

theMillwatermag

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Your FREE monthly magazine of all things Millwater
February 2016

- Millwater 區内情報要點
- Garden Care for February
- Millwater Biz Buzz
- Sweet Chicken Chilli Cos Canapés

MILLWATER CLEAN UP DAY - 6th March

Editor's note

Welcome back! We hope that you have had a great Christmas and New Year holiday and that you weren't too put off by the unseasonably poor summer weather.

We at the magazine have been busy planning the year ahead, to ensure that there is always something new to read and someone new to meet. Our interview this month with Damon Jones shows what an inspiration he and his associated businesses in Silverdale are going to be in our community.



Talking of businesses, we welcome Millwater resident Rachel Goodchild of Identify Marketing as a brand new columnist, who will provide business guidance each month over the next several months. We have a new author, book reviewer and Millwater resident, Karen McMillan, who will provide reviews of a variety of books in the coming months. Last year's book reviewer, Diana Lakin, provided great insight into her selection and reminds us that we will again be getting together to Keep Millwater Tidy. Thanks, Diana, for continuing the great community spirit of helping us maintain our own patch of Paradise.

Nearby Neighbours has become a popular feature and we have visited last month's Near Neighbour, to attend their spectacular Classic Car and Hot Rod Festival. By the time you read this, the Orewa Beach Festival will probably have come and gone, but the Hibiscus Rodders return to Orewa on Valentine's Day, to run their "Red Thread" day, giving away t-shirts and raising money for the Heart Foundation – why not go along and watch out for their "Heartie" mascot.

Scottish country dancing is featured as a new way of meeting some great people and having genuine fun dancing – no experience needed and you don't even need to be Scottish! The ROMEOs, the ROWENAs and the Millwater Women's Group continue to exemplify the Millwater community spirit and Nita Wong again engages us with some Chinese words of wisdom and a great recipe. All of this demonstrates to your newest neighbours, just moved in and wanting to learn more about the area, that we all have fun and are probably the friendliest neighbourhood in New Zealand.

The timely reminder from the Fire Brigade should not be ignored. Please – please – check your fire alarms. If the battery is dead, you could be next!

Finally: Happy Auckland Anniversary and Happy Waitangi Day.

Brian Mullan
Editor
February 2016

theMillwatermag

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Published by The Millwater Mag Limited

Circulation is 2100 print copies. Editorial contributions are free from cost*. Advertising starts at \$60+gst. Contact Sarah on 027 444 00 44, 09 426 6155 or sarah@themillwatermag.co.nz

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Printed by **Treehouse Print**
ryan@treehouseprint.co.nz



themillwaterinterview



It is always refreshing to meet a true entrepreneur with a proven track record, especially one committed to growing businesses and jobs in this area. It was therefore a pleasure to meet Damon Jones, who is the inspiration behind The Village Depot in Silverdale village.

Growing up in central West Auckland, Damon spent much of his young adulthood in the USA – firstly Chicago then Green Bay, Wisconsin – working in the family business that manufactured carwash machinery, which was initially developed locally in Auckland. Their biggest customers were in the USA and it made sense to grow the business further by being nearer their customers.

After 2 years in Chicago, the small company sold to a leader in the carwash manufacturing industry, PDQ Manufacturing Ltd. This proved to be a successful move – in every sense. The business relocated to Green Bay, Wisconsin and Damon became responsible for training the PDQ distributors in the intricate service and support of the second generation machinery that had been designed by his father. By 1998, PDQ had 70% market share in the USA and distributors in 20 countries.

The arrival of lead-free water-based automobile paints was perfect timing. The growth and profitability had become so

attractive that a major equity investor took PDQ as a jewel in its portfolio and sought to develop the market further in Australia and New Zealand. Damon moved back to the southern hemisphere, initially giving 12 months direct input to business growth before moving to a consultancy role and training the distribution network.

In 2002, Damon's father started a specialist shipyard in Whangarei and, In 2005, Damon returned to work alongside his father to assist in developing the business towards the more profitable and sustainable path of yacht refitting. There was one large completed luxury yacht needing delivery in Europe, so 'sailor' Damon led the business side by chartering the yacht for two profitable seasons, en route to a successful sale.

Damon then returned to consultancy – this time focussing on fashion retail and marketing; further developing his already proven business skills and steering a variety of businesses to deliver clear marketing strategies and exceptional customer service.

Wanting to have his own business, Damon first tested the water with a pop-up store in Albany before looking for greener pastures and presenting an idea to the landlord in Silverdale Village, to develop a retail site. The landlord was looking for an exceptional talent to develop and give a fresh face to this prime site in the village and, at the same time, provide the inspiration to move the village into a more up-market area of retail – with the ultimate aim of developing Silverdale into something that would one day rival the likes of Matakana.

The landlord's exceptional support allowed Damon the freedom to create, develop and deliver The Village Depot, where a clean flow-through sees customers browsing a variety of retail spaces and an excellent cafe, all under one roof. Due to the success of Jones Dept, Damon partnered with Jo Azavedo to create Zavedo. With this new partnership, together with Jones Dept (the latter owned by his wife Heather whom he had met in Green Bay, Wisconsin), and having Gather & Feast onsite, Damon is confident of a successful future for The Village Depot. Damon says "I am proud to be leading the charge in revitalising an already successful village, into one where more and more people will want to come and meet others in enjoying a high-quality retail experience".

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mortgagematters



Why use a Mortgage Adviser?

Most people think that you use an Adviser when your situation is outside the "norm".

However a number of people are discovering that a good adviser can add value to your situation in a number of ways:

1) **Time saving.** The job of the client is to find or sell the home; the adviser is to organise the finance and help you with the workload.

2) **Access to a number of lenders.** Would you go to a retailer with just one product on the shelf? Probably not! Advisers will have access to a number of lenders, providing a variety of options depending on your circumstances.

3) **Competitive rates.** Every week, advisers receive interest rates from a variety of lenders and are able to get a picture of what discounts are out there. Depending on your situation, some of

these discounts are more than what is advertised.

4) **Knowledge of Bank criteria.** 90% of banking criteria is roughly the same; the remaining 10% difference allows the banks to create their own point of difference or niche in the market. A good adviser will have a handle on these differences.

5) **Ongoing support.** With the majority of banks, advisers are able to help clients restructure and fix their loans.

6) **Most of the time mortgage advisers are free-of-charge for bank lending.** (Fees may apply for commercial or second-tier lending).

For further details feel free to contact Ivan on 09 427 5870 or 0275 775 995 or email ivan.urlich@mikepero.co.nz

Ivan Urlich is a registered financial adviser specialising in mortgages, his disclosure statement is available free of charge on request.

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Gotta scratch that itch



During the summer, allergy problems often surface in both dogs and cats. Some pets become intensely itchy, while others develop rashes or chew themselves and others sneeze and wheeze. Whatever your pet's symptoms are, there are several ways to deal with the causes and give them relief.

Some of the plants and grasses that grow in the Auckland region are particularly good at triggering allergic reactions: for example, kikuyu grass. Tree and grass pollens can also contribute.

Fleas are a common cause of problems, especially for pets that are already a bit itchy from other causes.

The most effective way to manage allergies is to avoid the

cause, or remove it from the pet's environment. For example, dogs with grass allergies may benefit from being exercised at the beach where possible, and at home being confined to a decked or paved area.

Good flea control, both of the pet and the home environment, is vital. Thankfully, a number of very effective ways exist to keep on top of fleas, although it is important to remember the home environment may need treating, as well as your pet. Hypoallergenic diets designed to support healthy skin, either from the pet shop or vet, can provide your pet with the specific nutrients needed to ensure the skin can act as a robust barrier to environmental allergens, while also not contributing to the problem by including common triggers.

A number of medical treatments are available to give your pet rapid relief while the underlying problems are addressed, but allergic skin problems are only ever managed and not cured.

Anna Day BVSc MRCVS



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safercommunities

Project "Reach Out"

Hi everyone and New Year greetings from the Silverdale Volunteer Fire Brigade.

Well: sadly, the New Year has gotten off to a terrible start and the recent loss of life in Orewa from fire-related medical issues was a huge disappointment and traumatic experience for the crews who were involved with rescuing and then providing critical medical care to the deceased – our thoughts also go out to the family of the loved one.

This is the second fire fatality already for 2016. In both fatalities, there were smoke alarms in the house but, unfortunately, they were not working. In 80% of the house fires we attend, smoke alarms are either not installed or not working. This tragic event serves as a timely reminder for people to check on their elderly friends, neighbours and family, to make sure they have working smoke alarms.

The Fire Service recommends installing long-life photoelectric smoke alarms in every bedroom, living area, and hallway – on

every level in the house.

The Fire Service offers FREE home fire safety visits and we encourage you to take up this service. We can install pre-purchased smoke alarms, or you may even be eligible for a FREE long-life photoelectric smoke alarm.

So give us a call now on 0800 NZ FIRE (0800 693 473) and book in a visit from us today.
Stay safe out there!

Station Officer Dave Lattimore
Silverdale Volunteer Fire Brigade



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PROTECTING YOUR MOST VALUABLE ASSET

What's your most valuable asset?



Most people invariably answer "my house" if they own their own property. Or, if they are renting, they might nominate their car or boat as their most valuable assets.

But here's the irony: while we don't hesitate to insure our house, its contents, our car or boat, many of us neglect to insure what is

undoubtedly our most valuable asset – ourselves, our health and our ability to earn income.

Consider this: take a person aged 40, on a salary of, say, \$70,000 per annum and with 25 years (or more) income-earning ahead of them. That comes to \$1.75 million. That's certainly worth protecting!

Over time, one's personal situation, risk-exposures and protection needs can change. If you presently have insurances in place, a periodic "warrant of fitness" insurance review is an important way of identifying such changed needs and making any appropriate amendments to one's insurance covers. Alternatively, if you have no personal insurances in place, you may wonder where to start – as it can all be a bit confusing and scary. It's our job to work with you; to come up with a plan that provides you with security and peace of mind – for you, your family and your business.

All insurance companies have their specific "sweet spots" –

it's the insurance specialist's job to find the best "sweet spot" for you; in terms of the type, quality and level of cover, as well as – of course – cost!

Theo Simeonidis is a Registered Financial Adviser, living and working in Millwater, and specialising in personal and business insurances. Also, by virtue his affiliation with the Newpark Financial Services Group, he is also able to provide a one-stop-shop for fire and general insurances, for both domestic and business purposes.

For assistance on any personal or business insurances, please feel free to contact Theo on 027 248 9320 or 09 528 8724 or email theo@uprotectnz.com. Any such assistance is provided on a free, no-obligation basis.

Theo's disclosure statement is available free of charge on request.

