

theMillwatermag

Your FREE
monthly magazine
of all things Millwater
November 2018



Life after NCEA

The Green Spot Eco Tip of the Month

Stoney Homestead Market Day



Read online at www.themillwatermag.co.nz

Editor's note

We snuck away to Saigon for 8 days last month, including a visit to the Mekong Delta, and found that all the travel reviews that we're read here in the mag and elsewhere don't do it justice: it's actually way better than people say it is!

Following conversations with main contractors Fulton Hogan about the



wastewater works on Millwater Parkway and diverted traffic, it is pleasing to note that they are keen to keep Millwater informed as best they can whilst this major project is pushed forward. Jenny Scott is their very personable 'public face of the public works', whose contact details are on all the flyers you receive.

The Christmas Market at the Stoney Homestead Community Hub takes place on Sunday 25th November and looks like being a great event that will involve many local and regional folks – all with interesting produce and stories to tell. Local community service groups will be there too, helping out – keep an eye out for the yellow hi-viz vests.

As always, Christmas is a time when it's all too easy to miss the fact that there are many families struggling at a time when most of us, in reality, have too much. But this is Millwater, and once again our great community will be supporting needy families through the 'Adopt a Family' initiative. Please remember to keep an eye on the Facebook page and join in with your neighbours in collecting and donating items that will go to the most deserving families.

Brian Mullan
Editor
November 2018

theMillwatermag

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Front Cover: Local Millwaterian Clinton Rance and his eXCiting Volvo XC60 T8 Hybrid R-Design

Published by The Millwater Mag Limited

Circulation is 5000 print copies. Editorial contributions are free from cost*. Advertising starts at \$60+gst. Contact Sarah on 027 444 00 44, 09 426 6155 or sarah@themillwatermag.co.nz

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millwaterinterview



Local Millwater man Dan Healey has quietly made his distinctive mark on industry, sport and charity and we thought it was time to share at least some of his story.

Dan's grandparents came from Ireland in the 1880s and were successful farmers before Dan's parents moved to Kohimarama and Dan was born, youngest of 11 children. Proximity to local beaches meant that Dan grew up on and in the water, at every available opportunity.

After Kohimarama Primary and Selwyn College, Dan became a trainee surveyor with Harrison and Grierson, soon being assigned to the Tongariro Power Project.

"I had to grow up fast," Dan told us, "working alongside a great team for the next 3 years and learning a great deal that has served me well throughout my life."

Dan and his wife moved to Waiheke in 1971 and bought a sheep and cattle farm, where Dan also ran a private survey office. Much of the infrastructure you see there today – the wharf, the Eastern link road, the golf course and the original airfield – all benefited from Dan's expert input. During this time, Dan started the Putiki Bay Pony Club, now the Waiheke Pony Club. Then followed a period where Dan became assistant farm manager down in Otorohanga, whilst also managing a survey office in Te Awamutu.

"Returning to Auckland in 1976, and after a brief period in surveying, I switched disciplines and joined Rodney District Council as a design engineer and was heavily involved in the design and oversight of the new sewage reticulation scheme," Dan added, "and I also gained my NZCE certification and qualified as a PADI diver. We had to inspect underwater structures, so it seemed like a good idea."

Changing disciplines again, Dan successfully transitioned into the commercial world with Ceramco's A B Bricks and became the Northern Regional Sales Manager, running the sales force and 9 retail outlets. Commerce continued to appeal and Dan later joined Godfrey Hirst Carpets, where he stayed for 7½ years before moving to Cavalier Bremworth/Ontera, before Ontera was sold to Milliken – the world's largest manufacturer of carpet tiles. Dan's career with Milliken was

settled from 1996-2018 "when I semi-retired." Not one to remain idle, Dan now works as an independent consultant to Newlook International, where, as he put it "I have a superbly innovative flooring and benchtop product that I believe in and which meets most commercial and domestic needs."

Dan is a keen cricketer and has coached and managed age-group teams for North Harbour and Auckland Cricket, as well as 6 years' coaching at Orewa College. Dan himself is a regular player with the Auckland Cricket Society, as well as VSL's Fingletoads and New Zealand Rotary teams, representing New Zealand both here and abroad. He has played competitively throughout Australia, the USA, Canada and Barbados.

Combining cricket with Rotary, Dan was Chairman of the Board in 2015 of NZIFCR (International Fellowship of Cricket-loving Rotarians), which oversaw 14 international teams compete in the last World Cricket Festival in Christchurch. "Rotary Whangaparaoa has been a big part of my life since 2004, where I have twice been President – and my passion is the advancement of youth through Rotary Tertiary Scholarships and the Rotary Youth Leadership Awards," Dan added.

We wondered if there was time for more – and there was! Dan is a keen photographer, writer, poet, art lover, sailor, surfer and cyclist. "I still ride a 1976 Raleigh bike, the same model that won the Tour de France for Team Raleigh, and my favourite board is a 1970 Atlas Woods that is still a joy to ride" he concluded.

