatch weight (normally between 3 - 4 weeks old) they are ready to be released onto island sanctuaries.

For the second year now, with our Rotorua Island Trust partners, we are working with the wonderful Thames Coast Kiwi Care (TCKC) folk to help the Coromandel North Island brown kiwi - the rarest of the four distinct types of brown kiwi.

Kiwi eggs collected from Te Mata in the Coromandel are incubated at Auckland Zoo, and then released onto Rotorua Island. Once they reach 1.2kg in size - that's large enough to have a chance against introduced predators on the mainland, they'll be rounded up and returned to the 2,500 ha protected area in the Coromandel cared for by TCKC volunteers.

Be sure to keep an eye on the Zoo and Rotorua Island websites for news about upcoming kiwi releases to Rotorua that will be open to public to attend.

In the meantime, you might want to come in to check out our beautiful baby giraffe calf. Just over six weeks old, he is already striding out confidently with the rest of the giraffe herd in Pridelands. Super relaxed and very curious, the Pridelands keepers have appropriately named him Mtundu, which is Swahili for 'mischievous'.

Mtundu is our 33rd giraffe calf, and the second giraffe calf to be born at the zoo this year. With Mtundu's father Zabulu a Rothschild's giraffe, he is genetically a valuable addition to the Australasian breeding programme, and will in time be relocated to another zoo in the Australasian region.

Other newcomers this spring include three Auckland green geckos, which you'll find on display in The Islands in Te Wao Nui. These stunning reptiles - fluorescent green in colour, are found only in the northern half of the North Island.

Our Ectotherm keepers have also welcomed five baby Leopard tortoises, and have a further 24 eggs incubating. On hatching, these striking African tortoises are no more than the size of a ping pong ball, and weigh just 20-30gms! While these babies are not on display, you can check out our adult leopard tortoises in their outdoor enclosure in Hippo River, opposite our cheetah exhibit.

## Dave McDermott

**Sports Co-ordinator, St Paul's College**

### **How did you come to be a secondary school sports coordinator?**

Through coaching Rugby League at my old school, Kelston Boys.

### **Where did you train?**

I did high performance strength and conditioning qualifications in Melbourne, Australia; coaching and trainers' qualifications in Waikato through NZRL (New Zealand Rugby League).

### **What brought you to St Paul's?**

I've always respected St Paul's proud history as a powerhouse sporting school, and have been on the end of some big defeats by their teams over the years. I was lucky enough to apply for a vacant position this year.

### **What are your favourite things about being a sports co-ordinator?**

Being part of the development of young men on and off the field. Seeing qualities such as leadership, resilience and communication develop throughout the season(s) and school year.

### **What has been a highlight of your teaching career?**

A couple of national sporting titles during my time at Kelston Boy's High School. I hope to be part of a new era of success on the field and in the classroom at St Paul's.

### **What's been a low point?**

I've been lucky, I can't really pinpoint a low point as such. I've definitely had some setbacks and disappointments, but that just builds character moving forwards.

### **How would your principal describe you?**

Ambitious... or possibly a little impatient.

### **How would other teachers describe you?**

They're still getting to know me, I haven't been here long. Maybe as the coach who stole some of their silverware during his time at another school. Through results - not literally.

### **How would your students describe you?**

Approachable.

### **Five tips for mums and dads of secondary school kids**

1. Make sure they eat breakfast.
2. Make sure they have lunch.
3. Be proud of their achievements, no matter how big or small.
4. Encourage them and build their confidence, self-esteem and self-belief.
5. Try to discourage the sugar/caffeine bombs that are 'energy drinks'.



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## LIVE LIFE TO THE MAX

**Meet Veronica Fawcet, mum to Max, 'Maxie' the 12 year old Jack Russell and four year old, two legged, son Jackson.**

Jackson and Max are besties and although Max is 12, Veronica says he can still get himself into the type of trouble a much younger dog could. Go the Jack Russells, we say. Max really does live up to his name and Jackson has been known to tell Max that he's making "bad choices." Ha, we love that!

Veronica describes Max as loving, nosey (we prefer interested), needy (we'd say quirky), loyal and a total foodie. In a movie of his life, Robert Duval would play him and his theme song based on his favourite thing ever would be Born to Run, by Bruce the Boss Springsteen.

While Max lives life at full throttle, Veronica also helps her clients reach their maximum potential. Veronica is the epitome of health and vitality so it is no wonder she is a lifestyle coach - essentially your personal trainer for health and wellness. Her philosophy is to treat food like a medicine and to help decipher the many conflicting food messages out there. She likes to keep things simple, she doesn't do diets but she does love and advocates for great-tasting whole-food and some treats... we like treats.) She loves her business and the people she gets to work with, many are dog lovers. Always the best, kind of people we think, but we are biased.

Max adores hanging with his mum 24/7, so if you are lucky enough to work with Veronica, aside from great guidance, inspiration and accountability, there are also puppy snuggles on offer. Food for the body, soul and heart. We ruff it. [www.veronicafawcet.co.nz](http://www.veronicafawcet.co.nz)

If you know a local animal lover, email us at [angela@petsandpats.com](mailto:angela@petsandpats.com), the person featured in this column will receive a fabulous photoshoot and pet services worth \$500. Furry and fabulous, brought to you by Angela Beer, owner of [petsandpats.com](http://petsandpats.com) and Fiona Tomlinson photographer [www.fionatomlinson.co.nz](http://www.fionatomlinson.co.nz)



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# SHOW WHAT IT MEANS TO BE LOVED

MANY OF THE ANIMALS WHO COME THROUGH SPCA AUCKLAND ANIMAL VILLAGE require some extra love, care, and attention before they are ready to be adopted into their forever homes. Some will have already received medical attention at the SPCA Auckland hospital and need somewhere to recover and gain strength.

This is where SPCA rely on the kindness of fosterers who take animals in need into their homes temporarily. Fostering is vital to the work they do at the animal village because it allows us to place animals in the safe, capable hands of fosterers while we care for more sick, injured, and neglected animals.

Fosterers are particularly important over the summer months when we become inundated with kittens. Not only is it breeding season, but the Christmas period unfortunately also results in large numbers of unwanted, unloved, and abandoned cats and kittens.

While each cat is different, the average length of stay in a foster home is usually three to six weeks. Once they are ready, the animals come back to the Animal Village and are put up for adoption.

Looking after an animal can be a big undertaking, so first time fosterers receive training and the friendly Foster Team are just a phone call away.

SPCA Auckland supplies quality food, as well as litter, litter trays, bedding, toys, bowls, and anything else available to make the animals comfortable while they are staying in your home. Our onsite vets provide medical care if required.

Being a foster parent is a great experience that gives you the chance to make a difference in the lives of many animals. The world has often been very cruel to them and you are able to show them what it means to be loved and cared for.

Talk to SPCA Auckland's Foster Team on T: 09 256 7303 today to discuss fostering an animal over the summer months or visit [www.spcauckland.org.nz](http://www.spcauckland.org.nz) for more information. PN

Each month Dr Alex Melrose answers readers' pet-related issues. Email yours to: [alex@vetcare.net.nz](mailto:alex@vetcare.net.nz)

**Q:** I was wondering what you think we should do about my dog Mako? He was operated on a couple of years back in Wellington to fix his broken leg. They put a pin and some wire in when he was still a pup. The little guy has never really been walking well since. But I guess the fracture has healed. What could you do in this situation? Do you think he could be in pain? He seems happy. **Brett, Freeman's Bay.**

**A:** We would love to help. Firstly, we would get some clear radiographs of the area and check on healing, and even more to the point (ouch) check where that pin is sitting. Pins can be safely left in fracture sites, but especially with young active dogs like Mako, they can also move around a surprising amount. They can slowly creep out of their position and the sharp ends then push up into the surrounding soft tissues.

This can in turn cause muscle contracture, improper gait, pain, and eventually limb deformity. The good news is if that pin has risen up into his muscle tissue, we can pull the whole of it out, removing the issue. After this length of time, it won't be helping at all at the old fracture site. With some ongoing physiotherapy the problem could be solved as easily as that, best wishes and looking forward to helping.  
(DR ALEX MELROSE BVSC, MRCVS) PN

VETCARE GREY LYNN & UNITEC, 408 Great North Road, Gate 3, 101 Carrington Road, T: 09 361 3500, [www.vetcare.net.nz](http://www.vetcare.net.nz)

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**Email Michael with your question and include PONSONBY NEWS in the subject line. Michael Hemphill, a partner of the firm, will answer one topical question each month.**

**Q:** I am thinking about opting into the KiwiSaver scheme but I am hesitant about locking my money away until I am 65. I have heard that you can withdraw your funds early if you are purchasing your first home - this might be useful to me in the next few years. Are there any other ways in which I can withdraw my funds? What if I am without work and in need of money? Or if I decide to live abroad, what will happen to my savings? Any advice would be much appreciated.

**A:** The general rule is that you cannot withdraw your savings from the KiwiSaver scheme until the end payment date. This is usually the superannuation qualification date which is currently 65. However, there are a number of circumstances in which you may be able to withdraw all or some of your savings early.

Most potential first-home owners, like yourself, know they maybe be able to withdraw some of their funds if they are purchasing their first home.

KiwiSaver has recently allowed members to withdraw their tax member credits in addition to their contributions and employer contributions, giving first-home buyers even more of a head start. The only catch is that you must live in the home you are purchasing for at least six months.

Given the state of today's housing prices you might need a little extra help getting on the property ladder. You might be eligible to apply for a KiwiSaver Home Start grant. How much you receive depends on how long you've been contributing to KiwiSaver. Your eligibility is also affected by how much you earn and the purchase price of the property. In Auckland the house price currently capped at \$550,000 which means you might have to look at commuting or settling for a do-er upper.

If you are out of work and in need of money then you might be able to withdraw some of your savings if you can provide evidence that you are suffering significant financial hardship. Financial hardship means situations where you are unable to meet minimum living expenses or you are unable to meet your mortgage repayments and the mortgagor is enforcing the mortgage on your property.

If you make an application for financial hardship you will need to show that reasonable alternative sources of funding have been explored. Then you will need to complete a statutory declaration detailing your assets and liabilities. If you can successfully prove financial hardship then you may be able to withdraw your contributions and your employer's contributions.

Similarly, you may be able to withdraw some of your savings early if you have an illness, injury or disability that either permanent affects your ability to work or poses a risk to death. If you make a successful application with medical evidence in support then you may be able to withdraw all of your KiwiSaver funds.

You might not know that if you permanently emigrate from New Zealand to a country other than Australia you may be eligible to withdraw all of your KiwiSaver funds, except your tax member credits. You will need to complete a statutory declaration and provide proof of your new address in support.

If you have moved to Australia then you can choose to leave your KiwiSaver funds in New Zealand or transfer your funds to an Australian complying superannuation scheme.

My advice is to keep up to date with the scheme in case there are any changes that may affect you and your circumstances. (MICHAEL HEMPHILL) **PN**

Disclaimer - This article is for general information purposes only. If you have a legal problem you should seek advice from a lawyer. Metro Law does not accept any liability other than to its clients and then only when advice is sought on specific matters.

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## Buying and selling property within two years - the bright line test

**The new 'bright-line' test taxing gains on residential properties sold with two years of purchase has taken a more comprehensive shape since being announced as part of the 2015 budget.**

Now the public consultation period is over, the legislation has been sent to Parliament for approval. It will apply to properties for which an agreement for sale and purchase is entered into from 1 October 2015, and subsequently disposed of within a two-year period. There are various exceptions, such as whether the property is the main home, or if the property was inherited or transferred as a part of a relationship property agreement. Taxpayers are allowed expense deductions for properties subject to the bright-line test according to ordinary tax rules. Losses arising only as a result of the bright-line test will be ring-fenced so that they may only be used to offset taxable gains arising under the land sale rules.

Below are some of the questions you might like to check for the bright-line test:

- Was there a disposal of land?
- Is the land residential?
- Was the property your main home?
- Was the property transferred to you under a relationship property agreement?
- Was the property received through inheritance?
- Was the 'original date of acquisition' within two years of you disposing of it?
- Is the amount you received greater than the cost of the property?

The new law supplements the current land tax rules of 'intention test'. The new unambiguous objective test allows the IRD to enforce the 'capital gains tax' on property

purchased and sold within two years regardless of whether you are a domestic or foreign investor. The introduction of the Taxation (Land Information and Offshore Persons Information) Bill also enables the IRD to collect more information related to land dealers. The IRD will rely on the LINZ system to identify and investigate high risk property sales.

Overseas buyers are required to supply:

- An IRD number or Tax Identification number from their home jurisdiction; and
- A New Zealand bank account number

Revenue authorities have warned that any land-rich companies and trusts trying to circumvent the bright-line test would be addressed through an anti-avoidance rules.

We strongly recommend you seek advice from professionals before action. If you need advice on the new legislation or any other land taxation rules, including the range of exclusions that exist, please contact us at Johnston Associates for guidance. We can help you with documented procedures, preparation and review processes, and also provide oversight of your re structure if necessary. (LOGAN GRANGER) [\[PI\]](#)

If you have any further questions or would like to discuss this matter, please do not hesitate to contact Logan Granger.

Disclaimer - While all care has been taken, Johnston Associates Chartered Accountants Ltd and its staff accept no liability for the content of this article; always see your professional advisor before taking any action that you are unsure about.