Theo Simeonidis
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The Foolproof Way to Grow Your Business

If you've got a business that you want to grow this year, there are only five areas you need to look at. Over the next few months, we'll be taking a look at each one, with some simple ways to make a difference to your business straight away.

The first step to growing your business is to look at your profit. When I'm working with a business owner, it's rare they can answer when I ask "What is your gross profit?" They often say: "Oh, my accountant knows", or, "I'm not sure, it's complicated."

Keeping a close tab on profit is the first step to growing your business successfully – or you may grow a business that just breaks even, or loses money! Last month I worked with three businesses who were shocked to find out they were only working with a profit margin of around 5 per cent or less – which explained the sleepless nights and stress. Their turn-over looked good. Their bank accounts? Not so much...

A healthy gross profit is around 30%. I go so far to say that anything under 20% is a hobby (an all-consuming and stressful hobby!)

So how do you increase profit? Here are some simple methods

1. Increase prices (of course!);

2. Reduce costs and overheads (and get rid of things that don't work, or things you've always done that don't add to the business);

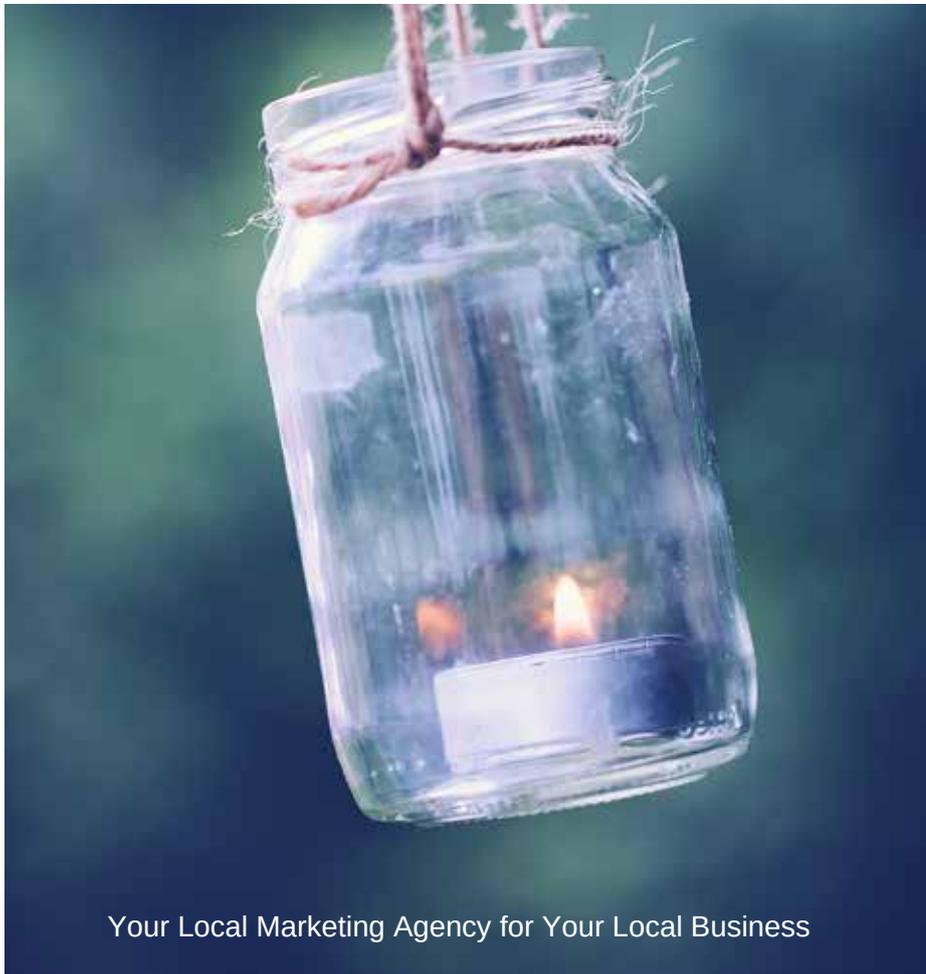
3. Focus most on selling your most profitable items (instead of your favourite);

4. Put any marketing spend in promoting only your most profitable offerings; and

5. Introduce bulk-buying and offers to get people to spend more.

Take a look at your business from today, and make small changes. Make your time, effort and risk worth it – and enjoy the fruits of your labour.

Rachel Goodchild, managing director of Identify Marketing
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INTERNATIONAL STUDENTS CHOOSING

Wentworth College in Gulf Harbour

Parents all over the world choose to send their children to New Zealand to study. Known as a beautiful and safe country, our education system also ranks one of the highest in the world. Wentworth College in Gulf Harbour welcomes many of these international students – from as far afield as Japan, China, South Korea, Taiwan, Thailand, France and the USA.

So: why are International Students choosing Wentworth College?

Our location – students enjoy the outdoor lifestyle and stunning scenery that the Hibiscus Coast has to offer. The College is close enough to be part of Auckland's vibrant scene, yet far enough away for students not to be distracted by it.



Cambridge International Examination System – Wentworth offers internationally recognised Cambridge qualifications. This facilitates entry for both local and international students to some of the most prestigious universities around the world.

ESOL – Our English for Speakers of Other Languages programme successfully supports international students in their English language development. Students arriving with little English soon become proficient, and the extra support and attention in these lessons enables better integration into mainstream classes.

Caring Homestay Families – The majority of our internation-



al students live with New Zealand homestay families. With affluent neighbourhoods and outdoor lifestyles, our students enjoy some of the best homestay homes in the country.

Golf Scholarships – Wentworth's close proximity to the Gulf Harbour Country Club attracts many international students interested in golf. Students are able to focus on their academic studies in the morning and then have time off in the afternoons for professional golf training and tournaments.

With one of College's bus routes going through Millwater, it is easy for any student to attend Wentworth. The school still has some places available for 2016, and would also welcome hearing from any families who might like to offer a homestay to an international student attending Wentworth College.



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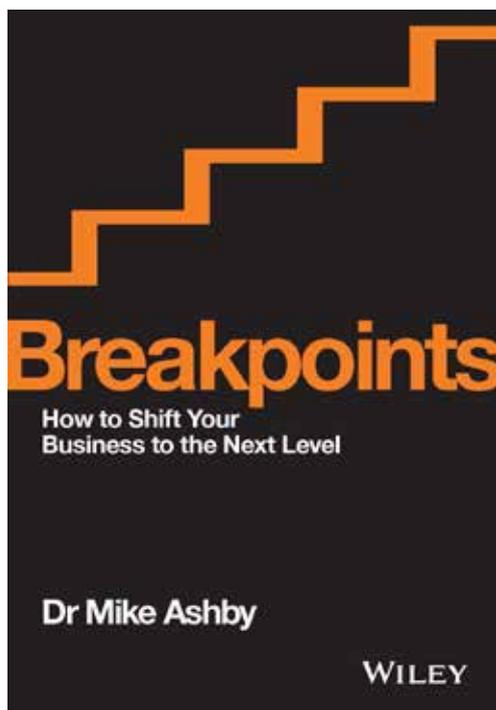
ENROLLING NOW FOR 2016



Millwater **book of the month**

Breakpoints by Dr Mike Ashby

This month, we are pleased to introduce a new book reviewer, Millwater resident and published author Karen McMillan.



Even though I have my own business, I haven't finished many business books. The ones I've dipped into are either so full of jargon they are unreadable, or they are telling you pretty much what you already know. Well, hold onto your hats! I've just finished reading Breakpoints and I would say: if you are going to read one business book in your lifetime, this is the book. Dr Mike Ashby is a business speaker and advisor who has run development programmes for business owners for over ten years. He also has had a wealth of experience in a variety of roles in business. Reading Breakpoints, he clearly knows what he is talking about.

Dr Mike examines the seven mistakes that are common in business. He looks at how you can recapture your energy and drive. He talks about decluttering and then growing your business. He also talks about defining your vision and purpose. The advice is written in easy-to-read language, with simple and practical solutions to take your business to the next level. There are numerous, engaging examples that bring the text to life.

I read my book with a pencil in one hand, and I've highlighted a score of things that I thought were worth incorporating into my own business and life. And that's one of the many things I love about Breakpoints – it celebrates life and shows how people can work more successfully in business and have more enjoyable lives as a result. My favourite tip? It's almost impossible to choose. I liked his comments about mental health and feeling gratitude for what you have. He's also very clear on the number of hours you should be working each week – any more than 45 hours a week on a consistent basis, and you are ineffective and are constraining the business. Settling for less and working too hard? I'm sure we have all done that at some stage, but Breakpoints shows us how not to fall into this trap.

Engaging and practical – this is the book for anyone with a business, whether it is small or large. Invaluable reading. February book review by Karen McMillan, author of Unbreakable Spirit and The Paris of the East www.karenm.co.nz

ROWENAs Lunch



Fourteen members of the ROWENAs (Retired Old Women Enjoying Nice Afternoons) lunch group met for our last outing in 2015 on the 26th November, when we went to Walnut Cottage at the North end of Orewa. Thankfully, it was a dry day so no umbrellas were needed, as one or two had a short walk after parking.

We had a large table in the conservatory and, as it was getting close to Christmas, there were also a number of other parties in for lunch too. Lunch was very good, our menu options within the group were varied, and once again everyone enjoyed the food on offer.

Conversation at our outings is not a problem and that is obvious by the amount of noise we can make. The important thing I feel is to get people to sit with someone different at each outing, so we get to know one another a little better. We can then share ideas and learn about each other's hobbies and pastimes.

Another idea put forward was that if we have a name badge, regardless of what organisation we belong to, we should wear it at our next outing so that it will spark another topic of conversation. It also means, hopefully, we will be better able to remember each person's name – something that some people are better at than others...

Our first outing in 2016 was to Mumbai Central in Millwater on Thursday 28th January 2016, and a report will follow in the March edition of the magazine. We have two vacancies, so, if you want to join the ROWENAs, please get in touch with Margaret Mullan on 021 123 6671.

themillwaterinsider

Millwater Sports Day

Congratulations to all those who attended the first Millwater Sports Day this January. The day was a raving success, with around 50 children attending and having a great time playing a variety of sports and making the most of the water slide – a wonderful effort again by Colin Roberts and his Roberts Café crew. A special thanks also to Paul Conroy for taking some wonderful pictures and allowing the use of one pic for the cover of this magazine. We are lucky to have such generous people in our community.



Road Safety

There has been some concern shown among worried residents about the road safety of certain children and teenagers whilst using bikes, scooters and skateboards. While we lack dedicated areas for these activities to occur, it seems that some of our younger residents have taken an 'anywhere will do' approach and a number of them are doing so without any protection on their young heads. Given the speed that some locals, visitors and contractors still drive at around Millwater, and after a near-miss by one concerned resident, it would seem that a quick chat from all parents around road safety might be worthwhile. We don't want any serious harm coming to our valuable young people.