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what's on: hibiscus coast

November

Technology Classes at Orewa Library • 1 Nov - learn to work your Android Smartphone or tablet • 2-3pm

8 Nov - Learn to work your Apple Iphone or Ipad • 2-3pm

6 Dec - 2-3pm: Learn to work your Android smartphone or tablet

13 Dec - 2-3pm: Learn to work your Apple iPhone or iPad. Gold coin donation • all proceeds to Hibiscus Hospice

For further information call 021 148 1834

Pioneer Village 2 Nov - Bus trip to Kauri Museum at Matakoe • 8:30am • \$45 (includes Bus and Museum admission) Meet at the Pioneer Village (15 Wainui Road) at 8.30am. We will stop at Kaiwaka for Morning Tea (not included in price), then travel to Matakoe to the amazing Kauri Museum. This huge museum provides a stimulating insight into the Kauri tree, its timber, its gum and what life was like for the pioneering early settlers. When you have finished exploring the museum you will be free to explore the church and cemetery and to have lunch at the Gumdiggers Café, or bring your own, before the bus returns to Silverdale. Numbers will be limited to 25. Phone Ngaire on 09 424 8615 to book.

20 Nov - Historical Coffee Morning 10:30am • Bring along your items of historical interest to the Old Parsonage to discuss over coffee. All welcome • www.silverdalemuseum.org.nz, pioneervillage1968@gmail.com

Silverdale Tennis Club, next to Rugby Club • Juniors Saturday morning; Midweek Club Wednesday 9.30am; Weekend Seniors, Sunday 3.30pm & Wednesday 6.30pm • 4 floodlit, Astro courts. New members & Interclub players welcome • Enquiries Linda 09 427 8209 l.waters@xtra.co.nz or www.sporty.co.nz/silverdaletennis

regular local events

Every Weds Hibiscus Coast Scottish Country Dance Club Silverdale Hall • 7:30pm

Every Sat Millwater parkrun 8am • See www.parkrun.co.nz/millwater for more details

Every Thurs Orewa Library hosts a very informal conversational English group for new immigrants, every Thurs from 3.30 – 4.30pm in term time • Free session with a qualified ESOL teacher • Chat about Kiwi customs, health, shopping, neighbours • Children are welcome!

Weds/Thurs Rotary Satellite Club of Orewa-Millwater • Stoney Homestead Community Hub, Galbraith Greens • 1st Weds every month 6pm • 3rd Thursday every month 7pm

Every Weds Hibiscus Coast Mid-Week Badminton Club • 9am-noon Orewa Badminton Hall, Victor Eaves Park

Every Thurs Ukelele Classes • Estuary Arts Centre from 7-8:30pm • All welcome - classes for beginners to advanced so just turn up and bring your uke for a night of community fun! Enquiries/book a spot, call Avon Hansen-Beadle 021 421 109 or 4766361.

1st Weds of each month HBC Grandparents Parenting Grandchildren support group • 11am - 1.45pm • Red Beach Methodist Church Free group offering support, friendship, guest speakers and lunch • Further details contact Sonia 0274 802 287

4th Tues of each month Zonta Club of Hibiscus Coast • Visitors welcome to join us for dinner & interesting guest speakers • The Wade Hotel, Silverdale • 6pm Contact hibiscuscoast@zonta.org.nz or 027 577 1888

Every school term Tuesday Crafts Group • Orewa Community Church • 235 Hibiscus Coast H'way, Orewa 10am-12pm • \$2 for morning tea & craft • creche provided

Every school term Friday Arts Group • Orewa Community Church 235 Hibiscus Coast H'way, Orewa 10am - 1pm • \$2 includes morning tea suitable for beginners

Every Tues Hibiscus Coast Rock & Roll • Whangaparaoa Hall • 7pm lessons • 8pm general dancing • Wear soft sole flat shoes Wear layers as you get extremely hot dancing • Further info on our website & Facebook.

Every 2nd Thurs Join Hibiscus Coast Concert Band! All ages & abilities welcome • See our website hccb.org.nz • Call 021 186 4599 to check when our next rehearsal is.

Every Tues & Thurs HBC Senior Citizens Assn. Inc. meet for Indoor Bowls & cards (500) in the Orewa Community Hall from 12-4pm. Membership \$5 a year • Entry \$2, includes afternoon tea • Contact Howard 09 427 9116 or Mike 09 426 2028.

3rd Tues of each month Silverdale & District Historical Society Coffee Morning • 10:30am The Old Parsonage Silverdale Pioneer Village Bring your items of historic interest to discuss over coffee • All welcome • Free entry pioneervillage1968@gmail.com

All these local community groups advertise here for free thanks to this page being sponsored by Mike Pero Real Estate Millwater. **Call Grayson or Sarah 021 665 423**

Mike Pero
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vetspeak

Keeping our Pets Safe this Guy Fawkes



This time of year can cause many troubles for us as pet owners, with Guy Fawkes rapidly approaching, and it's never just one night to get through with many people keeping some for birthdays, Christmas and New Years.

If your pet gets worried with all the loud bangs, whizzes, pops and screeches, then try these things to alleviate their anxiety:

Walk your dog earlier in the evening, so that you are home well before dusk, and bring your cat inside in plenty of time.

Make a den for your dog or cat, a cardboard box with a blanket inside is usually sufficient. If your dog normally has a crate, then cover it with large blankets.