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# PASSION

## CHIC TEAK

**Even timeless teak has its fashions, Patrick Driessen owner of Java Teak explains.**

"Simple, classic style is always popular. The conventional Bistro table, for instance, is a constant bestseller. Its plain design comes in many sizes and shapes - there's something to suit everyone. Summer entertaining means umbrellas are always big sellers. The practical market umbrella comes in a huge range of colours and sizes. Teak can be chic and with new containers coming in regularly before Christmas there are a range of up-to-the-minute items available for you or for a gift."

New items in-store include a range of benches to suit many outdoor requirements. One favourite is the Box Bench, not only does it look gorgeous, but the lid opens to reveal a storage space for small items.

For those looking for a classic bench to complement their outdoor living, the San Francisco bench is the perfect two to three-seat option. Another great addition to any garden is the 80 - 100-year-old antique benches - adding a piece of history.

The popular Luyten bench is a bench designed by Lord Luyten in the 1920s, has an Art Deco look but it sits well in almost any setting.

Teak benches have a longevity and quality that means they sell to more than just the homeowner. Schools like Diocesan and St Kentigern have Java Teak benches and they're a common choice as a memorial bench. The comfortable teak summer loungers turn up in hotels across the Pacific. Steamers and sun loungers go to Rarotonga and Fiji, and folding chairs are always in demand with the resorts.

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## TIMELESS DESIGN AND LONGEVITY IN INTERIOR DESIGN

**"Good interior design is not about the singular passions of the designer. It's all about the client and how the design meets their needs; both in terms of beauty and functionality", says interior designer, Luciana Borges.**



**Luciana Borges** of Borges Design

"Having over 10 years experience in the interior design industry, both here and internationally, I understand this. An experienced designer can help clients save time and money by knowing how to liaise with contractors and being aware of the pitfalls to avoid. I work, on average, on over 20 projects each month - both big and small - and I am adept at making things easy for my clients. My incentive is always to save my clients time and money, deliver a great finished product on budget and on deadline, and to iron out any problems so that there are no headaches at their end.

"I like to create spaces that exhibit a sense of style and functionality that will last the test of time. Design is what I live and breathe. I have fresh ideas and a fresh mind with a dash of European flair when it comes to creating great living spaces.

"Timelessness is a creative fusion - where bold modern elements meet the more subtle forms of the natural world - plain colours; simple, uncluttered, bold lines; wood; stainless steel; tile and stone - all combine to create something magical. A pleasing elegance can also be enhanced and maximised by the use of natural plants and other sculptural elements."

"At the end of the day, it is all about the client. Tell me what inspires and I will help you shape the aesthetics and functionality of it." 

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1



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In the showroom, our experienced and knowledgeable sales team can help you to select from a wide range of leisure activities and gifts - many unique to Easy Days. Whether you are shopping for yourself and your family or looking for a special Christmas present in the coming months, you will find an abundance of fun and useful things to both give and enjoy.

And at Easy Days, we match our service with our name - shopping is stress-free and entertaining. We offer delivery options for items that are just too big to carry away; a price-match guarantee for any of our imported items advertised in print at a lower price; and if you find there are simply too many good things to choose from, we also offer gift vouchers.

Feel free to come in and try out our range. We are sure you will find something to enhance both your leisure time and your lifestyle. Easy Days - 'See the sign shining brightly on the right, toward town.' Open Monday to Friday from 9am to 5.30pm. Saturdays from November. 

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## HEIDI PADAIN: ENTERTAINMENT IN YOUR GARDEN



**I'm not much of a morning person during the winter months but now that spring is here, I feel vividly alive. I feel the explosion of life around me and literally leap out of bed in the mornings to see what there is to see.**

That said, it's not easy to lounge in bed around here of late. King Tui has taken up orbiting around the house, and landing in the trees closest to our windows. Each time he lands somewhere he performs every sound in his repertoire. Our morning wake up call is a loud and complicated mix of tuneful notes interspersed with coughs, grunts and wheezes. It's fabulous, but you would never sleep through it.

By the time I venture out onto our deck, His Majesty is there waiting for me. I put half a round of fresh orange into a coffee cup identical to my own, and this is how the day begins. I sip my coffee and contemplate the day ahead, while King Tui sips at the orange and surveys his territory for intruders. King Tui has had to learn to be more sociable since the karo (*Pittosporum crassifolium*) tree began to flower. This tree is one of my favourite native trees, each year it produces small dark red to purple flowers that attract a wide range of birds.

If you're lucky enough to have space to plant a new tree in your garden, this tree is a must-have. I can honestly say that when this tree is in flower, it is a moving mass of bird activity. There are so many tui birds here right now that I can't count them all and, needless to say, neither can King Tui. He darts in and out of the tree like a fighter jet plane. I'm exhausted just watching him.

I love gardening, for me spring is all about preparation for the months ahead. However, there are always things that you can't prepare for.

A few summers back I was alarmed to hear a rather odd humming sound coming from beneath our kitchen sink. Whenever I ventured into the cupboard under the sink, the humming would become louder, and more intense. Martin and I were rather confused by this noise, and we almost called a plumber, but then we realised that we were occasionally seeing a bumblebee just outside the kitchen window. When Martin and I went outside to investigate, we simply couldn't believe what we were looking at. A few months earlier we had installed a new kitchen, and this included altering the plumbing. There was a small hole where the down pipe had been removed. It was now rather apparent that the cavity had since been converted into a bumblebee nest.

I rather like insects, but I do get a little twitchy around those that sting, or bite, so I was on the verge of panic...

"Is this normal? There are thousands of trees here, why pick our house?"

The issue wasn't so much that the nest was close to our kitchen window, but that the outside area, the entrance to the nest, was alongside a very narrow walkway on our deck.

I said to Martin, "We don't need a plumber, we need a traffic management plan!"



Life changed over the summer months. To walk along the deck we had to stop just before the nest entrance, wait for two worker bees to exit, then listen out for any that might be returning, only then would we politely cross the entrance. It was a respect thing to be honest, and the same respectfulness applied when it came to doing the dishes. We could no longer hurl the dish wash detergent bottle back into the cupboard. Instead, we had to place it very carefully, and quietly.

As you can see by these photographs, I became very relaxed around the bumblebees and our native honeybees. My macro lens was in full use during the summer and, just in case you're wondering, neither Martin, me, or any of our visitors were stung.

I'm rather hoping the bumblebees will return home to us, and I'm now planting lots of flowers for them. Spring gives us hope for rejuvenation. A time to renew the excitement and zest for life that lives inside and outside. It's time to get busy in your garden. (HEIDI PADAIN) **PN**

To see some of Heidi's other photographic work go to [www.flickr.com](http://www.flickr.com) and type Heidi Padain into the search box or you can contact Heidi by email [hidihi@xtra.co.nz](mailto:hidihi@xtra.co.nz)





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# AUCKLAND HOUSE PRICES AT CROSSROADS

**After five months of setting ever-increasing record prices, Auckland house prices eased back in August.**

"In August, the average price for homes sold was \$821,079, a decline of nearly one percent on July's average price and also below the average prices for June and May," said Peter Thompson, Managing Director of Barfoot & Thompson.

"The same trend is there in the median price. At \$755,000 the median price is \$2000 lower than it was in July, and \$9000 or 1.2% lower than the median price for the previous three months.

"There were signs that the rate of price increase was cooling in June and July, and August's figures have confirmed that winter has contributed to prices declining.

"We are now at the crossroads in terms of where prices go. With the coming of spring we can expect pressure to go back on prices as factors which have led to record prices in the first place such as low mortgage rates, shortages of supply and demand from a growing population still remain.

"However, countering this is the pressure the Reserve Bank and the Government is applying by way of new rules and regulations to keep a lid on Auckland price increases, and concerns around worldwide economic stability.

"The most likely scenario is that prices will increase modestly in coming months from where they are at present.

"Sales numbers in the month at 1314 were at their highest in an August for more than 15 years, and 44.6% higher than in August last year.

"August can be a slow month for sales, but this year it was the third busiest sales month for 16 months.

"August's average price is 15.4% higher than the average price at the same time last year, but making this year-on-year comparison is misleading as it infers prices are continuing to rise, when they are not. Most of the increase that has occurred year-on-year did so in the first four months of the year.

"In applying year-on-year price comparisons over the next quarter also requires care, as last year sales patterns were interrupted by the run in to the 2014 general election.

"The number of new listings in August at 2123 were exceptional, the highest number in any month for more than 10 years.

"In spite of this, the number of available properties at month end at 2957 were only modestly higher than July's 2802.

"Sales of properties in the million dollar plus category at 375 were the third highest on record, while properties in the under \$500,000 category at 14.3% of all sales were in line with those for previous months." **PN**



photography: Gwynne Davenport

## AN INSPIRED ODE TO FEMININITY

**Rounded forms, elegant legs and an inviting, visually attractive seating shell, the Tosca collection is unquestionably a celebration of womankind. An effect that is further emphasised by the muted matching tones.**

This is the first time the Belgian outdoor manufacturer Tribù has called upon a female designer. Monica Armani introduced a feminine touch for Tribù's proposal. Femininity and emotion were key words in designing this luxury collection, in which an elegant seating shell of extra wide vertical braiding is borne by elegant, tapered legs.

A passion Tribù shares with the Italian designer and architect Monica Armani and her husband Luca Dallabetta, an engineer responsible for the technical side of the design. This has resulted in the Tosca collection receiving twice as much dedication and achieving a high standard of technical perfection.

The requirements were very strict. The material for the braiding not only needed to be soft to the touch and have a natural appearance, it also needed to be 100% weatherproof. A long, intense development period ultimately resulted in a material that all parties were happy with and that can be defined as innovative.

And to add a little background: the Tosca collection owes its name to a Puccini opera; a love tragedy that takes place in Rome in 1800, in which a woman plays the leading part.

Available exclusively from DAWSON & CO, 115 The Strand, Parnell, T: 09 476 1121, [www.dawsonandco.nz](http://www.dawsonandco.nz)



Editorial courtesy of DESIGNLEB, [www.dznworld.com/2014/06/05/tosca-ode-to-femininity-by-monica-armani](http://www.dznworld.com/2014/06/05/tosca-ode-to-femininity-by-monica-armani)

# OCTOBER AT FORMA

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Simplicity at its finest. The Viv barstool has an American white oak seat on polished stainless steel legs.



## 2. MICA SOFA

The Mica sofa is a classic. The elegant arm detail maximises seating space while the feather seat cushions provide the ultimate in comfort.

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# AUCKLAND'S FINEST HOMES AND TOP CHEFS COME TOGETHER FOR CHARITY HOME TOUR

**Some of Auckland's most stunning homes will open their doors for a great cause in early November, with top Auckland chefs serving up signature dishes within their kitchens.**

The sixth annual Festive Home Tour 2015 on Friday 6 November will see 10 inspiring homes across Orakei, Parnell, St Heliers, Remuera and Glendowie roll out the welcome mat, giving ticket holders access to the best in Auckland architecture and interiors, food and festive styling.

Each home will be professionally styled with delicious finger food created onsite by leading Auckland chefs including Stu Marsden of Woodpecker Hill, Nic Watt of Masu, Javier Carmona of Mexico, Sarah Conway from Ponsonby Road Bistro, Adrian Chilton from Burger Burger and Jess Daniel from Jess's Underground Kitchen.

And with \$250,000 raised to date, this is a charity home tour with a difference with all proceeds from going to World Child Cancer's Pacific chapter to help improve child cancer treatment and survival rates among children in the Pacific Islands.

Involved for three years now, Ponsonby Road Bistro's Sarah Conway says the cause is close to her heart.

"It's a heartbreaking scenario and one that struck a chord with us from the start. It's lovely being able to help in our small way and actually a very happy day. The lovely homes and the food are obviously great, but raising funds and awareness is the crux of what it's all about."

Organised by leading home and interiors magazine Your Home & Garden, Managing Editor Shelley Ferguson says the Festive Home Tour gives ticket holders rare and exclusive access to some of Auckland's most inspiring homes.

"Each year we like to showcase a different area and different styles and I'm really excited about the broad range of architecture in this year's tour of Auckland's Eastern suburbs.

"We have homes that are colourful and creative, modern and minimal, timeless and elegant - with the Christmas theme brought to life by our team of stylists.

"Together with our line-up of celebrity chefs delivering delicious food, the 2015 Festive Home Tour is shaping up to be our best and biggest yet."

This year's homes offer something for everyone, from an award-winning cliff-top residence above Karaka Bay, to a tranquil Parnell oasis in solid concrete, a modern three level bungalow renovation with a stunning views of Okahu Bay, a timeless traditional family home in St Heliers and more.

The diverse range of festive themes is also set to inspire ticket holders, covering everything from classic, to vintage-retro, modern eclectic and a colourful children's Christmas.

New this year, an evening session is on offer for those who can't make it during the day. With seven of the 10 houses and minus the chefs, this later option will involve some special entertainment as well as tasting plates and BBQ food.

