

# theMillwatermag

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

Your FREE monthly magazine of all things Millwater  
November 2016



Introducing Millwater resident  
**MARGARET MULLAN**

## Editor's note

The biggest Millwater event of the year, without doubt, will be the official opening on Sunday 4th December of the Stoney Homestead. You can read more on page 10-11. Because of the importance of this community facility to Millwater, we will delay publication of the December/January issue by a week, so that we can bring you the latest update on the opening.



All the rain we have had has made gardens grow better than for many years – you only have to look around Millwater to realise that there are going to be some great entries in the Gardening Competition, and you now have some extra days to make those last-minute improvements. I love the inclusion of the patio and kids' gardens, too!

The feedback we receive continues to demonstrate the widening appeal of your magazine, which is attracting increasing attention from well outside our published coverage area. Indeed, we see striking similarities in the re-styling of content in some other local publications – imitation being the sincerest form of flattery. BUT: without the great input of our regular contributors, we couldn't possibly be where we are today. We plan on continuing to evolve and improve in the coming months.

As a community magazine, we like to focus on local folks and this month is no exception. We get to know the Millwater entrepreneurs behind the Vegery Vitality Wraps and also that famous electric bike featuring in the Mercury advert on TV. We have more great stories about Millwater folk planned for future issues, so watch this space!

Finally, well done to Principal Cameron Lockie and the Student Council of Silverdale School, for all their great work in delivering much more than an academic training for our young folk. Read more inside!

Brian Mullan  
Editor  
November 2016

## theMillwatermag

### November Issue

- 5 Vet Speak
- 6 Silverdale School's Student Council
- 7 A little about Orewa Osteopathy
- 9 Millwater Book of the Month
- 10-11 The Stoney Homestead
- 12-13 The Millwater Insider
- 14 Dealing with the Family Business
- 16 Tim Lawrence Fishing Spot
- 18 Hibiscus Hospice host a perfect afternoon for book lovers
- 19 Secret Thrills - our cover shot explained!
- 22 Health - our biggest asset
- 24 Millwater Biz Buzz
- 25 Art Speak with Estuary Arts
- 26 Baby Bliss Advice
- 27 Millwater Central Expands
- 29 Millwater Property Talk with Grayson
- 34 Out to Lunch - Matakana
- 37 Millwater ROMEOs
- 38 Holiday Destinations with Kiri Beven
- 41 Family Trusts
- 42 Millwater Asian Corner
- 43 UK Pension Transfers with GBPensions
- 44 The Dental Suite are looking for volunteers
- 46 Recipes
- 47 Pharmacy Talk
- 48 Gardening Tips from Central Landscapes
- 50 Guidance & Solutions for Families
- 51 Collectively Talented in Orewa
- 52 Millwater Malt of the Month
- 54 Millwater Motors
- 55 Hibiscus Cricket now at Metro Park
- 56 Dates for your Diary
- 57 Local Business Directory
- 58 Weiti River Tide Chart for November
- 59 Your Enterprising Community Zone

# themillwaterinterview

theMillwatermag



Last month's article about The Vegery Vitality Wraps piqued our interest, so we arranged to meet entrepreneur Kathryn Jansen and explore the person behind this new Millwater-based business.

Kathryn grew up in Hamilton and later graduated from Otago University, majoring in nutrition and food science. As all good Kiwis do, Kathryn then headed off to the UK on her OE and embarked on a career in IT – about as far away from nutrition as you could imagine. In London the corporate world of IT provided Kathryn with a successful career for the next 25 years. Wanting to be closer to her New Zealand family, Kathryn, UK husband Matt and their son returned in early 2012 to live in Orewa before moving to Millwater three and a half years ago. "We love Millwater and I decided to chuck the corporate world and reinvent myself," said Kathryn, "No more office-based existence for me."

Kathryn joined Thermomix NZ as a representative, having loved owning one of their kitchen machines in London. "I call it the smallest kitchen in the world," said Kathryn. "My fantastic new

career has allowed me to meet and mix with some fantastic people, all of whom are as passionate about food as I am – and I am a real foodie."

About two and a half years ago, and admitting to having become significantly overweight, Kathryn went to the doctor, complaining about a pain in her side. Tests revealed that, unless Kathryn changed her lifestyle, she was heading for all sorts of health problems, including diabetes. The doctor told her "Use your nutrition training and change your lifestyle – do it right now!"

Knowing that earlier government dietary guidelines were flawed, Kathryn researched the latest scientific evidence and switched to a Paleo-ish diet. "This meant really low carbohydrates, really low sugar, good healthy fats and proteins – and going 90% raw for best access to vitamins and minerals." Missing the convenience of bread, Kathryn discovered recipes for raw dehydrated wraps and borrowed a friend's dehydrator. After experimenting with various recipes and coming up with a few favourites, Kathryn got really good feedback from friends and family, who said "Make these, sell these; there's nothing like this on the market."

Kathryn thought: "How hard can this be?" It turned out to be actually quite hard. Kathryn started out small in a friend's commercial kitchen near Matakana and did market research at food shows where Farro buyers said "These are great – we want them." This meant getting serious, so Kathryn rented a commercial kitchen in Silverdale and bought the equipment – but realised quickly that even this was not enough. Vegery Vitality Wraps now operates out of a leased commercial kitchen in Whangaparaoa "where I've got a dehydrator the size of a horse float." Kathryn doubled production by mid-October and will double again by the end of November, with a further 50% being added during December. By year end, there will be a 6-fold increase in volume.

Kathryn's five-year plan will see her business expand into covering all of New Zealand, exporting to Australia at the very least, and offering at least three product ranges. "The interest in healthy products is only going to get bigger," said Kathryn. "My business is not about getting back into the corporate world – it is about having a business for myself and my family, providing what my customers are telling me they want, both for flavour and texture."

We wrapped up the interview (pun intended) with a promise to share a tasting session later.

## Urgent Care Doctor Red Beach

Open 7 days 8am - 8pm

No appointment necessary.

FREE ACC visits for under 13 year olds

Ph (09) 427 9130

Red Beach Shops,  
Red Beach Road

coastcare  
accident + medical centre

### Published by The Millwater Mag Limited

Circulation is 2600 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  
\* conditions apply

Disclaimer: Articles published are submitted by individual entities and should not be taken as reflecting the editorial views of this magazine or the publishers of The Millwater Mag Ltd.

Printed by **Treehouse Print**  
ryan@treehouseprint.co.nz  
027 4986 202

# mortgagematters

## What are the exemptions to the Investor Loan to Value (LVR) rules?



As you may be aware, banks now require investors to have a 40% deposit to buy a rental property in New Zealand.

However, loans that meet the following exemptions criteria are excluded from the LVR restriction.

The list below is a summary of the policy exemptions:

- Construction loans or when purchasing a new dwelling (provided it is less than 6 months old and purchased from the developer);
- Bridging finance, to complete the purchase of a residential property on a date prior to the completion of a sale of another property;
- Re-financing an existing high LVR loan or shifting an existing high LVR loan from one property to another (provided the total value of the new loan does not increase);
- Borrowing to fund extensive repairs or remediation that is not routine or deferred maintenance. This includes events such as a fire, natural disaster, or to bring a property up to new building codes (rental property standards, weather tightness issues or seismic strengthening);
- Welcome Home Loans for Owner Occupiers; and
- Borrowers with owner-occupied and investor collateral can use the combined collateral exemption to obtain finance; up to 60% of the value of the investment properties and 80% on their owner-occupied property.

Please note: the LVR rules are fairly new and the Reserve Bank is likely to change or alter the above exemptions, at their discretion and without notice.

**For further details, feel free to contact Ivan on 09 427 5870 or 0275 775 995 or email [ivan.urlich@mikepero.co.nz](mailto: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.**

**ROD HARMAN  
MOTORS LTD**  
Automotive Repairs • Servicing  
WOF Testing  
1/8 Curley Ave, Silverdale  
Ph (09) 426 6066  
Fax (09) 426 1066

**ANTENNA & SATELLITE SYSTEMS**

- FREE VIEW T.V INSTALLATIONS
- VHF-UHF-FM INSTALLATIONS
- ADDITIONAL T.V OUTLETS
- STRUCTURED CABLING SYSTEMS
- DIGITAL T.V ON ALL OUTLETS

John Smithson  
Ph. 027 280 3043  
[jsmithson@xtra.co.nz](mailto:jsmithson@xtra.co.nz)

**Locals helping locals**  
Proud to support Silverdale School

Cnr of Millwater Parkway and Bankside Rd, Millwater

**Mike Pero REAL ESTATE**  
Mike Pero Real Estate Ltd Licensed REAA (2008)

**Grayson & Sarah Furniss**  
Tel: 09 426 6122 Mob: 021 665 423  
[grayson.furniss@mikepero.com](mailto:grayson.furniss@mikepero.com)  
[www.mikepero.com](http://www.mikepero.com)

# vetspeak

## Obesity in Pets



Obesity in pets is an increasing problem and can cause arthritis, diabetes, high blood pressure, kidney disease, certain cancers, heart and respiratory disease, and other problems.

Here's our top tips for weight loss:

1. Increase exercise – for cats, you can use interactive toys, hide meals around the house to encourage your cat to go out 'hunting' for their dinner, or simply scatter their food.
2. Feed the correct amount – feed your pet for the weight it should be not the weight it is. The food you give should have feeding guidelines.
3. Measure out the daily amount in the morning – you can then decide how you divide this up without overfeeding; two meals, three smaller meals, two small meals but then titbits of it through the day etc., instead of extra treats.
4. Stop the snacks! As for people, all the extra snacking can quickly add up to a sizeable portion of the daily calorie intake. Alternatively, give set snacks and reduce the amount of normal food fed to allow for this.

5. Consider 'light' diets. Many companies now provide a lighter version of their standard food.

6. Set realistic goals – optimal weight loss is 1-2% of body weight per week; so, for a 7kg pet, this equates to 70-140g per week initially – and will reduce as your pet loses weight.

7. Regular weight checks – if you can weigh your pet at home then fab, but otherwise make time to pop into your local vets and weigh your pet.

8. If weight loss is not occurring, speak to your vet about prescription weight-loss foods. These are specially formulated diets, designed to provide safe and consistent weight loss for your pet. It also important to remember that some diseases such as an underactive thyroid can prevent weight loss, so a full check-up may be advised.

Our advice and weight checks are FREE, so please give us a call or pop into the clinic if you have concerns about your pet's weight.

Jemma Hedges

**Millwater VET HOSPITAL**  
'Caring for your pet's health 24/7'  
Corner Bankside Rd and Stables Lane, Millwater Central  
**Available on (09) 427 9201 24hrs / 7 days**  
[www.millwatervethospital.co.nz](http://www.millwatervethospital.co.nz)

Our other clinic remains at -  
**Orewa VET HOSPITAL**  
19 Moenui Ave, Orewa  
(09) 426 5407  
[www.orewavethospital.co.nz](http://www.orewavethospital.co.nz)



# Student Council Promotional Group

## Silverdale Primary PrEP Project

This term, the Year 5 to 8 students have been busy preparing for PrEP. PrEP stands for Primary Enterprise Project, and it gives the students a glimpse of what the real world is like. Students have been put into groups of five or six, including an intermediate leader and vice-leader. They then had to come up with an idea or two that they wanted to make and then sell to younger students, themselves, and anyone else who would like to come to PrEP Market Day.

To make things a bit more realistic, students get weekly wages, pay tax and are fined if they don't clean up their work space properly. This year, something new has been introduced as well, called 'The Dragon's Den'. Each group of students can choose one of their products to present to the two Dragons/Teachers to see whether they like the idea or not. If they do like

it, they will be given PrEP money to fund their business idea; if not, then they will be given nothing at all.

December 6th 2016 is the date for our PrEP Market Day, when the students will set up their stalls in and around the School Hall. Then the rest of the school and anyone else who would like to attend will exchange their NZ Dollars for our PrEP money, 'Raorao', at our PrEP bank.

Once everyone has shopped around and bought what they wanted to buy, each group will tally up the amount of money they have made on sales and add it to the amount of money in the business bank account. The group with the most money in their business account gets their business name on Silverdale Primary Schools PrEP Shield.

**FLOORING XTRA**

YOU'LL REALLY  
*Love*  
THE FEELING  
OF A  
**FLOORING XTRA**  
FLOOR

21 GLENMORE DRIVE  
WARKWORTH  
09 422 2275

19A SILVERDALE STREET  
SILVERDALE  
09 421 0006

FLOORINGXTRA.CO.NZ

**PLANNINGPLUS LTD**  
ENVIRONMENTAL PLANNING CONSULTANTS

Professional Planning services for all  
types of projects including:

- Resource Consents
- Subdivision
- Feasibility Studies
- Policy Planning
- Hearings
- Submissions
- Plan Changes
- Mediation

WWW.PLANNINGPLUS.CO.NZ

### NEW! In Millwater and the wider Hibiscus Coast



Reach us through Facebook, or call:  
Gwenda Holster-Dowler on 0210 847 3120, or  
Brian Mullan on 021 031 1232, or  
Email [rotary.orewasatellite@gmail.com](mailto:rotary.orewasatellite@gmail.com)  
'Be Part of the Action, be Part of the Fun'

# A little about Orewa Osteopathy ...



The team at Orewa Osteopathy  
Shanon Coxall-Jones (Osteopath) Cheri Quinton (Osteopath/Acupuncture)  
Debbie Perry (Clinic Manager) Hamish Syrett (Osteopath)

Orewa Osteopathy is located in Orewa House (next to Walnut Cottage café) at the Northern end of Orewa Beach, about 5 minutes drive from Millwater.

Osteopathy is a manual therapy, meaning practitioners employ techniques using their hands to treat patients. Manual therapy practitioners include Osteopaths, Chiropractors, Physiotherapists and some Doctors. Osteopathy uses a wide variety of techniques such as deep tissue massage, joint manipulation (if appropriate), joint mobilisation, joint alignment techniques, plus prescribed exercises to help patients.

ACC statistics rate Osteopathy as the most effective form of care for the treatment of back, sacroiliac, shoulder and neck pain,

compared to other modalities (ACC National Services Report, 2016).

At Orewa Osteopathy, care is taken to form a diagnosis and treatment plan with every patient. If necessary, they can refer you for x-rays and ultrasound scans.

Orewa Osteopathy has a well-established referral network of specialists and practitioners; so, if they are not the practitioners to solve your issues, they'll get you to someone who can.

They're open Monday to Saturday and available for late appointments most nights of the week (apart from Wednesdays).

If you would like to read more about Orewa Osteopathy please visit their website: [www.osteopathy.co.nz](http://www.osteopathy.co.nz)

### Testimonial – Lyndsay, 2013

*I have been fortunate to have been able to rely on Hamish at Orewa Osteopathy several times over the last five years when faced with a variety of back-related issues.*

*On every occasion, he has demonstrated a totally professional approach, promptly analysing and identifying the cause of my health issues.*

*He demonstrates a totally professional approach and is extremely knowledgeable when administering treatment. I have no hesitation in recommending him to anyone who would benefit from osteopathic treatment.*

## Are you in pain?

Maybe it's time to get on top of it!

Osteopathy is a popular form of manual therapy that can help with issues such as:

- Back Pain
- Neck Pain
- Tension Headaches
- Postural Strains
- Shoulder Injuries
- Sports Injuries

At Orewa Osteopathy we have staff trained in Acupuncture, Pilates and The McKenzie Method.

Call us today to make an appointment.



09 426 7111  
Orewa House  
498 Hibiscus Coast Highway, Orewa  
[www.osteopathy.co.nz](http://www.osteopathy.co.nz)

# Aloe Vera Benefits are Many



## 2. Detoxifying

Aloe Vera juice is crammed full of vitamins, minerals, amino acids, enzymes and sterols; making it one of nature's most effective cleansers, by strengthening digestion, eliminating waste, and 'purifying' your blood, thus detoxifying the body naturally. Aloe Vera juice is worth trying for anyone who suffers with digestion problems like IBS or constipation.

## 3. Boost Immunity

Proven to be an antiseptic, anti-inflammatory, antiviral and antifungal plant, Aloe Vera builds up the immune system without causing allergic reactions or side effects. It also contains zinc, another immune booster that wards off diseases, kills bacteria and protects the function of our cell membranes.

There are many more studies being done on Aloe Vera's ability to treat diabetes and high cholesterol, cardiovascular health, aid weight loss, and a 2014 report shows research is being done for its use in dentistry. It's gaining popularity because it's completely natural – and it's being called a miracle plant.

The botanical name is *Aloe Barbadensis Miller*, important to remember if you want to grow your own plant, due to the plant belonging to a group of approx. 420 succulent type plants. No good buying the wrong Aloe!

Pure Aloe Vera juice and gel are available from HEALTH BY LOGIC in Silverdale Village.

Aloe Vera is renowned as a 'heal-all' that is good for many conditions, both internal and external. Studies and research dating back as early as the 1800's have been undertaken to verify Aloe Vera's health benefits.

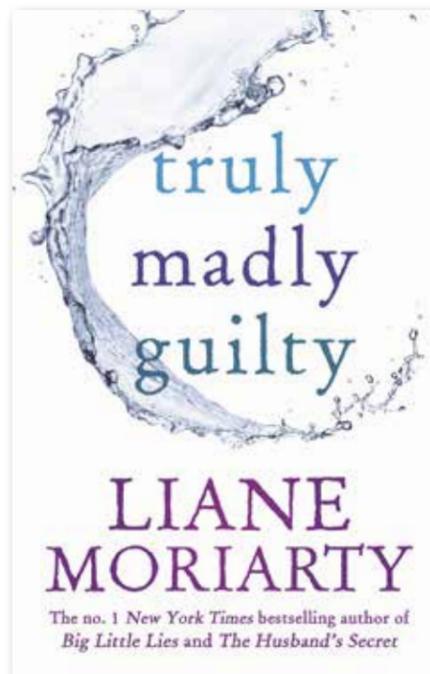
## 1. Good for Burns, Skin and Hair

Topically, Aloe Vera can soothe inflamed skin and enhance collagen and hyaluronic acid, to help rejuvenate damaged areas. This makes it ideal for rashes, acne, wounds and burns, whether from hot objects, sunburn or radiation. A little juice or gel on your hair acts as a leave-in conditioner, and gel on the scalp helps alleviate dryness.

# millwaterbook of the month

## Truly, Madly, Guilty by Liane Moriarty

This month, author and guest reviewer Karen McMillan introduces another great read "Truly, Madly, Guilty" by Liane Moriarty



Liane Moriarty is the queen of the slow tease. Right from the get-go, the reader knows that something happened on a regular Sunday afternoon barbecue. There were six responsible adults, three lovely children, and one yapping dog. But the 'something' is not revealed until near the end of the novel and, in the intervening period, there is plenty of time to get to know – and to fall in love with – the main characters. There is Clementine, the talented cellist who is preparing for an audition that is making her even more nervous than normal. And her usually supportive husband seems to be having a crisis of his own. The complicated relationship with Erika, Clementine's supposed good friend, becomes even more fraught after the events of the barbecue, and old hurts are brought to the fore. But uptight and very proper Erika can't remember very much about the afternoon in question – except that Erika and her husband had asked the other couple for a significant favour. Meanwhile, their hosts, the expansive and social Vid, and his wife Tiffany with her unusual past, host an event that turns to disaster, through no real fault of their own...