Turn some music on so there is a constant sound inside.

Pull the curtains so they can't see anything.

If your pet is still unsettled, pop in and talk to us about other options. Products like Feliway for cats and Adaptil for dogs are extremely helpful for stress and anxiety, and are available without prescription from us. There is also a great deal on these products in store now.

There are medical options we can try but we need to examine your pet first, so try all the easy stuff first; but as always, we are here to help you and your pets, so pop in and discuss your concerns with us and together we can find a solution that works for everyone.

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Have you heard about 'affordable housing' in Auckland? It really does exist!



There has been a lot of talk in recent times about the Government KiwiBuild initiative designed to help first home buyers get onto the property ladder.

The first KiwiBuild homes are situated in Papakura and Onehunga. Prices range from \$380,000 for a studio apartment to \$650,000 for a 4-bedroom home.

The KiwiBuild initiative is not the only affordable housing initiative in Auckland. Many first homes buyers have already benefitted from buying an Axis Series home at Hobsonville Point (prices of which range from \$450,000 to \$650,000).

These affordable housing initiatives have criteria that applicants must meet in order to be eligible. Criteria include (but are not limited to):

- You must be a New Zealand citizen or permanent resident
- You must be a first home buyer or in the same financial position as a first home buyer (as deemed by Housing New Zealand)
- If you are looking at an Axis Series home you must have a gross household income no higher than \$85,000 in the last

12 months for a single purchaser or no more than \$130,000 in the last 12 months where there is more than one purchaser, and you must agree to live in the property for a minimum of two years

- If you are looking at a KiwiBuild home, you must have a gross household income no higher than \$120,000pa for a single purchaser or no more than \$180,000pa where there is more than one purchaser, and you must intend to live in the property for at least three years.

Applicants will also need to have pre-approved finance before they can enter into a ballot (from where successful applicants are drawn).

We are well equipped to help with pre-approval of finance for such initiatives. We offer FREE personalised advice specific to your circumstances and the home you wish to purchase.

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Wayne Lawrie



Morgan Moore



Jo Hook

Life after NCEA



It's the time of year where stress levels about the impending doom known as Externals are on the rise. We want our children to do well, and they want to do well. There is a great sense of accomplishment that comes from putting in the hard work and reaping its rewards.

But what about when the hard work goes in and the results just don't bear that out, or reflect the effort put in? Too often, kids are left feeling less-than. Too often, parents can see sub-par results as failure. Kids pick up on that and not only feel disappointed at the result but also feel the pain of letting us down.

Yes, we want the best for our kids. Yes, we want them to succeed. But maybe we need to redefine what success really looks like. One of the things I noticed when I first came to NZ 26 years ago was there wasn't the pressure or expectation that everyone must go to Uni. Having just graduated from Uni in the States, and being conditioned by that culture that, 'you'll be a loser if you don't go Uni', I was taken aback.

Over the years, what I have experienced and witnessed has brought a growing admiration towards that Kiwi world view. I have never once had a professional position in the area for which my degree qualifies me, yet I have always been able to provide an income for my family and advance my career. And I have had fun and learned heaps while doing it!

When I look back at my working life, the defining factor for success wasn't the good grades I made at school, the piece of paper on the wall or the letters after my name. It was my willingness to learn, to put in the effort and to do a good job. Now, I own a business which allows me to follow my passion of working with kids while combining the business skills I learned along the way.

Yes, encourage your kids to do a good job, to put in the hard work. Good results or not, their future should not be defined by the grade. It should be defined by their character, work ethic and willingness.

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millwater **book of the month**

Take Flight by J.L. Pawley



Take Flight is the second book in the Generation Icarus series, an adrenaline-fueled, action-packed read for young adults. The books are about a group of teenagers who can

fly after developing wings. They don't know why they have changed from regular teenagers to something else, but Condor, Owl, Raven, Falcon, Hawk, Tui and Kestrel band together as 'The Flight', leaving behind their old names and their families. They try to survive – with many people trying to capture them for different reasons – while also trying to learn the truth about their genesis.

'The Flight' hide out in a remote mountain hideaway, and they think they are safe. But they couldn't be more wrong when Evolutionary Corp mercenaries arrive in helicopters to hunt them down. Only Condor and Kestrel escape being captured and, desperate to save the other Icari, they travel across America to meet with the Angelists, who believe their kind are angels – and there they find another Icari, Hanna. But it's not long before all the Icari are imprisoned and tortured by the Evolutionary Corps – and it seems unlikely any of them will make

it out alive.

Take Flight is a visceral, page-turning read where things seem to go from bad to worse for these winged teenagers for much of the book. Thankfully, the ending of the book offers redemption from the grim scenes of torture, and it provides hope for the future. I particularly enjoyed the development of the different characters in this series, with Tui being my favourite personality of 'The Flight'. I enjoyed her sass, skills and compassion.

Take Flight is a roller-coaster of a read that is unputdownable, and I can't wait to read book three of the series.

Steam Press, RRP \$19.99

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HBC Singer's end-of-year Concert



The Hibiscus Coast Singers (HCS) are delighted to announce their end-of-year concert details. Following two full houses for both of our Winter concerts and great feedback from the audience and choir members alike for Robyn Allen-Goudge's musical directorial debut, we have continued with a more varied programme than in previous years.