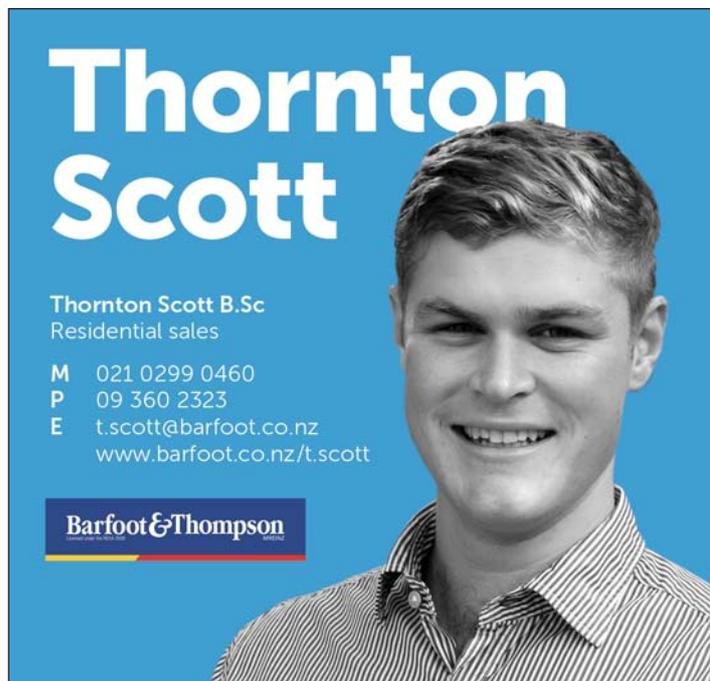
Raised in Samoa and Fiji, New Zealand celebrity chef, global restaurateur and World Child Cancer ambassador Robert Oliver says every cent raised from the Festive Home Tours goes to improving child cancer treatment and survival rates among children in Samoa, Tonga and Fiji.

"Until recently, children in the Pacific who developed cancer had poor access to the treatment which cures 80% of children with cancer in developed countries like New Zealand.

"The funds raised by Festive Home Tours is changing that, significantly improving outcomes for child cancer patients in these Pacific Islands by funding vital medical training in techniques for treatment of childhood cancers and a raft of other educational measures.

"The survival rates for children with cancer in Tonga, Samoa and Fiji used to be just 20% but over the last three years it has increased significantly - in Samoa it is now at 50%. This is a huge step forward and can be directly attributed to the funds raised over the past five years."

The 2015 Festive Home Tour takes place in Auckland on Friday, 6 November, day session 10am - 4pm, evening session 4 - 8pm. Tickets cost \$65 per person for day and \$55 for evening and are available from **[Ticketek.co.nz](http://Ticketek.co.nz)**. 

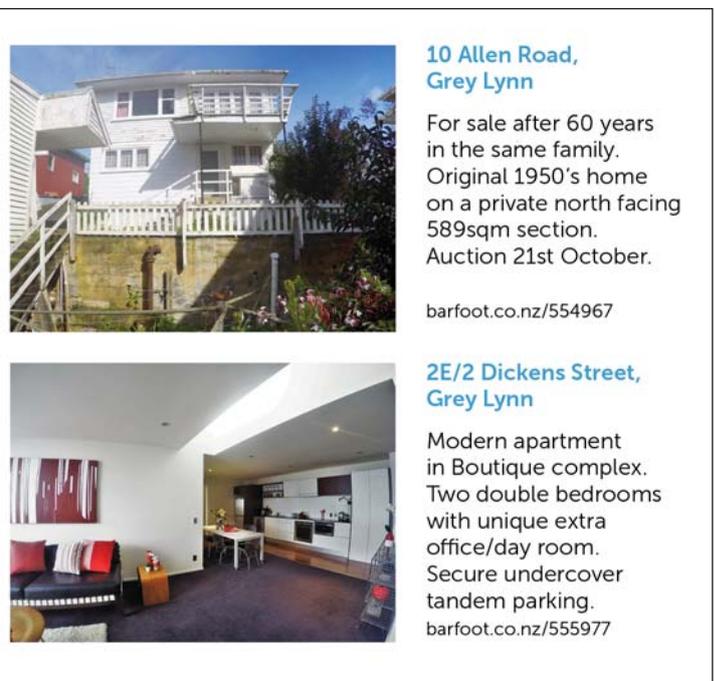


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This Chandelier is made up of six light pendants with their own solid brass hooks which are housed in a single rubber ceiling rose, allowing the cables to be customised into a unique sculptural shape.

The Hooks can be further customised by removing and reinstalling them into your ceiling, adjusting how the three pendants fall. The light is finished in solid knurled brass with matt rubber detailing.

The chandelier comes complete with a mix of light shades - 1 x large shade, 2 x small shades made from bronzed gun metal with brass detailing. 

TRENZSEATER, 80 Parnell Road, T: 09 303 4151, [www.trenzseater.com](http://www.trenzseater.com)



## CELIA VISSER - AN AWARD-WINNING LOCAL KITCHEN DESIGNER

**Kitchen designer Celia Visser lives and breathes design.**

**Her exquisitely keen eye for colour and texture was honed while renovating her own homes.**

"How I dress is how I do a home, it's all in the detail; it's about blending, mixing and layering of objects and finishes - this is where the magic happens," she says.

Celia quickly assesses the mood when she walks into a home, she take the client's lifestyle, family circumstances and the feeling they want to create and this is what guides her designs. Sometimes its innate, other times a client's art or beautiful landscape is what guides her but her creations are always functional.

She's inquisitive, always seeking fresh creative inspiration so at weekends she spends a lot of time scouring magazines, shops and markets for stimulation and quirky ideas. She travels often and usually overseas. Celia is equally focussed on the business side of her company and strives for excellence in all areas.

Celia Visser wants her clients to come home to a place that's relaxed to live in, but at the same time beautiful, which suits the client's individuality. She tells us, "As it's not my home, I try and give them something which will grow with them."

The designer loves designing homes with soul and the x factor, which is why she has consistently won awards for her work over the last 25 years. Check out Celia's diverse style and award-winning designs at her showroom or check out her website. 

CELIA VISSER DESIGN, 54 College Hill, T: 09 917 1794, [www.visserdesign.co](http://www.visserdesign.co)

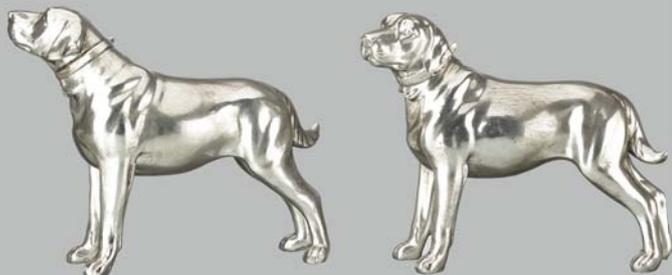


"My passion is to design unique & different spaces, reflecting our client's individuality. A sanctuary with soul and a spark of magic where one can escape life's everyday demands."

Book an appointment with Celia and turn your dreams into a reality.

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Republic, [www.republichome.com](http://www.republichome.com)



**Silver hen and Rooster** \$110  
Le Monde, [www.le-monde.co.nz](http://www.le-monde.co.nz)



**Best Intentions hip flask** \$54.95  
The Object Room, [www.theobjectroom.co.nz](http://www.theobjectroom.co.nz)



**Alchemy Produx conical candles** (various scents available) \$69 each  
Father Rabbit, [www.fatherrabbit.com](http://www.fatherrabbit.com)



**Brass mist sprayer** \$65  
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STYLING: Jay Platt PHOTOGRAPHY: Danilo Santana David, Fisher Santana.

## Pollen Street

**Daniel Pollen was born in Ringsend in Dublin, June 2 1813. His father, Hugh Pollen was a dock master who according to some accounts helped build the United States Capitol.**

Not much is known about Daniel's early life except that he spent some time in both Ireland and America. He claimed to have a medical degree, although there's no record of where he graduated from. He travelled to New South Wales in the late 1830s then crossed to Auckland a few years later. He was in time to sign the white residents' welcome address to Captain Hobson 1 February 1840 and witnessed the signing of the Treaty of Waitangi. In the same year, he was elected to the provisional committee of the New Zealand Banking Company then spent about 18 months in Sydney and the Pacific Islands.

When he returned to New Zealand, he bought a seven acre farm at the Auckland land sale as well as a section in the Rosebank area where he built a homestead. At this time he was living in Parnell, practising medicine and his land acquisitions signified a decision to remain in Auckland. Like many early settlers, he had an eye out for the opportunities his adopted land offered. In 1855, he bought Pollen Island and land at the end of the Whau Peninsula, where he started a brickworks, the first in the region. The island is now a marine reserve established in 1995 to protect the inner reaches of the Waitemata Harbour. It has gained permanent protection as a conservation and scientific reserve and is now managed by the Royal Forest and Bird Protection Society.

Pollen was appointed a coroner in 1844, a post that he held for the next four years. In 1846 he married Jane Henderson and a year later he became medical officer to a copper mining company. The couple then moved to Kawau Island where they lived for several years during which time Pollen contributed articles to The New Zealander, supporting the agitation for responsible government. He also supported New Zealand's temperance, scientific, and library movements. From 1852, when the New Zealand Constitution Act became law, Pollen was increasingly involved in the colony's legislative affairs. He forsook medicine and after being appointed chief clerk in the Auckland Superintendent's Office he quickly rose through the ranks to become Commissioner of Crown Lands for Auckland. By 1870 he held four positions, Receiver of Land Revenue, Commissioner of Confiscated Lands, Commissioner under the Native Land Act of 1870, and Immigration Officer.

After his appointment as Commissioner of Crown Lands for Auckland, he began to champion the Maori cause in The New Zealander and remained a supporter from thereon. During the Maori Wars being waged in the central North Island, Pollen advised the land baron Josiah Clifton Firth to use his best endeavours to persuade the renowned warrior, Te Kooti to surrender. Te Kooti repeated an earlier pledge that made it clear if "left alone", he would "remain at peace with all". Firth travelled to Auckland to plead Te Kooti's case but the government, mindful of settlers' interests, refused to negotiate and rejected Firth as an interfering fool. Premier Fox even referred to him as "that meddlesome sweep". As a consequence the war was renewed. Pollen was censured and he resigned as the Auckland agent, but then withdrew his resignation at the Government's request.

Pollen sat on the Legislative Council no less than four times. First in 1862, before he resigned to become agent for the Central Government. He returned to the Council in 1868 to represent the Stafford Government then resigned in 1870 to be agent in Auckland again. The Vogel Ministry recalled him to the Council in 1873 and he stayed till he formed the Pollen ministry which he led, but it collapsed after a few months. He then became a member of 'the continuous ministry,' administering the Colonial Secretary's department under Vogel and Atkinson. For a short time he was Native Minister and from then on was appointed yet again to the Legislative Council, serving on it for 23 years until his death 18 May 1896.

By all accounts, Pollen had a very engaging personality: cultured, genial and open-minded. Politically he made swift, perceptive decisions and his debating style was forthright and compelling. He was a Tory who worked for women's enfranchisement and championed the rights of Maori but didn't engage himself in public affairs apart from politics. He died at his home in Avondale at the advanced age of 82. (DEIRDRE ROELANTS) [PN](#)



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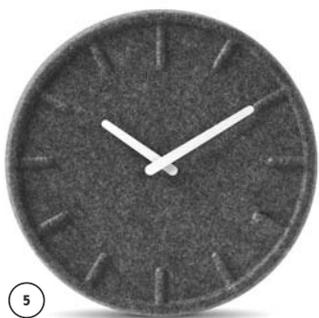


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# Shades of grey

**Grey matters when it comes to selecting decorative accents for your home. Concrete, sculptural pieces create a modern and industrial feel in contemporary spaces, while natural materials, such as marble and linen, complement a classic look with subtle, delicate elegance. Here's our pick of items in varying grey tones that will be sure to suit your home.**



**1. Aura Crosses Throw, \$230**  
Featuring the on-trend cross motif in a beautiful charcoal hue, this soft and subtle throw is the perfect co-ordinating piece for a bedroom or living space.

**2. Menu Chunk Concrete Candleholder, \$109**  
Raw and robust, the chunk concrete candleholder with a copper top, is the perfect addition to a table setting or displayed in a cluster.

**3. General Eclectic Cement Gems, from \$10**  
Unique and contemporary, these cement gems, available in short and tall, are perfect for decorating a shelf or counter top.

**4. House Doctor Grey Square Linen Cushion Cover, \$150**  
Luxuriously soft and the epitome of understated chic, this cushion is simple and subtle in colour, and will compliment almost any interior palette.

**5. Leff Amsterdam Felt Clock, \$250**  
Made from 60% recycled PET felt, the distinctive and unique felt clock is a stunning example of form meeting function.

**6. General Eclectic Cross Mug Set, \$40**  
Relax and enjoy your favourite hot brew in these generous mugs, featuring a white cross pattern on gun metal grey.

**7. House Doctor Slate Cheese Board, \$90**  
Cool and luxurious, serve a decadent cheese selection in style on this cheese board, made from striking deep grey slate.

**8. Marble Basics Salt & Pepper Vessels, \$99**  
Classic and modern at the same time, these salt and pepper vessels are made from premium pale grey marble and will make a stylish addition to any table setting.

**9. Pony Rider Modern Angles Cushion, \$115**  
Hand-printed and unpretentious, this cushion creates subtle interest to a living space with its delicate linear design.

Words by Milly Nolan. All products available at [www.mildredandco.com](http://www.mildredandco.com)



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*Thanks again, Rebekah and Paul 30 Tawariki St, Ponsonby*



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## ASK AN ARCHITECT: DANIEL MARSHALL

Each month architect Daniel Marshall answers readers' property related questions.

**Q:** We're intending to build a new home. I have firm ideas but also want an architectural house. How should I brief an architect without stifling their creativity?