If this book review is also a bit of a tease, it's only to avoid spoilers. Part of the pleasure of reading this book is the reading to find out the mystery at its heart. Excellently plotted, superb characters and a truly fabulous book.

Karen McMillan, author of *The Paris of the West*  
www.karenm.co.nz

## HEALTH BY LOGIC

your specialist local health store  
where good health comes naturally

- \* everyday low prices
- \* super specials
- \* quality-assured products

20 Silverdale Street, Silverdale Village  
(09) 4211273 www.healthbylogic.co.nz  
Mon to Fri 9am - 5pm; Sat 9am - 3pm

**PAUL CONROY**  
PHOTOGRAPHY

Weddings  
Family Portraits  
Corporate  
Sports Events  
Photography Tuition

**021 1922219**  
paul@conroy.photo  
www.conroy.photo

SATURDAYS	MONDAYS
Steak Night THE BUTCHERS CUT \$20 w/ Flat Chips & Sauce	2 FOR 1 <small>Buy one meal, get the other FREE - all day!</small> 
WEDNESDAYS	FRIDAYS
RIBS with BIBS \$15.00 <small>with 1/2 Pint Beer</small>	Fish n Chips \$16 
PIONEERING GOOD TIMES - EVERY DAY!	

## Air Conditioning Service

\$130 incl gst

(Normally \$160.00)

Recharge/Regas system and receive a Complimentary Deodorising Treatment  
*Special available until December 31st*

SILVERDALE

CAR SERVICES

European Vehicle Specialists

Private and Fleet mechanical repairs  
WOF and Pre-purchase Inspections  
Courtesy cars available (booking required)  
Electronic Diagnostics

Open Saturday mornings

Unit 5  
14 Curley Ave  
Silverdale  
(09) 421 1413  
www.silverdalecarservices.co.nz

All BOOKINGS for the above will go into monthly draw to **WIN a \$100 MTA Voucher**

## Wanna Be a CHEERLEADER?

Don't sit around wondering... Call now!  
All ages welcome - Term 4 is now open.  
Visit our Cheer-Gym in Silverdale

PACIFIC  
CHEERLEADERS

Contact us Today!  
email: info@pacific-cheer.com  
phone: 021 137 3047

# The Stoney Homestead - coming home

Two years ago, we wrote in this magazine that Resource Consent would be lodged in December 2014; that outbuilding restoration and remedial site work would be carried out during 2015; and that interior refurbishment and a new car-park would be completed by November 2016. We also confidently forecast that the Stoney Homestead would be open by the end of 2016 (check out the original article on page 8 of the November 2014 magazine, at [www.themillwatermag.co.nz](http://www.themillwatermag.co.nz)). Some sceptics used that now-famous beer slogan and said "Yeah, Right!" – and we are delighted to prove their doubts to be ill-founded.



Seaview Homestead in the early 1900's

The Stoney Homestead of 1866, located at 12 Galbraith Greens in Millwater, is one of the oldest surviving early farm-houses in the former Rodney District and is a Heritage Building, listed with Heritage New Zealand. The oldest part of the Stoney Homestead, the Galbraith Room, was built in 1858 and moved onto the site in 1866. The Homestead is an historically significant building in the Auckland region, pre-dating other historic homes such as Alberton (1863), Highwic (1861), and Ewelme Cottage (1863). The site has known archaeological features, with the adjoining reserve also containing historical trees. Under the ownership of Major Henry Butler Stoney,



Seaview Farmyard (1959) showing wash house to the right of the homestead

it was extended in 4 phases to accommodate the growing Stoney family.

Born in 1816 in County Mayo in Ireland, Major Stoney arrived in New Zealand with the 40th British Regiment in 1860 and served as a soldier and politician. He represented the Northern Division in the Auckland Provincial Council (1872-1873) and later filled a number of government posts.

The Stoney Homestead is a Protected Heritage Place and is owned by Auckland Council. The Hibiscus and Bays Local Board and the Stoney Homestead Trust have proved that coordinated planning and consistent hard work delivers – and on time, too. How many other Public contracts can claim that level and consistency of commitment and delivery? Not many, we suspect.

When early plans for the development of the Millwater sub-division called for the demolition of the Stoney Homestead, the original families in the area and the new Millwater folk said "no way" – and fought hard and long, which led to our November 2014 article and its forecast that the Stoney Homestead would



Tom & Heather Gillanders along with Jim Stoney, in gig drawn by Mac

not only survive but would be re-born. This combined community and Local Board victory has delivered a great community hub space that will be open officially on Sunday 4th December – and there will be more about community uses in next month's issue.

My old grand-pappy used to say: "If you want something to happen, then make it happen." Once the Stoney Homestead Trust got its teeth into the project to save this historic family home for the great Millwater community, it just didn't let go or slacken the pressure on the Local Board, intent only upon success – "together, we made it happen."

Many of our readers probably don't know the great people who have been working diligently in the background or understand the tireless efforts that have gone into making a Millwater dream come true for us all. The current members of the Stoney Homestead Trust are: Chairman Dave Adams, Deb Ad-

ams, Rod Rees, Bex Richards, Robin Stoney, Donna Marsh and the Local Board have been 100% supportive throughout in ensuring that the Council project budget of \$1.794M remained available to complete the work. We all owe a great debt of gratitude to all these great people. The Local Board is helping fund the building's fit-out and ongoing operation.

Next month, in a slightly delayed publication, we will include up-to-date photographs of the opening and interior of the Stoney Homestead, and give details of how to book space for your community group activities. Among the first to express interest in using the Stoney Homestead is the new Rotary Satellite Club of Orewa-Millwater, and the Homestead has a confirmed booking to provide ESOL classes to the local community – starting early February 2017.



Seaview Homestead, 1956

The Homestead has been established as a community hub, including a registered kitchen, meeting/activity rooms for clubs and community groups, with the building and grounds being available for local events and community activities. It provides for five events per year, for up to 100 people on site, and the community hub's normal occupancy is for 54 people.

If you are planning on coming to the open day on Sunday 4th December, drop in any time between 11.30 and 2pm – and please be sure to park in the spaces adjacent to the playing fields on Millwater Parkway and leave the smaller number of car parks near the Homestead for those less able to walk to the opening. Come along and meet some of the local community groups who are interested in using the facility.

To find out more about the open day, visit the Stoney Homestead Facebook page, and also [facebook.com/hibiscusandbays](https://www.facebook.com/hibiscusandbays) from mid-November. For more information about booking the Stoney Homestead Community Hub, please email [info@stoneyhomestead.org.nz](mailto:info@stoneyhomestead.org.nz)

**Photos supplied by the Stoney family**



Sunday School Picnic at the Homestead



Homestead with pear trees to the right



View over Orewa Estuary from the Homestead

# themillwaterinsider

## Gardening Comp

The persistent wet weather has led the organisers to delay judging until early December. This means you have until the end of November to get your entries in. Tidy your gardens and encourage your neighbours to do the same. We are looking forward to seeing some pictures of some of the amazing efforts by our local residents. Please email your entry to [sarah@themillwatermag.co.nz](mailto:sarah@themillwatermag.co.nz) by the end of November along with the category(s) you would like to enter. Be sure to include your address.

1. Best Overall Garden Design
2. Best Vegetable Garden
3. Best Kids' Garden
4. Best Small Garden – Patio or Deck
5. Best Lawn

## Social Football

With the success of the local social football games, a team of locals has again taken on an Hibiscus Coast Football invitational team down at Metro Park East. A great game was had, with the points being shared in a 1-1 draw. Thanks again to Colin Roberts and others for organising this. Social football continues on Friday nights and Sunday mornings, with a view to organising more semi-competitive fixtures against other clubs.



## Metro Park East

Work continues towards confirming the final make-up of clubs and codes that will utilise this potentially wonderful venue. A number of local organisations are trying to put together a package that will secure a facility onsite; something that will benefit all of the community. The Insider will bring you details as these come available.

## Stoney Homestead

The grand re-opening of the historic Stoney Homestead is scheduled for December 4th. There is further information available on pages 10-11 of this magazine, so put the date in your diary and come along and check out this great community facility.

## Millwater Families Picnic

Grayson and Sarah Furniss will be organising next year's Family Picnic, to be held in Metro Park West (Butler Stoney Park), date to be announced next month. This was a great success when last held two years ago and The Insider would like to thank Emma Coupe for her efforts in getting this off the ground. The weather played a bad hand to organisers this year, but hopes are for another clear day in early February 2017, when we can all get together and enjoy some entertainment and each other's company. If anyone is interested in contributing by way of providing entertainment for adults or children, please get in contact with Grayson or Sarah. This will be a very low-key but enjoyable affair, limited to Millwater residents only.

## Photo Competition Winner

Congratulations again to Jay Menzies for her wonderful photo, which was featured on the front cover of the October magazine. We hope she enjoys her prize, generously provided by Millwater Bistro & Bar. Further thanks go to Paul Conroy for his efforts in organising this. Let's look forward to next year.



## Millwater Golf Day

The inaugural Millwater Golf Day will be held on Saturday 19th November at Northridge Country Lodge on Wainui Road, just across the motorway. This will be a 9-hole competition, limited to 40 entries, with prizes and trophies at stake. Contact Colin Roberts if you are interested.

# Millwater 區內情報要點

## Gardening Competition

因为天气不佳，园艺比赛将改在12月初进行评审。快点把花园收拾漂亮或建议你的邻居一起参加比赛！我们很期待收到各位精心设计及照料的花园照片。参加者请在11月底前把照片电邮：[sarah@themillwatermag.co.nz](mailto:sarah@themillwatermag.co.nz)

请注明你的住址以便安排评审。

这年度经过在Facebook的讨论，我们增加了两个组别。以下是所有组别：

- 1.最佳园艺大奖
- 2.最佳蔬菜园
- 3.最佳儿童花园
- 4.最佳小型花园 - 庭院或阳台
- 5.最佳草坪

## Social Football

友谊足球队最近与Hibiscus Coast Football踢了比赛。成绩是一比一打成平手。再次多谢Colin Roberts及其他人筹备这些社区活动。联谊足球继续在每星期五晚上及星期日早上有练习，以后亦会继续安排跟其他球队打比赛。



## Metro Park East

有几个本区的运动团体正商量如何有效地使用这个又大又多元化的运动场。我们会继续跟进最新消息。

## Stoney Homestead

暂定于12月14日正式开幕。详情请参考第10至11页。欢迎大家前来观看开幕礼。

## Millwater Families Picnic

Grayson及Sarah Furniss正在筹备下年度的大型野餐活动，在Butler Stoney Park举行，只限本区居民参加。日期有待暂定。过去两年Emma Coupe非常成功地举办了居民野餐活动，不过今年因为天气不佳所以取消了，希望下年天公做美。现在暂定日子为2017年2月初左右。

如果你能够支持，例如提供娱乐活动给小朋友等等请跟我们联络。

## Photo Competition Winner

再次恭喜Jay Menzies夺得了摄影比赛的冠军，他的作品刊登于上一期的封面。我们希望她喜欢Millwater Bistro & Bar赞助的奖品，再次多谢Paul Conroy的筹备。很期待下年看到你们的参赛作品。

## Millwater Golf Day

Millwater第一次的哥尔夫球日将会在11月19日星期六在Northridge Country Lodge (Wainui Road)举行。当天比赛会有九个洞，只限40人参赛，请尽速向Colin Roberts报名。得奖者会有奖品及奖座。

## Advertising in theMillwatermag

A banner this size is only \$150+gst

Booking & artwork deadlines - 15th of the month

[www.themillwatermag.co.nz/advertise](http://www.themillwatermag.co.nz/advertise)

# Dealing with the Family Business

Family businesses account for more than 75 percent of businesses in New Zealand, yet for many it's not plain sailing. Unfortunately, family conflicts are common and often lie at the heart of the relatively high failure-rate of small businesses.

Many families think that because theirs is a family business they don't need to have the formal control systems and structures found in most businesses. But this is often their downfall. While things may operate well initially, family disputes may erupt and problems arise sooner rather than later.

## Major crisis points in a family business

- Marriage break-ups – especially where there is no prenuptial or other agreement
- Death or permanent disablement of a principal member
- Bankruptcy of a principal member
- Retirement of a principal member – without having effectively planned succession
- Partnership/shareholder disputes – especially where there is no dispute mechanism in place to try to sort out such disputes
- Transferring control to the next generation – especially where there has been little or no planning.

Because of these problems, it's prudent for families and family businesses to agree on a formal structure, so that issues arising within the family business can be discussed within set parameters and sorted out before the issue threatens its very existence.

## Next Steps – Establish formal structures

Talk to your accountant about the type of structures your family business should have in place to avoid potential disputes.

## Points to think about:

- Recruitment of employees – both family member and non-family member
- Employment descriptions
- Regular performance appraisals, review of salaries
- Training
- Outside business involvement
- Regular family meetings
- Business and Succession plan
- Sale of the business
- Selling the business to the next generation
- Retirement funding for the current directors/owners/key persons in the business.

**It's also a good idea to distinguish between family and business issues and make sure everyone keeps them separate.**

Early pre-planning, communication and discussion on all aspects of the operation of the business will go a long way to avoiding major crises and disputes in a family business. If you need help with your structure, I may be able to help – Lizelle Swart 021 464 295

## ILLUMINATE CHURCH

# ALL WELCOME

It is entirely worth checking out...  
Every Sunday 9:45am

**The Events Centre**  
Kingsway School,  
100 Jelas Road, Red Beach

[www.illuminatechurch.org](http://www.illuminatechurch.org)



## GREENFIRE ACCOUNTING

At Greenfire Accounting we are passionate about the growth and wellbeing of your business.

Lizelle Swart CA  
Mobile: 021 464 295  
Email: [lizelle@greenfire.net.nz](mailto:lizelle@greenfire.net.nz)  
Web: [www.greenfire.net.nz](http://www.greenfire.net.nz)

## FOCUS HEARING

We Focus on Your Hearing

Free  
Check

Free  
Consult

Free  
Fit

## Take control of your hearing NOW! Enjoy life to the full

Hearing loss can get worse the longer it is untreated. At Focus Hearing we have a wealth of experience and a deep understanding of the impact that an undetected hearing issue can have on your life. We offer:

- **FREE**, quick, hearing check
- Full hearing assessment and report (adults and children)
- **No-obligation** advice
- Hearing device fitting, adjustments and repairs.

We are authorised for third party funding and can advise on any subsidies from ACC, the Government, WINZ, or War Pensions that you may be eligible for. We are affiliated to Southern Cross.

**Call now for a FREE hearing check, FREE consult and FREE fit\* Call 09 533 6463**



Silverdale Medical Centre  
7 Polarity Rise, Silverdale  
Phone (09) 972 5250  
[focushearing.co.nz](http://focushearing.co.nz)



## Situated in the Silverdale Medical Centre

7 Polarity Rise, Silverdale  
Ph (09) 972 1406

**Open on Saturdays and late nights**

email: [sfdentists@hotmail.co.nz](mailto:sfdentists@hotmail.co.nz) web: [www.SilverdaleDental.co.nz](http://www.SilverdaleDental.co.nz)




Silverdale  
Family  
Dentists

## Comprehensive Committed Dentists

*Caring & Affordable*

- Restorative & Cosmetic, Whitening
- Dental Implants, Orthodontic & Invisalign
- Crown & Bridge, Dentures partial/complete
- Emergency Treatment, Wisdom teeth removal
- Treatment under Sedation - Oral & I.V, Adult & Children
- ACC/WINZ/Dental Benefit for under 18 ys old Provider & under 13 ys old with DN referral

We offer a **Free** Consultation, **10%** discount for Seniors and Uni students, **\$75** Exam, 2 BW xrays & Hygienist appointment/clean for new & existing customers.

Please check our conditions/policy regarding our services.

# timlawrence

## Fishing Spot



It's now late Spring and we are well into the start of another fantastic fishing season up here on the Hibiscus Coast. It was this time last year things really started to fire-up between Kawau, Motuora and along the 30m contour line towards Tiri Island. Although it is a bit early, this year is showing good fishing in the same areas, with the snapper now feeding hard to put on some condition before they spawn when the water warms up in December.

Fishing around Tiri was a little patchy in October – there was plenty of sign on the sounder but it was like fishing in a nursery. I'm going to give it another month before I take the kids out for a fish around the island. Kawau and Little Barrier are producing more consistent results for me and there are plenty more options for areas to fish when you get out there, so I'm going to stick with this plan for now.

Big winds are still playing havoc with our ability to get out on the weekends; but you might be lucky enough to get out mid-week, when it seems to be the only time lately that there are winds less than 10 knots. As a result, I have had to make the most of fishing after work in the evening and into the night, due to the weather windows being really short. It has been really good to get hook-up on fish that are now biting aggressively, making for some exciting fishing.

A few weeks ago we headed out to Little Barrier on a Friday evening. The wind was coming from the North, which made for a choppy ride out there, but it was glassy and calm once we got in the leeward side of the island. We zig-zagged over the contour lines looking for the best sign on the sounder before anchoring up. We had our limit of snapper and a couple of terakihi in just under two hours and, with the moon behind us and a tail wind, we headed back towards the lights of Leigh. Not bad for a cheeky after-work session!

If you are looking for something to do in November, the Raiders Rugby League Club is holding its annual fishing competition on Saturday 26th November.

See you out there – tight lines!

## Millwater wine review

Big fat rich Chardonnays are what's back in fashion. People who love them like them smelling of toasty oak with a lush creaminess on the palate. If that's you, this is your wine.

### Taste

Full and rich on the entry, with a flood of creamy, toasty, butterscotch characters, followed by toasted nuts, croissant and caramel flavours. Throw in some ripe nectarine acidity and an impressively long finish and you have a textbook Chardonnay.

### Food Matches

Creamy pasta with bacon is absolutely magic, also full-flavoured fish dishes such as pan-fried blue cod. For something simple, some nice harder-style cheeses as a side board on the deck enjoying the spring weather won't go astray.

### Accolades

5/5 stars Cuisine Magazine. It offers exceptional value when you consider that in Cuisine Magazine's Chardonnay tasting, the majority of the 5 Star Chardonnays retail between \$30 and \$60 per bottle. Available at winemarket.co.nz at \$19.99 per bottle.

