



WEST AUCKLAND Homeowner

Prepare Now to Banish Winter Blues

With daylight saving behind us, mornings are cooler and crisper and the days are getting shorter; a sure sign winter is near. While it may not be your favourite season, winter doesn't have to be a drag. Try these tips to remain upbeat and enthusiastic.

Use Solar Power Make the most of fine winter days to take in some sunshine and daylight. A lack of Vitamin D, which our bodies cannot make on their own, is one of the main causes of seasonal affective disorder (SAD) or the "winter blues". Sunshine is our main source of Vitamin D so soak up those rays for at least 15 minutes a day.

Stay Social Catching up with friends is easier in summer but that's no excuse to become a hermit over winter. Host a potluck, watch some sport or a movie with friends, attend a festival or event. Social interaction feeds the soul and helps us unwind.

Re-evaluate Your Mindset According to the Dalai Lama, negativity breeds isolation, loneliness and fear. Life isn't always easy but we can choose to be optimistic and to look for the positive aspects in any situation. Likewise, practising kindness and gratitude are sure ways to brighten your outlook.



Eat Well A strong immune system helps fight bugs and viruses. The benefits of chicken soup, jam-packed with vitamins and minerals, are not just an old wives' tale! Eat leafy greens, healthy fats and enjoy the antibacterial, antiviral properties of garlic and onion.

Keep Moving Avoid the tendency to hibernate; get some exercise. The endorphin release will make you feel better as will the sense of satisfaction. Join a gym or walking group or practise yoga at home. If workouts aren't your thing, consider exercise with a purpose: walk to work, forgo the elevator for the stairs or park a bit further away from your destination.

Reflect & Recharge Take time out for your favourite activity. Reading, painting, binge-watching Netflix, family outings, journaling—whatever relaxes and recharges you will all help you avoid the winter blues.



48a Neil Avenue, Te Atatu Peninsula
Set Date of Sale closes on
Tuesday 12 June 2018 (unless sold prior)
rwteatatu.co.nz/TET25678

No Surprises Here!

A number of recent media stories have highlighted misconduct by real estate agents who have failed to disclose all pertinent information to their vendors. Sadly, their behaviour casts a shadow on the 99% of agents for whom achieving the very best outcome for their sellers is always top priority.

Let us reassure you—hiding the facts is absolutely not common practice. In fact, all real estate agents are required to attend compulsory professional development annually as a condition of renewing their licence. It is drilled into us: "Disclose, disclose, disclose." The legal requirement for transparency and keeping all parties fully informed is hammered home (with a reminder about the hefty potential fines) so it is very disappointing to hear a small handful have ignored this.

Longevity in this industry hinges on building a reputation for being trustworthy and achieving top results for clients. So when you engage our services to sell your home, we guarantee to be upfront with all information that could affect your decision-making process.

Morally, ethically and legally, we also need to disclose to buyers that, for

Continued...

RayWhite

Thinking of Selling?
Call our office for expert advice TODAY.

Ray White Te Atatu Phone 09 834 6789

teatatu.nz@raywhite.com | www.rwteatatu.co.nz | 1-3 Rhone Ave, Te Atatu Peninsula

Continued... example, a deck is unpermitted or that the neighbour has an easement to pipe water under your driveway. What needs to be disclosed to buyers is of course something we will discuss with you first as part of our “no surprises” policy.

So, if you’re thinking of selling and want to work with professionals who will absolutely advocate for your best interests at all times...

...please call us anytime for free, no obligation real estate advice or a free appraisal.

If you know someone else who is selling, we’d be delighted if you would consider referring us. Thank you.

“Go as far as you can see; when you get there, you’ll be able to see further.” –Thomas Carlyle

What people are saying about our Salespeople...

Andy Roche Kept us informed all the time and worked hard to get a result.

Real Estate Market Trends

	Apr-17	Feb-18	Mar-18	Apr-18
West Auckland				
Median \$	755,000	770,000	780,000	782,000
No. sales	234	252	323	289
Median days	34	44	34	37
Interest	5.50%	5.80%	5.80%	5.80%

Source: REINZ

**FREE APPRAISAL
CALL US TODAY!**

ENTER THE DRAW TO WIN!

Want to wine and dine at **Et Tu Bistro?** (value \$60.00)

Question: Which country recently hosted the 2018 Commonwealth Games?

Phone, txt or email your answer to 021 960 309 or win@buywest.co.nz or include your name, email, address and best contact number.

Best of luck!

Closes 17 June

Congratulations to our previous winner: Gabrielle Te Tai



FOR SALE



4a Scanlen Road, Kelston

Set on a road-frontage freehold title of 409m², here is an opportunity to purchase a brand new home.

rwteatu.co.nz/TET25188

FOR SALE



339 Rimmer Road, Helensville

Perched high on a hill, this immaculate 183m² brick residence lies on 1.89 hectares.

rwteatu.co.nz/TET25665



32 Hobson Terrace, Waiheke Island

Congratulations—SOLD!



Ray White Te Atatu Know How
to make your marketing speak to buyers



Ray White Te Atatu Phone 09 834 6789
Diane Stevenson - Principal/Licensee Agent

RayWhite