**A:** We work with briefs which vary from haikus to full sketch plans.

To prepare a brief well it helps to appreciate the primary skill of your architect. Architects are trained to inter-operate a complex web of issues which surround a design problem and that extends well beyond a brief. Architectural design involves responding to context, topography, planning controls, engineering limitations, waterproofing, budgetary/feasibility constraints and so on... Your 'firm ideas' will likely need to be adapted to achieve the best outcome.

People can feel conflicted that by putting forward their preferences, they will restrict the creativity of the architect. Fully sketched plans do not leave much room for creativity - however, you should not shy away from setting out your priorities. Sketched plans will at least provide your architect a clear understanding of the way you see yourself living in your new home - the activities you accommodate and their relationship to the rest of a house. Perhaps what is most important, for a truly creative outcome, is to remain open to development, new ideas and allow the skill and experience of your architect to turn

your brief into something cleverly crafted and exciting. We get a kick out of watching our clients discover the moments of delight we have found in their brief.

Briefs adapt and change alongside an evolving conceptual design. Architects often present a non conventional approach to an arrangement of spaces which eliminates the need for some items and open up opportunity for others. Priorities shift and change once a design solution is put forward.

Our practice provides a template to assist clients with developing a brief. It works through: program (how many bedrooms), what you enjoy about the site, material preferences (contemporary, natural), performance (passive design, heating), and your budget. We meet and discuss these items to help with the decision-making and that involves presenting completed projects to compare their program/materials/budget against yours.

Enjoy assembling your brief and get excited about the potential it embodies for you and your architect! (DANIEL MARSHALL & NICK SAYES) [PN](#)

DANIEL MARSHALL ARCHITECTS, 472 Karangahape Road, T: 09 354 3587, [www.marshall-architect.co.nz](http://www.marshall-architect.co.nz)



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## YOUR HOME IS MY BUSINESS

**Nigel King of Key2Metro says, "I have always taken great pride in doing a good job, which I guess stems from my Yorkshire roots and parents whose favourite catchphrase was 'if it's a job worth doing, it's worth doing right, lad!'."**

Coming from a family of builders and a grandfather who was famous for his construction work across England and Africa, you could say building and property is in Nigel's blood. His passion for the industry led him to New Zealand in 2000 and, after brief stints overseas, returned last year to join the Auckland property revolution.

Nigel is dedicated to finding 'homes' for his clients and deals first and foremost with 'new build' apartment and town house opportunities, sourcing the best quality build solutions. His projects are focused primarily in Ponsonby and the surrounding areas of Freeman's Bay, Grey Lynn, Kingsland and Eden Terrace.

"My office is at 54 Ponsonby Road, and I'd love to sit down anytime and talk through your requirements. I'm here to take notice, to understand, and to help find the right property for you, but don't just take my word for it."

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Le Monde, in both Ponsonby and Parnell locations, are proud stockists of the full Annie Sloan range of paints and accessories, and this month will be hosting a series of workshops, highlighting a number of techniques and ideas you can be using in your own home with Chalk Paint™ decorative paint. But beware, once you start, you're not going to stop with that one little lamp. You're going to want to paint it all because it's so easy, and so much fun.

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# MY FAVOURITE ROOM

## Aja Rock

**Aja Rock was born in Vancouver, spent her youth in Maui and came to New Zealand in 2004.**

She was cast in a local television show and worked at Touchdown Pictures for a time with Julie Christie and their production department. Aja tells, "I met the love of my life, a Kiwi man. We married in 2010 and our family has been growing ever since. We've lived in Ponsonby and Grey Lynn with two cats and a dog for the past eight years."

"I spend most of my time raising my beautiful children aged two, four and 12 and am currently pregnant with my fourth child." Aja loves nature and New Zealand beaches and spends a lot of time at the beach up North. When she's in Auckland you'll often find her working on her new range of crystal jewellery in her workshop.

In fact, Aja's favourite room is her Grey Lynn workshop - understandable, as Ponsonby News caught her right in the middle of moving house.

### What do you call this room?

This is my creative space and workshop.

### What do you use it for?

Silversmithing - for the past year I have been working on a range of crystal jewellery called Immortal Siren that will launch later this year.

### Why is it your favourite room?

It's a beautiful space with views over Grey Lynn and Auckland harbour, it has a feeling of lightness about it and is a peaceful haven for me amidst the busyness of three children. These days every room in my house is alive with children and toys, so when I come here to work and create I feel an inherent sense of peace and sanctuary. I burn white sage which cleanses and purifies the space, I listen to music and either sketch or solder as I work on my range.

The real satisfaction comes for me when an idea I have for a piece of jewellery realises itself as a sketch and then becomes something tangible. The most special and important thing about the range for me are the crystals that I choose, they make each piece meaningful and powerful... much more than just a piece of jewellery.

### What are your favourite things in the room?

Without a doubt, my crystal collection. The crystals are where this whole project began. As a child growing up in Maui I used to love going 'rockhounding', which is what we called collecting crystals and stones from nature. As a child, I had a need to find crystals and keep their energy near me, and as an adult this has blossomed into a desire to set them in silver as jewellery pieces.

Then I'd have to say my Foreman Power Drill (that I got for a steal from an amazing man at my Rockhound Club) and my soldering torch. **PN**



photography: Won Kim

## DESIGNSTEEL ADDS CRAFTSMANSHIP TO AWARD-WINNING DESIGN

**Ponsonby concept store The Shelter has scooped another round of awards at the Red Retail Awards including the Judge's Recognition Award and the Bestwood Sponsor Award - Joinery.**

Designed by owner Vicki Taylor and architects Pennant and Triumph, The Shelter, featuring steelwork by DesignSteel, has also won the Retail category at the Interior Awards earlier this year.

The new design offers a relaxed, artistic experience for the discerning shopper. The Shelter, located at 78 Mackelvie Street, houses a careful selection of new and established fashion brands, both from New Zealand and abroad, the on-site cafe and a curation of local and international homeware and natural beauty collections. **PN**

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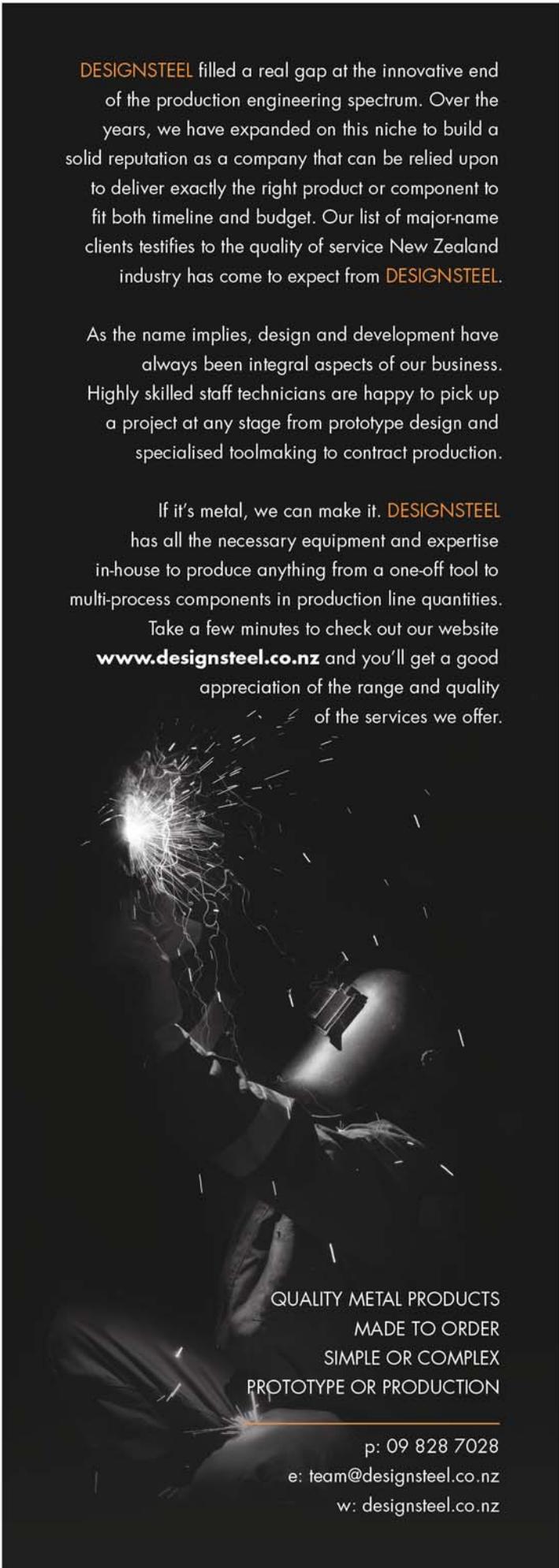


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## GET SET FOR SUMMER AT UN DEUX TROIS

**The 2016 summer range by French Country Collections is arriving daily at popular homeware store un deux trois.**

From furniture, lighting, textiles, tabletop and décor pieces, the new collection takes cues from our natural surroundings to refresh and re-energise the home for the new season. Nautical and marine influenced décor and a colour palette of inky washed-out blues embrace a relaxed beside-the-seaside vibe. Some of the season's hottest materials - rope and rattan - make their way onto everything from baskets to bags, mirrors to lighting, serving trays to hurricane lanterns and more.

Glassware is another inexpensive way to freshen up the home and at un deux trois customers will find a stand-out collection of bottles and vases that showcase the season's freshest colour trend in hues ranging from soft teal and lime to emerald and jungle green.

"A new look for a new season is a great way to reinvigorate your home and lift your spirits, yet it needn't cost the earth," says un deux trois owner Sonia Watts.

"Replacing heavier fabrics for lighter linens and cottons, rearranging furniture towards open doors instead of fireplaces and introducing a lighter, fresher palette through soft furnishings and décor pieces can make a world of difference."

Un deux trois' friendly store assistants look forward to welcoming customers into the store and showing them the new range. And for those who prefer to do their shopping from a keyboard, the 2016 summer collection is now available online.

UN DEUX TROIS by French Country Collections, 6 Jervois Road, T: 09 376 7588, [www.undeuxtros.nz](http://www.undeuxtros.nz)

## WELCOME TO BLACK BARN PONSONBY

**First shoes, then handbags and now homeware; Black Barn founders Brendal and Graeme are no strangers to running a business.**

Before moving out to the country, Brendal and Graeme were city dwellers, living in the classically social Viaduct area. During this time they jetted to New York every three months to meet with personal friend and handbag designer Kathy van Zeeland, who supplied their handbag business.

New York had much to offer and their love of homeware flourished. Nowhere in New Zealand had they seen such beautiful homeware, so when the Kathy van Zeeland's handbag business sold out, the idea of Black Barn came about.

When the old John Deere farm machinery showroom was up for sale on the main street in Kumeu, they knew it was the perfect time to pounce. The shed was large and spacious, essentially an empty shell giving 'The Barn' a beautiful makeover, turning the once farm shed into a magnificent and elegant 'Home Store.'

However now, after two and a half years of trading, the time has come to thank the Kumeu community for their support and make the move into a beautiful building in Ponsonby: something they could not turn down.

Black Barn is a store that exudes warmth and caters for both masculine and feminine tastes. Many pieces are one-of-a-kind, giving customers a chance to own something unique, whether it's a cowskin armchair, a little Mexican ceramic pig or larger than life mirrors. At Black Barn they provide professional opinions and design ideas for customers needing help with furnishing their homes. They employ people who are passionate and knowledgeable, and who can find decorations and furniture solutions that best suit you and your home. **PN**

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# BIRD OF THE MONTH

## THE AUSTRALASIAN HARRIER

**One of the most common sights on the roads out of Auckland, the Australasian harrier, through sheer presence has almost usurped the New Zealand falcon as our most iconic bird of prey.**

Commonly called a hawk, it is known by many names, including swamp harrier and kahu. Native to New Zealand, fossil records have proved it came across the ditch from Australia less than 1000 years ago to become established here. At this time we had many birds of prey, including the world's largest eagle, Haast's eagle and the giant Eyles's harrier.



The Australasian harrier is one of the few native species that has benefited from widespread forest clearance, development of agriculture and the introduction of mammalian pests. It has adapted to hunt in open territory, farmland and grasslands. Carrion is the primary diet of harriers but they also actively hunt small birds, mammals and some insects. They provide a natural pest control service by preying on mice, rats and rabbits, and benefit road users by clearing road kill. Despite this, farmers are not overly fond of the harrier as they often take poultry that are left unprotected, especially free-farm game birds. They occasionally take newborn lambs.

Due to their effect on farms, they are only partially protected, which means it is legal to control individuals that are causing problems to property and business. In some sites, harrier are controlled to protect our endangered species, for example, on Tiritiri Matangi Island harriers are not a welcome sight as they prey on takahe chicks and kokako.

Like most birds of prey, the female often weighs more than the male, although they are of similar lengths. They are dark brown, although their colouring fades as they age. They differ greatly in size to the tiny New Zealand falcon, and a falcon will very rarely be seen feeding on carrion.

The most common sighting of harrier occur alongside the road when feeding or when gliding in slow circles searching the ground below for food. They are an opportunistic hunter and will search low to the ground in a gentle glide before making their strike. You will find harrier throughout most of New Zealand, especially on the highways up to Northland. The only place they are not common is across urban areas or over large forested patches.