Ivan Tvrdeich  
Millwater Resident



# SURFACE PROTECTION SYSTEMS

## Clean and Seal Natural Stone, Pavers & Concrete

Clean & Seal the following areas:

- Natural Stone - Basalt, Granite, Slate, Hinuera, Sandstone, Travertine, Limestone, Terrazzo
- Driveways ● Pavers ● Coloured Concrete Paths
- Pool Surrounds ● Garage Floors ● Internal & External Floors



Residential, Commercial & Industrial Services Include:

Concrete, Stone & Paver Sealers and Restorative Treatments;

Deep Dirt Extraction; De-Calcification;

Colour Enhancement Sealers; Wet Look Sealers;

Non-slip Sealers; Penetrative Sealers;

Coastal Salt Attack & Salt Water Protective Sealers;

Maintenance Cleans and Treatments.



Phone: 09 947 5350

Mobile: 021 959 221

Email: heath@sps-nz.co.nz

Website: www.sps-nz.co.nz

## Perfect Afternoon for Book Lovers

In a rare opportunity, local book lovers will be able to join well known NZ authors for a highly entertaining afternoon of storytelling and book readings.

This inaugural Book Lover's Afternoon Tea is being brought to the Whangaparaoa College Auditorium on Sunday 13th November.

Organiser Judy Moore of the Hibiscus Hospice Women's Committee says "Whether you are a fervent reader or someone who dips in and out of a book, there will be something for everyone as we'll have writers of adventure, crime, recipe and fiction books present."



One of the featured authors **Sam Pease**, is a bestselling author who was thirsty for knowledge and to experience other cultures – so she ran away for nearly 2 years to 'see the world' with her son Jet!

Their 600-day adventure entitled 'The Jet Project' took them everywhere; from snorkelling with millions of jellyfish in Palau to camping with nomads in the Sahara; from dancing on the

Great Wall of China to giggling on a super-tacky superyacht in Monaco.

Sam's refreshing, hilarious and moving travel stories will make you smile; her son Jet's priceless observations on his 'eccentric' mother will make you laugh out loud – and you'll gain some valuable insights and how-to travel tips, including getting the best deals on everything from flights to sights – and be introduced to the benefits of slow travel.



Acclaimed author **Karen McMillan** writes both fiction and non-fiction. Her non-fiction titles include *Unbreakable Spirit: Facing the Challenge of Cancer*, *Love Bytes*, *Feast or Famine*, and *Unleash Your Inner Seductress*.

Her fiction titles include *Watching Over Me*, and the bestselling historical novels *The Paris of the East* and *The Paris of the West* – the latter being a historic read set in San Francisco, which follows an immi-

grant family who have survived the second World War with high hopes for their new life, and chronicles the many hurdles they face and how they deal with the trauma of war.

Previously an award-winning fashion designer, Karen has worked in the book publishing industry for the past 16 years, has written articles for a variety of different publications and from time to time undertakes ghost-writing projects. She also volunteers for her local Hospice and writes articles that promote the life-affirming work that they do. Karen is a breast cancer survivor.

You'll find Sam and Karen, along with 6 other acclaimed authors at the **Book Lover's Afternoon Tea being held from 2 to 5 pm on Sunday 13th November at Whangaparaoa College auditorium. Tickets are \$40 and include a sumptuous afternoon tea.** Available from Hibiscus Hospice 2 a John Dee Crescent Red Beach or online at [www.hibiscushospice.org.nz](http://www.hibiscushospice.org.nz)

All proceeds go to Hibiscus Hospice.

## Guy Fawkes

Firework parties late at night  
Sights and sounds that bring delight  
Bursting rockets, stars descending  
We wish the show was never-ending.

But little pets and tiny ones  
Don't need the scares, don't think it's fun  
Fireworks shows are best to see  
Safe for grown-ups – and you and me.



### Cryptic Crossword #2 Solution

Across: 1. Flaunt; 4. Swanking; 10. Tapsman; 11. Lambada; 12. Lyre; 13. Half masted; 15. Plan ahead; 16. Perdu; 18. Ridge; 19. Get lonely; 21. Operations; 23. Shed; 26. Imprint; 27. Emended; 28. Obliging; 29. Polyps.  
Down: 1. Fatal; 2. Ampersand; 3. Numb; 5. Well fed; 6. Name a sprog; 7. Inapt; 8. Guard duty; 9. In case; 14. Macerating; 15. Portofino; 17. Rue the day; 19. Glisten; 20. Tender; 22. Expel; 24. Dudes; 25. Hero.

## Secret Thrills – are you an adrenalin junkie?



Inside each of us lies a secret. Some secrets stay hidden forever, but some need 'leaking' so that the joy of the thrill can be enjoyed once more, and by more than one. We discovered something about one of the Milwater Community Award finalists that we thought was worth sharing.

Margaret Mullan spent many years yearning to abseil (rappel) but husband Brian was not keen on her risking her life and limb – and leaving him alone, with two small children. However, just as the steady drip of water wears away the stone, Margaret wore him down and she abseiled down the third tallest church spire in England (twice) before free-space abseiling off the Humber

Bridge. But this was just not enough – Margaret had been bitten by the adrenalin bug and wanted more!

Trusting in the professionalism of the British Army 'Red Devils' parachute display team, Brian finally relented and Margaret went on to do three tandem parachute jumps from 12,000 feet (3650m), each time raising money for charity. Still the adrenalin bug continued to gnaw away and, after yet more drops of water on yet more stones, it was agreed that Margaret would wing-walk with the best-known barnstorming aerobatic team in Europe – the 'Utter Butterly' display team (nowadays AeroSuper-Aerobatics).

This was probably the greatest thrill of all – zooming high on a Boeing Stearman biplane over the trees, then a tight gut-wrenching turn and a very low pass at speed across the grass airstrip, again and again. Fifteen minutes of pure, undiluted adrenalin and a grin that took a week to fade completed what Brian thought was the last of her Dangerwoman exploits. Not so! Margaret went on to jump off the Auckland Tower (192 metres) and then the higher Macao Tower (233 metres).

Was she ever frightened – or even a little apprehensive – or maybe just a few butterflies? Never! Will she do something daring again? Probably!

Do you have a secret that you would like to share with the Millwater readers? We know there are some more people around who also have a story to tell...

## From Countdown Silverdale to you

Introducing Ian Campbell, who is the store manager at Countdown Silverdale. Ian has been at the Silverdale store for just over 12 months. Firstly, he would like to thank the community for their support over this time.

Ian said, "We at Countdown, love to be involved in the community and be active locally and here is a sample of what we have contributed to over the past few months: We donate products on a weekly and fortnightly basis to the Salvation Army, Love food – Feed the Need, SPCA, Fire Service and the local Police, to help those in need. We also have a partnership with local farmers for food that's not suitable for human consumption, so as little as possible goes to waste.

Countdown nationally has contributed this year \$1 million dollars to the Countdown Kids Hospital Appeal.



Oranges to help boost the energy of the Stella Maris School children in their cross country.

Ian added, "We love to assist while you complete your shopping; therefore, we have set up a movie station for the children and we also offer free fruit for kids in-store. If you are too busy to shop, don't forget you can shop online 'Click and Col-

lect' from Countdown Silverdale."

Store Manager Ian looks forward to seeing you in store; so, if you require any assistance, please don't hesitate to ask for him by name.



# Homeopathy for Flu

Colds and flu occur particularly when temperatures change. They are often thought to be the same health issue, but they express differently and are caused by different viruses.

Both Cold and Flu have symptoms of sneezing, coughing, runny or blocked nose and sore throat. The Flu develops quickly with fever, muscle aches, sweating and a feeling of exhaustion. During a homeopathic consultation your specific symptoms are taken into account, to match them with a remedy that causes similar symptoms. Also taken into account are preceded stresses, upsets or grief. A homeopathic prescription is more based on your individual symptoms, rather than a specific illness.

Below are a few remedies that can be used at the onset of flu:

**Aconite:** Sudden onset of symptoms, with high fever, especially after exposure to very cold, dry windy weather. The person may be anxious, may have a tickly cough, sneezing and a clear runny nose.

**Nux vomica:** This remedy is for the "A" type person with digestive complaints. The person is often overworked, suffers from lack of sleep or overindulgence of rich foods or alcohol.

**Gelsemium:** Onset of symptoms is often slow. The main features of this remedy are drowsiness, sleepiness and fatigue. The person feels cold and achy and does not move due to sheer fatigue.

**Bryonia:** One of the most frequently indicated flu medicines. Any motion worsens all symptoms. The person may have a headache, dry cough and their body aches; they even hold their chest when coughing to keep the body still. The person can be irritable, and likes to be left alone. A fever tends to spike around 9:00pm.

An appointment with your local homeopath will help you find the remedy that matches your symptoms, to restore you to perfect health and vitality.

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

*Celebrate Spring with flowers!*



5 Riverside Rd, Orewa  
(09) 426 5287

flowersbyjoanne@xtra.co.nz  
www.flowersbyjoanne.co.nz

## THE SECRET CAUSES OF LINES AND WRINKLES; ARE YOU GUILTY OF THEM?

There are a multitude of reasons why lines and wrinkles form; from genetics, time spent in the sun, to smoking and environmental factors. As we get older, the collagen and elastin decreases, causing our skin to lose its youthful looks, forming more lines and wrinkles.

If you're guilty of any of these secret causes, make it your resolution to nip it in the bud.

**SLEEPING:** Yes, this can also cause lines and wrinkles! Sleeping with your face pressed down on your pillow cause your skin to be pushed into unnatural positions. Try sleeping on your back, and with a soft silk pillowcase to eliminate any additional friction on your skin.

**NOT WEARING SUNSCREEN:** This is the easiest habit to kick! Everyone should be wearing sunscreen, every day. No matter what. Sun damage is the number one concern amongst New Zealand women, and it can be easily prevented. Not only does it protect us from burning, sunscreen significantly reduces the signs of environmental ageing.

**SIPPING:** Are you a constant water bottle sipper? Or prefer a straw over a glass? The

repetitive nature of pursing your lips can cause fine lines around your mouth, so next time you reach for a drink, think about what it might be causing, and skip the straw.

**SMOKING:** Not only are there associated health risks, but smoking also causes 'smoker's lines', the fine lines that are formed around your lips. The nicotine is also responsible for dehydrating the skin, and causing the blood vessels to shrink which means there is less oxygen being delivered to our skin; resulting in increased lines and wrinkles.

**SLEEPING IN YOUR MAKEUP:** Don't skip this vital step in your nightly routine! Not only will taking off your makeup help prevent premature ageing, it will also keep your skin healthy and nourished, as well as keeping pesky acne at bay.

**STAYING UP ALL NIGHT:** This is an important one! Having at least 7 hours sleep each night gives your body enough time to rejuvenate and repair. It's an essential part of the healing process, so next time you're out late at night... spare a thought for your skin, it needs rest just like you!

The good news is, there is plenty that can be done to prevent and slow down the signs of ageing! If you already have lines and wrinkles, there are treatments to reverse the signs of ageing and restore your skin's youthful appearance.

To have any specific questions around treating your lines and wrinkles addressed in absolute confidence, or for more information on the cost of cosmetic injections, have a free consultation at **Caci Silverdale - 09 212 6900**.

*Get results*

ENJOY A SMOOTH, WRINKLE REDUCED LOOK WITH OUR APPEARANCE MEDICINE TREATMENT AND PAYMENT PLAN

Have a free consultation this November and receive a complimentary skincare gift\*

**CACI**

Appearance Medicine  
Laser Hair Removal  
Skin Treatments  
Body Shaping  
Free Consultations  
Payment Plans

2 Milner Ave, Silverdale  
09 212 6900 [caci.co.nz](http://caci.co.nz)

**WE'RE FOR YOU**

\*One gift per person, while stocks last. Offer available for completed appearance medicine consultations only until Nov 30 2016. For full terms and conditions see in clinic.

# Health – our best asset!



Our health is our most valuable asset. Poor health affects not only our earning potential, but our quality of life too. However, making our way through the many conflicting health messages can be a real challenge. It's important to make sure that the person offering health advice is qualified to do so – and there is a lot of misinformation available.

The nutrients we consume through our food supply energy and raw materials for our bodies to perform the functions that keep us alive. You can't fix a car with bathroom cleaning tools and you can't improve your health without the right nutrients. Food is information for our bodies. There are trillions of chemical processes that occur in our bodies every day and, for them to function effectively, we need to provide the correct nutrients in appropriate quantities.

The major causes of premature deaths in New Zealand are chronic diseases such as heart disease, cancer, Diabetes, stroke and chronic respiratory disease. The risk factors for these diseases are all the same: poor eating habits, smoking, inactivity, stress, inadequate sleep. We know how to prevent most chronic diseases and preventing disease before it starts is always better than relying on a cure that may or may not work.

Thanks to modern medicine we are living longer, but are we living well? Do we enter older age with many health complaints or do we enter it with energy and vitality, with strong, healthy bodies that enable us to enjoy a good quality of life?

Do you see yourself running around enjoying your grandchildren or fulfilling all those dreams of what you would do when you retire? Will you have the energy and strength to achieve those dreams? A strong, healthy body is the key.

Taking control of our health is vital, some ways we can achieve that are by:

- reading food labels, making sure we know what's in the products we're eating; not being misled by some of the 'health' claims on them and being aware of serving sizes on the back of packaging.
- cooking from scratch, which allows us to have control over the ingredients we choose to use and therefore the nutrients or building blocks we are putting into our bodies.
- gardening, which gives us the option of choosing not to use chemical sprays and having cost-effective organic produce easily available. Picked and eaten fresh means we are getting the maximum nutrition from our veggies and fruit.
- making some form of activity a part of everyday life. If we use our muscles, they will stay strong and support our bones well. Exercise also supports good brain function.

We are what we eat. What we eat becomes part of our bodies. It's never too late or too early to start changing the way we eat and move. We can give our children a different future to the one we are currently facing, with the continuing rise of chronic diseases. Prioritise health, think of it as wealth... something we invest in. I love this quote by John Maxwell, "You will never change your life until you change something you do daily. The secret of your success is found in your daily routine". Make it a challenge to do something daily that promotes your good health.

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](http://www.nutritionssense.co.nz)



New facility in park setting, only metres from the Weiti River. Book Stillwater Community Hall for your next celebration or community event.  
[www.stillwater.org.nz](http://www.stillwater.org.nz)

# Bone Health



Osteoporosis literally means "porous bones" and is a condition in which bones lose their strength and are more likely to fracture (or break). Although fractures caused by osteoporosis can happen in various parts of the body, the wrists, hips and spine are the most commonly involved.

Our bones grow during the first two decades of life and reach their peak bone mass in our early 20's. From this age, there is usually a balance between the amount of bone that is removed (reabsorption) and the amount of bone that is laid down (remodeling). As we get older, or as a result of certain medical conditions, the balance can change where reabsorption of bone is quicker than bone formation. This leads to a decrease in bone mass and the bones become more fragile.

Women are more susceptible to osteoporosis. One in three women will sustain a fracture due to osteoporosis, compared to one in five men. Bone reabsorption becomes more

rapid for several years after the menopause. In addition, women tend to have smaller bones than men and in general live longer, with loss of bone tissue continuing for longer, making fragility fractures more likely.

Treatment options include making good lifestyle changes; including eating a well-balanced diet, stopping smoking, sensible alcohol intake and ensuring you are getting enough calcium, Vitamin D and regular exercise.

Weight-bearing and resistance exercise is the most effective, as this helps stimulate the process of bone remodeling. If the impact level is too low, bones will not become stronger and may still lose mass. Too much 'strain' could result in injury. Pilates is an excellent form of weight-bearing exercise, which can be safe for those with osteoporosis. As well as stimulating bone remodeling, exercise will also improve your muscle strength and balance, decreasing the risk of falls and injury that can lead to fractures.

As well as taking steps to improve your bone health, prescription medicine may also be required to preserve or even increase your bone strength.

If you are over the age of 50, you should discuss with your doctor if you carry a risk of osteoporosis and ask for an assessment of your bone health status.

Keep fit, stay strong, and your bones will thank you.

**Amy Harding**  
Peak Pilates and Physiotherapy, Millwater



## OPSM SILVERDALE OFFERS FREE EYE TESTS TO ALL SOUTHERN CROSS HEALTH SOCIETY MEMBERS<sup>^</sup>

Southern Cross Health Society members can also save 15%\* on a wide range of quality prescription glasses, non-prescription and prescription sunglasses.

**OPSM Silverdale**  
Silverdale Centre Shop 11B  
61 Silverdale St  
Silverdale, AUK 0932  
Tel: (09) 426 7902



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



<sup>^</sup> Offer is applicable on a Standard Eye Test at OPSM plus a digital retinal scan. Available for Southern Cross Health Society members only (excludes travel insurance policy holders). Please present your Southern Cross membership number or card to redeem offer. Subject to appointment availability. Excludes contact lens examinations. Offer only available once per eligible member every two years. Offer is not transferable to another person. \*Excludes eye tests and contact lens consultations and designer brand frames and sunglasses by Chanel and Maui Jim products. Health fund discounts are not available in conjunction with any other offer, discount or benefit other than the Southern Cross Health Society Easy-Claim.

**★ TECHNICAL GUY**  
We know tech so you don't have to

Do you need help  
with your home technology?

Computers   Laptops   Tablets   Phones   WiFi  
Printers   Internet   Viruses   Entertainment systems

One-on-one technical repairs, in your own home  
Millwater's local Technical Guy - call David on:

**Ph: (09) 280 4690   Mob: (021) 48 09 48**

# millwaterbizbuzz

Nominative determinism is the hypothesis that people tend to gravitate towards areas of work that fit their name. Perhaps that is why Millwater-resident Chris Speedy ended up with Electric Bikes NZ Limited in Albany.

Most of us have seen the Mercury Energy advertisement on TV\*, where a pretty girl cycles effortlessly up several steep hills, but with the camera angles playing tricks with our brains. Well: the wonderful electric bike in the advert was supplied by Chris Speedy, who also provided the electric bike given away a few weeks ago on TVNZ One's Seven Sharp.

Chris Speedy worked in real estate for a number of years before, as he put it, "I had a dream about electric vehicles and began making enquiries on the Internet about electric bikes." Chris joined Anthony Clyde, who had the agency for importing electric bike kits into NZ and they then moved to importing the UK-designed 'Wisper' electric bike. "Anthony is a clever product developer and soon afterwards he designed the first of the Smart Motion alloy-framed bikes that we sell nowadays," said Chris. "We now have a range of 14 different models – everything from fold-away models to mountain bikes to sporty commuter bikes – something for everyone."

All of the bikes that Chris sells are European Certified for quality and safety, and can stand robust usage. "NZ Post took 350 of our electric bikes and they have proved to be well up to the task," said Chris. "Being a New Zealand-owned company, holding extensive stocks of bikes and a full range of spares, we provide fast customer support and a wide range of accessories."

Electric Bikes NZ is another of the nation's export successes, selling into the USA, UK, Norway, Germany, The Netherlands and Australia, in addition to selling and servicing through 50 agencies throughout New Zealand.