Millwater Clean-Up Day

We are having another crack at tidying up our environment on 6 March. An article on page 23 of this mag will give you

more details; the most important thing is to put it into your diary and lend a hand for as long as you can.

Facebook Page

Another reminder if you use Facebook and aren't a member of the Millwater Families page; as long as you live in the Millwater area you should join the page. It is a great source of information about local events and provides a great medium for asking questions on local life. The page can be found at <https://www.facebook.com/groups/1376590315899164/>

Millwater Street Trees

One Millwater resident from Emmell St believes the trees in their street are the most beautiful in Millwater. Have you spotted better? Send your pics to sarah@themillwatermag.co.nz



Doggie Disasters

Congratulations to all those responsible dog owners who are cleaning up after their pooches. For those of you that aren't doing this, please lift your game. We all love our dogs and hate cleaning up after them, but it is a matter of showing respect for other residents so that public areas can be free from nasty surprises. It also seems to need mentioning that the playing fields on the Parkway are meant to be completely dog-free.



MILLWATER'S BEST

Gardening Competition results



One warm sunny day at the end of last year, Dean Risetto from Central Landscapes, Heather Tait from Living Earth and I spent a glorious morning visiting 14 properties in Millwater, to look at their lawns and gardens. We were looking for Millwater's best! The three of us witnessed some beautifully manicured lawns, some amazingly creative gardens and some beautiful landscaping.

Our gardening experts commented on how much the gardens in Millwater are maturing, despite most being only a couple of years young. A lot of hard work and dedication has gone in to these properties and they were a pleasure to judge. Some were so lovely to be in that we lingered longer than necessary!

The Best Lawn category was awarded to Leigh of Butler Stoney Crescent;

The Best Vege Patch was again awarded to Emma from Whares Court; and

The Best Overall Landscaping was awarded to Pam and Barry from Portland Park Road.

We'd like to thank you all for entering the competition and we hope you enjoyed your 'goodie bags'. We will run the competition again in November and will look to include some new categories; possibly a category for children to enter.

All details will be announced in [theMillwatermag](#) later in the year.

Sarah Furniss



Summary of The Millwater Insider

Millwater 區內情報要點

Millwater Sports Day

感謝Roberts Cafe及Colin Roberts在一月舉辦的運動會。那天總共約有50位小朋友參加了各式各樣的運動項目，大家都玩得非常盡興。另外必須謝謝Paul Conroy為這次活動進行攝影，也很大方地讓本月刊使用其中一張做封面。我們實在很幸運在社區有他們那麼慷慨的人。

Road Safety

最近很多人都很在意小朋友及青少年在使用腳踏車、滑板及滑板車的道路安全問題，其一是他們很多沒有配戴安全帽，其二是他們並沒有考慮到要駛用在安全的地方。最另人擔心及遺憾的是本區仍有很多人超速駕駛，包括居民及來訪者、建築工地的相關人事等等。所以懇請各位家長抽空為子女講解道路安全守則，避免發生危險。

Doggie Disasters

懇請各位狗主在帶狗狗散步時不要忘了收拾牠們的便便，如果你一直有做的話那非常感激，否則請多加注意。請大家尊重其他居民的感受，保持公共地方清潔。另外請留意在Millwater Parkway的草地運動場是嚴禁狗隻進入。

Millwater Clean-Up Day

3月6日是一年一度的社區清潔日，詳情可在本刊第23頁找到或與我聯絡。請記下這個日子，希望那天大家一起出來幫忙。謝謝！

Facebook Page

您知道嗎？在Facebook 有一個Millwater Families-Silverdale 的群組，您可在那兒看到區內最新動向及活動，並一些有用的生活資料可供參考。您需要按“join”，然後admin會傳訊息詢問您的地址以確認您是Millwater的住戶，確認後您便可以開始瀏覽及留言。

Millwater Street Trees

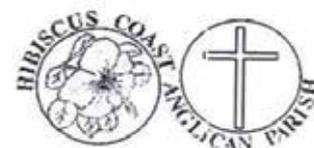
住在Emmell Street的其中一位居民覺得他們街上的樹是Millwater最漂亮的，你能夠找到更好的嗎？歡迎電郵照片來跟大家分享。

Hop Card

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Questions? Suggestions?

如有任何提議或問題歡迎用中文電郵至millwatermag@gmail.com聯絡Nita Wong。



Join us for services throughout the month:

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Sunday 8:00am and 9:30am
Wednesday 9:30am

Christ Church, Waiwera

1st Sunday 11:15am

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millwater **malt** of the month

Some whiskies are ubiquitous; some are less common – but some world-class whiskies you have to travel for and this month's malt is available to New Zealanders only in Duty Free.

Laphroaig PX Cask (48% ABV)

This stunning Islay malt was matured in casks that once contained Pedro Ximenez (PX sherry – considered to be the King of Sherries), which imparts a much more robust flavour profile overall.



The whisky forming the bedrock of the PX Cask is the Laphroaig 10 Years Old, aged in American oak casks before being transferred to smaller, quarter-casks for a further maturation. This secondary maturation imparts a sweeter and more concentrated flavour

to the whisky, due to increased interaction between cask and spirit.

The final maturation is in the PX cask, which is intended to round off any rough edges, or “finish” the whisky. After a few months, the final product is then bottled and sold as the PX Cask. With the subsequent maturation in the quarter-cask and PX cask, the triple-matured Laphroaig PX Cask is approximately 11 years old.

Nose: Peat smoke and phenolic elements intermingle nicely with the sweet sherry. Red fruits, Christmas cake and just a hint of sea salt evident in the nose before spicier elements emerge: nutmeg, cinnamon and just a hint of iodine tussle before giving way to worn leather and tobacco-pouch. Quite a complex nose.

Palate: Sherried sweetness and smoky peat are the stars of the show. Sea-salt and the nutmeg and cinnamon from the nose make an appearance. Aniseed then enters the fray, increasing the intensity of the spiciness of the palate.

Finish: Long and lingering, with a drying mouth-feel. Spicy, smoky, salty and sweet in equal measure – with all four aspects taking turns to inundate the palate. Glorious!

Add a drop of water: Softer, but the magic is still there; not as smoky – or as long and lingering as it was when undiluted.

Aelia Duty Free (Special) \$99 per Litre

Are you looking after your children's eyes?



Eighty-percent of learning is visual, and eighty-percent of UV damage to the eyes is sustained before the age of 20 – so it goes without saying that our eyes are worth protecting, and educating children about looking after their eyes while in the preventative phase is vital.

Dennis Oliver, owner and optometrist of Visique Millwater, says that attention to UV protection in the playground should go hand-in-hand with ensuring your child's success in the classroom. “A number of children between five and 12 years-old suffer from treatable vision problems, which is why we strongly recommend that every child has a full eye exam before they start school, to pick up any issues early on. If a child has trouble reading, the first stop should be an eye

exam. Approximately twenty-percent of all children have difficulty reading and a large number of those problems can be reversed if caught early enough”.

Eye problems sometimes run in families; so, if your family has a history of weak eye, lazy eye, squint, turn or cast, it's a good idea to have children checked out early, before going to school (and they don't need to be able to read letters for this).

“While being tested on a 20/20 vision chart can be helpful, it isn't a comprehensive exam and has little to do with testing reading ability – children and adults can pass this long distance vision test but still have trouble reading up close”.

To encourage parents to protect young eyes from New Zealand's harsh UV rays, Visique Millwater is giving free sunglasses to new entrants in their community, while stocks last. This is the 12th year that Visique has been running this programme.

“Eighty per cent of UV damage to the eyes is done before people turn 20, so we're really focused on getting children into the habit of protecting their eyes from the sun”.

To book an eye exam appointment or to find out more about the “Free sunglasses for new entrants” programme, contact one of the friendly team members at Visique Millwater on 09 426 5308.

Look forward to seeing you soon!
The team at VISIQUE MILLWATER

VISIQUE HAWKINS OPTOMETRIST
20/175 MILLWATER PARKWAY
SILVERDALE 0932
TEL: 09 4265308



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Caci Silverdale talks – Permanent Hair Removal

At Caci, we have been offering laser hair removal to New Zealand for over 20 years. It is a safe, cost-effective and permanent hair removal solution for unwanted hair.

WHAT IS LASER HAIR REMOVAL?

While there are technical differences between the machines, for the sake of simplicity we often use the term “laser” for them all. At Caci, we started with lasers and then progressed to IPL – and now we use the latest generation VPL (variable pulsed light) in all our Caci clinics for laser hair removal. The variable settings mean that the machines can treat effectively the different types of hair found all over the body, from thicker underarm hair to finer facial hair.

HOW DOES LASER HAIR REMOVAL WORK?

Laser Hair Removal works by passing a light beam through the unwanted hair area, which is then absorbed by the pigment (colour) within the hair shaft and hair follicle. This generates heat, which loosens the hair and disables the hair-forming cells. We treat the following areas with Laser Hair Removal:

Face	Neck	Arms
Underarms	Chest	Back
Legs	Stomach	Bikini line / Brazilian

WHAT RESULTS CAN YOU EXPECT?

You should start to see results after your second or third treatment. Because you see yourself everyday, it is difficult for you to see gradual improvements taking place and individual results may vary.

The human body is so superbly designed that it is impossible to remove 100% of unwanted hair – but, using this system, we can remove up to 98% in some clients. The average person can expect at least 80% removal. However, this is dependent on age, type of hair, hormone levels, some medical conditions and some medications. (We note that over 90% of western European and

American women use some form of hair removal regularly: ranging from plucking, shaving, waxing, depilatory creams, electrolysis – to lasers or VPLs).

HOW MANY TREATMENTS ARE REQUIRED?

We recommend a course of treatments to receive permanent hair removal results. Our laser hair removal programme, Freedom®, gives you a treatment schedule and allows you to pay for treatments weekly, fortnightly or monthly and offers our exclusive guarantee*

WHO IS SUITABLE?

Blonde, red and grey hairs are much more difficult to remove and may not be able to be treated.

Fitzpatrick skin-types I-III can be treated safely, with no reports of any adverse effects. However, skin type IV and above is generally not recommended for treatment. Your specialist Caci nurse will check your skin type during your free consultation. So; in short, the darker your skin tone, the more important it is to check.

Any underlying medical conditions may exclude you from treatment or the results may be negligible. It is very important that you state clearly any medical conditions that you have or any medical treatments you are undertaking.

DOES IT HURT?

The level of discomfort varies between individuals and the different areas being treated. Some people feel nothing, some feel a heat sensation, and some have likened the sensation to mild stinging or the flicking of a rubber band. Generally: the coarser or thicker the hair, the greater the sensation. There is usually some form of skin response post-treatment – normally a mild redness.