Like the morepork when discovered during the day, the harrier will often be harassed by other birds, especially by introduced birds like magpies and spur-winged plovers. As a generalist predator, they are not a welcome sight by any smaller species and will often be tormented out of an area! (FINN MCLENNAN-ELLIOTT) **PN**



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To be auctioned 14 October (unless sold prior). **PN**

For further information call Andrea Ritchie, M: 021 906 793 or Luke McCaw M: 021 950 145 at Bayleys Real Estate Ponsonby office.





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# MY HOMIES

## Karen Spires

Karen Spires is a real estate professional specialising in residential homes in Herne Bay, St Marys Bay, Freemans Bay, Ponsonby and Grey Lynn. She's sold in excess of \$565 million worth of residential property in the past 16 years and is one of Bayley's top 5% of sales people in New Zealand. Karen lives with her husband John and son Jack in Herne Bay. Ponsonby News asked Karen to tell us about her 'homies' - the people that help her run her home and family.

### Gardener

Richard has looked after Clytha Court in Herne Bay for over 20 years. He comes every Friday to clean our communal pool and gardens. When our cat passed away he found her under a tree and buried her in our back garden. We were away and he went beyond the call of duty.

### Window cleaner

Laurence has been cleaning our windows for over 10 years now. He does a wonderful job and fits in when we need him. He is always cheerful and nothing is too much trouble.

### Car cleaner

The Car Cleaning Company have looked after us for many years. They do a very good job - and isn't it lovely to slip in behind the wheel when the car has just been valeted!

### House sitter

Carolyn our very good friend stays in our apartment when we go away. I've introduced her to three neighbours in our block and they use her services now. Always nice to keep it in the family.

### Babysitter

Christine looks after Jack our 11-year-old son when we go out for the evening. Sometimes we have Christine stay when we go away. She used to be Jack's nanny until she got a real job working in the real estate industry, poor girl.

### Hairdresser

Amelia was recommended to me just recently by a friend. Amelia comes to me at home and does my hair. So much easier than going to the salon and very reasonably priced, I might add.

### Cake Maker

Maggie Thompson made a delicious birthday cake for Jack last month. We transported it carefully to Mt Ruapehu and the ski team from Ponsonby Primary and their parents thoroughly enjoyed Maggie's M&M chocolate creation.

### Chef for a Night

Kit Perera has been looking after our family celebrations and birthday parties for over eight years now. He has become a very good friend and we love his cooking.

### Personal assistant

Paula Turcich looks after my busy real estate business. She is my right hand woman and I miss her when she goes away. Always there at the end of the phone or email. Nothing is ever a problem or ever too difficult for Paula. She's my rock at work.

### Holiday home manager

Marie Burch from The Butler manages our Queenstown holiday home. Marie greets our guests at the door; she organises our truck if guests want to use it during their stay. When guests arrive there's a welcome food hamper to get them started. We couldn't do it without Marie. She is fabulous. If you're planning a trip to Queenstown you must check us out! [PN](#)

KAREN SPIRES, Bayleys Ponsonby, 305 Ponsonby Road, T: 09 309 6020,

[www.karenspires.bayleys.co.nz](http://www.karenspires.bayleys.co.nz),  
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## Early Music in Auckland

**If you don't know what Early Music is you could be forgiven as it is an uncommon genre of music in New Zealand. For the purposes of this article, we are referring to Renaissance music between 1400 and 1600 - music that predates the period commonly understood as the Classical period. Auckland has the only ensemble of Early Music in New Zealand, known as Affetto.**

I sat down with viola de gamba player Polly Sussex to find out more about these lovely instruments.

Polly and the ensemble play a range of instruments that many people will have never heard of, including the viola de gamba and the theorbo. These are early forms of cello, and violin, bowed like a cello, resting on your knees or the floor. They have a beautiful sound, and Polly is the only bass viol player in Auckland. The theorbo is a variety of lute, with many extra strings that rise above the performer's head, often depicted in paintings from the Renaissance era. Affetto is a quintet of players from Auckland, Hamilton and now Australia, featuring the theorbo, viol, harpsichord, soprano singer and the cornetto (an early trumpet).

As seems logical, many people come to Early Music through classical training, Polly Sussex began as a cellist and performed with the Auckland Philharmonia before in the mid-2000s she decided she wanted to learn the viol. "I went to Europe and spent a year in North Germany studying and six months in Switzerland learning about the different types and how to play them." They are very different to cello, with six or seven strings in most cases, but cello is a great stepping stone.

Polly is joined in Affetto by Jayne Tankersley as the ensemble's soprano. Jayne and Polly formed the group after they'd both arrived back in New Zealand and wanted to perform more. They were joined by Peter Reid on cornetto and eventually found harpsichord player Rachel Griffiths-Hughes. Jayne wanted theorbo in the ensemble, so they got one specially made - and then had to find someone to play it! They found Phillip Griffin (then living in Grey Lynn and leading the Grey Lynn Community Choir among many other things). He had never played the theorbo but with a little help from one of the principle players in Europe, he taught himself. The ensemble plays a range of music from the Renaissance era through to the early 1700s, with French, Italian and German music all part of their repertoire.

Early Music is thriving in Europe and even growing in popularity. Travelling between countries is so easy and cheap in Europe that players and fans can get between concerts and ensembles with ease. Polly spent four or five years attending courses in the United States with over 350 other viol players, a heartening experience for her as many of these people were as isolated from the next viol player as she was.

Phillip has recently made the move to Australia and so Affetto is split across three cities and two countries, but that won't stop them performing. Until their next concert, Polly has worked up something different. The Ensemble Re-Creation is made up of guest viol player from Queensland University Michael O'Loghlin, Polly and Phillip. "This is basically because I was asked to go over to Brisbane and play with this other viol player in January in a little festival they have there. Phillip will be back in town and so we decided to replicate that concert here." They will be performing mainly French music, with Polly playing the bass viol as well as the pardessus, the highest-pitched member of the viol family. They are debuting two unpublished arias that will be sung by Phillip, in Italian.

"A friend of mine who is a librarian at the Austrian National Library wrote a thesis about the music that was used at the Austro-Hungarian court around 1700 and he made additions of all this music in his thesis. So, thanks to him we are going to have these two lovely arias accompanied by two bass viols."

The Ensemble Re-Creation will be performing at the Ponsonby Baptist Church on Friday 27 November. This is one of the few opportunities to see these beautiful, instruments in action. (FINN MCLENNAN-ELLIOTT) 



Finn McLennan-Elliott has a Bachelor of Science Honours degree specialising in human geography at Auckland University. In his spare time, Finn plays clarinet and guitar in an orchestra and a folk music group. He is hosting 'Folk at the Old Folks' on the first Sunday of every month at the Auckland Old Folks Association Hall, an intimate afternoon concert of folk music.

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# SHOWING @ TOI ORA GALLERY

**Sam RB - Welcome To My world**

**6 - 30 October**

**Opening: 6 October, 5.30pm - 8.00pm**

**Artist Talk: 10 October, 1.30pm**

After releasing three albums, writing the New Zealand Olympic Song and four years living as a singer songwriter, Auckland resident Sam RB is swapping her plectrum for a paintbrush.



Nine months of creativity has culminated in Sam RB's first solo exhibition - on 20 canvases and three acoustic guitars.

Sam RB is more well-known for her music than her visual art, and ironically started doodling while on her 2014 North Island 'Finding Your Way Home' tour. She hasn't stopped.

"Doodling to kill time has led to 12-to-15-hour days of painting," she says. "I feel like I've been working on these paintings subconsciously my whole life, and now I have this opportunity to finally create and share them."

Her brightly coloured canvases feature villas and bungalows, volcanoes, tree houses, lighthouses and guitars. She paints flocks of blue-footed boobies with prosthetic wings, because she believes we are all broken but we can still fly. There are also tui and fantails with no colour, because they've leached their colour into their surroundings.

Sam RB's art is influenced by her music, as well as her lived experience of mental distress, as she explores the world of multiple selves and internal chaos. Yet the images remain uniquely expressive, as she reflects on experiences that speak to the human condition.

"Thanks to significant support during my decade in the mental health system, and some hard work on my part, I now experience the world in a very different way," Sam says. "But you don't forget the places you've been, the experiences you've survived and the people who have shown you kindness."

"I'm proud to have my first solo art exhibition at Toi Ora Gallery, a community art space that provided me support and a 'pause button' for several years during my journey through madness. It is a journey that is important to acknowledge."

As a self-taught artist, Sam RB was uncertain how her art would be received, but posting pictures of her paintings on Facebook has led to fans, sales and commissions for her vibrant, meticulously constructed works. [PN](#)

TOI ORA GALLERY, 6 Putiki Street, T: 09 360 4171,  
E: [info@toiora.org.nz](mailto:info@toiora.org.nz), [www.toiora.org.nz](http://www.toiora.org.nz)



**WELCOME TO MY WORLD**  
Paintings by Sam RB  
Opening: Tuesday October 6<sup>th</sup>, 5.30pm-8pm  
Singer-songwriter Sam RB swaps her plectrum for a paintbrush to explore the internal world of multiple selves and internal chaos.  
Oct 6<sup>th</sup> - 30<sup>th</sup>, Toi Ora Gallery  
6 Putiki St, Grey Lynn, Auckland

# ECHO JANMAN STUDIO ONE - TOI TU

## What's on the agenda for Studio One during Artweek this year?

Three great exhibitions will be in our galleries at Studio One including work from Bruce Edman, Tama Gravenor and Toi Ora Artists Collective who will be presenting ROOTS, featuring new works from artists who participated in the successful inaugural Outsider Art Fair last year. We will also have our monthly Open Nights talk with James King and Erwin van Asbeck from Toi Ora discussing Outsider Art in New Zealand on Wednesday 14 October at 5:30pm and a pop-up exhibition in our Sidewalk Gallery at 1 Ponsonby Road.

## What is your earliest memory of experiencing art?

Art has always been part of my life. I grew up in South Alabama and my parents were very involved with the creative community in Birmingham which was amazingly vibrant. My parents had a house full of artwork that they collected from local artists and friends and I would often work with my mother in her ceramics studio. I suppose this was my first experience of actual art-making. Growing up in the rural south has strongly influenced my personal interest and appreciation of folk art and craft.

## What's your favourite thing about being a curator?

My current role isn't as a curator at Studio One but more of an activator. We accept proposals for exhibitions four times a year and invite proposals for pop-up exhibitions and events throughout the year. My favourite thing about the role is definitely being able to think creatively about how to programme events and exhibitions that complement each other and to make an impact in local festivals and events. It is such a buzz to meet the amazing artists who come through Studio One, to support them in achieving their aspirations and to find success across a huge range of creative practices.

## Any advice for an aspiring artist?

Self-promote - don't rely on others to do this for you. Get out there and learn how to work with media, network and tell your story!

## What's your approach to viewing art in a gallery, read the information first or view the art first?

View, feel and absorb - the experience of art is the treasure of art! The information is just the icing on the cake.

## Who have you been following in the art world this year?

Lisa Rihanna really wowed me this year and I am looking forward to what comes next!

## What other events are you interested in attending for Artweek?

There is so much in store for Artweek it is difficult to choose - but I think the Late Night in the Central City sounds like a great night out to see what our city can do when our galleries are open late and artists our out on the streets! [PN](#)



Echo Janman Studio One Manager



**Where do you go to play music when you're 10-years old? It's a question that not all children ask, but it's becoming common for kids in primary and intermediate school to need a place to express themselves creatively.**

Ukuleles in schools, especially in the Ponsonby area, are becoming more common and songwriting is being encouraged all over the country by teachers, families and organisations. So, in answer to that burning question, until recently there has been nowhere. 'Open mics' have almost exclusively been at bars, starting late in the evening on a school night and are generally not the type of environments best suited to young songwriters. While the 'all ages' music scene is taking off in Auckland currently, with live bands playing at least every couple of weeks in halls and concert venues around town, these are generally late weekend nights and for established bands or graduates of Smokefree Rockquest. They're not the ideal place for a girl and her guitar.

Sofia Roger Williams is 10 years old and attends Gladstone school in year 6, soon to move to Ponsonby Intermediate. She has been playing guitar for two or three years since she decided she needed to learn, "There was a boy at my school who was really good." She is in the finals of the school talent quest and came second last year! School gala days have been her primary performance space, but Sofia is eager for more. Without a fear in the world, she is confident in front of a crowd and relishes the opportunity to perform.

Yet Sofia was struck with the problem - she wanted to perform and didn't have places to do it. Alongside her grandfather Tony, Sofia visited the Bunker, the home of the Devonport Folk Music Club and performed a Bob Dylan song with him, one they'd been practicing at his house on Sofia's visits. She went down a treat and had a great time, but a Monday night at the Bunker is a late night for her, and so it's not an option all the time. Sofia promptly asked Tony when she could do that again and this was the beginning of the brand new Young Musicians Club.

Tony went and spoke with One2one cafe, the home of the best open mics and sessions in Ponsonby. One2one boasts Wednesday through Friday open sessions most weeks, with some of the best jazz and folk musicians coming through the door each week, and they were very excited to team up for this new venture and welcome the youth into the cafe. The first club afternoon featured just Sofia as she played five songs, almost certainly this included some from her favourite artist, Taylor Swift. The second club

Finn McLennan-Elliott has a Bachelor of Science Honours degree specialising in human geography at Auckland University. In his spare time, Finn plays clarinet and guitar in an orchestra and a folk music group. He is hosting 'Folk at the Old Folks' on the first Sunday of every month at the Auckland Old Folks Association Hall, an intimate afternoon concert of folk music.

night had two performers, and the crowd is always full of friendly faces, family members and classmates, the perfect environment to perform in.