Chris added, "Just 20c worth of electric charging from a household outlet with a laptop-type charger is simple, giv-



ing an average 60km range or more when you pedal part of the time – in fact, a colleague rode one of our small fold-up models from Cambridge to Whitianga on a single charge – with the range being around 25-30km on pure electric drive." On very steep hills, you can if you wish use the 'walk-along' facility which will tow you, walking alongside, up the hill at about 6kph.

Seeing is believing, so I had a quick trip around local roads in Millwater and have to agree that, especially for more mature folks like me, this has to be the solution to getting back into cycling.

\* You can watch the TV video at: <https://www.mercury.co.nz/Products/E-Transport/Electric-Bikes.aspx>

# artspeak with Estuary Arts

## Celebrating Success in the Arts with the 2016 Art Awards



\$1000 – which includes a 4-week opportunity to have a solo exhibition in one of the Estuary Art Galleries in 2017, together with curatorial assistance and mentorship. Alongside this prize, the winner will receive a choice of 4 art education classes / workshops held here at the Estuary Arts Centre. This youth initiative has been funded by our Local Board and supported by EAC in an endeavour to encourage our young people to get more involved in the arts.

We are pleased with the support received from our local businesses, who have supplied product vouchers for merit prizes and would like to thank New World, Orewa Framing Studio, Gordon Harris and CCG Industries.

The Hibiscus and Bays Art Awards runs until Sunday 11 December and the Centre is open 7 days a week, from 9am to 4pm daily. We are located at 214B Hibiscus Coast Highway on the Western Reserve, with plenty of free parking.

The month of November will see the third Hibiscus and Bays Art Awards, run by the Hibiscus Coast Community Arts Council and supported by our local Hibiscus and Bays Board. This year we have 112 entries from 68 artists. The exhibition was open to all NZ residents from anywhere in the country; however, the majority of the entries came from our local area and surrounds (Warkworth through to the North shore). Nine artists came from Auckland and 5 from other parts of New Zealand.

All mediums were accepted; with the exception of photography as we feel that this specialised art-form is better represented in stand-alone exhibitions and competitions, such as the dedicated Auckland Festival of Photography in the month of June.

This year we are introducing a major youth award to a young artist, who will receive an exhibition package valued at over



COME AND SEE US AT  
28 Arrenway Drive, Rosedale  
Ph 09 479-9274  
or call Chris on 027 511 8031  
to arrange a trial ride at home or on  
the estuary cycleway!



**ELECTRIC  
BIKES  
AUCKLAND**

• Chris Speedy: 027-511-8031 • Shop phone 09 479-9274



## Hibiscus & Bays Art Awards

28 Oct - 11 Dec 2016

Award function, Friday 28 October 6 - 8.30pm

Premier Award: \$3000

Youth Award: \$1000 exhibition and education package

Hibiscus and Bays  
Local Board  
Auckland Council



estuary arts centre



Applications to  
exhibit in 2017  
Now open

Contact Kim  
manager@estuaryarts.org

214b Hibiscus Coast Highway, Orewa  
www.estuaryarts.org | 09 4265570  
Open 7 days a week, 9am-4pm | FREE ENTRY

## BABY BLISS ADVICE

### The 4th Trimester... A Time for Nurturing



Nurturing your baby is the most fundamental element in your baby's first year of life. If you nurture your baby, you are providing them with the greatest key to becoming a confident, secure and self-assured individual.

Human babies are born really premature compared to all other mammals, which makes them ill-prepared for life outside the womb and more vulnerable during their first 3-4 months. Understanding this and treating your new-born

as if they are still in the womb during this time will make life so much easier for you.

Babies go through a massive transition to adapt to life outside the womb, so try to see the world through your new-born's eyes. Life in the womb was constant and a pretty boring place in contrast to the extremely stimulating environment outside the womb, which at times is too much for your baby to cope with. Babies can become stressed easily if their environment is

not managed well. With an immature neurological system, they do not have the ability to self-soothe or calm themselves until around 12-16 weeks old. Some babies will transition much more easily while others will struggle to adapt and will need even more comfort, support and nurturing.

Replicating the environment of the womb is key during this time, as it not only gives your baby reassurance and security from the familiar sights, sounds, touch and smell of you but it will also trigger their 'Calming Reflex,' a primitive response which kept them calm and relaxed while in utero.

So; try to empathise with your new-born and embrace this 4th Trimester. It is not about being perfect parents, as we are not always going to get it right, but with some knowledge and understanding then you will know that you are doing the best that you can.

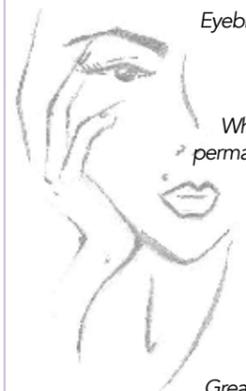
**Elysia Gobbie**  
Baby Advisor  
Dip HSc (Midwifery) BHSc (Nursing)

021 428 500  
elysia@babybliss.kiwi.nz  
www.babybliss.kiwi.nz

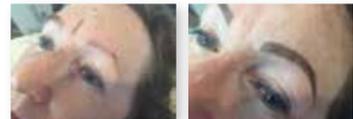
## Beauty Aspects

### Need new eyebrows?

Eyebrow Microblading is now available at Beauty Aspects right here in Millwater  
**FREE consultation!!**



What is Microblading you ask, it a new semi permanent eyebrow blading done manually with a pen and pins  
Last 12-18 months



Great natural look as colour is mixed to suit your skin tones and colouring  
Individual hairs are drawn to create the perfect bows best suited to you

**Call now to book be brow ready this Christmas**

Contact Amelia  
02102972587  
41 Fennell Crescent  
Millwater

facebook.com/beautyaspectsld  
For all up to date specials  
Open Mon-Sat

**Baby Bliss**  
PERSONALISED CARE AND SUPPORT

Welcome to Baby Bliss

Baby Bliss is a personalised service tailored specifically for you and your baby.  
I offer advice, support and reassurance and address any issues that may have arisen for you.

I am passionate about educating and caring for mothers and babies. My aim is to empower you with knowledge and to build your confidence so that you can really enjoy this special time in your life.  
I look forward to meeting and sharing your journey with you.

**Free initial 15 minute Consultation**

**Elysia Gobbie**  
BABY ADVISOR  
Dip HSc (Midwifery) BSc (Nursing)  
021 428500  
elysia@babybliss.kiwi.nz  
www.babybliss.kiwi.nz



## Millwater Central expands!

Sarah Furniss, owner of **theMillwatermag**, recently met with Scott Kennedy from Broadway Property Group, to get the latest update on the new building taking shape adjacent to the existing Millwater Central block. The Broadway Development Group, which also built the first block, is passionate about their vision and seeing it become reality. As the images show, this complex is aesthetically pleasing, with much thought going into the design, construction materials, layout, etc.

The new complex at Millwater Central will contain 14 ground floor retail units and 37 terraced homes. The homes were sold off-plan last year between April and August, with many pur-



chasers appreciating the quality of design. Construction is coming along nicely, with completion due in March 2017. There are options with the remaining retail tenancies, from 62m2 – 175m2 (majority 87m2). Broadway Development Group is either leasing the units or selling to owner/occupier businesses. The complex is close to a wide variety of schools, parks and recreational activities and therefore proving very popular.

Retail Leasing and Sales are progressing well, with 9 out of the 14 units taken. Businesses already committed include Espresso Bar, Real Estate, Wine Shop, Interior & Homeware, Beauty Spa, Jeweller and a German Baker.

They have been considering what businesses would work well in this location and have so far come up with the following ideas:

Nutrition Shop  
Supplement Shop  
Stationery/Gifts/etc.  
Baby Shop – clothing etc.  
School Tutoring  
Professional Services  
Organic grocer



However, Scott would welcome further input and feedback from you, the Millwater community, into what you would consider great business options for the remaining units. Please contact Sarah Furniss for details of how to provide your feedback to Scott.



- Foot Specialist • In Grown Toenail Surgery •
- Orthotic Shoe Inserts •

Address • 23/175 Millwater Parkway, Millwater  
Website • www.myfootdoctor.co.nz  
Phone • 09 320 0873

## Fleurette Florist

Simply beautiful fresh flowers  
confectionery and gifts

**Now open Saturdays 9.00am- 4.00pm**

We delivery locally, nationally and internationally

Shop 16, on Central Boulevard, Silverdale  
Phone 09 421 0505 sales@fleurette.co.nz www.fleurette.co.nz

## Set The Stage



You don't get a second chance to make a first impression. So, when you're selling your home, it's vital that you have it looking its absolute best.

Staging your property successfully can help your home appeal to a wider audience, which can ultimately see your home sell faster and for a higher price. Whether you are planning to hire a pro or want to learn a few tricks of the trade, these ideas, as well as tips from Rebeka Raiwalui-Mason from home staging company In-House Style, will lend a helping hand to ensure your home is looking its finest.

### Clear the Clutter

When you decide to sell your home, it presents a brilliant opportunity to have a thorough clean out. It's important that your home is orderly, and there is no better way to achieve this than by clearing out the clutter. A simple tidy up can make a remarkable difference, because clutter can not only distract the eye and detract from your home's major selling points, but it can also make a space look considerably smaller. Once the clutter is out of sight, it will be much easier to showcase certain aspects of your home. Rebeka suggests everything from water blasting the exterior to cleaning the oven, as prospective buyers are going to be looking at everything in detail. She also suggests hiring a professional cleaning service to minimise stress.

### Neat and Neutral

You should aim to keep everything relatively neutral – this will broaden appeal with your audience and present some-

thing of a blank canvas, so prospective purchasers can visualise themselves in the home. A key to assisting in this process is by eliminating personal photos and replacing these with the likes of artwork or other decorator accents; such as a vase, a vessel or candle holder. Rebeka advises that you shouldn't be afraid to temporarily remove dated, loud or busy window treatments. A room can instantly look more up to date, lighter and neutral just by taking down curtains that buyers may find distracting.

### Simple Maintenance

Potential buyers are going to be your biggest critics and, while you may have become accustomed to the dripping tap, it is something that will appear on their radar. Simple repairs include fixing creaky doors and filling in tiles where grout may be missing. Rebeka's tip is that you shouldn't forget the exterior of your property, because this is the very first thing buyers will see. Walk around your property and make a list of any jobs that need completing. To give yourself more time and to reduce stress, she recommends hiring a gardener before the photos are taken and before the first open home.

Photo supplied by In-House Style





Freeview  
Igloo  
Satellite Dishes  
TV Aerials  
Multi Room TV  
Audio  
Data  
Security

**Phil Leaning**  
p 09 425 5431    digitalsolutionsrodney@gmail.com  
m 022 364 7900    digitalsolutionsrodney.co.nz

### Know something that we don't?

If you've got information that may be topical or of interest to Millwater residents, we'd love to know!

Please get in touch with Sarah on 09 426 6155 or email [sarah@themillwatermag.co.nz](mailto:sarah@themillwatermag.co.nz)

### Cryptic Crossword #1 Solutions (October Issue crossword)

**Across:** 1. Perturb; 5. Goat; 8. Abalone; 9. Soaking; 10. Singers; 12. Nincths; 15. Turps; 18. Shrove; 20 Mastiff; 23 Undergo; 25. La-yard; 26. Veto; 27. Ensured.

**Down:** 1. Parson; 2. Rota; 3. Uptight; 4. Brags; 5. Grain; 6. Amoretto; 7. Tease; 11. Imps; 13. Nonsense; 14. Surf; 16. Shadows; 17. Amble; 19. Emoted; 21. Imago; 22. Fudge; 24. Rear.

# millwaterpropertystats

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.

	Sept 2015	Aug 2016	Sept 2016
Number of Sales	21	17	8
Median Sales Price	\$1,035,000	\$1,257,000	\$1,161,500
Highest Sale Price	\$1,630,000	\$1,600,000	\$1,528,000
Lowest Sale Price	\$899,000	\$1,045,000	\$775,000
Average % price to CV	25.51	41.65	36.33
Average Floor Area (sqm)	242	244	285
Weighted Value Index	1257	1401	1308
Average Days to Sell		64	102

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. Data is gathered from Property Guru and REINZ.

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](mailto:grayson.furniss@mikepero.com)



**Mike Pero | REAL ESTATE**

Mike Pero Real Estate, Licensed REAA (2008)

## millwaterpropertytalkwithGrayson

With the weather finally starting to warm up and dry up, we are now starting to see a very late start to spring buying and selling activity. There had been a significant fall in buyer activity in recent weeks, some of which can be seen in the sales statistics for September, and we are expecting similar figures to prevail for October also. A number of factors seem to have been influencing this; from a change in lending rules for investors, to lousy weather, and the impact of school holidays. The good news is that there is some light at the end of the tunnel, with open home attendances starting to increase and strong buyer interest at the lower end of the market. This is encouraging, as typically this feeds up through the price levels over time, leaving us hopeful of some strong trading over the coming weeks leading into Christmas.

Of concern is the number of local residents who have made the decision to list their properties with agents who do not specialise in this area. Simply put, selling in Millwater is not the same as selling on the North Shore or Orewa and, if someone only sells one or two houses a year in this area, they will not understand the elements that make this market unique. If they don't understand this market intimately, they will make mistakes that will ultimately cost the owners money. Make sure that your agent understands this market, what works and what doesn't. Ask questions: how many properties do they have for sale in the area now, how many houses have they sold in the area, what prices have they achieved, what methods of sale have they used in this area in the past, what success have they had using those methods in this area?

Furthermore, don't be fooled into believing that the local agents will support someone with the same brand name from

outside of the area. Under the system that most agencies use, it is likely that an agent from outside the area will be working for a completely different company to the local agents, even if the brand name is the same. In the end, there is only one agent who really cares about the sale of your property, your listing agent. Make sure THEY know about the local market, have a strong track record of success locally and can inform you of what is happening in the rest of the local market, so that activity on your property can be put into perspective.

Speaking of perspective: would you ask your GP to perform brain surgery? Sure, they can probably do it, but your best chance of a good outcome is to consult a specialist. The same goes with Real Estate. Always consult a local specialist.

### Grayson

Mike Pero Real Estate, Licensed REAA (2008)



Mike Pero

Silverdale 09 426 6122

CALL NOW TO VIEW!



**SINGLE LEVEL BRICK BEAUTY**

4 2 2

By Negotiation

**4 Bartlett Drive, Millwater**

- Four large double bedrooms
- Master bedroom with ensuite plus walk in wardrobe
- Generous open plan living area with fantastic flow to outdoor entertaining and level yard
- Stylish kitchen with island bench and walk in pantry
- Separate yet adjacent additional lounge
- Double internal access garage with auto door
- Low maintenance rendered brick construction with double glazing
- Balance of Master Builders warranty to transfer to new owner

[www.mikepero.com/RX957718](http://www.mikepero.com/RX957718)



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

**Sarah Furniss**  
027 444 0044  
sarah.furniss@mikepero.com

Mike Pero Real Estate Ltd. Licensed REAA (2008)

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

Mike Pero

Silverdale 09 426 6122



**QUALITY MILLWATER FAMILY HOME**

4 2 2

View now!

**6 Walter Crescent, Millwater**

- low maintenance 4 year old Stonewood built 221m<sup>2</sup> home with balance of Master Build Warranty to transfer
- four double bedrooms upstairs including study nook, all with built in WIR
- spacious and light-filled open plan living, dining and kitchen flowing to outdoor entertainment area
- stunning modern kitchen with large breakfast bar, dishwasher and walk-in pantry
- separate lounge with easy flow to covered outdoor living area and secure backyard
- north-easterly aspect with double glazing and quality insulation ensure this home is warm and cosy for winter
- fully fenced and easy care mostly level 517m<sup>2</sup> site with substantial off street parking
- unique drive through garage to access additional offstreet parking behind, ideal for a boat, car or jetski

[www.mikepero.com/RX858955](http://www.mikepero.com/RX858955)



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

**Sarah Furniss**  
027 444 0044  
sarah.furniss@mikepero.com

Mike Pero Real Estate Ltd. Licensed REAA (2008)

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

Mike Pero

09 426 6122



**LIFE MADE SIMPLE**

3 2 2

\$1,100,000

**29 Landmark Terrace, Orewa**

- Three bedrooms, with generous master featuring an ensuite, walk in wardrobe and stunning sea views
- Beautiful entertainers kitchen with walk in pantry, breakfast bar, large fridge space, self cleaning oven plus microwave / convection oven
- Large open plan living area opening out to covered patio area
- Additional patio on western side of house with lovely garden
- Large tandem garage with internal access and additional storage / workshop
- Use of communal facilities including pool and gym plus park like grounds

[www.mikepero.com/RX888638](http://www.mikepero.com/RX888638)



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

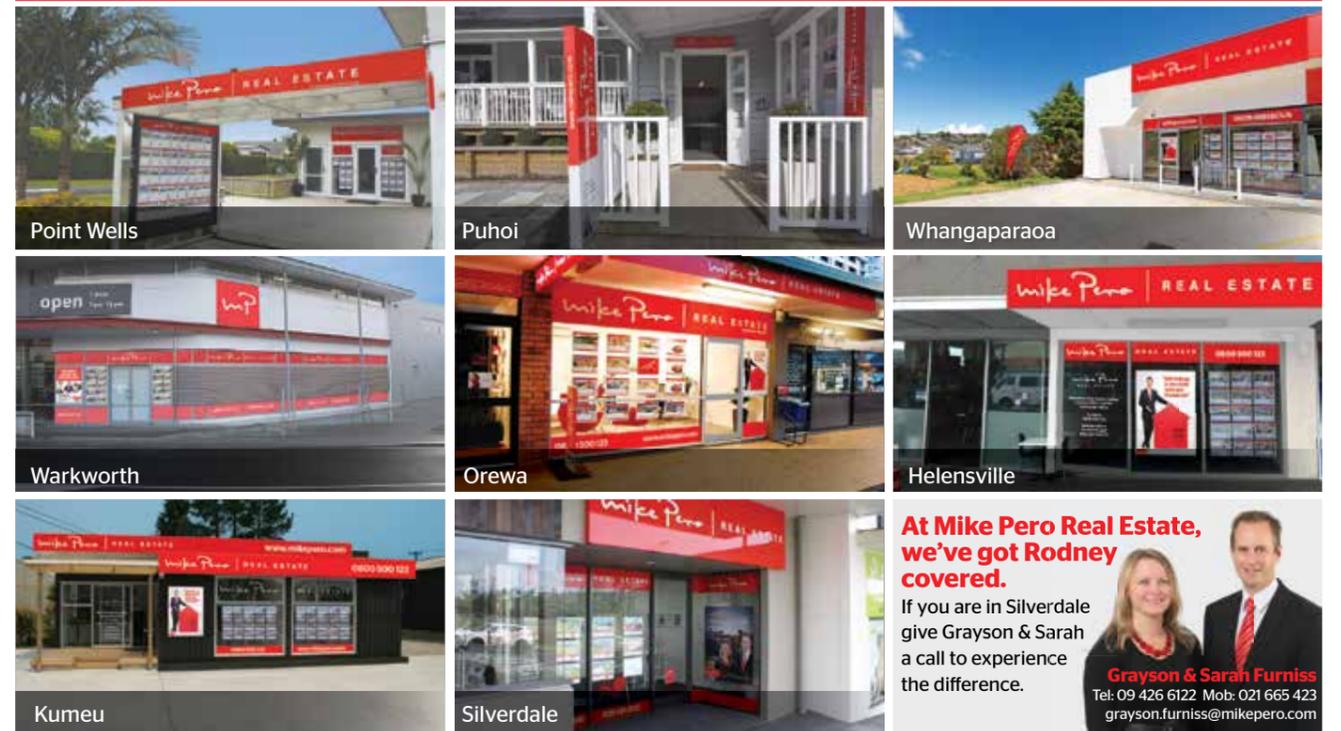
**Sarah Furniss**  
027 444 0044  
09 426 6122  
sarah.furniss@mikepero.com

Mike Pero Real Estate Ltd. Licensed REAA (2008)

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

Mike Pero

Mike Pero Real Estate Ltd Licensed REAA (2008)



Point Wells

Puhoi

Whangaparaoa

Warkworth

Orewa

Helensville

Kumeu

Silverdale

**At Mike Pero Real Estate, we've got Rodney covered.**

If you are in Silverdale give Grayson & Sarah a call to experience the difference.