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timlawrence Fishing Spot

Happy New Year! I hope you have all dusted off your rods and embraced the summer season of fishing, both here in the Hauraki and further afield. The big easterly after Christmas dampened the fishing in Auckland but the weather has certainly settled enough to get out there and test out those new lures you got from Santa.

The water has warmed up to a balmy 20 degrees and the snapper have moved down the coast to the inner harbour areas. I personally have been sticking to the deeper waters; choosing to fish in 30+ metres with some very good results. Some of our trips have been hampered by strong winds, which forced us to fish in some old haunts in behind some of our local islands. Again, we have been surprising ourselves with some good average catch sizes in these areas.

There are reports of game fish being caught in the far north and on the west coast but I haven't seen any reports of tuna or marlin this far south just yet. Maybe we are a bit early and the warmer water hasn't made it into the Hauraki (at least that's what I am telling myself after having no luck trolling for big fish in January).

Since December, I have been in and on the water as much as I can. This Christmas, we spent two weeks on the isolated Wairarapa coast free diving for paua and crayfish, while catching blue cod on the rods. The fishing is tougher down there, although the diving more than makes up for it, but this year I had to work hard for our bounty as the sea was dirty with northerlies battering the coastline.

Back in Auckland, our last mission out was at dusk in the



Kawau Island area where we cleaned up with gurnard, trevally and snapper. Our guest angler had a ball – especially after going on a charter recently and only catching four fish all day. The next morning we headed out from Omaha in search of a tuna – or, even better, a marlin. After a full day of trolling we stopped in at Great Barrier Island for a scuba dive and caught a few good crays as a consolation prize.

February and March is the best time for fishing. If you haven't had any luck just yet, then you need to take advantage of the long summer nights and upcoming 3-day weekends – remember you are feeding your family, so fishing is a very important activity.

Tight Lines!

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OSTEOPATHS AND CHIROPRACTORS

What's the Difference?

This is the most common question – in fact, I get asked it almost every week! To start with, we are both manual therapists (use mainly our hands to treat various bodily aches and pains). Generally speaking, Chiropractors tend to 'click' the joints of the body more than Osteopaths, and use X-rays that can help with diagnosis. Osteopaths also use joint clicking, but this is often after a period of time spent preparing the body – we tend to use a lot more massage, stretching and movement techniques, which I think encourages more of a longer-lasting effect on the body. If an Osteopath decides an X-ray is necessary, we will send you to a local radiology department and discuss the results with you when we receive them (usually within 24 hours). Chiropractors also use a little hand-held tool called an 'Activator' to encourage spinal alignment. Osteopaths generally only use their hands (and sometimes elbows on really stiff muscles!) while administering treatment.

If we get down to the theory behind these two professions, Chiropractors often identify the nervous system to be the cause of the symptoms, whereas Osteopaths believe in the importance of blood flow and chemical imbalance (such as

inflammation) to be the influencing factor. There are also differences in how we believe each part of the body relates to the other local structures (muscles, ligaments, tendons and joints) – ideally, each body component should be 'job-sharing' equally; not one part doing all the work and another part doing very little.

The differences above are generalisations – every Osteopath and Chiropractor is slightly different in the way they work, depending on their preferences for treatment style and experience. The most important thing is that the treatment style they are using is helping you feel better.

So should you see an Osteopath or a Chiropractor? Of course my answer is: an Osteopath – but then, I am completely biased!

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Osteopaths use their hands to ease aches and pains coming from the Musculoskeletal system - muscles, joints, ligaments and tendons. We use stretching and massage techniques to treat:

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- Sciatica & trapped nerves
- Hip & knee pain
- Shoulder pain & frozen shoulder
- Elbow pain & tennis elbow
- Plantar fasciitis and foot pain
- Muscle spasms
- Sports injuries
- General aches & pains

Not Sure?
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10% off treatment in February with Jessica



Millwater Women's Group

Happy New Year to you all! I hope your Christmas break was relaxing and that you "ate, drank and were merry"! Here we are: staring down the barrel of February 2016 already. The group had an informal lunch at Kings Garden Centre on 14th January. It was lovely to catch up with those who could make it and we all agreed that we would repeat this soon. Anyone who fancies a lunch out, please use the Millwater Women's Group Facebook page to organise the event. If you are not a member online, just search Millwater Women's Group Silverdale and apply. I will need to verify your address, as we have women and men trying to join from all over the place – including India. I often have people say their friend is a member so they really want to join, even though they do not live in Millwater. Sadly, it is hard to find venues that can cater for meetings. If we take everyone, we will become such a big group that I have no idea where we would meet. The aim of the group is to meet other local women and it is lovely to see the friendships that are blooming in the group.

We will continue this year to meet at Silverdale Pioneer Village on the 3rd Wednesday of the month; so our first meeting there will be 17th February 9.30 am onwards. If there are any changes to this, it will be posted on the Facebook page. I look forward to seeing you all in February.

Marj Noble 021 711 540

Millwater Moves



*Moving out and moving on, old home sold and movers gone
New lives planned in pastures new; our life in boxes, such a
zoo*

*Brand new house in brand new street, brand new neigh-
bours yet to meet*

*We left old friends to start anew; we hope new ones are
friendly too.*

*On the road, Millwater-bound; decisions taken we know are
sound*

*Millwater community, closely knit; we're not concerned one
little bit*

*Ah! At last our home's in view; and look – I see the neigh-
bours too*

*Waving hands and smiles all round, we love this new place
we have found.*

From a very happy Millwater resident

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Homeopathy for over-indulgence

Following on from the December/January issue, and as we are just recovering from the holiday season and summer is always a time to celebrate, I would like to point out some remedies for over-indulgence.

The first and foremost remedy for over-indulgence is Nux vom. It restores balance when a person has over-indulged with food or drink. It is the main remedy for headache or migraine following excessive consumption of alcohol; with sensitivity to light, odours or noise and nausea and vomiting. Undigested food may be lying in the stomach like a 'rock'. The remedy works well for the driven, 'type A' personality. This personality type is compulsive, competitive and easily angered and also prone to exhaustion from stress.

Another important remedy for overindulgence is Carbo vegetabilis. The person who needs this remedy feels very weak or is near collapse, experiences coldness with aversion to heat and has difficulty with breathing. The person cannot bear to lie down but must sit up. There is also extreme bloating, indigestion and belching.

Lycopodium is another remedy that relieves bloating and digestive issues, especially when it occurs in the late afternoon or early evening. Oysters, onions and cabbage will upset their tummy. People who need Lycopodium generally crave sweets and prefer cooked food to salads and warm drinks to cold drinks.

The remedy Pulsatilla is useful in cases of bloating or nausea; especially after eating fatty foods such as ice cream, pastries or pork. The abdomen is usually painfully distended, with loud rumbling and pressure as from a stone.

These are only a few remedies that will help you with over-indulgence and hangover.

Always remember to consult a registered homeopath for chronic health issues.

Ute Engel, Millwater Resident
Registered Homeopath (DipHom RCHom)
www.homeopathyorewa.co.nz



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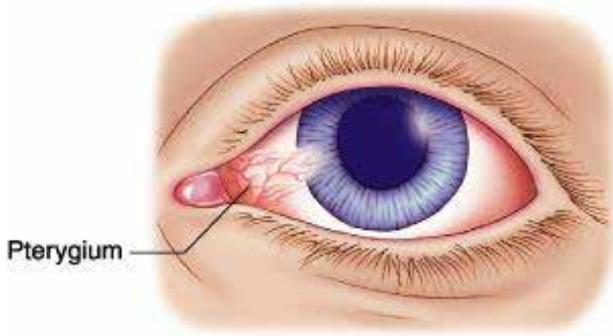
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What Is Pterygium?



A Pterygium is a benign growth of the conjunctiva, which is primarily caused by ultraviolet-light exposure; sometimes associated with low humidity, windy and dusty conditions. A Pterygium itself is harmless but, when this is starting to grow over the cornea, it can create an astigmatism (irregular focus in vision) and discomfort from dry or itchy eyes and foreign body sensation with lids catching the Pterygium during blinking. It can also leave a permanent redness appearance on the conjunctiva.

They usually grow slowly over time, but sometimes they can grow rapidly and, in that case, they can invade the cornea and lead to permanent vision loss by obscuring the optical centre of the cornea (e.g. by covering light going through the pupil). To reduce the risk of developing a Pterygium or to slow down the existing Pterygium, wearing protective sunglasses and/or a hat is very important and regular use of artificial tears is useful. Polarised lenses in particular are useful, as they blocks

100% of UV rays reflecting off the surface of ground and water.

There are surgical options available to get rid of a Pterygium, but this is usually only recommended if there is a sign of rapid change in vision due to its growth or if it is causing ongoing discomfort, and/or if it has grown close to the centre of the cornea.

If you have chronic red eye problems, or if you already have a white or yellow lesion growing over the conjunctiva, it is a good time to have an eye examination.

If you would like any further information on this subject, or any other eye related issues, please call 09 426 7902 to make an appointment with local Optometrists James or Zaria, at OPSM in the Silverdale Centre (Near Countdown).

By James Park BOptom (TPA Endorsement)



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Iron Deficiency

Iron deficiency anaemia is one of the most common deficiencies worldwide. Here in New Zealand, approximately 29% of children under 15 are iron-deficient. It is ten times more common in females than males. Signs of deficiency include fatigue, weakness, headaches, poor immune system function, angina or chest pain, difficulty concentrating and pale skin and gums. Iron, folate and vitamin B12 are the main nutrients needed for our bodies to be able to manufacture red blood cells and haemoglobin. Red blood cells contain haemoglobin, which enables them to carry oxygen. Fatigue occurs when there are not enough healthy red blood cells to carry adequate oxygen to our tissues. Iron is crucial for brain development in babies and toddlers – in fact; they require more iron than an adult male.

Recommended daily requirements for Iron vary – depending on age, gender and life stage – from 8 mg per day to 27 mg. Babies, teenagers, pregnant women, vegetarians and athletes – especially endurance runners – need more than most. Certain intestinal disorders like Crohn's disease and coeliac disease can impair the body's ability to absorb iron and so this



increases their iron requirements. People on very low calorie diets often do not get enough iron in their diets. Blood tests can determine if you are iron-deficient.

There are two different types of iron: haem and non-haem iron. Haem iron is only found in animal sources such as meat, liver, fish and chicken and is easily absorbed by the body. Non-haem iron is found in plant foods, but is much more difficult for the body to absorb. One of the things you can do to improve iron



absorption is to eat vitamin C-rich foods with non-haem iron-containing foods. Tannin in tea and coffee reduces the amount of iron our bodies can absorb from food, so make sure you wait at least half an hour before or after a meal to enjoy these drinks. To learn how to further optimise your Iron intake, it's worthwhile discussing this with a qualified nutritionist.