One of the important ideologies of the club is that there are no winners. It is never a competition. The whole point is to get up there and practice getting up there. This is the way that people learn how to sing to groups, how to front a band and how to find themselves performing in the music world as they get older. Playing in your bedroom is great practice but it needs to go somewhere!

The Young Musicians Club is open to everyone under 18, this is a hard cut off because the opportunities for songwriters vastly increases once you turn 18 and the bar circuit becomes open to you. The YMC is looking for up to six or seven performers each time and the floor is available for between one and three songs for each of them. It is the perfect environment to try out a new song you've written, try out the first song you've written or play that beautiful cover you've just worked out.

The next session is on Sunday 4 October from 3pm until 5.30pm at One2one Cafe on Ponsonby Road. It is on the first Sunday of every month, and dreams of becoming even more regular with multiple sessions each month. To book a place at the Young Musicians club, get in touch by E: [121.YMClub@gmail.com](mailto:121.YMClub@gmail.com). Thanks to One2one for providing a space for this new exciting venture. (FINN MCLENNAN-ELLIOTT) PN



## NIELSON BROTHERS AWARDED TOP SILVER SCROLL AWARD

**The 50th annual APRA Silver Scroll Award winners were announced at Vector Arena on 17 September. The winners of all awards were:**

**2015 APRA Silver Scroll Award** - won by Ruban Nielson and Kody Nielson for Multi-Love (Mushroom Music). Between the two of them, the gifted brothers have been finalists five times before, however this is the first time they have won the prestigious songwriting award.

**APRA Maioha Award** - won by Stan Walker, Vince Harder and Troy Kingi for Aotearoa (EMI Music Publishing Australia).

**SOUNZ Contemporary Award** - won by Chris Watson for sing songs self.

**APRA Best Original Music in a Feature Film** - won by Grayson Gilmour for Consent.

**APRA Best Original Music in a Series** - won by Tom McLeod for Girl vs. Boy (Season 3).

**Most Performed New Zealand Work Internationally** - won by Ella Yelich-O'Connor and Joel Little for Royals. (Native Tongue Music Publishing on behalf of SONGS Music Publishing LLC / EMI Music Publishing Australia)

**Most Performed New Zealand Work in New Zealand** - won by Marlon Gerbes, Matiu Walters and Priese Board for Special (Kobalt Music Publishing Australia and Native Tongue Music Publishing).

Ninety-two-year-old bandleader, composer and master of the slide-guitar Bill Sevesi was inducted into the **New Zealand Music Hall of Fame**, which pays tribute to those that have made a significant contribution to New Zealand life and culture through music. Sevesi's induction sees him join 16 previous inductees - household names including Dave Dobbyn, Shihad, Herbs and Dragon.

The highly anticipated 'Lost Scroll' of 1981 was also presented as a part of the 50th celebrations. The **1981 APRA Silver Scroll Award** went to Phil Judd, Wayne Stevens and Mark Hough for Counting the Beat.

During the ceremony Jordan Luck also paid tribute to the late Graham Brazier, which was followed by an emotional rendition of Billy Bold by troubadour Delaney Davidson. PN

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## ARTWEEK IS ON FROM 10 - 18 OCTOBER

**We asked local gallery owner Melanie Roger a few questions about Artweek.**

**What's on the agenda for Melanie Roger Gallery during Artweek this year?**  
Melanie Roger Gallery will be exhibiting a collaborative joint exhibition of new work by Gavin Hurley and Sam Mitchell. Air-dried clay and painted Perspex domes by Mitchell feature what might be the remnants of an ancient and imagined civilisation - vacated skulls and landscapes. While sculptural figures helpfully pointing or meeting around boardroom tables have been painted and crafted by Hurley in oils and from paper. Sam Mitchell will also be giving an Artist Talk on Saturday 17 October at 11am.

**What is your earliest memory of experiencing art?**  
I was lucky enough to grow up being taken to art galleries as a young child in both Wellington and Auckland, but I think my earliest real memory - I guess real lightbulb moment - was seeing Ralph Hotere's Number 8 fencing wire sculptural installation at RKS Art. I was a teenager and had caught the bus into the city to look around the galleries. I remember being amazed by this show and how it took over the whole gallery space.

**What's your favourite thing about being a curator?**  
Working with artists and visiting studios. I enjoy seeing projects and bodies of work develop.

**Any advice for an aspiring artist?**  
Get around galleries and see as much art as you possibly can. Go to public galleries, private galleries, artist-run spaces, community galleries. Get yourself on mailing lists and go to openings. Immerse yourself in the art world.

**What's your approach to viewing art in a gallery, read the information first or view the art first?**  
I will always view art first. I like to be able to form my own opinions without a prescriptive text to tell me what to think. Afterwards, I may read information - preferably an artist statement - to gain further insight.

**Who have you been following in the art world this year?**  
Florida based painter Peter Gouge and United Kingdom based mixed media artist Emma Fitts - both New Zealanders living abroad. Both will be exhibiting new work with us at the gallery in early February.

I am also very excited to be working with photographer Birgit Krippner and Tuhoë artist Tame Iti who will have a joint exhibition with us in late January. The exhibition will be of new paintings by ITI and photography of Iti by Krippner and is part of an ongoing project that comprises photographs of Krippner's regular visits with Ngāi Tuhoë.

**What other events are you interested in attending for Artweek?**  
I haven't seen the schedule yet, but I am looking forward to getting to a number of the great events on around the city. [PN](#)

MELANIE ROGER GALLERY, 226 Jervois Road, T: 09 360 1151,  
[www.melanierogergallery.com](http://www.melanierogergallery.com)

# NEW ARRIVALS

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photography: Birgit Krippner

## OLDE HALLOWS EVE - THE DANSE MACABRE AT MOTAT

**This Halloween the Dance of Death is making its chilling debut amongst the Victorian buildings and historical grounds of MOTAT on Sunday 25 October.**

Visitors can dress up in their scariest costume and frolic with characters from the darkest eras in history at MOTAT's Olde Hallows Eve - New Zealand's largest Halloween event of its kind. Legend would have it that the Grim Reaper rouses himself at midnight, summons the skeletons from the grave, and they all boogie down until the rooster crows at dawn.

Although there will be plenty to keep the youngsters entertained, it's not all innocent trick or treating. Halloween warrants something more diabolical, evoking noisome crypts and jangling bones. The Danse Macabre is a spine-tingling reminder that no matter what our station is in life, death unites us all.

For those brave and old enough, MOTAT invites them to experience the spooky 'Dead Poets Corner', the bizarre 'Bazarre' festooned with dirty beggars, a vulgar butcher and wretched ladies of the night as well as 'Jack the Ripper's House' and the ghoulish medical school where no-one gets out alive. They could even meet Sweeney Todd, Jack or The Reaper himself!

Patrons will be terrifyingly entertained by skeletal stilt walkers from the moment they arrive and mesmerised by the projection mapping of Danse Macabre on the historical Pumphouse building. They can join in the ghostly jaunt on the lawns of the Victorian Village before venturing into the sinister cemetery along with its resident spectres - if they dare!

The deathly horrors of earlier centuries, recurring famines and plagues will scare the wits out of visitors while evoking a desperate desire for amusement while it's still possible; a last dance as cold comfort.

Add to this the showmanship and First Scene's costume parades, tasty treats, children's creepy courtyard and an edgy atmosphere of eerie fun and it bound to equal an Olde Hallows Eve no one will ever forget.

Of course, everyone gets a birthday and then dances through life as best they can - but then everyone gets a death day too. Celebrate Halloween at MOTAT's Danse Macabre this year. 

For more information: T: 0800 MOTATNZ (0800 668 286) or visit [www.motat.org.nz](http://www.motat.org.nz)



## PASSIONATE, LYRICAL - A CONSUMMATE ARTIST!

**Distinguished viola player Gillian Ansell (MNZM) performing Walton's Viola Concerto with St Matthew's Chamber Orchestra 20 September - 2.30pm**

Gillian Ansell describes Walton's viola concerto as "thrilling to play, combining beauty, poignancy and haunting harmonies with passages of great rhythmic energy, jazzy syncopations and technical virtuosity. Probably the most loved of all the viola concertos written." As a student at the Royal College of Music, Gillian played this concerto for her final year's end-of-year recital and won a big prize for it in a competition she did not realise she was eligible for!

Having played for 18 years on a Grancino Brothers viola (Milan circa 1690s) Gillian now plays a 2013 viola made in Christchurch by Tobias Widemann which gives her extra focus and clarity plus a warm, sweet sound.

St Matthew's Chamber Orchestra which accompanies Gillian Ansell produce music that is magic; excellence is their only option. Highly recommended - their concerts play to full houses. Make sure you get there early. Tickets: door sales cash or cheque. Adults: \$25, Concessions: \$20, children under 12 free. 

ST MATTHEW-IN-THE-CITY CHURCH corner Wellesley and Hobson Streets, [www.smco.org.nz](http://www.smco.org.nz)



Distinguished viola player **Gillian Ansell** (MNZM)



**ST MATTHEW'S  
CHAMBER ORCHESTRA**

**CONCERT: SUNDAY 18 OCTOBER | 2:30pm**

**VENUE: ST MATTHEW-IN-THE-CITY CHURCH**

**CONDUCTOR: HOLLY MATHIESON**

**SOLOIST: GILLIAN ANSELL - VIOLA**

**PROGRAMME:**

**LEONIE HOLMES** Commissioned piece

**WALTON** Viola Concerto

**TCHAIKOVSKY** Symphony No 4 Op 36 in F minor

# SHOWING @ LAKE HOUSE ARTS CENTRE ART WITH A CONSCIENCE

Until 18 October

Breaker of White Horses is an artist-run social experiment aimed at gathering recognition and acknowledgement of Family Action, a counselling and refuge centre for those affected by family and sexual violence, abuse, or trauma.

'Breaker' and 'White Horses' are allegories referring to the white water that helps to break down the energy of an oncoming wave; just as with the tide of domestic violence, Family Action softens the blow but cannot hope to dispel the issue at hand.

A series of portraits painted by Fine Art Honours student, Alexandra Taylor, will be exhibited at the Lake House Arts Centre in Takapuna as part of Artweek Auckland. These portraits identify a small portion of the Family Action staff that help run this caring and confidential place, where issues in relationships and the violence or abuse that many New Zealanders experience or have experienced, can be discussed.

In identifying these women, the artist seeks to liberate insight into a constitution of social reality within which a great New Zealand struggle exists. 

To learn more and 'give a little' to help Family Action please visit the Facebook page [facebook.com/breakerofwhitehorses](https://www.facebook.com/breakerofwhitehorses) or [www.givealittle.co.nz/org/breakerofwhitehorses/](http://www.givealittle.co.nz/org/breakerofwhitehorses/)

LAKE HOUSE ARTS CENTRE - 37 Fred Thomas Drive, Takapuna, [www.lakehousearts.org.nz](http://www.lakehousearts.org.nz)



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Oscar Wilde

[www.ponsonbynews.co.nz](http://www.ponsonbynews.co.nz)

*Breaker of White Horses*  
Alexandra Taylor  
30 Sept - 18 Oct

*Marking Time*  
Studio Printmakers Collective  
30 Sept - 18 Oct

**ARTWEEK**  
AUCKLAND, OCTOBER 10-18. [ARTWEEK.CO.NZ](http://ARTWEEK.CO.NZ)

Lake House Arts Centre | 37 Fred Thomas Dr Takapuna | 486 4877 | [www.lakehousearts.org.nz](http://www.lakehousearts.org.nz)

**LAKE HOUSE arts**

# SOUL SATURDAYS & PLAYS IN OCTOBER

**Every Saturday night in October sees a selection of live bands doing their stuff in the intimate Tiny Theatre at Garnet Station.**

It's a bit too intimate to eat in the theatre during a show so they suggest you make a night of it by booking a table for a pre-show dinner in the licensed bungalow restaurant. Their in-house Singing Cowboy Russell Scoones has curated this month's line up of talented musicians. All sets start at 8pm and are \$10.

**The Verandahs, 3 October** - This soulful Rhythm & Blues band bookend October with two gigs playing new songs with feeling.

**Mid Week Tonic, 10 October** - From West Auckland playing songs off their strong new album 'Running Out Of Time.'

**Dylan Wade, 17 October** - Brings his good vibes from the Coromandel.

**The Joyce Beckett Racket, 24 October** - Stomp along to Celtic songs and folk tunes from Ireland and beyond.

**The Verandahs, 31 October**

**Coffee with Eelco, 21 - 23 October, 8pm, \$30** includes gluten-free dessert! Coffee with Eelco is based on an amazing true(ish) story about the power of love, art, and the secret to making a good coffee. Eelco Boswijk, the one-time owner of Nelson's iconic Chez Eelco cafe, immigrated to New Zealand from Holland after the war. 'Meet you at the Chez' was a common catch-cry in Nelson for more than three decades. Written and performed by Auckland-based, Nelson-born Grae Burton, produced by Sharu Loves Hats and supported by the Wallace Arts Trust.