**Grayson & Sarah Furniss**  
Tel: 09 426 6122 Mob: 021 665 423  
grayson.furniss@mikepero.com

0800 500 123

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

Mike Pero

Silverdale 09 426 6122



MILLWATER'S GOLDEN MILE

5 2 3

Offers over \$1,200,000

1 Portland Park Rd, Millwater

When location, style and size combine you end up with a wonderful residence like this.

- 274m low maintenance brick (mostly) and tile home
- 2 bedrooms, bathroom, open plan and separate living all on ground floor
- 3 bedrooms including master, bathroom and another living room on second floor
- spacious open plan living on ground floor with stunning timber flooring and opening to north facing deck
- stunning large kitchen with island bench, engineered stone, 900w over with gas hob, double sinks
- additional lounge adjacent, great for inclusion or separation

www.mikepero.com/RX894985

Mike Pero Real Estate Ltd. Licensed REAA (2008)



Grayson Furniss 021 665 423 09 426 6122 grayson.furniss@mikepero.com  
Sarah Furniss 027 444 0044 sarah.furniss@mikepero.com

www.mikepero.com

Mike Pero

Silverdale 09 426 6122



LOCK UP AND LEAVE?

3 1 2

Offers over \$770,000

5B Blake Greens, Millwater

- brand new Horncastle built 145m<sup>2</sup> apartment; 10 year master build warranty
- elevated position on first floor, great for outlook and security
- three well proportioned bedrooms and spacious open plan living area
- master with ensuite and walkthrough wardrobe
- large partially covered westerly facing balcony
- privacy with pleasant bush outlook
- massive loft space for storage or more
- carpeted single garage with additional storage space, plus additional OSP

www.mikepero.com/RX957717

Mike Pero Real Estate Ltd. Licensed REAA (2008)



Grayson Furniss 021 665 423 09 426 6122 grayson.furniss@mikepero.com  
Sarah Furniss 027 444 0044 sarah.furniss@mikepero.com

www.mikepero.com

Mike Pero

Silverdale 09 426 6122



SINGLE LEVEL STUNNER

4 2 2

SOLD

75 Manuel Road, Millwater

- stunning one year old Mike Greer Homes property with balance of 10 year master build warranty
- large, flat, fully fenced and landscaped 653m section with sought after north west aspect
- four double bedrooms, master with ensuite and walk in wardrobe
- stunning entertainers kitchen, walk in pantry, huge breakfast bar, gas cooktop, large fridge space
- open plan kitchen, dining, family room area with separate lounge space adjacent
- large and stunning patio area, flowing from both living spaces and sheltered from westerly wind
- high level of specification throughout with underfloor heating in bathrooms and kitchen, tiled showers and LED lights, garage carpet etc.

www.mikepero.com/RX955798

Mike Pero Real Estate Ltd. Licensed REAA (2008)



Grayson Furniss 021 665 423 09 426 6122 grayson.furniss@mikepero.com  
Sarah Furniss 027 444 0044 sarah.furniss@mikepero.com

www.mikepero.com

Mike Pero

Silverdale 09 426 6122



FANTASTIC FAMILY HOME

4 2 2

By Negotiation

12 Arbors Track, Millwater

- stunning two year old Stonewood built property with balance of Master Build warranty
- 216m<sup>2</sup> family sized home with generous fully fenced back yard
- open plan living area opening to private north-west facing courtyard
- expansive kitchen with large stone breakfast bar, full butlers pantry, 900mm wide stove
- additional separate lounge, ideally located for a TV room or quiet space
- separate laundry and guest WC on ground level
- 4 bedrooms on first level, master with ensuite and walk in wardrobe
- additional open space for study

www.mikepero.com/RX961118

Mike Pero Real Estate Ltd. Licensed REAA (2008)



Grayson Furniss 021 665 423 09 426 6122 grayson.furniss@mikepero.com  
Sarah Furniss 027 444 0044 sarah.furniss@mikepero.com

www.mikepero.com

# outtolunch Matakana



Management had spotted a 'Grab One' voucher offer online for two, 2-course lunches at the Plume Vineyard Restaurant in Matakana – for just \$59 – so she grabbed one.

One wet Wednesday afternoon, we ventured out and, although we had booked a table, we were not expecting it to be busy mid-week. How wrong could we be – the Plume Vineyard Restaurant is obviously a favourite of many, for it was full and buzzing with happy conversation by 1 p.m.

The set menu for the day began with a sharing platter of artisan bread from the Plume Bakery in Matakana, with 3 dips; then a

choice of three main courses: Authentic Indian coconut-based homemade Chicken Curry, served with steamed rice, pappadums, onion and cucumber salad; Spiced Pork Belly, red cabbage and apple confit, honey roasted parsnip, cranberry compote; and Smoked Salmon Fishcakes, sautéed mushrooms, spinach and leek, orange marmalade, sorrel oil.

Management chose the chicken curry and I had the spiced pork belly; she having the Runner Duck Pinot Gris 2015 and I the Runner Duck Black Velvet 2010, which is a luscious blend of the traditional and classic French varietals of Cabernet Franc, Merlot, Malbec and Petit Verdot – and is truly delicious.

Then came the hard bit – choosing the pudding! Raspberry Crème Brûlée with Fresh Fruit Salad and Vanilla Tuille; Mango & Vanilla Panna Cotta with Berry Coulis and Pistachio Praline; or Chocolate Brownie with Vanilla Gelato and dark chocolate sauce. Hmmm! Management went for the Panna Cotta and I chose the Crème Brûlée.

We thoroughly enjoyed a delicious meal that was perfectly cooked, artistically presented and unobtrusively served by our wait-person Isabel, who was attentive, informative and friendly, and added to the overall enjoyment. Indeed, the whole lunch experience was as close to perfect as we have had for a long time – and at an amazingly low cost for what was, with the bread and dips, really a high-value 3-course lunch.

Strongly recommended.

## Clip A Dog Grooming Studio • Dogwash

### Clip A Dog Grooming Studio & Dogwash For All Your Grooming Needs

Flea & worm treatments. Leave your dog with us for a professional wash, dry, brush and nail trim.

We'll get them squeaky clean and perfectly dry while you shop or visit a local cafe.

We have a variety of top quality shampoos to choose from including those for sensitive skin, itchy skin, broken skin, extremely dirty dogs, very smelly dogs and flea control!

#### What We Offer:

Dog Grooming  
Cat Grooming  
Pet Bathing & Drying  
Nail Trimming  
Flea & Worm Treatments  
Face/Teeth/Long Coat  
Furmination Treatment



Address: 22 Karepiro Drive, Stanmore Bay, Whangaparaoa  
Website: [www.clipadog.co.nz](http://www.clipadog.co.nz) | Phone: (09) 428-3375 for bookings  
Mobile: 027 202-1422 | Email: [clipadog@yahoo.com](mailto:clipadog@yahoo.com)



Fencing

Thatch

**Brustics**  
UNIQUE LANDSCAPING PRODUCTS - NATURALLY

Supplying the Hibiscus Coast with natural solutions for privacy, fencing, shelter and shade for over 20 years.



Water Gardens

Pizza Ovens

9 Arrenway Dr, Albany, Ph: 0800 278 784 [www.brustics.co.nz](http://www.brustics.co.nz)

# HOYTS HIBISCUS COAST



IN CINEMAS NOVEMBER 17

EXPERIENCE MORE  
ALL DAY EVERYDAY

**\$10.90\***  
TICKETS

TICKETS ON SALE NOW | [HOYTS.CO.NZ](http://HOYTS.CO.NZ)

6 LINK CRESCENT, WHANGAPAROA

\*SURCHARGES APPLY FOR 3D AND ONLINE BOOKINGS

# Inactivity Results in Muscle and Ligament Damage



Muscles and ligaments are stressed throughout life. They are constructed to adjust to varying levels of activity, but, when they are exposed to higher-than-usual levels of stress, they are prone to short-term injury or long-term damage.

However, what many people fail to realise is that problems also develop when these tissues aren't exposed to the sufficient levels of stress needed to maintain functional health. The levels are placed on the following scale:

**Paralysis:** where muscles and ligaments are not used at all and their ability to function has diminished;

**Immobilisation:** where use is temporarily put on hold and muscle strength and size diminishes over time;

**Sedentarism:** this is when muscles and ligaments are only minimally used, which leads to obesity, deconditioning, hypertension and poor fitness – common in all age groups;

**Normal use:** which varies widely. In this level, all of the muscles and ligaments are used for daily activities;

**Strenuous use:** which includes regular exercise, participation in recreational sports and leading an active lifestyle; and

**Progressive overload:** which consists of people, such as athletes, who continuously push their bodies to the limit, to improve performance and build strength.

**Overuse and damage** can occur in any of the above groups, to varying degrees. When muscles and ligaments are stressed, they respond by repairing and strengthening; but if the overload is frequent, damage may result. Trauma or sudden stress to a ligament begins with pain, swelling and results in a degree of lost function.

**Injuries and damage** need proper treatment in order to heal rapidly.

**Rest is important;** which includes days of immobilisation of the damaged area, followed by reintroduction of movement and activity. Reactivation is also necessary – which consists of exercise and guidance.

\* SOURCE: "Adjunctive Therapies to the Adjustment: Ligament and Muscle Stress," Dynamic Chiropractic, March 26, 2001, Vol. 19, No. 7, pp. 16-17.

**For more information and to receive a 30-minute Complimentary Consultation, please contact Coach Craig on 021 1611 789 or craigkilham@gmail.com**

# Millwater ROMEOs do the time without the crime



The Millwater ROMEOs (Retired Old Men Eating Out) were touched by the Long Arm of the Law last month, when the day's organising ROMEO arranged a tour of the North Shore Policing Centre at Constellation Drive. Holiday time meant that just eight ROMEOs arrived on a damp Thursday morning, to be met with a warm

welcome and sunny smile from Constable Katrina van der Wende.

Katrina's very informative tour took in all aspects of policing, from the front desk and customer-friendly staff, all the way through to the somewhat 'darker' side of the job. Everywhere we saw Police Officers and civilian staff going about their

business with calm professionalism. There was no drama such as you might see on TV; this was all about delivering a safer society for everyone.

No visit to a Policing Centre would be complete without a visit to the 'business end', where one ROMEO underwent the full breath test, returning a reassuring '0000 micrograms/litre' result. Onward then to the cells, where the neutral green walls somehow exuded the message that this is not a place you would want to linger. However, linger we did – but briefly – to have our photograph taken in the ID section. We managed to avoid getting locked up, but instead concluded a very interesting visit by examining the equipment carried in a patrol car and then a brief tour of the forensic laboratory.

After thanking Katrina for her extensive and detailed tour, the ROMEOs enjoyed lunch at the nearby Dark Horse pub before partaking of further warm hospitality at the organiser's home.



## VISIT US AT

# SPARK SILVERDALE



**Get Spotify Premium with Spark Prepaid**

On the \$19 Music Pack & \$29 Value Pack.



**Free WiFi 1GB/day**

At over 1000 WiFi Zones nationwide.

On selected plans



**\$11 Movie Tickets**

Available to all Spark customers.

Get your tickets at [spark.co.nz/thanks](http://spark.co.nz/thanks)

**GET IN TOUCH NOW**

 40 Hibiscus Coast Highway, Silverdale

 (09) 426 9060



Spotify Premium: Data charges and Spotify terms apply see [spark.co.nz/spotify](http://spark.co.nz/spotify). Free Spotify Premium is not included for the \$5.99 tablet sharer plan. Free WiFi: Spark WiFi Zone allowance is 1GB of data for a single device per day. Thanks: Movie Deal is available at your nearest EVENT Cinema or selected independent cinemas any day of the week except after 5pm on a Saturday or public holidays. Surcharges apply for 3D and VMAX. Offer not valid for Gold Class, IMAX, Deluxe Cinemas or Embassy Platinum seating. For a full list of terms and conditions visit [spark.co.nz/thanks](http://spark.co.nz/thanks).



# TOTAL SECURITY GROUP

Sales | Installation | Service

**ALARMS**

**YALE DIGITAL DOOR LOCKS**

**HOME AUTOMATION**

**ADDITIONAL SECURITY**

**SKY TV & DATA CABLE**

**ACCESS CONTROL**

**SAFES**

**CCTV**

**YOUR LOCAL TRUSTED SECURITY SPECIALIST ON CALL 24/7**



**021 2SECURE (021 273 2873)**  
**Ph (09) 947 5992**

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

# holidaydestinations

## Heavenly Hawaii....

This article is well overdue, as Hawaii is booming at the moment with NZ visitors. If you haven't yet visited, add it to your bucket list of places to go!

Weather... pretty good all year! April-November averages between 24-32 degrees. June is super busy with the US spring break, so I would try to avoid that month if you can. For those with families, there are some amazing places, but just note that Kids Clubs are not the norm here and it is mostly the high-end resorts that offer this.

I would strongly recommend adding in a car hire into your stay if you can; the island is so diverse, and a snorkel at Diamond Head, a visit to Waimea Beach and Hanauma Bay are a must.

If you want to avoid the hustle and bustle of Waikiki, then have a look at Ko Olina – a smaller, quieter area. With only a few larger resorts, and some great little communities, this area is a superb little spot. You can hire large villas here with a private pool, for a lot cheaper than a standard hotel room, and in some cases it would mean 3 bedrooms and 3 bathrooms. Ko Olina has some stunning swimming lagoons, where you can swim with turtles, and the beaches are much quieter than the main tourist areas. A great spot for families, with the Disney Resort close by, and you can always add in a character dinner for the kids (or big kids!) Drive 5 minutes down the highway and you will find all the major shops, but a further 5 minutes and you will be in outlet heaven.

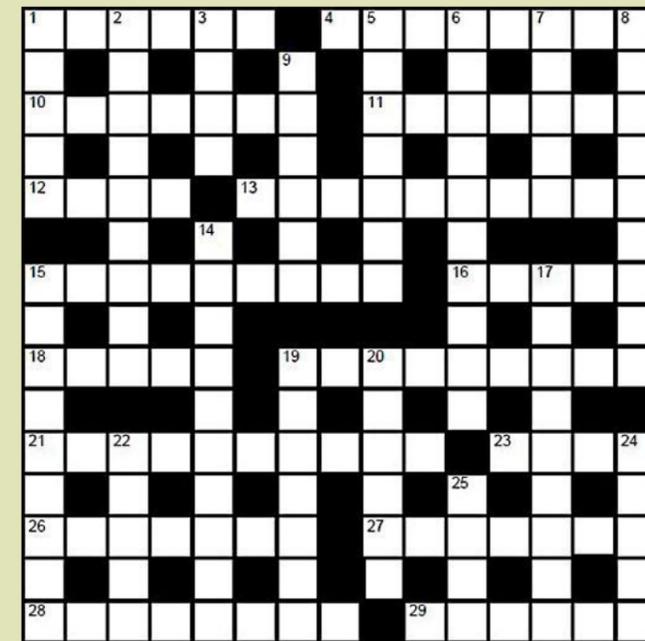
For anyone wanting something a bit different, a trip to the outer islands is superb. Like many places in the Pacific, people tend to forget about the 'other' islands. Maui is definitely on my bucket list, after so many clients raving about it! Voted as some of the best beaches in the world! Keep an eye out for special deals, as Hawaiian Airlines have been known to include a 'free' trip to the outer islands in the past... and only a 30 min flight... why not!

With Maui being voted Best Pacific Island by Conde Nast Travellers – the history of Pearl Harbour, snorkelling, shopping and all-round great weather – what isn't there to love about Hawaii!

**Kiri Beven**  
Travel Broker  
t: 09 889 8090 | m: 21 931 637  
e: [kiri@travelmanagers.co.nz](mailto:kiri@travelmanagers.co.nz)  
w: [www.travelmanagers.co.nz](http://www.travelmanagers.co.nz)



## Cryptic Crossword #2



### Across

- 1 Young deer mixes short measure to show off (6)
- 4 Ruler of royal birds, also showing off (8)
- 10 Bartender seeks a loan from male (7)
- 11 She follows poet in the dance (7)
- 12 Untruthful-sounding instrument (4)
- 13 Flag down, showing respect (4, 6)
- 15 To anticipate, a principal has scheme in front (4, 5)
- 16 Lost in France (5)
- 18 Span doesn't start to discover high pressure (5)
- 19 Without friends, you will... (3, 7)
- 21 Work with oriental shares for theatre work (10)
- 23 Cast off outside shack (4)
- 26 I am put on paper to make a mark (7)
- 27 Edited me back and finished (7)
- 28 Willing fish confused with single mouth (8)
- 29 Sappy beginner finds small growths (6)

### Down

- 1 Obese boy can be deadly (5)
- 2 Current hesitation over beach symbol (9)
- 3 Note well about hesitation causing ill-feeling (4)
- 5 Replete, as pipe is from oil strike (4, 3)
- 6 Gropes a man to identify offspring (4, 1, 5)
- 7 Unsuitable paint (5)
- 8 Shield tax for protection detail (5, 4)
- 9 Where to find holiday clothing, for insurance (2, 4)

- 14 Softening royal symbol over enlisted man (10)
- 15 Iberian city takes sherry in Italian seaside town (9)
- 17 Regret about the unknown rude heat (3, 3, 3)
- 19 Information around inclination to shine (7)
- 20 Easily cut number with colour returning (6)
- 22 Outshine, quiet replacing a hundred to put out (5)
- 24 Well-dressed men no good with directions (5)
- 25 She gets nothing for an admirable person (4)

## European Christmas Market

Planning is already underway for the European Christmas Market. This year sees the Silverdale Village Group getting involved to assist with raising funds to beautify Silverdale Village. This year's market is being held at the Silverdale Hall in Silverdale, Sunday 20th November 2016, 9 am to 2-30 pm.