Supplements should only be taken on the advice of a doctor, as high levels of iron can reduce the absorption of other essential nutrients such as calcium and zinc. It's always best to try and get the nutrients our bodies need from food, as they are perfectly designed to best provide for our body's requirements.

You can find me on Facebook as NutritionSense, for regular posts on health-related topics and recipes.

By Paula Southworth
Nutritionist & Health Coach
(BSc Human Nutrition and
Sports Science)

www.nutritionssense.co.nz



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MILLWATER CLEAN UP DAY

Sunday 6th March 2 - 4pm



After a successful Millwater Family Clean-Up Day last year, the time has come again for us to show our Community Spirit by keeping our bit of Paradise exactly that. We all agree that a certain amount of rubbish sometimes blights our beautiful area and this rubbish is caused by many factors.

Rather than be reactive, let's all be proactive and get our families together and show our younger members how to take responsibility for keeping their local area clean and green. The format will be the same as last year, where we have a designated day, March 6th, from 2.00 – 4.00pm.

We will again be approaching local building companies and businesses, to see if they will sponsor "spot prizes" by way of an incentive for families who willingly give up their time for this community venture.

Children can put this towards their "Peak Challenge" at Silverdale Primary School. More information will follow on the Millwater Family Facebook Page.

Local building companies and businesses can again show their community spirit by assisting with this community venture and should please contact either Barry Stevens at barry@2can.co.nz or Diana Lakin at disylakin@xnet.co.nz.

Millwater ROMEOS

In December, nine of the thirteen Millwater ROMEOS (Retired Old Men Eating Out) visited a hidden gem of the Kaipara Coast - the Kaipara Coast Sculpture Gardens. These contain a variety of landscapes; from grassy slopes, native bush, orchards and old farm fences, to ponds and shady picnic spots. Through this idyllic garden winds a delightful one-kilometer trail, revealing numerous contemporary sculptures set at vantage points along the way. The weather was perfect, with a slight breeze to cool the warmth of the sun, and the ROMEOS spent a pleasant hour taking in these visual delights.

There is a further path starting near the end of the walk; a conservation track hand-hewn by the owner and his father over many years, to make the native bush accessible for the control of imported pests. It is slightly more strenuous than the garden trail, and winds along the steep hillsides, past little streams and waterfalls, and taking 20 to 30 minutes to negotiate.

The property boasts a lovely rustic garden centre, which sells a great variety of healthy plants propagated on site by the owners.

The onsite cafe provided the hungry ROMEOS with a splendid lunch from their blackboard menu, all tastefully prepared and presented by the friendly chef Pinny Poona, aka Pip, and

her helpers.

The Kaipara Gardens and Sculpture Trail provide a very enjoyable way to spend a half day with friends and family and this slice of paradise is well worth the 25 minutes' drive from Millwater.



Apps that stimulate language

In our ever-changing world, the way young children are learning is changing too. While some tablet applications merely entertain, there are some that are very engaging and educational.



When choosing an App, it is important to watch your child interact with it and be sure that actual learning is taking place rather than the child just eliminating options, thereby only really learning Cause and Effect. It will almost always be more beneficial to read books and play with your children but, if you want to make the most of "screen time", here are a few of my favourite Apps that are available at the Apple App Store. These games are appropriate for children aged between 3 and 6 years.

Splingo's Language Universe: Children follow instructions at varying levels of difficulty and earn rewards that help "Spli-



go" get back to his planet. Parents are able to set the accent as well as the level of difficulty according to the number of main words in an instruction, or according to nouns, verbs, prepositions and adjectives. In this way, you can zone in on teaching more specific concepts or vocabulary.

Tribal Nova has a range of games but look for the one named "Vocabulary and Grammar! Language development..." One can choose from 3 levels in each of the sub-games. The games target Sentence Formation, Vocabulary and Listening Comprehension.



Sounds At Home: This App targets auditory awareness, phonemic awareness and following instructions, using familiar vocabulary related to the home.

Preschool Adventure Island: Allows children to explore various parts of the island, which have different games that teach number concepts and easy addition, phonics, letters and patterns. Boys especially like the pirate theme of the App.

Until next time; happy playing with your children!



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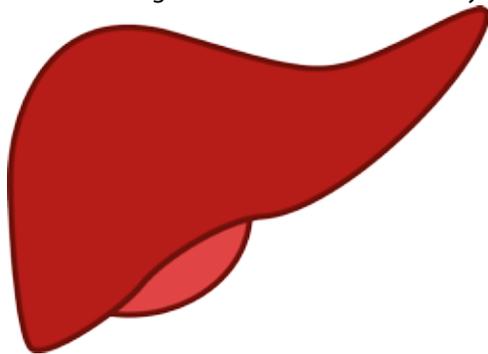
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A healthy liver boosts immunity, neutralises and destroys poisons, cleans the blood at a rate of one and a half litres per minute, discharges wastes, metabolises fats and cholesterol, stores red blood cells, aids digestion, maintains hormonal balance and regenerates its own damaged tissues. Who could ask it to do more?

While the festive season and holidays have been a wonderful time to relax and celebrate with family and friends, overindulgence in fatty or sugary foods, and alcohol, plus long-term use of pharmaceutical drugs and other 'substances' may eventual-



ly overstretch your liver's ability to do its job. As the liver has no nerve-endings, it can be hard to notice the first signs of problems.

The good news is that these early signs of liver disease are reversible, as the liver has the remarkable ability to repair itself and continue to function even when eighty percent of its cells are damaged. A diet high in fibre, plenty of fresh fruits and vegetables, healthy fats, enzyme-rich foods like yogurt (sugar free), and sulphur-rich foods like onions and garlic, will help ensure a healthy liver. The liver also needs lots of oxygen, so daily exercise and fresh clean air are essential.

Certain nutritional supplements have been shown to help the liver repair and regenerate itself. These include dandelion, milk thistle, schizandra, globe artichoke, turmeric, yellow dock, plus alpha lipoic acid (ALA). Good quality liver supplements contain many of these naturally-occurring ingredients and are available at HEALTH BY LOGIC in Silverdale Village.

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Digital Advertising

Where you market your property can have a big effect on the outcome of selling your home, and listing your property on the Internet is a mandatory part of any marketing campaign nowadays, because of the extraordinary reach it has to prospective buyers.



On the other hand, the Internet is also a brilliant tool for buyers, because of its simplicity. It's incredibly easy for people to narrow down their search by location and then to view interior images, floor plans and property videos.

If they like what they see online, then they can very easily contact the agent and schedule an appointment to view the property.

At Mike Pero Real Estate, we utilise a range of property websites, including Trade Me, RealEstate.co.nz and Juwai – to name a few.

The two major websites in the New Zealand market are Trade Me Property and RealEstate.co.nz. Both act as a virtual marketplace for real estate buyers and sellers, showcasing properties by location, budget, house type and more. Trade Me

boasts that it is the most visited real estate website (verified by Nielsen/Netratings), while RealEstate.co.nz provides the most comprehensive selection of property listings from licensed real estate agents in New Zealand. So, together, they are a formidable force when it comes to marketing your home.

Similar to Trade Me and RealEstate.co.nz, Juwai is also a property website, but is instead targeted to Chinese buyers. It is China's largest international property website and attracts 1.5 million unique visitors a month. So, with almost every listing featuring on the Internet it's important to invest in upgrades; so your property will have a strong presence and stand out from the crowd.

It has been shown that many online searchers drop off by page two of the search results. Therefore, if you simply advertise with a basic listing, it has been likened to having a billboard in the woods – no one will find it. The moral of the story here is that it's essential to invest in products like super features and packages, which will see your property remain on the first page and be a familiar reminder for those must-have buyers.

— Mike



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

	Dec 2014	Nov 2015	Dec 2015
Number of Sales	14	13	6
Median Sales Price	\$847,500	\$1,210,000	\$1,075,000
Highest Sale Price	\$1,190,000	\$1,550,000	\$1,170,000
Lowest Sale Price	\$780,000	\$950,000	\$947,000
Average % price to CV	0.00%	25.74%	28.64%
Average Floor Area (sqm)	233	264	231
Weighted Value Index	1008	1257	1222

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

We also provide statistical data, free from cost to purchasers and sellers wanting more information to make an informed decision. Phone me today.

Grayson Furniss
Franchise Owner
SILVERDALE

09 426 6122
021 665 423
grayson.furniss@mikepero.com



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millwaterpropertytalkwithGrayson

Welcome to Property Talk 2016

Happy New Year and welcome back to some wonderful weather. The Mike Pero Real Estate team enjoyed some relaxation over the Christmas break, while still managing to get a number of houses under contract and sold. As always, this is an interesting period for selling; with a large portion of our buyers choosing to spend their time celebrating the festive season rather than working on buying homes. The result is a large drop in buyer activity for a chunk of December and January. This can be seen reflected by a typical seasonal drop in the number of sales and some easing of the upward price pressure over this period. Indeed, the figures still don't fully reflect the drop in activity; with a number of the sales registered in this period actually relating to contracts that were signed many months prior.

The positive news for those of you who are thinking of selling: there have already been signs of increased buyer activity in the New Year and we are expecting this to continue to increase in the coming weeks. The other bonus from a seller's perspective is that we are back to relatively low numbers of properties for sale in the market, so expect to see some solidifying of prices over the coming weeks as buyers are forced to compete for a limited numbers of properties.

We have been very successful in recent times, matching buyers with properties that we are aware of, where

vendors have given us an indication of their willingness to sell. When we have qualified buyers who have rejected our existing stock, we will work with them to find an opportunity and we have achieved some wonderful outcomes for vendors and purchasers. If you are considering selling at some point in the future, let us know so we can keep you in mind when buyers are rejecting other properties.

Grayson

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Mike Pero

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holidaydestinations

Jennie Ready's South East Asia

I have recently returned from a cruise in South East Asia on Sapphire Princess. Our cruise started in Singapore, which is one of my favourite cities. Singapore is extremely clean, well-organised and a great destination if you love shopping. I would also recommend visiting Gardens by the Bay, Marina Bay Sands Skypark and the iconic Raffles Hotel.

After spending time in Singapore, our first Port of Call was Port Kelang, Malaysia (Kuala Lumpur). As we only had limited time in each destination and they were all new to us, we decided to do a shore excursion in each port. For Kuala Lumpur, our excursion included the Petronas Twin Towers and the Skybridge, which were definitely worth seeing. It also included Independence Square, National Monument and some free time at the huge shopping mall Suria KLCC.