Our concerts are one week after the 100th Anniversary of Armistice Day, so we have chosen the title 'Peace Poppies Pohutukawa'. Our music will reflect this poignant period in our nation's history. The choice will feature 'In Flanders Fields' – set to music composed by Robyn, excerpts from 'Faure's Requiem' and 'Give us Peace' set to Tallis' Canon. Lighter pieces include 'Happy Christmas (War is over)', 'It's a Long way to Tipperary' and audience participation in some Christmas carols to help get us in the festive mood!

We are honoured to be accompanied (again) by Michael Bell on piano and there will be two talented young musicians (one a baritone soloist) helping to inject their youthful energy to complement our more mature sound! And a local trumpeter, Stuart Crow, who will be strutting his stuff!

There will be something for everyone to enjoy, reflect upon and rejoice – so come along to the Red Beach Church at 2:30pm, either Saturday 17th or Sunday 18th November. We look forward to singing for you.

THE GREEN SPOT - Eco Tip of the Month

In a previous edition I wrote about the solution of using wooden products, such as dolly pegs instead of plastic pegs to hang out your washing. This month I want to talk about stainless steel products and there are stainless steel pegs available as an option for your washing too. You will all have heard of reusable stainless steel straws and what a great replacement they are to single use plastic straws, while other sensible purchases include stainless steel coat hangers, drink bottles and lunchboxes such as the Bento style.

Why is stainless steel better than plastic? Firstly, it cleans really well and stops transference of odours, unlike plastic. Possibly the most important factor is that it lasts so long without breaking (potentially forever), so you won't be buying multiple plastic items that break. When it does come time for disposal, stainless steel is sustainable as it is the most recycled material on earth. We are fortunate enough to have at least two scrap metal yards in Silverdale that will take metals off you and even pay you for them, so please don't send them off to landfill unnecessarily when they can be reused. You can drop off any metals, whether it be a handful of screws and nails, some razor blades or metal coat hangers, a rusty old pipe, whiteware or appliances, or even a broken-down car! In fact, Alexander Scrap Metal on Forge Road send their trucks out on a Friday to collect big ticket items from Millwater free of charge. Ferrous metals (that magnets can stick to) might only get you paid in small change but at least you would be doing something right for the Planet at the same time.



TRADIE OF THE MONTH with Maddren Homes

A RARE FIND

It's rare to find someone who is so good at what they do that customers never get let down. Mark Little from Robertson Bathware is that guy. And it's his 30-plus years' experience, combined with his incredible problem-solving abilities, that have seen him take home the Maddren Homes Tradie of the Month award. Nothing's a problem for Mark and he often steps in with a clever solution when problems arise from overseas orders. Because of this, he keeps a build project running smoothly so that the client can move in, on time, as planned.

Mark's awesome work ethic has earned him a voucher from sponsor Western ITM. Well done Mark!



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Hibiscus Coast Singers

Peace Poppies Pohutukawa

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Red Beach Methodist Church | 76 Red Beach Road

Featuring: **Michael Bell**
Conductor: **Robyn Allen-Goudge**
Bass: **Morgan Allen**
Trumpet: **Stuart Craw**
Soloist: **Aidan Allen**

Tickets \$25 Adults
\$20 Seniors/Students
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pharmacytalk

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Our pharmacist can also carry out screening; like checks for blood sugar and other conditions. We can also help with healthy lifestyle issues like smoking and drinking, good nutrition, diet, exercise, and stress reduction.

So, drop in and talk to one of our pharmacists today.

Reference 1. Shamloul R, Ghanem H. Lancet. 2013; 381(9861): 153-65
Silvasta® (sildenafil 25, 50 & 100mg) Prescription Medicine, for the treatment of erectile dysfunction. Silvasta® has risks and benefits. For product information speak to your Pharmacist or check Consumer Medicine Information on www.medsafe.govt.nz. Douglas Pharmaceuticals, Auckland. NA10446

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Saturday: 9.00am – 3.00pm
Sunday: Closed

Broadway launches another High-Quality development in Millwater



From the award-winning developers of the Terraces above Millwater Central shops comes another unique lifestyle opportunity. **Bonair Residences** is the second, high-quality residential project to be undertaken in Millwater by Broadway Property Group, the developers behind the commercial area at the heart of our community. Awarded this year by the Property Council of New Zealand for its clever use of design, space and materials, the Terraces set the standard for their new development.

Bonair Residences provide a unique alternative within Millwater. Two- and three-bedroom single level apartments have been released, with 10 available in the initial offering. Ground level apartments boast a Northern courtyard, perfect for entertaining, plus decks that open out to Croix Reserve. Upper level apartments feature two balconies, capturing elevated views and the Northerly sun. Each apartment includes a single carpark and benefits from generous lockable storage areas.

Spacious interiors are enhanced by the attention to detail and refined finishes at Bonair Residences. Purchasers are also able to personalize their interior surroundings with a range of colour and design options.