Pak 'n Save are again donating an awesome gift basket. Free entry to all shoppers and drawn at 2pm. You must be there to win!

There are many things to experience including gifts and gourmet foods from France, Switzerland, Italy, Holland, Portugal, New Zealand and many more. Amongst the stalls you will find patisseries, cheeses, pates, crepes, sweets, chocolates, art, crafts, soaps, olive oil, jewellery, decorations and clothing.

Something for every taste and a great range of Christmas gift ideas. Come for lunch and browse at your leisure, while listening to a range of music from all over the world.

Contact for all enquiries for the event or having a stall.  
Helene 021913488. [helene@sailaway.co.nz](mailto:helene@sailaway.co.nz)  
Lorraine 09 4267435 [lorrainesampson@xtra.co.nz](mailto:lorrainesampson@xtra.co.nz)



# The World's Worst Mum



A couple of months ago, a few us mums went to hear a nutritionist talk at Silverdale School. Big UPS to whoever organised that! As interesting and informative as the talk was, the best part for me was the Q & A time. It was during that time I learned I wasn't the World's Worst Mum... you see, I thought I was. As it turns out, I wasn't alone in feeling like a total failure.

My self-flagellation was based on what I perceived to be my total inability to teach (#make) my daughter eat a variety of healthy

foods. You know: the types of healthy foods the World's Best Mums post on Facebook. There would be no sushi, no salad with tomatoes and cucumbers. Getting her to eat Mac 'n Cheese was a huge success in our house! The first time she ate roast chicken by herself, it was like winning the lottery! Picky eater? Strong willed? Yep.

But that didn't stop the daily punishment at mealtime, where we

would try in vain to get her to eat what I thought every other child – you know, the ones with good mums – would eat.

That kind of 'pickiness' did have perks. She never drank anything other water or milk. Still doesn't. She never tried and yet decided she doesn't like ice cream. Still doesn't. She wouldn't even try lollies until she was 11 years-old. Those she eats, but only certain colours. She is now 18 years old. Not one cavity. (#silverlining)

Her eating did improve slowly over the years. It was tough and there were many tears on both sides. She's still a picky eater. However, she's a little more willing to try new foods and foods she has previously snubbed. Here is what is important: She's healthy and happy.

So you see; you are not alone. I am not the worst mum and neither are you. Our children are precious little humans that come with their own personality and tastes. We do our best. As long we keep doing our best, that makes us the Best Mums in the World!

**Rechelle McNair**  
Kidcredible Limited t/a sKids KingsWay

**EUROPEAN LINEN**  
Summer 2016 in store & online now  
Capricho @Village Depot  
10 Silverdale Street, Silverdale Village

**CAPRICHOCO.NZ**

PURVEYORS OF  
**capricho**  
FINE GOODS

# Family Trusts

A family trust can be a valuable tool in asset planning. There are many reasons why somebody may set up a family trust, and transfer assets to it. Some of the common reasons include:

- To have some protection for selected assets against future claims or creditors. For example, to protect a family home from a business venture gone wrong;
- To protect a child's inheritance from their partner or spouse;
- To set aside money for specific reasons, such as a grandchild's education or maintenance;
- To manage any expected claims that might be made against your estate after you have died.

While there are many reasons why setting up a family trust might be a good idea, it is not necessarily a good idea for everyone. When making the decision to set up a family trust, you should consider what benefit (or likely benefit) you will obtain from having a family trust. If you decide that there will be benefit in setting up a family trust, you should be aware of the ongoing administrative obligations required to properly run a family trust. If you don't comply with all the administrative requirements, you may find that your family trust does not



protect you when you need it to do so.

In addition to working out why you should have a family trust, you should also consider how the family trust will work and how it is to be structured. Trust law is complex, interacts with lots of other areas of law, and it is continually developing. There are many things to consider when looking at forming a trust; it is not simply a matter of choosing a name and who the trustees will be. It is important to get advice on your particular circumstances from a lawyer who is up to date with the latest

developments in trust law, so you can be sure that the documents which set up the family trust are drafted correctly.

**KATRINA SIMPSON**  
Solicitor  
SIMPSON WESTERN

CNR MILLWATER PARKWAY & POLARITY RISE,  
SILVERDALE  
DDI: 09 489 0756 P: 09 486 3058 F: 09 486 2235  
[www.simpsonwestern.co.nz](http://www.simpsonwestern.co.nz)



**FOR SPECIALIST HELP  
FROM OUR  
FRIENDLY TEAM**



Phone 09 421 0559

Email [enquiries@simpsonwestern.co.nz](mailto:enquiries@simpsonwestern.co.nz)

[WWW.SIMPSONWESTERN.CO.NZ](http://WWW.SIMPSONWESTERN.CO.NZ)

Business Services  
Asset Planning, Trusts, Wills & Estates

Property  
Litigation & Dispute Resolution

Employment Law  
Relationship Property

Lifestyle Planning  
Immigration Law

Takapuna  
Level 17, AIA Building, 5-7 Byron Ave

North Harbour  
Cnr Apollo Drive & Antares Place

Silverdale  
Cnr Millwater Parkway & Polarity Rise

# millwaterasiancorner

## Chinese Seal



funny example, but it was really that kind of a feeling.

Why a Chinese seal? I don't know; it hardly has any use in the modern day – it's not to say I am living in New Zealand. Since then my personal seal is sitting quietly in the corner of my drawer; I only used it a few times for self-satisfaction, and every time I wiped it clean and carefully put in back it the box. It's not an expensive stone, nor carved by a famous master; it's worth nothing to anybody but me, but I think it is a real Taonga.

Last month my little man brought home a wooden box from Kindy, it has the word Taonga on it – most of you probably know it means "treasure" in Maori. We were asked to bring a Taonga, an item that can represent our culture, to share with the little kids. That night I opened up all my drawers, digging for a Taonga that the kids may find interesting. Whilst most of the things I found were quite rubbish, one thing caught my eye and recalled a memory that has been lost for a long time...

Many, many years ago, while I was travelling back to Hong Kong for a family visit, after wandering around the old streets for a few days, I suddenly craved to have my own Chinese seal, a hand carved one by the skilled old master. Seems like the seal can be a bridge that connects myself and the long forgotten Chinese culture in my heart. It's like when you have been eating healthy food for too long, once in a while you will crave for a super-sweet chocolate bar. Well, please excuse this

So what's a seal? Long ago when the majority of people were illiterate, a seal was used as a signature. With many hours of skill and effort, a person's name is carefully carved by a seal master, who has a wide knowledge of many kinds of different fonts. Some may even have developed their own fonts; that makes the seal a very special, personal item.

Seals are often made from stones, metal, wood or even plastic. The one I have (in the photo) has a little rabbit on top because I was born in the year of rabbit. Compared to my fancy seal, my husband's seal looks much less exciting, but it comes with a little box with red seal paste inside and a refined sliding cover – I just can't stop admiring it and kept playing with it while writing this article.

While nowadays everyone can sign their own signature (or even sign electronically!), it's not hard to imagine why no one needs the seal anymore. Except for people who do Chinese painting and



calligraphy, because the artist's name is usually printed on the work with a red seal; that's the most common way to sign their work. My mum, who loves to do Chinese painting, told me she has 6 different seals! (I have included one of my mum's work here to show how the seal is used.)

After writing that much about the seal, I suddenly realise I should make one for my boys as their Taonga!

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

## Now there are three options for your UK pension transfer



Since April 2006, NZ residents have had two main options when it comes to transferring their UK pension. Having weighed up the pros & cons, they can either choose to leave it where it is or they can transfer it to a New Zealand registered superannuation scheme that has been listed by HMRC as a QROPS (Qualifying Recognised Overseas Pension Scheme) and therefore able to receive funds.

GBPensions now give their clients a third legitimate option: to move their pension into a UK registered SIPP (Self-Invested Personal Pension). A SIPP is a type of Defined Contribution pension scheme giving individuals greater choice of where their pension fund is invested.

However, it is not this broad investment choice that makes a SIPP attractive to many, but its relaxed benefit payment rules that were introduced by the UK government in April 2015. In a nutshell, a SIPP can allow members to withdraw their entire fund from age 55.

For some of GBPensions' clients, such as Keith Bailey\*, this transfer route has proved highly beneficial. He says:

"Nobody else was prepared to offer what GBPensions could. For

me, the option of transferring to a SIPP rather than a QROPS was hugely advantageous. Tony Chamberlain is the perfect gentleman. He was honest and upfront from the start, and took the time to explain everything thoroughly. It was great to do business with a fellow Brit, because I felt he genuinely understood the challenges we faced as ex-pats in NZ."

With his pension transfer successfully completed, Mr Bailey adds:

"It is no exaggeration to say that what GBPensions have achieved for me is life-changing. Thanks to them, we're homeowners in Auckland and stand a chance of being debt-free too – which is something I hadn't dreamed would be possible."

For a friendly chat about your UK pension transfer options contact GBPensions on 0800 427 693 or e-mail transfers@gbpensions.co.nz.

\* Not the client's real name, for reasons of confidentiality.

*A pension transfer to a SIPP or NZ QROPS may not be relevant or appropriate in all instances. The decision whether to transfer or not is complex, and it is important to consider the benefits, risks and disadvantages before determining if a transfer is suitable. GBPensions recommends that all clients seek independent financial and tax advice, personalised to their individual circumstances. Disclosure Statements for GBPensions' financial advisers are available without charge or obligation.*



## Do you have a UK pension?

Could you benefit from a transfer?  
Legislation changes ahead!  
Contact us to investigate your options.



[www.GBPensions.co.nz](http://www.GBPensions.co.nz) | 0800 427 693

Adviser Disclosure Statements are available without charge or obligation.



With 4 GPs Available, new patients welcome  
AND Open Saturday morning  
Orewa Medical Plaza, 8D Tamariki Ave, Orewa  
Phone: (09) 426 5437  
[www.orewamedicalcentre.co.nz](http://www.orewamedicalcentre.co.nz)



Open 7 Days  
Life Pharmacy Orewa  
8 Tamariki Ave, Orewa  
Phone: (09) 426 4087  
[www.life-pharmacyorewa.co.nz](http://www.life-pharmacyorewa.co.nz)

**Grayson Furniss**  
LICENSED SALESPERSON  
BRAND & TERRITORY OWNER

**Mike Pero**  
REAL ESTATE

**P** 09 483 9693  
**M** 021 665 423  
**F** 0800 FAX MPRE  
**E** [grayson.furniss@mikepero.com](mailto:grayson.furniss@mikepero.com)  
[www.mikepero.com](http://www.mikepero.com)

Mike Pero Real Estate Ltd. Licensed REAA (2008)  
Auckland

## LOOKING FOR VOLUNTEERS!

### Half Price Dental Crown on offer



A dental crown is a porcelain or metal 'cap' that is used to rebuild and strengthen a weak or broken tooth. Crowns can also improve your smile by changing the colour or shape of your teeth. You may also already have a badly-fitting crown that you'd like to replace.

Here at The Dental Suite we are lucky to have Dr Dusan Kuzmanovic, a specialist Prosthodontist with over 20 years' experience in creating life-changing smile makeovers for his patients. A former Senior Lecturer at the University of Otago's School of Dentistry, Dusan runs two busy dental practices and continues to teach general dentists and clinical dental

technicians. It is with this in mind that we are looking for patients to volunteer for an upcoming one-day course in crown fabrication that Dr Kuzmanovic will provide for a group of Auckland-based general dentists.

For registering your interest, you will receive a free consultation to determine whether you are an appropriate patient for this course. During the consultation, you will be able to discuss your needs with Dr Kuzmanovic and will receive the benefit of a specialist examination completely free of charge.

If you are selected as an appropriate patient candidate for the crown fabrication course, you will receive a custom crown at half the usual cost of this treatment, as well one gratis follow-up appointment in a year's time. The only condition to receiving your discounted crown, if you are a successful candidate, is that you are present for the full duration of the one-day course on December 3, 2016, plus a follow-up appointment to have your crown fitted (this can be arranged later on).

We are delighted to be able to make this unique offer! Phone us today on 09 426 5262 to register your interest. You can also email us on team@dentalsuite.co.nz.

## EXPERIENCE THE DIFFERENCE

THE DENTAL SUITE  
SILVERDALE

THE DENTAL SUITE  
SILVERDALE

Suite 6,  
44 Silverdale Street  
09 426 5262  
team@dentalsuite.co.nz  
www.dentalsuite.co.nz

## The early reading and speech connection



There is a growing body of research, which is showing that children who have speech-sound disorders and/or language impairments are at high risk for reading problems. As many as 60-77% of children with a preschool history of a speech-sound disorder have poor reading outcomes in the early school years and the risk increases if a language delay is present as well.

An underlying factor seems to be Phonemic Awareness. Phonemic Awareness refers to the ability of a child to identify sounds in words in terms of whether they:

- rhyme with other words;
- how many syllables occur in the word;
- which sounds can be heard in the word; and
- which sounds are at the beginning, middle or end of the word.

Reading to children from a young age is very important, even if it seems as if they are not taking it all in or just paging randomly. From 0-18 months, children learn to look momentarily at the pictures and may start to imitate adult noises e.g. moo, meow etc. The 12-36 month-old likes to listen to an adult reading and will pat or point to pictures as well as beginning to name the pictures. You may see them performing some of the actions depicted in the book and ask questions or even begin to tell parts of a familiar story. A 3-5 year-old may talk to the characters or react to them or their actions. They can anticipate parts of the story and like to pretend to read. All these behaviours are part of the progression of early reading ability – and encouraging a love of books is one of the best things a parent can do in the early education of their children.



Tanya Collett  
09 421 1337 • 021 949539  
www.hearsay.co.nz

Rotary  
Satellite Club of  
Orewa-Millwater



### Rotary Swimarathon

Stanmore Bay Leisure Centre  
Sunday 26th February 2017  
9 a.m. to 4 p.m.

*Local People Raising Funds  
For Local Charities*

Calling for teams of six swimmers to take part in a fun swim event, open to all ages and abilities.

Each swimmer only swims one length in six, in one 55-minute section of the Rotary Swimarathon – easy!

Pool marshals also needed on the day.

For more information, please contact

**Brian Mullan**  
Chairman, Rotary Swimarathon  
021 031 1232  
brian@mullan.com

# Recipes from Millwater Residents



\* We boiled a pair of chicken breasts here because we need the stock to taste good, but we only need half of the meat in this recipe. For the remaining half, just put it in your salad, pasta, sandwich and so on. It's always handy to have some boiled chicken at the fridge.

If you want to know more about the Asian ingredients or this recipe, feel free to email me at millwatermag@gmail.com or PM me via Facebook.

Happy Cooking!  
Nita Wong

## Hot and Sour Soup

### Ingredients

- 1 Tofu
- 2 Pieces dry black fungus. Soak in warm water for about 30 minutes. It will rehydrate and expand to about twice the size
- 3 Dried mushroom. Soak in warm water for about 30 minutes, drain and retain water
- 3 Dry scallop. Soak in warm water for about 30 minutes, drain and retain water
- 1/2 Can bamboo shoots, drain
- 1 Pair of boiled chicken breast, retain the stock
- Handful of frozen raw prawn
- 1 Bunch vermicelli. Soak in hot boiling water, cover for about 30 minutes, drain and wash with cold water, drain again, cut into approx. 5cm long
- 1 Tablespoon of chilli bean sauce
- 1 Tablespoon of Chinking vinegar (Chinese black vinegar)

### To Make

1. Finely slice dry mushroom, bamboo shoots, tofu
2. Finely shred 1/2 chicken breast by hand (it's quite time-consuming but the result is way better than knife) \*
3. In a saucepan, bring the chicken stock, dry mushroom water and dry scallop water to boil
4. Put dry fungus, dry mushroom and scallop, bamboo shoots, shredded chicken, vermicelli into the saucepan and bring to boil again
5. Put in prawn and tofu, stir carefully as tofu is very fragile, bring to boil and then turn off heat
6. Add chilli bean sauce and vinegar

If you want the soup a bit thicker, you can dissolve some corn-flour in cold water, then stir into the soup on low heat.



## Caramel Slice

### Ingredients

- 1 cup SR flour,
- 1 cup brown sugar,
- 1 cup coconut,
- 125g melted butter
- 1 can condensed milk
- 2 tbs golden syrup
- 30g extra butter
- 150g dark cooking chocolate

### Method

1. Combine first four ingredients in bowl and mix. Press into 18cm x 18 cm Lamington tin lined with baking paper. Bake 180 degrees for 10 mins until golden brown.
2. Combine condensed milk, golden syrup and extra butter in saucepan. Bring to boil, then simmer, stirring constantly until golden.
3. Spread caramel over pastry base, put back into oven, bake further 10 mins. Allow to cool.
4. Spread melted chocolate over caramel. Allow to set.

Enjoy!

Lin Miller

# pharmacytalk



Spring is here and, with that, hopefully some warm, sunny days are on the way. The arrival of Spring can also cause an increase in allergy symptoms, which are most unpleasant.

Seasonal allergic rhinitis (hay fever) is usually triggered by wind-borne pollen from trees, grass and weeds. This can extend through summer and in some cases can be year-round. Symptoms can include all or some of the following: runny, stuffy or itchy nose; sneezing; itchy or watery eyes; dark circles under the eyes; nose bleeds; headaches; snoring and constant clearing of the throat.

Allergic rhinitis affects up to 20% of the population and, for some people, the symptoms can have a huge impact on quality of life.

There are several different treatment options for hay fever that can be used to provide relief from symptoms. For adults that suffer from symptoms for extended periods of time, a corticosteroid nasal spray is a good option. Flixonase is a once-daily nasal spray that provides relief of hay fever symptoms for up to 24 hours. Flixonase is also a preventer, so when used regularly it helps to prevent hay fever symptoms from occurring. This product can be used for extended periods of time as an everyday medicine during times of peak hay fever symptoms.

Anti-histamine tablets are also an effective option, with a wide variety available from the pharmacy. These are usually taken once a day and provide relief from hay fever symptoms. However, unlike Flixonase, anti-histamine tablets are not preventers.

Saline washes are also a great non-medicated way to clear the sinuses and help with a blocked or runny nose. These can be used on a daily basis and there is a range of products suitable for all ages and members of the family.

For people who are looking for a natural alternative, GO Healthy offers Allergy Support, a comprehensive formula that supports the body's ability to deal naturally with allergens. It contains horseradish and garlic amongst other things and can be taken year-round.

At Hickeys Pharmacy, we have a large range of products for all hay fever symptoms. We also have qualified Pharmacists available 7 days a week, as well as highly-trained retail assistants ready to answer your questions, give advice or help you choose a suitable product.

Visit us instore today and receive 20% your next purchase of hay fever-related medication.