**I AM, 28 - 30 October, 8pm, \$20/\$15** Finding identity from a childhood in 1940s Taranaki to adulthood in gay Auckland. Written and performed by Miriam Saphira, clinical psychologist, artist, published writer, researcher and founder of The Charlotte Museum. 60 minutes, no interval. [PN]

TINY THEATRE GARNET STATION CAFE, 85 Garnet Road, T: 09 360 3397



Coffee with Eelco

**SATURDAY SOUL**

<b>SATURDAY NIGHTS</b>	<i>the VERANDAHS</i>	OCT 3
<b>IN OCTOBER</b>	MIDWEEK TONIC	OCT 10
R&B - Soul - Rock - Folk	DYLAN WADE BAND	OCT 17
	<b>The Joyce Beckett Racket</b>	OCT 24
	<i>the VERANDAHS</i>	OCT 31

GARNET STATION, TINY THEATRE, 85 Garnet Rd, Westmere, Auckland  
\$10.00 8.00pm

Photo: Meek Photography

**OPENING SPECIAL...**  
Win a conservation framed limited edition print Ross Jones's 'Field of Dreams' worth \$1200. Drop into the Gallery during October to be in to win this amazing image.

**The Frame Workshop**  
Picture Framing & Gallery

at Momentum  
182 Jervois Road

## FLYING ART AND FASHION

**Founder and designer of Federation Clothing Jenny Joblin revealed her hidden artistic talents when her first solo exhibition, Some Kind of Dream to Fly, opened on 16 September at Allpress Gallery.**

Jenny Joblin has been an artist for as long as she can remember, her freehand typography illustrates Federation Clothing's instantly recognisable logo and branding, and her illustrations have adorned the clothing label's fashion collections over the years, as well as those of children's label Minti. Her artworks tell the story of things that fly or have attempted flight. Many of the pieces are quite literal, she says, from big wings to superheroes, and even cats. "Cats are in the mix of the dream of flight, affecting birds," laughs Joblin. "It's almost that metaphor of managing to rise above and get that perspective from a height because when you are above, and looking down, everything is obviously smaller and things can make sense, which isn't clear from the ground when you can't see the bigger picture."

SOME KIND OF DREAM TO FLY, [www.somekind.co.nz](http://www.somekind.co.nz)



## A STEP IN THE RIGHT DIRECTION

**The Frame Workshop will be celebrating its 40th anniversary next year. Eighteen of those years were spent located in Ponsonby Road and 12 years in Newton.**

Jo and Don Chalmers have recently purchased Momentum Gallery on Jerois Road and feel they have made a step in the right direction. Not only are they back in the neighbourhood where it all began but Momentum Gallery developed a well-established reputation for showing quality works from contemporary New Zealand artists.

Jo says Momentum Gallery has had such a strong influence and presence in Ponsonby that she will continue to represent several of the artists established with the gallery as well as some new ones.

The intention is to build on that reputation by continuing to support both local and New Zealand artists and providing the local community with limited-edition prints and quality framing.

"The only thing that will change is the name," says Jo. "The best thing about being a framer is that you get to create the final presentation of a piece of art. After all these years it is still immensely satisfying to create the end effect."

Having framed for several galleries and artists throughout the years, the team at The Frame Workshop have been driven by their expectations to frame to a very high standard, which they now take as a 'norm.'

Their custom framing services include all levels of conservation framing for fine art, as well as custom mirrors (endless combinations of style and size) x-stitches, medals, rugby



jerseys, photographs, and certificates. So if you have a special taonga or personal item that requires being framed with the love and care it deserves, then the team at Frame Workshop are the ones to do this.

They will stretch your oil on canvas painting to gallery standards, as well as the ever-popular Giclée art prints. If you are unsure of what look you want, they are always happy to guide with suggestions. They can make specialty construction pieces for very large or over sized pieces up to 2.8m long and they can also crate and freight your artwork anywhere in New Zealand. Ask about their hanging service

### THE FRAME WORKSHOP OPENING SPECIAL...

Whether your passion is art or rugby or both, The Frame Workshop invites you to visit the gallery during October and enter the draw to win an amazing Ross Jones framed archival print of his image 'Field of Dreams.' [PN](#)

THE FRAME WORKSHOP, 1/182 Jerois Road, T: 09 376 4749,  
[www.frameworkshop.co.nz](http://www.frameworkshop.co.nz)



## Picture Framing & Art Gallery

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182 Jerois Rd, Herne Bay. Ph 376 4749

and 49 Neilson St, Onehunga. Ph 633 0218

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[www.frameworkshop.co.nz](http://www.frameworkshop.co.nz)



at **Momentum**

# CELEBRATE NZ BOOKSHOP DAY

**Saturday 31 October 2015**

"Our customers and authors LOVE READING, they'll sit reading in the window of The Women's Bookshop on NZ Bookshop Day. Nineteen of our customers and authors will swap places every half hour throughout the day to demonstrate their love of reading."

- 10.00 Michele A'Court (comedian and author)
- 10.30 Theresa Gattung (businesswoman, author and philanthropist) and Pip Greenwood (leading corporate lawyer)
- 11.00 Jacinda Ardern (MP and member of Labour Shadow Cabinet)
- 11.30 Alison Mau (broadcaster, journalist and author)
- 12pm Bianca Zander (novelist) and Jaquie Brown (TV presenter and author)
- 12.30 Amanda Billing (actress, star of ATC's Lysistrata)
- 1.00 Dr. Siouxsie Wiles (microbiologist and Head of the Bioluminescent Superbugs Lab at Auckland University) with her daughter Eve
- 1.30 Kate De Goldi (novelist, reviewer and children's book advocate)
- 2.00 Sue Orr (novelist, short story writer and reviewer) and Paula Green (poet, reviewer and creator of popular blogs NZ Poetry Box and NZ Poetry Shelf)
- 2.30 Anne Kennedy (award-winning poet and novelist)
- 3.00 Wendyl Nissen & Paul Little (journalists, authors, publishers, promoters of healthy products)
- 3.30 Stephanie Johnson (award-winning novelist and reviewer)
- 4.00 Kim Evans (baker extraordinaire of Little & Friday in Douglas Street)
- 4.30 Charlotte Grimshaw (award-winning novelist and reviewer)

**DISCOVER A BRILLIANT BOOK YOU MAY HAVE MISSED**

Let us entice you to purchase any or all of five books for just \$13 each, in person at The Women's Bookshop, on NZ Bookshop Day, Saturday 31 October:

The Thing Around Your Neck - astonishing short stories by Chimamanda Ngozi Adichie (usually \$30, only \$13 on NZ Bookshop Day)

People of the Book - Geraldine Brooks' most popular novel (usually \$27, only \$13 on NZ Bookshop Day)

A Place of Greater Safety - If you loved Wolf Hall, try this engrossing earlier novel by Hilary Mantel (Usually \$32, only \$13 on NZ Bookshop Day)

The Shipping News - Did you always mean to read this famous novel by Annie Proulx? (usually \$25, only \$13 on NZ Bookshop Day)

The Claimant - extraordinary new novel from the brilliant Janette Turner Hospital (usually \$35, only \$13 on NZ Bookshop Day)

PLUS - 50 free copies of 'We Should All Be Feminists' based on the famous Ted Talk by Chimamanda Ngozi Adichie will be given away in The Women's Bookshop to the first 50 customers of the day!

**WIN 50 BOOKS**

Hurry! Voting in our 50/50 WOMEN online survey, to find the top 50 women authors of the last 50 years, closes on 9 October. Vote <http://bit.ly/1Piqgw> The 50/50 list and the FIVE winners of the top 50 books will be announced at a Champagne Party in The Women's Bookshop at 5pm on NZ Bookshop Day, Saturday 31 October. **PN**

WOMEN'S BOOKSHOP, 105 Ponsonby Road, T: 09 376 4399, [www.womensbookshop.co.nz](http://www.womensbookshop.co.nz)



**Marnie Prickett** unveiling the 50/50 Women list in 2010

Visit [www.ponsonbynews.co.nz](http://www.ponsonbynews.co.nz) to view our **e-Mag...**

**KNOW WHAT'S GOING ON IN PONSONBY BEFORE MANY OF THE LOCALS...**



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Saturday 9am - 4pm.

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**NZ Bookshop Day**  
Saturday 31 October

*All-day celebrations with prizes, prose & personalities!*

**the WOMEN'S BOOKSHOP** 105 Ponsonby Rd Auckland 09 376 4399  
[books@womensbookshop.co.nz](mailto:books@womensbookshop.co.nz)  
online shopping [womensbookshop.co.nz](http://womensbookshop.co.nz)



## UPTOWN ART SCENE

**I recently asked local artists Gavin Hurley and Sam Mitchell (current Artist in Residence at Whanganui) about their ongoing collaborations and current show at Melanie Roger Gallery in Jervois Road.**

**You were at Elam at the same time, is that where you two met, and was it an instant 'meeting of the minds'?**

Gavin: I did meet Sam at Elam, her work was weird.

Sam: I was a mature student when I went to Elam. I knew Gavin's work: He was a "Serious Oil Painter" doing Lempicka-style portraits. I became the "Drinks Gal" at Anna Bibby Gallery; Gavin showed with her and that is how the friendship took off.



Sam Mitchell

**Is there a strong collaborative method for your combined shows?**

Gavin: we began collaborations with chats and beers... It is hard giving control away but I love the surprise of the end result.

Sam: Gavin's work is meticulous - everything ordered. My work is rolling chaos and when he delivers one of his works to me, I feel like a teenager with a sharpie behind the bike shed, no clean surface is safe!

**Can you tell us a little about your latest show at Melanie Roger Gallery in Jervois Road?**

Sam: Over beers, the show conversation started with, what would the 'first New Zealanders' be like before the Maori. This was our starting point. Skulls was my response and I am in the skull zone with my work now so, skulls, there will be some skulls on show at Melanie Roger Gallery.

**The head is central to your work - what fascinates you with it?**

Gavin: Since making paper collage portraits over the past five years or so, it has been a progressive reduction. Some now have a Groucho Marx mask-like feel: glasses, moustache, with a triangle nose. I still love that simplicity with personality recognition.

Sam: My earlier portraits were based loosely on the tattoo selections that people make. The viewer has to build the narrative based on these preconceived loaded representations, a bit like religious iconography.

**What are your favourite uptown haunts?**

Gavin: Markets and second-hand book shops are my favourite haunts, rummaging through other people's old family photos and possessions.

Sam: K'Road is my favourite haunt, St Kevin's Arcade, Alleluya. Many afternoon beer chats have taken place there and may it continue!   
(WILL PAYNT, STUDIO ART SUPPLIES)



### ART ASSOCIATES

With a vast collection of contemporary artworks, we make the process of leasing or purchasing art easy and accessible. Contact us to find out more.

37 Scanlan Street, Ponsonby,  
T: 09 376 4308,  
[www.artassociates.co.nz](http://www.artassociates.co.nz)



**MELANIE ROGER GALLERY**  
Until 17 October

GAVIN HURLEY and SAM MITCHELL pair up to present new work in 'Meet' with Perspex domes and watercolours by Mitchell and sculptural figures, paintings and collages by Hurley.

ARTIST TALK: SAM MITCHELL  
11am, Saturday 17 October

226 Jervois Road, Herne Bay,  
T: 09 360-1151,  
[www.melanierogergallery.com](http://www.melanierogergallery.com)

**Melanie Roger**  
GALLERY

## SHOWING @ OREXART

**Evan Woodruffe - Here Comes Everybody**

**6 - 31 October**

**Opening: Tuesday 6 October 5.30 - 7.30pm**

Evan Woodruffe's paintings can be considered map-like, showing our own negotiation of physical and cultural spaces, looping between our internal and external realms. They stand astride the real and the imagined; the paintings are abstract yet reference the real world, with the trail of his brush marking stages, places and possible events.

Evan's upcoming exhibition:

Here Comes Everybody "is a citizenship conceived of as something urban, as something territorial, yet one in which urban territoriality is narrower and broader than both 'city' and 'nationality'; a citizen of the block, of the neighbourhood, becomes a citizen of the world, a universal citizen rooted in place, encountering fellow citizens across the corridor and at the other end of the planet, sharing world music together, reading books in every language, watching world cinema, entering Twitter streams and communing on Facebook." (Merrifield, A. 2013). 

OREXART, 15 Putiki Street, Arch Hill, T: 09 378 0588,

E: [rex@orexart.co.nz](mailto:rex@orexart.co.nz), [www.orexart.co.nz](http://www.orexart.co.nz)



**Evan Woodruffe** *Here Comes Everyone*  
 6 - 31 October 2015  
 Opening Tuesday 6 October 5.30 - 7.30pm

**orexart**  
 orexart.co.nz

1/15 putiki st, arch hill, auckland 1021  
 tue - fri 11am-5:30pm sat 11am-4pm  
 rex@orexart.co.nz +64 9 378 0588

## SHOWING @ WHITESPACE

**Lianne Edwards: 'Seachange' - Until 17 October**

Born in Auckland, now living and working in Nelson, Lianne Edwards artwork reflects her fascination with the natural world and the place of humans within it. Growing up with a love of nature and drawing she completed a degree and post-graduate diploma in the natural sciences. She then worked in coastal and marine conservation. Her reinvention as an artist, following a degree in visual arts, results in art that resonates with her interest in both science and art to make comment on our relationship with the natural world. "By exploring our relationship with nature, I allude to notions of order and control, permanence and transience, chaos and beauty."



Edwards is best known for her postage stamp assemblages, whether they depict reproductions of nature, art or industry, postage stamps are reflections of the times and societies they are produced within. Other materials also reflect her environmental consciousness and her desire to re-use and re-value materials.