Situated on Bonair Crescent and bordering the Northern side of Croix Reserve, the apartments make the most of their location. Taking inspiration from the open spaces that surround it, the contemporary design uses a mix of materials, angles and setbacks to create a visual texture and warmth, grounded to its surrounding landscape with the clever use of layered planting, enhancing its connection with the neighbouring greenspace.

To truly appreciate the quality and design of Bonair Residences, check out the newly completed display suite at 7/177 Millwater Parkway, next to Helloworld. Alternatively, you can call Jan Hewitt on 027 595 2557 for further information.



A unique opportunity in a picturesque setting

- Generous 2 bedroom apartments
- Outdoor living areas designed for entertaining
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- Envious lifestyle in a coastal location
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Display Suite: 7/177 Millwater Parkway | Millwater Central
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BONAIR
 RESIDENCES



The Art Awards are NOW showing

Estuary Arts Centre is the host gallery showcasing over 110 artworks from both local artists and from further afield. All mediums were accepted for selection, with the exception of Photography or digital arts as we feel that this specialised artform is better represented in stand-alone exhibitions and competitions, such as the dedicated month of June with the Auckland Festival of Photography.

This annual award exhibition is organised by the Hibiscus Coast Community Arts Council, sponsored by the Hibiscus and Bays Local Board and many other local art businesses. This year we received over 180 artworks from 98 artists.

The Awards

The premier winner will receive \$3,000 cash and subscriptions to the NZ Artist Magazine and Artnews. This year, there will be a special Merit Award for an artist from the Hibiscus and Bays Area. Our judge this year is renowned NZ artist and arts educator, Matthew Browne. Matthew is an established painter, having been selected for numerous prestigious NZ art awards.



The Supporters

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, The French Art Shop, Emma Jean Framing, Factory Frames, CCG Industries, Artnews and NZ Artist Magazine for their generosity.

The Hibiscus and Bays Art Awards closes on Monday 26 November and the Centre is open 7 days a week, from 9am to 4pm daily. Located at 214B Hibiscus Coast Highway on the Western Reserve, with plenty of free parking and a fabulous onsite Café.

THE HIBISCUS & BAYS ART AWARDS

02 - 26 November 2018
Award Function Fri 02 Nov, 6pm

2017 Premier winner Anna Filimonova



Hibiscus and Bays Local Board

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estuary arts centre

Estuary Arts Centre, 214B Hibiscus Coast Highway, Orewa Ph: 09 426 5570 Web: www.estuaryarts.org
Open 7 days a week, 9am to 4pm daily

Philip Taylor – Solo Exhibition

This month, we are excited to exhibit a collection of watercolour paintings by artist Philip Taylor. As well as being an artist, Philip is a master builder, owner and director of North Homes Ltd.

Philip has been a long-time resident of Red Beach and has been painting for most of his life. This exhibition has been inspired by our local landscapes and seascapes.

The exhibition is entitled 'Red Beach' and will showcase a dynamic, new and colourful style of watercolour painting. Philip is an out-of-the-box thinker and this collection shows it. On display will be a number of very large and smaller framed original paintings. We will also have a collection of 'Red Beach' exhibition limited edition, signed and matted prints on sale.

We are very excited for Philip to reveal a never-seen-before conceptual artwork at the Opening Event. This extraordinary cylindrical piece is 2m tall, and will be on display until the end of the month.

All are welcome to attend the Opening Event on Saturday 3rd November at 4pm. Refreshments and light snacks will be provided – this is one not to be missed!

The Gallery is open Monday to Friday 10am until 4pm, and Saturdays 10am until 2pm.

Entry is *FREE!*



Emma Jean

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RED BEACH

EXHIBITION PREVIEW

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millwaterRomeos

Tucked away in an anonymous warehouse unit in the heart of industrial Silverdale is one of the area's best-kept secrets – the Laughing Bones Brewery. It was there that 10 ROMEOs (Retired Old Men Eating Out) went on a recent Thursday to learn about the brewing methods of American John Morawski, who currently runs the successful business as a one-man band. As a brewer with a Master's degree in Food Science behind him and 30 years' home brewing and commercial ventures all over the world, he is more than qualified to produce the award-winning and often quirkily-named beers his brand is known for.

The first question for John was the derivation of the brewery's name. Laughing Bones is a southern US states' term for gambling dice, which were made of bone, and John took the term from a Grateful Dead lyric in the song Candyman.

In his recently commissioned taproom, the ROMEOs enjoyed samples of Element 5, The Duke, Jokers Wild, Lazy Bones, Anchors Aweigh and Shake Your Mangoes, which are the current six brews John is selling. His eminently quaffable beers are usually American-style with a Kiwi twist, though there are European influences in some of his brews too. The public can buy them at Orewa Liquorland, Faro Fresh outlets and the Fine Wine Delivery Company, or by visiting the brewery at 32D Forge Road.

After an informative and thoroughly-appreciated tasting session, the ROMEOs went on to the Wade for an excellent lunch before returning to the organiser's home for coffee, cake and more conversation.



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"The View" outlet is open 7 days a week beginning at 10:30. Come for a drive stay for The View!



selections may not be exactly as shown



EAT. PLAY. MEET

Stye Case Report



A 17-year-old male presented to our practice with a 1-day history of a swollen left upper eyelid. He had noticed a small white bump on his eyelid the day before and when he woke the next day his whole eye lid was red, painful and heavy. On questioning, he denied any trauma, recent sickness or previous eye infection.