The next morning we called into Penang, Malaysia. In Penang, we chose to do the Temple of Ten Thousand Buddha's tour. This was a great experience and we visited a number of temples, including the Reclining Buddha Temple and Kek Lok Si Temple, which is the largest Buddhist temple in South East Asia.

Our final port was Phuket, Thailand. We spent an amazing day here visiting Phi Phi Island. The speedboat trip to get there definitely isn't for the faint-hearted, as it can take 45-60 minutes and it is extremely bumpy (even on a good day!) We visited Maya Beach, the location for the movie "The Beach", did some snorkelling and had a lovely lunch at an eco resort before spending some time in Phuket town.

We then had one relaxing day at sea before returning to Singapore, where we spent our last day on Sentosa Island before flying back home. A cruise is a great way to see South East Asia and we were able to experience a mix of cities, shopping, beaches, temples and culture – all in just 5 days. It gave us a great taster of the region and we will definitely go back for longer.

Jennie Ready



Chinese New Year



Chinese New Year, in terms of people's behaviour, is very similar to Christmas in New Zealand; where parents have to work around the clock to get things done; kids are looking forward to receiving red packet money and business will be closed for weeks. It's a festival time for getting the family together and celebrating the happiness of receiving a brand new year. Some people believe it's the time when bad luck will go away and to wish something good will happen. That explains why, in the Chinese New Year time, people must greet others by wishing them "earn fortunes", "good health", "good business" – or, in a modern way, "may you look like 28 years old every year!"

The way people celebrate Chinese New Year will vary from family to family and the list would be endless if I go into details. Instead, I would like to share some funny experiences with you from when I was living in Hong Kong.

When I was a kid, on New Year's Eve we had to walk around the park and yelling out "lazy bugs on sale! Who want lazy bugs...?" This is a tradition, hoping to get rid of the laziness in kids and hoping they will work harder in the next year. (Obviously, it wouldn't work!) My brother and I, of course, were just doing it for fun; laughing was more important than anything. That night, we also have a pair of small tangerines (with leaves and stem) and a pair of red packets to put beside our pillow.

The first Chinese New Year after we married was a totally different story. We were "qualified" to hand out red packets, which means we needed to prepare enough notes for passing out packets. The rule is you should hand out a pair of red packets to whoever is younger (unmarried) than you and whom you meet in the first 15 days in Chinese New Year – so there is quite an amount of notes we needed to have prepared. The fact is, the amount of packet money given out to a close relative is certainly different to someone's kid you just met. Unlike Christmas gifts, it is unusual to write a name on the packet. My solution was to prepare a few different styles of red packets, where each style only contains one value of note. On New

Year's Day, I put one style in my left pocket, one in right and maybe one in my bag, and so on – and then practice in my mind. For example: left is \$10 (around NZ\$2), right is \$20 (around NZ\$5), etc. However, the first year passing out the red packets was too overwhelming, as I always confused myself and ended up saying to my husband "Oh no, did I just give out a pair of \$10 instead of \$100?". It could be really embarrassing to give out the wrong red packets, as it could be a real disaster!

In the photo are the traditional (small) and modern (long) red packet envelopes.

This year's Chinese New Year is on February 8th, and we are entering into the year of the Monkey! If you happen to see your Chinese neighbour, you can greet them with "Xin Nian Kuai Le" (Happy New Year), which may give them a big surprise!

Nita Wong
Originally from Hong Kong,
20+ years ago
Millwater resident



Hibiscus Coast

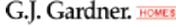


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Happy Feet Over Summer!



With summer months comes summer foot pain. Chances are, over the Christmas break, periods of time were spent either barefoot or in sandals and jandals, resulting in the foot being exposed to increased loads and surfaces for which our shoes would normally provide support.

Your foot is essentially a mobile structure that is designed to adapt to variance in the ground. It absorbs your bodyweight and acts as a shock absorber at initial contact with the ground. It then goes through a rotational motion to build tension in the arch and help propel you forward.

A foot that is too rigid or sits in a high arch posture (supination) struggles to disperse load and has poor shock-absorption, whereas a foot that has a very flat arch (pronated) loses the ability to control the leg above it.

As physios, we commonly see heel pain related to overload of the plantar fascia, the thick band of tissue stretching between the toes and heel. The sudden change in activity and footwear that summer brings can create a small tear of this fascia where it inserts into the heel, creating pain and inflammation. Heel pain is typically worse on waking and, due to the poor blood supply into the area, can be very slow to heal.



Getting to the underlying cause of the symptoms early on is important. In order to effect change, the foot mechanics will need to be addressed – as well as looking at control of the leg as a whole. Cushioned footwear with a small heel and regular ice massage, along with stretching the calf, are useful starting points for self-management until the foot can be assessed and an appropriate strengthening programme started.

To keep feet happy, aim to balance the relaxed summer foot with appropriate shoes for activity; and in any New Year's resolutions to get fit, remember to start off slowly and build up!

Melanie Bennett is a Physiotherapist & Pilates Instructor at Peak Pilates & Physiotherapy – Millwater.
For more information you can contact Melanie on 09 959 0211.

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millwater bizbuzz

Home security is a higher priority nowadays and we are fortunate to have a highly-qualified local specialist on call 24/7 right here in Millwater.

Dougall Cameron has just launched Total Security Group Limited, as a fully independent business that has the committed backing of one of the largest global names in the business – Assa Abloy. Dougall has worked for a number of big name companies, including Schneider Electric where he was product manager for their industrial control and automation division. After he moved to Assa Abloy, he was responsible for re-launching Yale in New Zealand and has helped to grow the Yale brand into one of the most trusted names in home security solutions.

After five years in this role and identifying that there were significant gaps in the market, Dougall decided to launch his own home security and automation business in January this year. A new showroom opens this month at Elan house on Tamariki Avenue, coinciding with the launch of the company Facebook page and website www.totalsecuritygroup.co.nz

A local Millwater family man, with wife Claire and three small boys, Dougall Cameron offers a wide range of services, includ-



ing access control, CCTV, intercom systems, alarms and monitoring, home automation, electronic locking, Yale digital door locks and safes. Probably one of the most useful of these has got to be the Yale digital door locks. Just imagine: no keys to carry, no keys to lose and no keys to be copied! Even before Dougall launched his business, one grateful Millwater resident had reason to be thankful for his expertise in sorting out her Sky TV cabling – and also sorting out her Yale digital door lock and explaining how much more it could do as an added bonus!

The Yale digital door locks, supplied, installed and fully supported by Dougall, offer keyless access and operation by PIN, proximity device or remote control. Peace of mind reliability and long-term support come as standard, with internationally renowned Assa Abloy being the supplier to Dougall of these high-tech systems.

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Nearby Neighbours

Matakana Coast

Matakana Coast – Now a byword for luxurious, laid-back living less than an hour North of central Auckland; actually a collection of little villages, each with its own unique characteristics, community and attractions.

Leigh, with dramatic rocky cliffs overlooking deep blue seas; Goat Island Marine Reserve and the fishing port; Point Wells, known as the Garden Village for its peat soils and subtropical microclimate, enclosed by beautiful Whangateau Harbour; Omaha Beach, home to the rich and famous, with its pearly white sands and crystal waters; Sandspit, gateway to the fishing playground of Kawau Bay and surrounded by gorgeous views; Snells Beach and Algies Bay are traditional kiwi holiday bach areas, with Algies Bay being smaller and a little more exclusive; Scotts Landing, with the historic Scott homestead and stunning views across Mahurangi Harbour. At the centre of it all: Matakana, surrounded by boutique vineyards and home to a bustling Farmers Market, boutique cinemas, world-famous pottery and exquisite shops.

Further inland, the main town of Warkworth is well-known for its lovely Mahurangi River and historic town centre, while Wellsford further North is the centrepiece of Rural North Rodney – rolling hills of green interspersed with blocks of regenerating native bush, alive with birdsong. Travel through the area and enjoy glimpses of stunning coastlines and winding country roads that lead to friendly villages where people stop and chat or wave as they are passing; take your boat to your local ramp on one of the many harbour inlets in the area – yours might be the only one launched there that day!

There is a property to suit every budget; from multimillion dollar mansions with stunning views, to little houses tucked away down a private road. Mike Pero Real Estate sells more property than anyone in Matakana Coast and wider Northern Rodney, so one of their offices in Warkworth, Point Wells, or Wellsford should be your first port of call if you are thinking of selling or purchasing in this area.





Simple version Hainanese Chicken Rice

Ingredients:

4 chicken thighs
1 chicken breast (tenderloins removed)
Dipping sauce
1 tablespoon fish sauce
1 teaspoon garlic

1/2 small carrot, shredded
1 tablespoon sugar
100ml warm water
Juice of 1/2 lemon
Diced chilli (optional)

Boil the chicken

In a deep saucepan, arrange chicken by placing the thighs at the bottom (rolled up to look nicer after boiling) and breast on top; then add boiling water until it covers the chicken. Bring to the boil again and keep boiling for 2 minutes. Remove from heat and stand for at least 2 hours (covered with lid).

Make the rice

Use the chicken stock from the boiled chicken instead of water, add a teaspoon of garlic, salt and cook the rice in rice cooker as usual.

Make the sauce

Combine all ingredients except lemon juice and microwave for 20 seconds; then add lemon juice. Simply adjust to your taste by changing the amount of ingredients used. Add a handful of mint to the sauce before serving.

If you happen to have chicken stock left over, simply throw in some seasonal vegetables and make it into a soup to go with the meal.

Nita Wong



Sweet Chicken Chilli Cos Canapés

Ingredients

2 bags Cos lettuce
500 g chicken mince
1/2 tsp cayenne pepper
2 tsp minced garlic
1/2 tsp salt

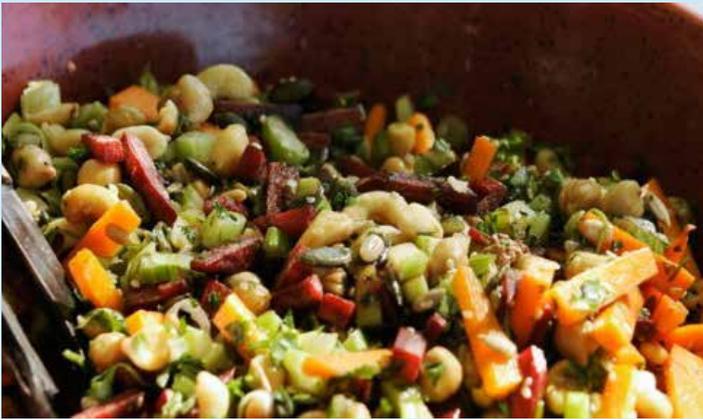
1 tbsp soya sauce
2 tbsp gin or vodka
3 tbsp of coriander or parsley
3 C crispy noodles
Sweet chilli sauce

Method

Marinate the chicken with the above ingredients. Cut at stalk and wash the Cos lettuce, then dry leaves in fridge with damp towel over the top. Heat oil and fry the marinated chicken mince until cooked. Add sweet chilli sauce and lastly add your choice of coriander or parsley.