**Unichem**  
Hickeys Pharmacy



Present this  
voucher to receive  
20% off  
HAY FEVER and  
related products

Unichem Hickeys Pharmacy

16 Moana Ave, Orewa  
Ph: (09) 426 5659 Email: dispensary@hickeys.co.nz

Store Hours

Monday - Friday 8:30am - 6:00pm  
Saturday 9:00am - 4:00pm  
Sunday 9:30am - 3:00pm

**treehouse**  
PRINT

**RYAN JACKSON**  
M: 027 498 6202. E: ryan@treehouseprint.co.nz  
P: 09 810 8609.  
PO Box 133, Kumeu 0841 Auckland



# Dan's Tips

November 2016

After a saturated spring there's plenty of 'catch-up' gardening to be done in November!

### Encouraging growth in the Vegetable garden

- Time to plant or sow beans, basil and corn. All three crops are very cold sensitive, so you get excellent results from sowing now as we head into summer. Beans need a supporting frame and corn is best planted in blocks for optimal pollination
- Grow basil near tomatoes in the garden. Basil and tomatoes are great companions
- Stake tomatoes, place straw or weedmat under strawberry plants and clear soil to give space to fast-growing summer vegetables like cucumber, zucchini, pumpkin and melons
- Bee friendly – we lacked much sun in the early part of spring and so any seasonal disruption to plants, such as pollination, could be helped along by lots of bee attracting plants in or near the vegetable patch

*Did you know – in Dan's garden the flowers of the NZ rengarenga lily (arthropodium) are brilliant for getting the honey bees in and they flower now!*

- Very important – liquid fertilise all your vegetable plants by either watering in at the roots or as a foliar spray.

### Other work

- Trim hedges – yes, now is ideal, plus a layering of mulch around the roots locks in moisture
- Deadhead or rake up the spent flowers of camellias, rhododendrons and azaleas. The new foliage provides a green backdrop to your summer stars
- Deal to weeds in the garden so that your chosen plants have room to grow over summer. Spray paving and driveways to ensure tough weeds don't settle in for the summer
- Mulching around plants and trees saves watering costs and reduces stress in the dry weather ahead.



### Lawns in November

It's still okay to fertilise the lawn provided you follow the instructions about watering after applying it. Combination weedkiller/fertiliser products work really well now, due to warmer temperatures.

And if you're sowing a new lawn, make sure you water it – watch Andy Ellis, a keen gardener (when he's not playing rugby), show you how to sow a lawn here: [www.youtube.com/watch?v=tTyHj1dCjsM&feature=youtu.be](http://www.youtube.com/watch?v=tTyHj1dCjsM&feature=youtu.be)



Heat up the outdoors this summer

Gather friends and family and enjoy your outdoor space this season.

**Dan's Brazier Package** is now available at Central Landscape and Garden Supplies! Quality NZ made corten steel brazier, firewood & a paver to place the brazier on.

# You still have time to enter!

## Think you have the best Garden?

With all the wet weather this spring Central Landscape and Garden Supplies Silverdale have extended the entry deadline for their third annual **Millwater Garden Competition** until the end of November! Have you entered your amazing outdoor space yet?

### CATEGORIES

**Best Overall Garden Design**

**Best Vegetable Garden**

**Amazing prizes up for grabs!**

**Best Kids Garden**

**Best Small Garden – Patio or Deck**

**Best Lawn**

All entries will receive a prize pack. To enter email your name, address and the category you want to enter to [sarah@themillwatermag.co.nz](mailto:sarah@themillwatermag.co.nz) by the end of Nov. Judging will commence 5 Dec.

## Guidance and Solutions for Families

Can you remember the 'Full House' family on TV? The programme explored relationships, single parenting and other issues that arise in families. A widowed father, three unique daughters and two devoted and engaging uncles became a favourite family for many viewers.

Our families can be navigating similar issues as the Tanners, to a greater or a lesser extent. Sometimes, it as though we are not on the same planet as our children and teenagers. They aren't talking to us and we don't always know how to connect with them. There is a need for more respect, responsibility and resilience. Changes are required.

There is someone who can support and guide you to not only enhance but also to transform your family. Diane McKinstry has a lifetime of experience, knowledge and skills to offer you in both private sessions and larger group presentations. She walks alongside parents of pre-schoolers through to teenagers. Her background, both professionally and personally as a teacher, a parenting groups' coordinator and a community worker, ensures that your interests and needs are valued.

Research has shown that intentional parent-coaching positively impacts how parents support their children, increases their confidence in parenting and shifts their perspective to the learning opportunities that issues in families can actually provide.

So, contact Diane as she will offer you care and support in a relaxed and comfortable environment as you are given solutions for your family. These include effective strategies to improve family life, behaviour, emotional growth and, most importantly, self-care. Connect, cooperate and celebrate with a reflective and responsive consultant.

Consultations can be in person, by email, Skype and Facetime. Presentations for educators and workshops for babysitters are also available.

To keep up to date with news and offers join her mailing list.

P: 021 2924105  
E: [diane@realparenting.co.nz](mailto:diane@realparenting.co.nz)  
W: [realparenting.co.nz](http://realparenting.co.nz)



NZ Gift Gallery - Art, Ceramics, Jewellery, Decor Makerspace  
Sewing & Quilting Supplies  
Designer Fabrics & Patterns  
Tutors & Classes  
BROTHER DEALERSHIP

Shop 10, The Nautilus, Keith Morris Lane, Orewa  
[www.collectivetalents.co.nz](http://www.collectivetalents.co.nz)  
[www.facebook.com/collectivetalents](http://www.facebook.com/collectivetalents)  
E: [collectivetalents@outlook.com](mailto:collectivetalents@outlook.com)

Shop Hours: Mon- Fri 10am to 5.30pm, Sat 10am to 4pm.  
Classes run per school terms and may run out of std. hours.  
PH: 09 427 5426

## Millwater Women's Group

October's meeting was at Jamaica Blue Silverdale, after the deadline for the November issue of the magazine, but I was hopeful for a fine day and a good turnout – and looking forward to some of our newer members to make it along again.

On November 16th we are booked to visit a large private garden in Wainui, which opens for the Summer months and includes morning tea. Let's hope the weather starts to settle down over November and this visit gives us all some inspiration for our own gardening projects.

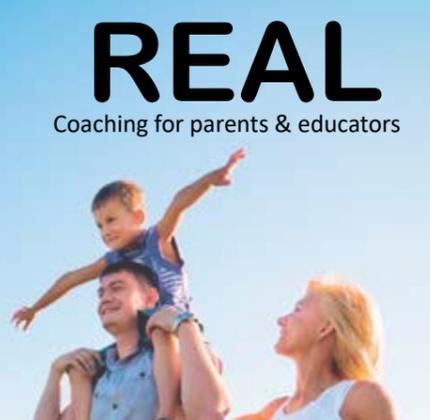
This group is for Millwater residents only; it is sad to turn away friends of members who do not live in the area, but the aim of the group is to connect locals. We meet on the third Wednesday of the month.

Join the Millwater Women's Group Silverdale on Facebook for further information.  
Marj Noble 021 711 540



# REAL

Coaching for parents & educators



RELATIONSHIP ~ COMMUNICATION ~ EMPATHY

GUIDANCE & SOLUTIONS  
FOR YOUR FAMILY AND YOUR  
LEARNING COMMUNITY.

 **DIANE MCKINSTRY**  **PO Box 310131**  
 **0212924105** **Red Beach**  
 **[diane@realparenting.co.nz](mailto:diane@realparenting.co.nz)** **0945**  
**[realparenting.co.nz](http://realparenting.co.nz)**

## PERSONAL WELLNESS WITH HELEN

### Anxiety



Anxiety can be both a blessing and a curse. A little bit of anxiety can give us a nudge, elbowing us forward to accomplish our goals. Too much anxiety can be debilitating, paralyzing progress, inciting panic and forcing individuals to focus on a flurry of negative, doom-filled thoughts. And it becomes a cycle of thoughts, panic and anxiety. Some people can't eat, can't sleep, can't think, and even develop digestive disorders.

Anxiety affects adults, children and even our pets.

The physical and emotional symptoms of anxiety are related to the fight/flight responses of the body, and the adrenalin would dissipate if we had to run or fight to save ourselves. But ... that's not how we live our lives now.

There are a number of ways we deal with anxiety, and often we use avoidance. We try to escape pressure situations (make excuses to leave early); stay away from provoking situation/peo-

ple; procrastinate; or use safety behaviours – distract ourselves by carrying an object or doing something with our hands. Whilst the avoidance strategies might seem to help in the short term, in the long term they actually reinforce the anxiety and cause the anxiety to increase.

Not the best plan.

So what are some helpful things to do?

- Use calm/mindful breathing
- Consider how anxiety affects your life, and identify the triggers
- Create some systems to help you manage anxious situations
- Be in allowance for yourself
- Cut yourself some slack and stop judging yourself
- Let go of thoughts and feelings that aren't yours
- Make a choice to be/do something different
- Let go of control
- Stop people-pleasing
- Call Helen for an appointment

Helen McAuley-Grant is a Body & Soul Mentor, Registered with the Natural Health Council of NZ as a Senior Kinesiologist. She has been in practice for over 12 years, and has lives locally. [www.evolutionary.co.nz](http://www.evolutionary.co.nz) 021 499 824

## COLLECTIVELY TALENTED IN OREWA

### Reaching out into the community

Many of you reading this article and your families may have attended The Country Show Day at Silverdale School last weekend.

Local resident Helen Bakker and business owner of Collective Talents, Orewa, were there showcasing locally made jewellery, art, ceramics and gifts from their NZ Gift Gallery, as well as demonstrating Brother NZ digital cutting, embroidery and sewing machines and kits to sew and make.

It's an unusual way for a business to connect with its local community – but why not?

"We loved the opportunity. It takes hard work and time but so does running an event of this scale. We all want the best for our kids and school facilities. Also, these gala events are meant to be fun and a way for business to give back locally. As we are a new business locally, it makes sense for people to get to see us in a different social environment. Thank you to Brother NZ for donating a sewing machine to the Live Auction."

If you would like to learn to sew, Collective Talents currently are offering classes during the day, after school and Thursday evenings, and private bookings in school holidays. We also offer

sewing kits that you can purchase to sew.

"One of the things I most hate as a school parent is missing or lost school clothes, shoes or sporting gear. Whether it is forgetfulness, no labelling – or worse, theft – it's an inconvenience and costs money. My own children attend Orewa Primary and Orewa College. \$90 jumpers and shoes add up. It's the bane of every school. Great if the school keeps unclaimed uniform and parents can take advantage of this – but what is it teaching us and our children. Is 'lost property' really a quick replacement?"

Collective Talents have a labelling solution for all your school items, your home and for your workplace, too. The Brother P-Touch labelling machine prints durable laminated labels and iron-on fabric labels. No more fabric pens. Clear printed labels at low cost. We demonstrated these at the Country Show Day, with lots of purchase interest.

We will be offering a special price, with a pre-payment and delivery option, to schools and colleges this month.

For more information, booking and general enquiries, please visit: [www.collectivetalents.co.nz](http://www.collectivetalents.co.nz) or see advert opposite.

# millwater **malt** of the month



In Bayswater to the East of Melbourne lies the Bakery Hill Distillery, which produces this month's unusual single malt – the Bakery Hill Double Wood. As the name implies, this whisky is first matured in second-fill American oak ex-bourbon barrels and finished in French oak casks. The barrels used at Bakery Hill are small; either 50 or 100 litres, meaning that the influence of the wood-to-spirit ratio on the relatively small spirit volumes is higher than with many other whiskies. The finishing in the French oak imparts some hints of plum and orange peel, which certainly complement the malty notes.

Bakery Hill uses only Tasmanian malted barley, yeast and water in the Double Wood and, thankfully, no caramel is added to enhance the burnished bronze colour – and it is non chill-filtered.

**Nose:** Fruity and spicy; apricot, coconut and plum.

**Palate:** Mouth-filling, chewy orange and other citrus notes; rich nougat sweetness and well-balanced oak.

**Finish:** Sweet and rounded, lingering.

A truly remarkable bargain online in New Zealand, at just \$45 plus postage. It's around A\$130 + postage for our cousins across the ditch for exactly the same bottle! 500ml, ABV 46%

## Community Cats Need Community Care



kitten up for adoption – and then rehoming them.

And that's what CatsnCare provides every day of every year to all of the stray, relinquished and desperate cats and kittens who are homeless through no fault of their own and who find their way to this group from throughout the Rodney region.

Its mission is to play an active part in bringing about happy endings, by committing to de-sexing, microchipping, fully vaccinating, de-fleaing and worming every cat and

for making lives better – sometimes even saving them – who will go to extraordinary lengths to juggle jobs, families and finances with volunteer work – and CatsnCare needs more of them, lots more. They come in all shapes and sizes, from single folk to extended families, from those at home for much of the week to those with full-time jobs.

Food, litter, bedding, toys, carry cages, holding crates, worm and flea treatments are all provided by the group, which also pays any vet bills.

So: please get behind this local group and contact them if you are able to help in any way – and particularly if you are interested in becoming a fosterer.

027 337 3933 / 09 428 2595 / catsncare@gmail.com / www.catsncare.org.nz

Based on the Hibiscus Coast, this voluntary group has rescued, rehabilitated and re-homed over 1000 felines – each and every one of them hugely rewarding for the band of fosterers who are the lifeblood of CatsnCare.

And now, with another kitten season looming, which will bring with it a tsunami of unwanted kittens and their mums, more fosterers are needed. With many people going away over Christmas and New Year – the busiest time of the year for both people and kittens – there is always a struggle to find enough families available to foster these tiny souls.

Fosterers are usually good, caring, ordinary folk with a pas-



# Millwater

## ADOPT A FAMILY for Christmas

Join 'Adopt a family' and help Millwater give back this year.

Adopt a family is an initiative started by the Salvation Army to support families living in poverty at Christmas time. The idea is that each street in Millwater adopts a family and we donate to give some deserving families a Christmas to remember.

**How does it work?**

We have around 30 volunteer coordinators around Millwater

They have details of their family in need and will let you know what items are needed. You donate the items and together we give a Christmas to remember.

*\* Gifts or Food, and must be New*



**For details of your closest coordinator**

**Nicola Bernie:** ozbernies@gmail.com

**Nita Wong:** nita.millwater@gmail.com

Follow the Millwater facebook page for more details



Mike Pero  
REAL ESTATE

This page is sponsored by Mike Pero Real Estate, Silverdale

Grayson Furniss • (09) 426 6122 • 021 665 423

Mike Pero Real Estate Ltd. Licensed REAA (2008)



## millwatermotors

There can be few classic cars owned by Millwater locals that catch the eye quite as dramatically as James Stevenson's 1966 BurgerFuel Chrysler 300. Far from being a mere plaything, James uses this stunning 2-door muscle car as his everyday company car, commuting from his home in Millwater to one of his five BurgerFuel franchises in Albany, Windsor Park, Westgate, Silverdale or the brand new store in Whangaparaoa. Originally from Wellington, James moved north 20 years ago, first running a pizza delivery business before diving into the world of gourmet burgers and getting involved with his first BurgerFuel franchise about 17 years ago.

James bought the Chrysler about a year ago from a fellow BurgerFuel franchisee in Johnsonville, who had imported it and completed the distinctive purple-fading-to-blue BurgerFuel custom paint job. The car has only been in New Zealand for three years and James found that it still had the original Deed of Sale, faded but intact, among the documentation in the glove box.

Talking more about the car, James enthused: "There has been a great deal of loving attention paid to this gleaming 2-door beauty. The original 383 Chrysler engine has been bored out to 394 cubic inch, which now sports an Edelbrock Performer RPM Manifold, Edelbrock E-Street Heads, 650cfm carb, roller Timing Chain set, Hi Stall converter, MSD ignition system, custom cam shaft by Auckland Cams, Flat Top Keith Black Pistons, with the machining done by North Shore Engine Re-conditioners. There are custom pushrods and all engine bearings have been replaced, and the water pump has been rebuilt." Wow!

James has more plans for his Chrysler: "I'm going to have new

headers fitted to the engine and have already had a lot of work done on the interior, too, with the front seats fully rebuilt and new carpets fitted." More work will follow, bringing the car up to a very high standard within the next six months. James admits to never having owned a classic car before, but the enthusiasm and passion for his 1966 Chrysler 300 are palpable.



While the BurgerFuel lifestyle keeps him busy, the entrepreneurial and community-focussed Millwater local has many passions outside of his thriving business. James is a very keen boatie and fisherman, from which comes his strong support for the Coastguard – who were guests at his Whangaparaoa BurgerFuel opening night in early October. James is planning on joining Coastguard as a volunteer in the next few years.

## Hibiscus Cricket Has Started Playing at Metro Park



Hibiscus Coast Cricket Club teams have started practicing and playing at our new home ground, Metro Park in Millwater. Our club plays home games at Gulf Harbour, Stanmore Bay, Orewa – and our new main home ground, Metro

Park. Metro Park in many ways is at the centre of our region that includes Dairy Flat, Waitoki, Helensville, Kaukapakapa, Wainui, and all rural areas to Kumeu, Silverdale, Millwater, Orewa, north to Warkworth and the entire Whangaparaoa Peninsula.

Metro Park will be bursting with cricket this Summer, with our entry level Superstar Cricket for all children aged 5 to 12 played there on Wednesdays after school from 4pm and Saturdays from 8.30am. School cricket for years 5-8 is also going to be played there after school on Tuesdays and Thursdays and we have a regional school cricket day there on November 3rd, where both girls' and boys' teams will be competing. On Saturdays especially, it would be great to see Millwater residents getting a coffee or lunch and coming down and watching some high quality cricket be-

ing played by our top men's team.

It is exciting for us that we are at Metro Park and are working together with Hockey, Football, Athletics, Auckland Council and Harbour Sport, to further develop permanent facilities for sports and community use. We are particularly excited about the possibility of building a multi-sport, multi-functional indoor training facility as part of a permanent community and sport facility. This would allow our club to have multi-lane indoor nets that would attract and retain many up-and-coming cricketers in our region. These are exciting times for Hibiscus Coast Cricket and we'd love more people to get involved with us at any level.

For more information or to register: [www.facebook.com/HibiscusCricket](http://www.facebook.com/HibiscusCricket) [www.hibiscuscricquet.co.nz](http://www.hibiscuscricquet.co.nz)

## Screening for Triple A's

A triple A is medical lingo for an Abdominal Aortic Aneurysm. It is an enlargement of the main highway for blood from the heart to the abdominal organs and legs. Like a balloon, as this blood vessel enlarges, the walls of it get thinner and thinner and can rupture (or break) if it gets too thin. As you can imagine, a ruptured aorta could have serious consequences – including severe bleeding and even death.

If you have an enlargement of the aorta, it is definitely better to pick it up before it ruptures. An early diagnosis can lead to repair before anything serious happens. This repair is a relatively simple operation, with good success rates.

This is why screening is important. An ultrasound is a simple and pain-free method that can screen for an aortic aneurysm. Some gel and a probe on your abdomen for fifteen minutes is all it usually takes to check – simple, quick, pain-free and potentially life-saving.