On examination, the upper left eyelid appeared red, thick and painful on touch. When lifting the eyelid there was a small white bump on the lid margin that looked raised and at the centre of the swelling. The inside of the left eye was clear and the right eye appeared normal. After a few more tests we were able to diagnose this as a stye.

To treat the stye, we carried out Blephasteam to provide heat and moisture to the area affected. Afterwards, we used a small tool to push against the stye and drain it. Once it reduced in size, the young male was given a prescription for topical antibiotics to prevent any possible risk of an infection.

The young male returned after 5 days for a review. His left eye lid was no longer swollen, the redness had reduced and there were no signs left of the stye.

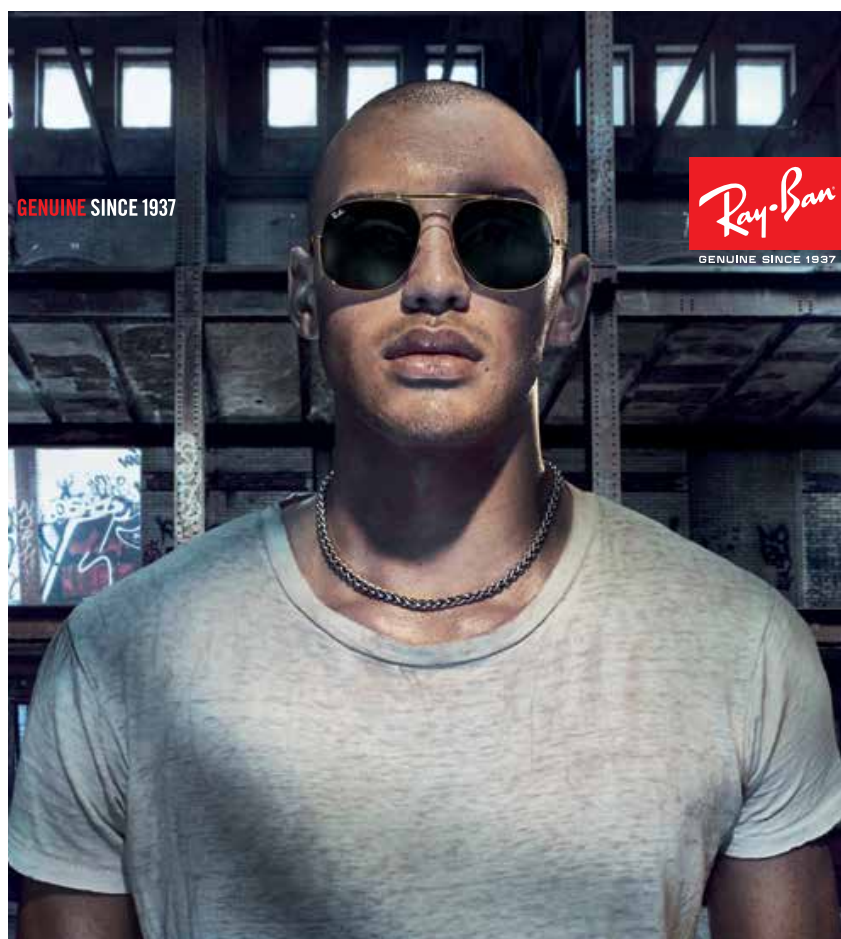
Stye, also known as a hordeolum, is an acute infection that appears as a white bump, sort of like a pimple that forms at the upper or lower eyelid. This occurs when one of the oil or sebaceous glands

of the eyelid becomes blocked and then infected. The most common bacterium involved is *Staphylococcus Aureus*, which is found in nasal passages and on the skin of healthy individuals.

The conventional treatments for stye is a warm compress, eyelid massage and antibiotic ointment. Most styes resolve within a week; however, large or persistent styes will require medical review. Risk factors for stye include; sluggish outflow of sebum from eyelid oil glands (meibomian gland dysfunction), acne rosacea or obstruction of oil glands from previous eyelid trauma.

At OPSM Silverdale we have started using Blephasteam to treat patients with dry eye caused from meibomian gland dysfunction. We use heat and moisture from the goggles to target the dysfunctional oil glands, to improve to the quality of your tears. This technique is also useful for treatment of styes. If you are experiencing recurrent styes or suffering from dry eye, come and see us for an appointment to see if Blephasteam is right for you.

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millwater **property management**

Tenancy Reform in the Pipeline

This decade has been a time of change for tenants and landlords. Over the last five years we have seen a significant increase in compliance responsibilities. Smoke alarms, insulation, Health and Safety at Work Act, matters relating to asbestos... these have all increased the work that a landlord must carry out.

The current government is now looking to make significant reforms to tenancy law. The right to charge tenants a letting fee is to be abolished, probably later this year. The Healthy Homes Guarantee Act (No.2) has passed, enabling the government to create regulations for Healthy Homes Standards. A discussion document was published, seeking submissions on what we want to see as standards for rental properties. Topics included heating, insulation, ventilation, moisture ingress and drainage, draught stopping, smoke alarms and insulation. The window for submissions closed 22nd October 2018.