Plate Cos leaves onto serving platter and spoon the cooked marinated chicken mince onto the Cos lettuce leaves. Then garnish with 1 tsp per leaf of crispy noodles over the cooked chicken mince. Serve.

Marj Noble



Chickpea, Beetroot and Nut Salad

For the salad mix

¾ cup dried chickpeas, soaked then cooked until tender with ½ tsp turmeric (or replace with 2 cups canned chickpeas)
 1 medium beetroot, cut into matchsticks, rinsed and set aside to dry off
 1 large carrot, cut into matchsticks
 4 spring onions, sliced
 2 sticks celery, diced
 1 thumb fresh ginger, very thinly sliced
 ½ cup coarsely chopped parsley
 1 cup coriander leaves

Toss together all the ingredients, setting aside half the coriander leaves for garnish.

For the nut mix

2 cups mixture of peanuts, cashews, sunflower seeds, pumpkin seeds, sesame seeds
 2 tablespoons brown sugar
 ½ teaspoon each of salt, cumin and coriander powder
 ¼ teaspoon chilli powder
 25g chilled butter

Bake the nuts and seeds for 5 minutes at 180°C then sprinkle with a mixture of the sugar, salt and spices. Grate the butter over. Bake for 10 mins more, stirring often. Set aside to cool.

For the dressing and to serve

3 tablespoons balsamic vinegar
 ½ teaspoon brown sugar
 Salt and pepper
 ½ cup olive oil

Mix all the ingredients together well. Toss the vinaigrette and 2/3 of the nut mixture with the salad mix. Garnish with the remaining nuts and coriander leaves.

Serve 8-10.
 Sharon Thomas

Do you have a recipe you'd like to share with Millwater? Email your recipe to sarah@themillwatermag.co.nz

Garden Care for February



Managing the Summer Vegetable Garden



Melons & Pumpkins – Be sure to protect growing crops by a paver or some straw beneath developing melons and pumpkins. This puts a barrier between them and the moist dirt and prevents them from rotting.

Dealing with powdery mildew – This can quickly devastate zucchini and cucumber plants, as well as hydrangeas: mix up 1 tsp of baking soda, 1 cup of milk and 1 litre of water and you've got a great remedy to spray on the foliage of these plants.

Pick unripe tomatoes: If you've got a lot of holes developing in young tomatoes, pick them when they're only orangey-red and ripen them on the kitchen window sill. Plus, go after those pesky green caterpillars by inspecting the undersides of the leaves of your tomato plants.

Flavour homemade (or bought) mayonnaise with **fresh herbs of the moment** – a good way to use up abundant parsley, basil and coriander.

Regularly water feijoas – They produce bigger fruit if they get reasonable moisture over the dry period.

Cover new seedlings – Of cabbage, broccoli and cauliflower with netting against white butterfly damage

Last chance leeks – Plant them into well-composted soil by making a hole a finger width's thickness, 10cm deep. Drop in the leeks, but don't fill in with soil. Water regularly and dream of leek & chicken pie...

And it's time to harvest seed from plants you'd like to grow again – here's how:

Gather seeds of favourite flowering plants and vegetables(1), when they are dry and rattling in their pods.

Collect on a sunny day when conditions are nice and dry.

For tomato seeds sieve the pulp until you have only the clean seeds left, then dry them for a couple of days.

Place in paper bags or envelopes or in wooden trays.

Store in a cool, dry and dark area.

(1) Remember that F1 hybrid vegetables and flowering annuals will not necessarily be the same plant next season. They may revert to the stronger parent in their cross. Collect from heirloom vegetables and perennials.

Good seeds to collect from flowers in the garden: the umbelliferae – Queen Anne's Lace and bronze fennel, plus poppies, cerinthe (honeywort), asters and Echinacea.

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visits the Kumeu Hot Rod Show

In the Christmas/New Year edition, we featured some special hot-rods and we also featured Kumeu as our "near neighbour". This month, we showcase just some of the 5,000 or so that appeared at the Kumeu Classic Car and Hot Rod Festival on 15-17 January last.



Organisers Ken and Desma Galvin invited **theMillwatermag** to come along and they made us very welcome indeed. They are justifiably proud of the Kumeu Classic Car and Hot Rod Festival, which they started 22 years ago, before being joined by Shayne Reynolds after 7 years. Ken said clearly "The people who exhibit here and the visitors who attend are the stars, not



me". "Our passion is to put people before profit, and we always welcome the exhibitors who display such original artwork on wheels". Ken owns the successful national signage business, NCI Limited and is a life member of the New Zealand Hot Rod Association.



The Kumeu Classic Car and Hot Rod Festival runs on the third weekend of January every year and is the best precursor imaginable to the Hibiscus Rodders Beach Festival in Orewa, which ran on the last weekend of January (too late for this magazine going to press). President of the Hibiscus Rodders, David Swan, brought many of his 80-90 members and their cars to the Kumeu show. The Hibiscus Rodders have been around for 30+ years and have many members in the Millwater/Silverdale area. They are organising the Red Thread Event in Orewa on February 14, raising money for the Heart Foundation. Their mascot "Heartie" will be there, handing out free t-shirts to kids.

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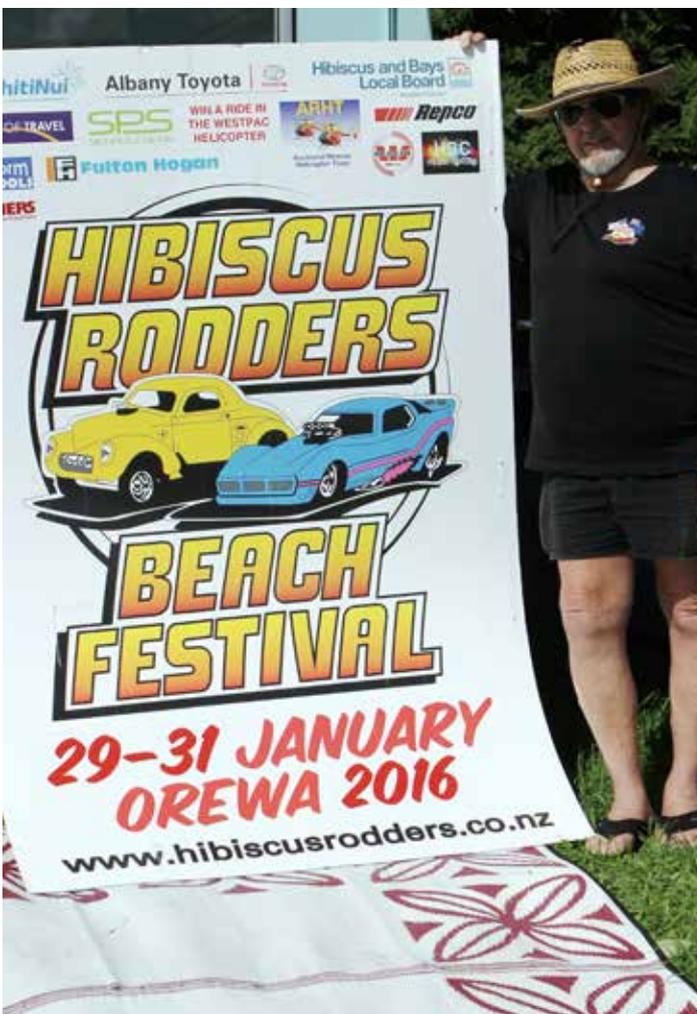
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artspeak

There will be four exhibitions running concurrently from the 6th to the 28th of February. The main gallery will feature the artwork of our Tutors, who will be teaching in the Term 1 and 2 Arts Education Programme. This exhibition will be a great opportunity for the public to meet and talk to the tutors, to find out a bit more about their teaching styles before making that decision on which art class to sign up for. You can view the programme on the website www.estuaryarts.org, phone the Centre on 09 426 5570 or pop into the Centre in person.

Get Creative this year at your Local

The brand new Estuary Arts Centre stands strong and proud on the Western Reserve as you enter Orewa from the South. What was once the old KFC is almost unrecognisable and the Hibiscus Coast can now boast of having one of the best Community Arts Facilities in Auckland. "None of this would have been possible without the support from our Hibiscus and Bays Local Board, our very dedicated Trust Board and the helping hand from members of our community" reflects Centre Manager Kim Boyd, "now the hard work begins; to make the new facility a buzzing and effective place for learning and participating in a range of art and well-being classes."

A new look to the galleries was also achieved in January, with the hard work of many volunteers who stripped, sanded, patched, cleaned, scrubbed, painted and repainted the rather tired-looking gallery spaces. Thanks to the generous grants received from Pelorus Trust and The Lion Foundation, the Estuary Arts Charitable Trust was able to install brand new state-of-the-art LED lighting. The result is a more spacious, light and modern exhibition space.

To commemorate the significance of the signing of the Te Tiriti o Waitangi, we are showcasing an interactive exhibition in the Tui Gallery. The concept for the exhibition is focused on the 'act of signing', as commitment to partnership, and what that means for Aotearoa New Zealand today. This will be an interactive, participatory exhibition that invites viewers into a contemplative, quiet space and asks them to place their signature, as a collective contribution to the reflection on our past and future as a bicultural nation – so we encourage everyone, both young and old, to enter the space and cast their name in chalk.

So get on down to your LOCAL and GET CREATIVE this year. Classes include:

- Life Drawing with Alan Croggon
- Beginners ceramics with Roy Burgoyne
- Textile art (quilting and embroidery) with Joan Hamilton & Rebecca Owen
- Interior Design with Cristina Capri
- Mosaics with Joanne Luker
- Fictional Writing with Julie Hill
- Traditional Intaglio with Liz Bodsworth
- Printmaking for beginners with Val Cuthbert
- Painting with Pauline Smith
- Acrylics with Lindsay Hey
- Art Therapy with Elaine Venter
- Afterschool Art Classes with a range of tutors



What's on in February

- 'Tutors Exhibition' Meet the tutors who will be teaching in our Arts Programme
- 'The Treaty of Waitangi' What does this significant event mean to us?
- 'Antipodes' Lorraine Brown, Helene Blomfield, Suzanne Williams, Colleen Kangwai & Jennifer Arnerich
- 'Katrina Bennett' Children's books, illustrations and original artworks

6 - 28 February 2016

Opening Function:
Saturday 06 Feb,
3 to 5pm
All Welcome

Personal Wellness with Helen



We've reached February – for me its kinda the beginning of my year as I have a tendency to put my stuff on hold until school goes back.