Silverdale and Millwater medical is currently offering this screening test. If you have an increased risk of having an aortic aneurysm (male, past or current smoker and aged between 65 and 75) and have not been screened before, then a screening ultrasound is worthwhile. If you are one of our patients, you may have already been invited in. If not, you are more than welcome to make an inquiry regarding AAA screening ultrasound, at either of our clinics Silverdale or Millwater.

David Hassan GP  
Millwater Medical & Silverdale Medical

## Millwater ROWENAs



After days of rain, the sun came out for the September outing of the ROWENAs (Retired Old Women Enjoying Nice Afternoons) at Casablanca Mediterranean Café and Bar on Hibiscus Coast Highway, Orewa.

Although a number of the group were away, we still managed to muster 11 ladies who thoroughly enjoyed sharing conversation in the relaxed atmosphere of this spacious café, whilst basking in the sun and enjoying the fabulous views of the world-class Orewa Beach across the road.

There was a good selection of Mediterranean-themed food on the menu; including falafels, hummus and tabouli, lamb fattoush and Moorish eggs. Service was prompt, friendly and helpful. The meals were generously-sized and a little more exotic and interesting than standard café fare elsewhere.

We recommend that you give Casablanca a try!

### Vehicle Servicing, Repairs & Maintenance

For all your automotive requirements & WOF's.

- Silverdale's AA & MTA Licensed repairer. Quality workmanship guaranteed.
- Free pick up and drop off service throughout Millwater and surrounding areas. Free courtesy cars available.
- All vehicle repairs and servicing receive a complimentary groom.
- All repairs, servicing, WOF's, electrical, brakes, cambelts etc. including the latest in diagnostic scanning, all carried out on site.

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



**Rodney  
AutoCentre Ltd**

Automotive Repairs, Servicing & WOF

Dean Aspinall 09 426 5016 [dean@rodneyautocentre.co.nz](mailto:dean@rodneyautocentre.co.nz)  
14 Agency Lane, Silverdale (next to Spa Pool shop)

# dates for your diary

- Every Sat Silverdale Village Market • 8am-1pm,  
Silverdale St, Silverdale
- Every Tues Quiz Night at Northern Union
- Every Wed Hibiscus Coast Scottish Country Dance Club  
Silverdale Hall • 7:30pm
- Every Sat Millwater parkrun 8am • See  
[www.parkrun.co.nz/millwater](http://www.parkrun.co.nz/millwater) for more details
- Every Thurs 3:30-4:30pm • New to NZ? Orewa Library hosts a very informal conversational English group for new immigrants, every Thursday from 3.30 – 4.30pm in term time. This is a free session with a qualified ESOL teacher. We chat about Kiwi customs, health, shopping, neighbours... all kinds of things which are relevant to our daily lives. Children are welcome! Why not give it a try?
- Weds/Thurs Rotary Satellite Club of Orewa-Millwater • at Roberts Cafe, Millwater Parkway • 1st Weds every month 6pm • 3rd Thursday every month 7pm
- Weds Hibiscus Coast Mid-Week Badminton Club • 9am-noon • Orewa Badminton Hall, Victor Eaves Park

If you know of any upcoming local events please contact Sarah at [sarah@themillwatermag.co.nz](mailto:sarah@themillwatermag.co.nz)



Join us for services throughout the month:

**St Chad's, Orewa**  
Sunday 8:00am and 9:30am  
Wednesday 9:30am

**Christ Church, Waiwera**  
1st Sunday 11:15am

**Holy Trinity, Silverdale**  
2nd & 4th Sundays 9:00am

For further information phone 426 4952  
or [chadorewa@vodafone.co.nz](mailto:chadorewa@vodafone.co.nz)  
[www.hbcanglicanparish.co.nz](http://www.hbcanglicanparish.co.nz)

**SILVERDALE FURNITURE RESTORATIONS™**  
09 426 2979

**COUNTRY CHARM FURNITURE**  
2008 LTD

**Timber Furniture Specialists**  
with quality workmanship guaranteed

*Specialising in Antique, New Furniture and all other timber surfaces*

- Furniture Restoration
- Re-Spraying
- Special Finishing
- Colour Matching
- Insurance Quotes
- Furniture Repairs
- Custom-Made Furniture
- Modifications
- Recycled or New Timber
- Upholstery & Cane Work

Phone Grant or Lesley  
23b Foundry Road, Silverdale  
09 426 2979  
[www.silverdalefurniturerestorations.co.nz](http://www.silverdalefurniturerestorations.co.nz)

09 426 8412  
[www.countrycharm.co.nz](http://www.countrycharm.co.nz)

Look for our pages on [www.facebook.com](http://www.facebook.com)

# Local Business Directory

Please support our wonderful advertisers - without them theMillwatermag wouldn't exist!

## Health & Well-Being, Fitness & Beauty

Caci Clinic	09 212 6900
Health by Logic	09 421 1273
Beauty Aspects	021 02972587
Baby Bliss	021 428 500
Foot Doctor	09 320 0873
Orewa Osteopathy	09 426 7111
Real Parenting	021 292 4105

## Optometrists

OPSM Silverdale	09 426 7902
-----------------	-------------

## Motoring & Boating

Rod Harman Motors	09 426 6066
Rodney Auto Centre	09 426 5016
Silverdale Marine	09 426 5087
Silverdale Car Services	09 421 1413

## Florists

Flowers by Joanne	09 426 5287
Fleurette	09 421 0505

## Real Estate

Mike Pero Real Estate, Silverdale	09 426 6122
-----------------------------------	-------------

## Food, Entertainment & Recreation

Estuary Arts	09 426 5570
Northern Union	09 426 2651
Gather n Feast	09 427 8167
Hoyts Hibiscus Coast	hoyts.co.nz

## Printing

Treehouse Print	027 4986 202
-----------------	--------------

## Community

Hibiscus Coast Anglican Parish	09 426 4952
Stillwater Community Hall	<a href="http://www.stillwater.org.nz">www.stillwater.org.nz</a>
Illuminate Church	<a href="http://www.illuminatechurch.org">www.illuminatechurch.org</a>

## Fashion / Retail / Gifts

Collective Talents	09 427 542
Harrisons Book Heaven	0800 282 538
Capricho	<a href="http://capricho.co.nz">capricho.co.nz</a>
Spark Silverdale	09 426 9060

## Insurance / Financial / Accounting

Greenfire Accounting	021 464 295
GBPensions	0800 427 693

## Sports Clubs / Fitness

Pacific Cheerleading Silverdale	021 137 3047
---------------------------------	--------------

## Medical

Coastcare Urgent Care, Red Beach	09 427 9130
Focus Hearing	09 533 6463
Orewa Medical Centre	09 426 5437

## Dental

The Dental Suite	09 426 5262
Silverdale Family Dentists	09 972 1406

## Pharmacy

Hickey's Pharmacy Orewa	09 426 5659
Life Pharmacy Orewa	09 426 4087

## Pets

Millwater Vet Hospital	09 427 9201
Clip A Dog	09 428 3375

## Home & Garden

Central Landscape & Garden Supplies	09 421 0024
Silverdale Furniture Restoration	09 426 2979
Antenna & Satellite Systems	027 280 3043
Digital Solutions, Rodney	09 425 5431
Surface Protection Systems	09 947 5350
Total Security Group	09 947 5992
Flooring Xtra	09 421 0006
Brustics	0800 278 784

## IT Support

Technical Guy	09 280 4690
---------------	-------------

## Legal

Simpson Western Lawyers	09 486 3058
-------------------------	-------------

## Photography

Paul Conroy	021 192 2219
-------------	--------------

## Housing

Planning Plus	09 427 9966
---------------	-------------

Advertise in The Millwater Mag and feature here for free!

# Locals helping locals

Proud to support Silverdale School

**Mike Pero**  
REAL ESTATE

Mike Pero Real Estate Ltd Licensed REAA (2008)

Cnr of  
Millwater  
Parkway and  
Bankside Rd,  
Millwater



**Grayson & Sarah Furniss**  
Tel: 09 426 6122 Mob: 021 665 423  
[grayson.furniss@mikepero.com](mailto:grayson.furniss@mikepero.com)  
[www.mikepero.com](http://www.mikepero.com)

**Mike Pero**  
REAL ESTATE

This page is sponsored by Mike Pero Real Estate, Silverdale

**Grayson Furniss • (09) 426 6122 • 021 665 423**

Mike Pero Real Estate Ltd. Licensed REAA (2008)

# weirivertidechartNovember

Proudly sponsored by



For sales & service find us on  
www.silverdalemarine.com  
10 Agency Lane, Silverdale Village  
Ph 09 426 5087 and we will come to you!



<b>Tue 1 Nov</b>	03:07 0.4 m	09:28 2.9 m	15:24 0.5 m	21:38 2.8 m	<b>Wed 16 Nov</b>	03:00 0.0 m	09:21 3.4 m	15:26 0.1 m	21:46 3.3 m
<b>Wed 2 Nov</b>	03:44 0.4 m	10:05 2.9 m	16:01 0.5 m	22:16 2.8 m	<b>Thu 17 Nov</b>	03:52 0.0 m	10:13 3.4 m	16:19 0.1 m	22:39 3.3 m
<b>Thu 3 Nov</b>	04:20 0.4 m	10:42 2.9 m	16:40 0.5 m	22:54 2.8 m	<b>Fri 18 Nov</b>	04:42 0.0 m	11:04 3.4 m	17:12 0.2 m	23:32 3.2 m
<b>Fri 4 Nov</b>	04:57 0.4 m	11:19 2.9 m	17:19 0.6 m	23:32 2.7 m	<b>Sat 19 Nov</b>	05:33 0.1 m	11:57 3.3 m	18:07 0.3 m	-
<b>Sat 5 Nov</b>	05:35 0.5 m	11:58 2.8 m	18:01 0.6 m	-	<b>Sun 20 Nov</b>	00:25 3.1 m	06:25 0.3 m	12:50 3.2 m	19:03 0.4 m
<b>Sun 6 Nov</b>	00:12 2.7 m	06:15 0.5 m	12:40 2.7 m	18:47 0.7 m	<b>Mon 21 Nov</b>	01:19 2.9 m	07:19 0.4 m	13:45 3.0 m	20:00 0.5 m
<b>Mon 7 Nov</b>	00:55 2.6 m	06:59 0.6 m	13:26 2.7 m	19:36 0.7 m	<b>Tue 22 Nov</b>	02:14 2.8 m	08:17 0.5 m	14:41 2.9 m	20:59 0.6 m
<b>Tue 8 Nov</b>	01:42 2.6 m	07:48 0.7 m	14:17 2.7 m	20:29 0.7 m	<b>Wed 23 Nov</b>	03:11 2.7 m	09:17 0.6 m	15:38 2.8 m	21:57 0.6 m
<b>Wed 9 Nov</b>	02:35 2.6 m	08:45 0.7 m	15:13 2.7 m	21:26 0.6 m	<b>Thu 24 Nov</b>	04:10 2.6 m	10:18 0.7 m	16:34 2.7 m	22:52 0.6 m
<b>Thu 10 Nov</b>	03:33 2.6 m	09:48 0.7 m	16:11 2.7 m	22:24 0.6 m	<b>Fri 25 Nov</b>	05:08 2.6 m	11:16 0.7 m	17:27 2.7 m	23:45 0.6 m
<b>Fri 11 Nov</b>	04:36 2.7 m	10:51 0.6 m	17:10 2.8 m	23:22 0.4 m	<b>Sat 26 Nov</b>	06:03 2.6 m	12:08 0.7 m	18:17 2.7 m	-
<b>Sat 12 Nov</b>	05:39 2.8 m	11:51 0.5 m	18:07 3.0 m	-	<b>Sun 27 Nov</b>	00:34 0.6 m	06:54 2.7 m	12:55 0.7 m	19:04 2.7 m
<b>Sun 13 Nov</b>	00:19 0.4 m	06:39 3.0 m	12:48 0.4 m	19:03 3.1 m	<b>Mon 28 Nov</b>	01:19 0.5 m	07:40 2.8 m	13:38 0.6 m	19:48 2.7 m
<b>Mon 14 Nov</b>	01:14 0.2 m	07:35 3.2 m	13:41 0.3 m	19:58 3.2 m	<b>Tue 29 Nov</b>	02:00 0.5 m	08:22 2.8 m	14:18 0.6 m	20:30 2.7 m
<b>Tue 15 Nov</b>	02:08 0.1 m	08:29 3.3 m	14:34 0.2 m	20:52 3.3 m	<b>Wed 30 Nov</b>	02:39 0.5 m	09:02 2.9 m	14:58 0.6 m	21:11 2.8 m
	High	Low							

# you're enterprising community zone

Featuring your Millwater residents who have a home-based business or a service to offer

**PHOTOGRAPHY**  
**Photography - Selling your home?**  
Simone Rinke - 027 456 2333  
Available evenings and weekends  
www.blakflash.com

**TRAVEL**  
**Jennie Ready - Fine Travel Consultant**  
Flights, cruises, packages, tours. I would love to assist you with all your travel requirements. Ph: 09 959 0414

**CLEANING**  
**Paula's Home Cleaning**  
General home cleaning and household chores, regular or one off service, great eye for detail with references available. Call Paula 027 202 1410

**Are You Moving House?**  
One-off house cleaning service available or if you need your home cleaned when you move out please call Kerron, 0274 739193

**Big Green Carpet Cleaning**  
Thorough cleaning of carpet/ upholstery (couches, rugs, mattresses, leather, caravans, boats cars). Vacuuming & furniture-moving incl. Stanley Ross 021 510 457

**BUSINESS SOLUTIONS**  
**OnTrack Business Solutions**  
Full service bookkeeping, administration & financial management support. Specializing in Xero. Contract basis as required. Call Tanya 0212103124

**Website Design**  
Need a website created? Let me help you for design a website up to 10 pages POA • Based in Millwater contact me on

**INSURANCE**  
**UProtectNZ Insurance Services**  
Insurance specialist, providing security and peace of mind for you, your family and your business. Theo Simeonidis, 027 248 9320

**HOUSE CARE**  
**www.totalsecuritygroup.co.nz**  
09 947 5992 / 021 273 2873  
Your friendly local security specialist. Alarm installation and servicing. Door & Window Security, Safes  
If it's security, it's us!

**BEAUTY / HEALTH & WELL-BEING**  
**Beauty Aspects Ltd**  
Offering all beauty treatments  
Contact Amelia on 02102972587

**K.T's Colours, Cuts, Treatments**  
Katie Hodgson - 021 189 3672  
Mobile Hairdresser that comes to you for all your hairdressing needs.

**Classical Homeopath**  
Reach your own potential and wholeness through homeopathy, an effective approach to natural health care. Ute Engel • www.homeopathyorewa.co.nz

**Hear Say Speech and Language**  
Specialising in speech and language related disorders in children and young adults • Tanya Collett Hearsay.co.nz

**Optometrist - Mobile & Holistic Specialist** - Holistic / Integrative Optometry. Home visits, rest homes & hospitals. Millwater clinic. Eye examinations; glasses; contact lenses. Monique Wiegand BOptom BSc 09 427 5027

**Nutritionist & Health Coach**  
Paula Southworth (BSc Nutrition & Sports Science), Helping you make sense of what you eat  
Email paula@nutritionssense.co.nz

**Mobile Counselling Service**  
Low cost mobile counselling - specialising in post natal depression, post traumatic stress, anxiety, relationships, self-esteem  
Sandra Hill 0284046685

**The Urban Escape - Nails & Beauty**  
Home based salon in Totara Views offering acrylics, hard gel, gel polish, manicure and pedicure • Mandy Bennett • Qualified Nail Technician  
www.theurbanscape.co.nz

**Stand Tall Physio**  
Local physiotherapy services- ACC & private • Call Kathryn Todd - 0211 689 902

**Experienced Avon Representative**  
More than makeup, shop online or request a brochure. Affordable, 90 day money back guarantee.  
Melissa Clay 027 2358210

**CHILD CARE**  
**Porse Registered - Home Educator**  
Qualified Experienced 30yrs Child Care • http://educators.porse.co.nz/auckland/64-03-118141/amanda  
Amanda 021 2666615

**EDEN Childcare Homebased Educator**  
• Trustworthy, experienced homebased educator. ECE, WINZ subsidies available. I have spaces now. Contact Serene: 021 02527471

**BABYSITTING**  
**Experienced Babysitting**  
Kayleigh - \$12per hour • local references available • experienced with all ages • Ph 022 173 6617

Reliable, responsible 15 year old Orewa College girl, over one years experience babysitting other Millwater families.  
Emily (phone or text) 027 222 4938

**HOME WARES**  
**www.creativegiftbaskets.co.nz**  
For beautiful gift ideas. Pick ups arranged by appointment.  
Phone 09 421 1267

**Retro Records**  
I buy and sell pop & rock vinyl records!! Huge selection available! Email jurieels@gmail.com or pop in at 10 Emell Street

**OTHER SERVICES**  
**Pauline's Sewing Services**  
Machinist offering prompt service for all your clothing alterations and repairs including school uniforms. Curtain making a specialty.  
(09) 5574378

**Music lessons-saxophone,clarinet, flute**  
Experienced registered teacher. Provide music for your event or concert. Woodwind instrument repairs.  
Stephen Thorne 09 6001002

**TAGNZ: Portable Appliance Test & Tagging**  
Compliance with new Health & Safety Regulations • Testing to AS/ NZS 3760 standards • Servicing all workplaces  
Chris 021 251 0088

**Celebrant - Experienced & Professional**  
Weddings, Funerals, Naming/Dedication, Renewal of Vows & more • Kaye Mooney • 0212776222

**“Sell with us & we could save you thousands”**

Our fees are 2.95% up to \$390,000 thereafter 1.95% + admin fee + gst.  
Most other brands charge up to and around 4%\*.

**Mike Pero Real Estate Silverdale**  
09 426 6122 • 021 665 423  
grayson.furniss@mikepero.com

**mike Pero | REAL ESTATE**

\*Rates, fees, terms & conditions may vary between brands, branches and specific transactions.

**mike Pero | REAL ESTATE**

The Enterprising Community Zone is sponsored by Mike Pero Real Estate, Silverdale  
**Grayson & Sarah Furniss • (09)426 6122 • 021 665 423**

Mike Pero Real Estate Ltd Licensed REAA (2008)

Mike Pero

REAL ESTATE

“List your home for sale,  
visit an open home or buy  
through us and be in to  
**WIN A HOLIDAY**  
for two in any one of  
53 destinations.”

Conditions at [mikepero.com/winaholiday](http://mikepero.com/winaholiday)



**Grayson Furniss**  
021 665 423  
[grayson.furniss@mikepero.com](mailto:grayson.furniss@mikepero.com)

**Sarah Furniss**  
027 444 0044  
[sarah.furniss@mikepero.com](mailto:sarah.furniss@mikepero.com)

Mike Pero Real Estate Ltd. Licensed REAA (2008)