More significant issues are in the wings, with proposed changes to the Residential Tenancies Act. In a property market that has been very volatile, the aim is to give tenants greater security of tenure, while protecting landlords' interests. It's a question of balancing their rights and responsibilities. The public had until 21st October to make submissions about types of tenancy, how and when tenancies can be



terminated, keeping pets, frequency of rent increases and the way tenancy law is enforced.

It was vital that landlords and tenants had their say, to ensure that the ensuing law changes are the right ones.

Craig Harrison | Principal,
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Sneak preview of the new Madison Park show home in Millwater



The new Millwater Madison Park show home in Colonial Drive stands out from the crowd with its innovative new design, mono-pitch styling and contrasting claddings of natural timber and stone.

The home is a showcase of the quality build principles Madison Park is becoming known for in our area. Their attention to detail is outstanding. It is a brand-new design never seen in New Zealand before and showcases the best of modern design and

innovation.

It provides 227 square metres of living spaces, optimising the indoor-outdoor flow treasured by Kiwi families. The lounge, kitchen and family rooms soak up the Northerly aspect sunshine. Looking around, you immediately get the feeling that here is a home with a difference. Everywhere you look there are quality fixtures and fittings chosen from carefully selected suppliers. The home gives you a tremendous sense of space and lightness due to the clever use of large windows and high ceilings and oversize doors.

“Our philosophy is based on offering a range of inspiring home designs to encourage clients to think outside the ordinary,” says Ron Saxby, Madison Park New Home Consultant. “We hope our new show home will inspire visitors as they develop ideas, plans and specification for their own new home. We love giving advice and guidance and encourage all who visit to discuss their design ideas and house plans with us. Each of our plans is designed to meet individual needs, and we continually look to improve our designs to fit the lifestyles and aspirations of modern New Zealand families.

I believe our passion for design and innovation and our use of exciting new materials is what truly sets us apart from our competitors.”

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Hibiscus and Bays Local Board acting chair Janet Fitzgerald says, “Geared to family, the free event allows people to meet other Hub users, vendors and community groups, and find out what is on offer – and the Stoney Homestead Community Hub allows people to meet, learn new things, make friends and have fun.

Stoney Homestead Trust Chairman Dave Adams says, “The Hub offers residents the chance to network, learn and meet with common interest groups.”

With nine bookable spaces for different-sized groups, the Hub is ideal for community classes and small events. The kitchen can be used on its own or with a servery area. To find out more or to book space email manager@stonehomestead.org.nz or call 021 0267 9111.

When: Sunday 25 November, 10am to 2pm

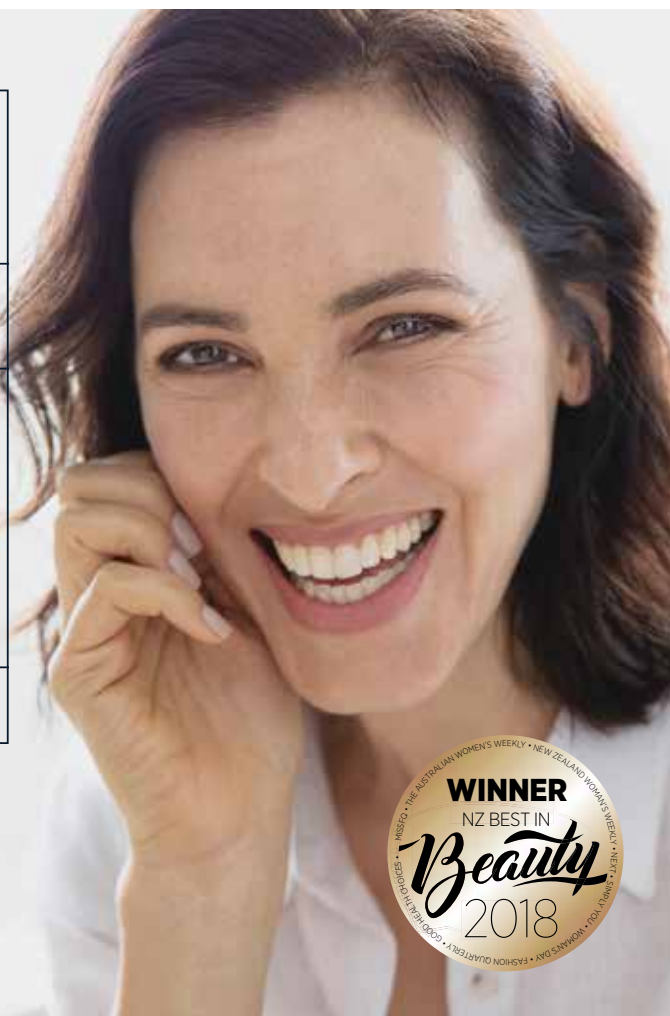
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Being rather long in the tooth, there are not many things that shock me anymore! However, I was appalled to read recently that an online direct-selling insurance business stated very publicly that its role is "... to help improve the number of New Zealanders with insurance, but ongoing servicing should be done by advisers... It had become evident that it was not the best vehicle to look after customers' ongoing insurance needs."