I'm not really one for New Year's resolutions – they tend to fall by the wayside early on. Instead I like to be in a creative space and make conscious choices to have lasting improvements in my life. How does that idea sound to you?

The New Year is an opportunity for a fresh start; it is a time of fresh beginnings with infinite possibilities.

Making a choice everyday will create more in your year and life. So what is it that you are choosing? Or not choosing? If you'd like some clarity around this, pick up the phone and call me.

Other useful questions – “What’s working for me? What’s not working? What are you tolerating and putting up with that is not serving you well? What would you like to create for your

year/life?”

Here is a simple tool to use when roadblocks tell you something is not possible. Simply acknowledge the viewpoint: “I can't afford to start my own business” with the statement “Interesting point of view that I have that point of view.” What if it is just a point of view and not necessarily what is true or real? “I can't afford to start my own business,” is a conclusion. When we come to conclusions or make something the answer; we cut off other possibilities from showing up.

None of these questions require an answer. Observe a new awareness – a light bulb moment when something, someone or an idea pops in your mind that could contribute to creating what it is you desire – and then follow that energy. It may happen immediately or you may have to keep asking the questions. It can take the Universe time to re-jig where you were previously directing your energy.

All of life comes to me with Ease, Joy & Glory.

Helen McAuley-Grant is a Body & Soul Consultant and Registered Senior Consultant Kinesiologist. She has been in practice over 12 years, and lives locally. www.evolutionary.co.nz wellness@evolutionary.co.nz 021 499 824

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Study Discounts Myth that Exercise Causes Wear and Tear on Joints



Numerous myths about exercise have been dismissed in recent years, as more and more research is done on how the body benefits from a good workout.

For instance, there used to be a belief that an athlete should avoid water intake during training, as drinking it would cause cramps. Fortunately, we now know that it is very necessary and beneficial to take in fluids while exercising and competing

in sports.

Some formerly believed that exercise would cause heart failure. Fortunately, again, we now know that the right amount of exercise strengthens the heart muscle and helps to enhance bone mass while strengthening all of the muscles.

There is another myth that has been debunked by research. It is that exercise will wear out a person's joints and lead to the onset of osteoarthritis.

A team of researchers from Boston, Massachusetts, and Airing, Germany, have determined that there is no good evidence to support the belief that exercise will cause a deterioration of normal joints during regular exercise. The findings of

the group were made through a review of existing literature and published in the *Journal of Anatomy*.

"We found that, in elite athletes where there was more likelihood of obtaining sports injuries, there was an increased risk of OA (osteoarthritis) in the damaged joints but, in most people, vigorous, low-impact exercise is beneficial for both its physical and mental benefits," said study leader David Hunter, M.D. of New England Baptist Hospital.

This is very good news for the normal person who wants to exercise and get a good workout by resistance training; whether in the outdoor environment or in the gym. Individuals who have not engaged in activities where injury to a joint might have occurred are very unlikely to hurt or wear out their joints – even during prolonged and vigorous exercise.

As the popularity of exercise continues to increase throughout the world, people can look forward to achieving the benefits of weight-control, management of cardiovascular disease and diabetes, and in improving their mental outlook on life.

Source: Science Daily. "Exercise No Danger for Joints: Non-Elite Level Activity Does Not Increase risk of Osteoarthritis, Review Suggests." January 2009. <http://www.sciencedaily.com/releases/2009/01/090127101854.htm>

Craig is a Holistic Personal Trainer based at Jetts Fitness Millwater. For more information and to receive a 30-minute Complimentary Consultation, please contact Craig on 021 1611 789 or craig.kilham@jetts.co.nz



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Changes to the Construction Contracts Act 2002

The Construction Contracts Amendment Act 2015 was passed on 20 October 2015. This makes some significant changes to the Construction Contracts Act 2002 that will affect everyone in the construction industry, including engineers, architects, quantity surveyors, residential builders and head contractors.

Residential building work

The first key change is the removal of most of the distinctions between residential and commercial construction contracts from Tuesday, **1 December**. From this date, builders and tradies in the residential sector will have greater rights to be paid when due, but only if they do what is necessary to bring themselves within the Act. This will likely involve a review of current trade terms and practices and, most significantly, it means that residential builders should be:

Operating with a written contract, and

Either providing a progress payment regime in the contract or complying with the default progress payment provisions in the Act.

Other key changes

The legislation will cover architects, engineers and quantity surveyors from **1 September 2016**, and head contractors will have to hold retention monies paid to them by subcontractors on trust from **31 March 2017**.

tors on trust from **31 March 2017**.

Architects, engineers and quantity surveyors will be able to rely on the Act to recover unpaid fees, and to have disputes about their professional services referred to adjudication. However, it will also mean they will be restricted from having 'pay when paid' clauses in any agreements with subcontractors.

The new retention regime will have benefits and implications for subcontractors, developers and principal contractors. It will require those parties to consider the regime when preparing and negotiating future construction contracts that will extend past 31 March 2017. It will also require the parties to review their current practices from an operational/accounting perspective.

We are happy to help if you are in the building industry and would like some guidance in reviewing your current trade terms and your contract documents.

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Solicitor
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Hibiscus Coast Scottish Country Dance Club



The club was formed in March 1979 by a group of local enthusiasts and has been going strong ever since. We originally met at the old Community Centre in Orewa and over the years have used a number of community halls – nowadays we meet in Silverdale Hall.

The club has 38 active members, ranging in age from 18 to 90! Scottish Country Dancing is a world-wide activity and New Zealand is a branch of the parent body, The Royal Scottish Country Dancing Society, based in Edinburgh.

The 2016 season starts on Wednesday 17th February at 7.30pm in the Silverdale Hall, Silverdale Street. The first four Wednesdays are Open Nights, where anyone interested in "having a go" for free, on a no-commitment basis, is welcome. Because of the very social nature of Scottish Dancing, NO partners are required and NO special clothing is needed. You don't even have to be Scottish!

The club has wonderful tutors to ease you through the various dancing movements, which are kept simple on Open Nights. The club really uses these Open Nights to encourage people to join and to learn Scottish Country Dancing in a relaxed and friendly atmosphere. Of course, the club would re-

ally like to encourage younger dancers so that our art-form may continue for another 36 years!

There are many clubs in the Auckland region and, in addition to normal club nights, there are combined socials, annual dances and more formal balls during the season. If you decide to continue after the Open Nights, there is a modest joining fee and small weekly door charge. The club meets every Wednesday throughout the season, which ends on 30 November.

The club would love to see you at one of our Open Nights at Silverdale Hall, starting on Wednesday 17th February, so put it in your diary and make a date. Scottish Dancing is a wonderful way to exercise both the mind and the body and to meet new friends.

For further detailed information and contact details see our website at:-

<http://www.sportsground.co.nz/hcscdc/87114/>

Alternatively, contact Gail on 09 428 5655 or Keith on 09 421 0158



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					February		Low	High	
Mon 1 Feb	01:48 2.6 m	07:50 0.8 m	14:05 2.7 m	20:18 0.7 m					
Tue 2 Feb	02:36 2.6 m	08:41 0.9 m	14:50 2.6 m	21:07 0.8 m	Tues 16 Feb	02:16 3.0 m	08:26 0.5 m	14:45 3.0 m	20:54 0.4 m
Wed 3 Feb	03:29 2.5 m	09:37 0.9 m	15:41 2.6 m	22:02 0.8 m	Wed 17 Feb	03:16 2.9 m	09:28 0.6 m	15:44 2.9 m	21:55 0.5 m
Thu 4 Feb	04:28 2.5 m	10:34 0.9 m	16:36 2.6 m	22:59 0.8 m	Thu 18 Feb	04:20 2.9 m	10:32 0.7 m	16:46 2.8 m	22:58 0.5 m
Fri 5 Feb	05:26 2.6 m	11:30 0.9 m	17:34 2.6 m	23:56 0.7 m	Fri 19 Feb	05:23 2.8 m	11:34 0.7 m	17:48 2.8 m	23:59 0.5 m
Sat 6 Feb	06:22 2.7 m	12:23 0.8 m	18:32 2.7 m	-	Sat 20 Feb	06:22 2.9 m	12:32 0.7 m	18:47 2.8 m	-
Sun 7 Feb	00:49 0.6 m	07:13 2.8 m	13:15 0.6 m	19:27 2.8 m	Sun 21 Feb	00:56 0.5 m	07:16 2.9 m	13:26 0.6 m	19:42 2.9 m
Mon 8 Feb	01:40 0.4 m	08:02 3.0 m	14:05 0.5 m	20:20 2.9 m	Mon 22 Feb	01:47 0.5 m	08:06 3.0 m	14:15 0.6 m	20:32 2.9 m
Tue 9 Feb	02:28 0.4 m	08:50 3.2 m	14:54 0.4 m	21:10 3.1 m	Tue 23 Feb	02:33 0.4 m	08:52 3.0 m	15:00 0.5 m	21:17 2.9 m
Wed 10 Feb	03:15 0.3 m	09:38 3.3 m	15:43 0.3 m	21:59 3.2 m	Wed 24 Feb	03:15 0.4 m	09:35 3.0 m	15:42 0.5 m	21:59 3.0 m
Thu 11 Feb	04:03 0.2 m	10:26 3.4 m	16:32 0.2 m	22:48 3.3 m	Thu 25 Feb	03:55 0.4 m	10:15 3.0 m	16:21 0.5 m	22:39 3.0 m
Fri 12 Feb	04:51 0.2 m	11:15 3.4 m	17:21 0.2 m	23:37 3.3 m	Fri 26 Feb	04:33 0.5 m	10:53 3.0 m	16:59 0.5 m	23:16 2.9 m
Sat 13 Feb	05:40 0.2 m	12:05 3.3 m	18:11 0.2 m	-	Sat 27 Feb	05:11 0.5 m	11:30 2.9 m	17:36 0.5 m	23:53 2.9 m
Sun 14 Feb	00:27 3.2 m	06:32 0.3 m	12:56 3.3 m	19:03 0.3 m	Sun 28 Feb	05:49 0.6 m	12:07 2.9 m	18:14 0.6 m	-
Mon 15 Feb	01:20 3.1 m	07:27 0.4 m	13:49 3.1 m	19:57 0.4 m	Mon 29 Feb	00:30 2.8 m	06:30 0.7 m	12:45 2.8 m	18:53 0.6 m

datesforyourdiary

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Every Thursday
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This year is our 5th event which is very exciting- we have a special performance from Jaime McDell at the fun day which is not to be missed along with other exciting and fun things to see and do for the whole family on Children's Day.

If you know of any upcoming local events please contact Sarah at sarah@themillwatermag.co.nz

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