Edwards was runner up in the Wallace Awards 2007 gaining a residency at the Vermont Studio Centre in the United States and taking out the People's Choice Award. Her work may be found in both private and public collections in New Zealand. 

WHITESPACE, 12 Crummer Road, T: 09 361 6331, [www.whitespace.co.nz](http://www.whitespace.co.nz)



29 Sept - 17 Oct, 2015  
**Lianne Edwards** *Sea Change*

20 Oct - 7 Nov, 2015  
**Lauren Lysaght** *Big Deal*  
**Scott McFarlane** *Maps and Flags*

12 crummer road, ponsonby, auckland  
[www.whitespace.co.nz](http://www.whitespace.co.nz) + 64 9 361 6331

**whitespace**  
 contemporary art

# BLACK GRACE: 20 YEARS STRONG

**After 20 years at the helm of arguably our most successful dance company, prolific choreographer Neil Ieremia will stage the biggest show that the company presented in over a decade with Siva, playing for two nights only on November 6 and 7 at the ASB Theatre, Aotea Centre.**

Co-presented by Auckland Live and inspired by iconic Black Grace works such as Minoi, Surface and Vaka, Siva - which is Samoan for dance - is a percussive and strikingly beautiful work, rich in imagery drawn from our collective consciousness, re-imagined and re-contextualised in acknowledgement of our ever-changing world.

In this, the company's 20th anniversary year, Black Grace and its explosive and pioneering work deserve to be celebrated. For the past two decades, the company has taken the world by storm with its powerful and highly-acclaimed productions.

Black Grace has toured throughout North America, playing to audiences of thousands and making its mark at prestigious venues and festivals such as The Kennedy Centre in Washington DC, Jacob's Pillow Dance Festival in Massachusetts and on New York's 42nd Street. The company has also toured to Europe, Japan, Australia, New Caledonia, Guam, South Korea and Mexico.

"Incredible strength, agility, stamina... simply flawless"

**www.Danceworld.com**, New York, 2014

It is a rare treat for Aucklanders to see work of this scale and calibre from one of our own. Book now for this strictly limited season and catch this incredible company at its finest before they head overseas again. **PN**

Tickets available through Ticketmaster **www.ticketmaster.co.nz**

Black Grace performing "Fa'afetai"; Artistic Direction: Neil Ieremia; Photography: Simon Wilson



Black Grace and Auckland Live proudly present



# dance by neil ieremia

"Incredible strength, agility, stamina... simply flawless"  
Danceworld.com, New York, 2014

**ASB Theatre  
Aotea Centre  
6 & 7 November 2015  
09 970 9700  
ticketmaster.co.nz  
www.blackgrace.co.nz**







# SHOWING @ SHOP 4A, PONSONBY CENTRAL

**Jasmine Kamante and Jesper Sundwall - Ecdysis**

**12 - 18 October 9am - 6pm**

**Opening: 12 October - 5.30pm - 8pm**

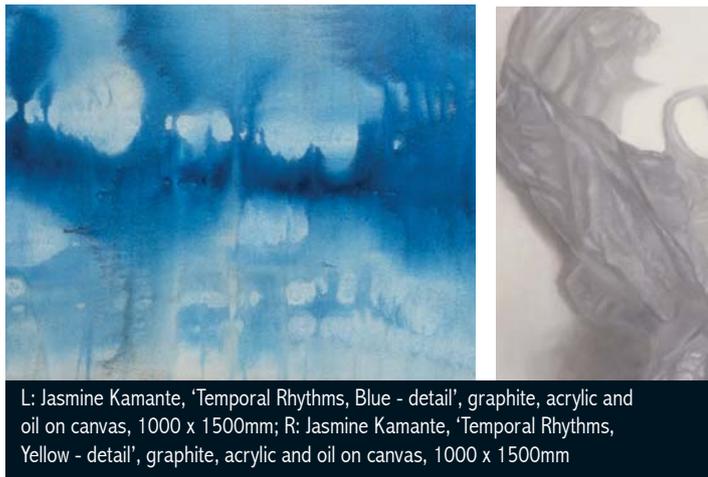
**Artist Talk: 15 October - 6pm Jasmine Kamante and Jesper Sundwall will be in conversation with Amy Stewart**

This is a pop up exhibition by Jasmine Kamante and Jesper Sundwall in conjunction with Artweek Auckland. Kamante and Sundwall are partners in art as well as in life, and together they constitute a microcosm of the act of painting. They support and complement each other through the exploration of their practice, through the unmaking and remaking that comes with the shedding of skin, a process that lends its name to this joint exhibition.

While Kamante is on a passage of biotic colour, Sundwall defies the anti-aesthetic essence of unconventional still life subjects. Both are classically trained, but both also possess an idiosyncratic mastery of their media that allows them to turn it inside out - explode colours, blur lines and uncover narratives.

With special thanks to local law firm Mac & Co. for their generous sponsorship, Sacred Hill for their delicious wines for the opening night and Ponsonby Central for hosting. Contact [info@ecdysis.nz](mailto:info@ecdysis.nz) for more information. 

Shop 4A, Ponsonby Central, 136-138 Ponsonby Road,  
[www.ecdysis.nz](http://www.ecdysis.nz), [www.jasminekamante.com](http://www.jasminekamante.com), [www.jespersundwall.com](http://www.jespersundwall.com)



L: Jasmine Kamante, 'Temporal Rhythms, Blue - detail', graphite, acrylic and oil on canvas, 1000 x 1500mm; R: Jasmine Kamante, 'Temporal Rhythms, Yellow - detail', graphite, acrylic and oil on canvas, 1000 x 1500mm

# THE FOURTH ANNUAL CHURCH STREET ART SALE

**Sunday 8 November 10am - 4pm**

Originally conceived as a studio sell-off of pre-exhibited or older works by professional artists as a way of clearing stock, this successful event at the historic Devonport Power Station continues to provide a terrific opportunity for people to buy great art at affordable prices.



For one day only there will be on sale, a variety of art from multiple disciplines by over 20 artists including Paul Walsh, Anna Hollings, Campbell Hegan, Charles Rose, Rob Tucker, Clare Kim, Diane Curtis, Askew One, Frank Van Schaik, Jay Dixon, Garth Steeper, Jo Barrett, Lucy Bucknall, Malcolm Walker, Marie Nalder, Polly Zee Walker, Prue Mac Dougall, Linda Gair, Robyn Gibson, Simon McIntyre, Ande Barrett-Hegan, Greg Page, Rebecca Heap, Geoffrey Heath and John Oxborough. Millers coffee available. 

DEVONPORT POWER STATION, 47 Church Street, Devonport.

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CHURCH STREET ART SALE

DEVONPORT POWER STATION  
47 CHURCH STREET  
DEVONPORT

SUNDAY 8 NOVEMBER  
10AM TO 4PM



\*Study for Seven Veils\* by Jasmine Kamante

J A S M I N E  
K A M A N T E

---

J E S P E R  
S U N D W A L L

E C D Y S I S

A POP UP EXHIBITION  
12 - 18 OCTOBER 2015  
SHOP 4A, PONSONBY CENTRAL  
OPENING 12 OCTOBER 5.30 - 8PM  
ARTIST TALK 15 OCTOBER 6PM  
[www.ecdysis.nz](http://www.ecdysis.nz)



\*Euviale No. 3\* by Jesper Sundwall



L-R: **Joshua Bashford, Jillian Basford** and **Fatu Feu'u** in front of artworks.

**Fatu Feu'u and Joshua Bashford  
- Pacific Generations @ Bashford Antiques**

PACIFIC GENERATIONS, featuring renowned Samoan artist, Fatu Feu'u and Joshua Bashford of Pakeha and Samoan decent, incorporates ARTWEEK 10-18 October. Fatu's career spans over 30 years. His vibrant oil on canvas works dwell on Pacific iconic symbols going back thousands of years depicting his Samoan genealogy and heritage plus a selection of spectacular stone sculptures. The show is on until the end of this month.



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L to R: Locals enjoying the day outside All Saints Church; lovely ladies fund raising for the Syrian Refugees Appeal.



L to R: Queen City Big Band @ All Saints; The Hipstamatics outside Golden Dawn; SP outside Yuzu.



L to R: Who do we have here outside Nosh?; Face painting outside Bayleys, Three Lamps; fashion racks outside Carly Harris.

CONTINUED FROM P29 - **PONSONBY MARKET DAY - SATURDAY 19 SEPTEMBER**



## What your stars hold for October



### **Libra (the Scales): 24 September - 23 October**

If you want to take things further in your private life with someone who has become quite significant, then now is the time to do it. If you hesitate, you could miss out on a whole host of experiences.



### **Scorpio (the Scorpion): 24 October - 22 November**

You have been feeling unwell lately but this might be a sign that you are unhappy with the way things have been going in your life. Maybe you are giving yourself goals that are too ambitious for you to complete.



### **Sagittarius (the Archer): 23 November - 22 December**

Your ability to see things as they really are has always stood in your good stead up until now. You could be feeling that you might be slightly out of your depth. Try not to listen to any criticism that comes your way, you will benefit by not listening or taking it personally.



### **Capricorn (the Goat): 23 December - 20 January**

You might find that you are the one who everyone goes to when they are looking for advice this month. You come across as strong and you always have an opinion on everything. What you must not do is believe your own hype and think you have all the right answers.



### **Aquarius (the Water Carrier): 21 January - 19 February**

This month, you could find yourself the centre of attention when a close friend or a loved one surprises you with some news or something that piques your interest. Whatever it may be, grab it with both hands and celebrate.



### **Pisces (the Fish): 20 February - 20 March**

Don't take it personally when you're given constructive criticism this month, if you do, you might miss what's really being said. If you take it on board, you will be able to take something from it and improve your working life.



### **Aries (the Ram): 21 March - 20 April**

Be careful with how you express yourself this month. It's not what you say but how you say it, that's the problem. The trouble is once things have been said, they can't be unsaid! Try to practise restraint if you can before a situation becomes uncomfortable.



### **Taurus (the Bull): 21 April - 21 May**

You seem to be tingling this month and are quite excited about the possibilities that may still come your way. Your enthusiasm can be infectious, but remember, we all have our own paths to follow.



### **Gemini (the Twins): 22 May - 21 June**

With everything that is buzzing in your head this month you need to focus on the one thing that will help you keep your feet on the ground. If you succeed, you'll find yourself more productive and a much better opponent in the game of life.



### **Cancer (the Crab): 22 June - 22 July**

If there is a situation around you that may be volatile, you need to nip it in the bud now. If not, step away and make it clear you have no involvement whatsoever. If you have to be alone at this time, then do it. It's not sympathy you're after, it's respect.



### **Leo (the Lion): 23 July - 21 August**

Try not to get irritated about things you have no control over, if it's out of your realm of experience then leave it alone and get professionals to help. It's no use getting worked up about things, let any annoyances go and enjoy the time you have with the ones you want to spend time with.



### **Virgo (the Virgin): 22 August - 23 September**

Don't disappoint yourself with results that have no direct meaning to you, your worrying about other people's lives won't help you get to the place you need to be in your life. If things are going wrong, try to helpfully point out any mistakes, but remember, you need to lead your own life.

## PONSONBY NEWS OUTLETS

### **FREEMANS BAY**

**Ecostore**, 1 Scotland Street  
**Glengarry**, Corner Sale and Wellesley Streets  
**Kellands Real Estate**, 4 Drake Street  
**New World**, Victoria Park

### **GREY LYNN**

**Barfoot & Thompson**, 533 Great North Road  
**Barkley Manor**, 400 - 402 Great North Road  
**Grey Lynn Community Centre**, 520 Richmond Road  
**Grey Lynn Community Library**, 474 Great North Road  
**Raw Essentials**, 401B Richmond Road  
**Ripe**, 172 Richmond Road  
**Tapac**, 100 Motions Road  
**Vetcare**, 408 Great North Road

### **HERNE BAY**

**Herne Bay Post & Stationers**, 240 Jervois Road  
**Five Loaves**, 206 Jervois Road  
**Icing on the Cake**, 188 Jervois Road  
**Momentum**, 182 Jervois Road

### **KINGSLAND**

**Atomic**, 420c New North Road

### **MT EDEN**

**Citta Outlet Store**, Corner Enfield & Normanby Road  
**Sabato**, 57 Normanby Road  
**Studio Italia**, 25 Nugent Street

### **NEWMARKET**

**Planet Ayurveda**, 41 Gillies Avenue  
**Taylor Boutique**, 1 Teed Street

### **NORTH SHORE**

**Rug Direct**, Wairau Park  
**Dawson's Furniture**, Mairangi Bay

### **PARNELL**

**Jane Daniels**, 2 Birdwood Crescent  
**Parnell Community Centre**, 545 Parnell Road

### **PONSONBY**

**Askew**, 2b Jervois Road  
**Bayleys**, 305 Ponsonby Road  
**Harcourts**, 89 Ponsonby Road  
**Leys Institute**, 20 St Mary's Road  
**The Longroom**, 114 Ponsonby Road  
**Mag Nation**, 123 Ponsonby Road  
**Paper Plus**, 332 Ponsonby Road  
**Ponsonby Community Centre**, 20 Ponsonby Terrace  
**Servilles**, Corner Jervois & Ponsonby Road  
**Studio One**, 1 Ponsonby Road  
**Whitespace**, 12 Crummer Road

### **WESTMERE**

**Glengarry**, 164 Garnet Road

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