What this is effectively saying is that this business is happy to sell insurance for the up-front commission, but is not interested in spending the time to look after the clients' needs over the long term. What sort of client relationship is that? How does it

comply with the Consumer Guarantees Act? Is the sale of an insurance policy to you, without any intent to provide ongoing service to you, an ethical or legal practice? What if you have a serious illness and need someone to assemble, lodge and pursue the claim on your behalf?

As the company has itself stated that it is "...not the best vehicle to look after customers' ongoing insurance needs...", this raises the very question as to why it remains in the industry.

In contrast, when you engage a professional insurance specialist, you get a complete needs analysis to identify your exposures and your protection needs; you get quality advice at the outset before you make any purchase decisions; and you have a professional advocate to stand beside you for the long haul, represent your interests and pursue claims on your behalf - all as part of the ongoing commitment to provide a quality service.

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Theo Simeonidis FNZIM UProtectNZ Insurance Services

Theo Simeonidis is a Registered Financial Adviser, living and working in Millwater, and specialising in personal and business insurances. He can be contacted on 027 248 9320 or 09 528 8724 or email theo@uprotectnz.com. Any such assistance is provided on a free, no-obligation basis. Theo's disclosure statement is available free of charge on request.

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millwatermalt



Occasionally, we get the opportunity to try a brand-new, Batch 0001 of a whisky, and my regular online retailer released this month's whisky in August – too good an opportunity to miss, so I bagged one and kept it aside to review just for you!

This very first release of the small batch Aberlour Casg Annamh (Gaelic for 'rare cask') is matured in a trio of cask types, including European oak sherry casks and two sorts of American oak cask. Unusual and challenging melted wax capsule seals in the nectar.

Colour: Tawny sherry-coloured

Nose: Inviting bourbon and sherry aromas, with sweet buttery notes. Honey and malt. Take your time and enjoy...

Palate: Warming and mouth-coating. Buttery, sweetish sherry flavours that are well balanced with spicy flavours. A young whisky that delivers so much more than many youngsters.

Finish: Surprisingly long; malty sweetness with an added hint of dark chocolate; slight tannin that definitely does not detract from the overall enjoyment.

Conclusion: Can't wait for Batch 0002!

700ml, 48% ABV, target price under \$95 online, including courier



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This is what Millwater mum Michelle Pipping presented to us with when we met up with her at the new Metlifecare display suite in Hillary Square Orewa. Michelle has a wealth of building

industry experience and was seeking a natural outlet for her talents when she heard that Metlifecare was planning an entirely new concept for a retirement village in Red Beach. "I am totally impressed with Metlifecare's vision of what a contemporary retirement village should be and how they applied the modern-day knowledge that '70 is the new 50' when it comes to the lifestyle and social activities of 21st century retirees," she told us.

"Metlifecare's Gulf Rise Village in Red Beach is the visionary product of great minds that have combined stunning architectural design and landscaping to produce a retirement village that will provide a variety of options for care-free living," Michelle added. We looked through the scale model layout in the display suite and were impressed by what will soon become a welcome reality for many.

Turning to personal experience, Michelle said, "Having had to deal with unplanned changes in my own parents' situations, I am able to walk future residents of the village through the decision-making and planning that goes into adopting a lifestyle change. I also realise how important it is to have those conversations early, when decision-making is not pressured by circumstance."

Michelle is an integral part of the industry-leading team in Orewa that will deliver the reality of the Metlifecare Gulf Rise Village. Phase 1 villas and apartments are underway right now, including the Villa Precinct offering 2-bed homes with garage in the quieter part of the village. "Holistic wellness is at the heart of Gulf Rise Village," Michelle concluded, "Drop in soon and chat with us."

027 522 1777 (Michelle Pipping) or 021 599 550 (Jan Fisher) www.gulfrise.co.nz

millwaterRowenas



The late-September outing of the Millwater ROWENAs (Retired Old Women Enjoying Nice Afternoons) was once again a very lively get-together of 12 of our amazing ladies.

It was lovely to see our two newest members there again, although I sadly had not met them before as I was not at our August lunch outing. Kaye and Janne are sisters who are reasonably new residents in Millwater and it is was lovely to see them.

We had lunch at one of our favourite spots; Dear Coasties in Orewa. We have been there before for lunch but, as the food is always excellent, we decided that we couldn't do better – particularly as the weather was rather unpredictable and this drove the decision that we would stay closer to home. In the event, everything combined to reinforce the wisdom of our decision: the food, the service, the company and (most importantly) the conversation!

Margaret Mullan



millwater**motors**

The opportunity to get up close and personal with the 2018 World Car of the Year was one we couldn't miss and local Millwaterian Clinton Rance brought the eXCiting, top of the range Volvo XC60 T8 Hybrid R-Design right to our door. Clinton comes from a family that has been in the motor business for a long time, so it is no surprise that his experienced personal touch has already built a strong customer following right here in Millwater.

Immediate impressions gained from just sitting in the car reinforce the knowledge that Volvo nowadays is a company focussed on modern, high-quality innovative design, comfort and safety. From the handmade Orrefors crystal gear control, through the intuitive and multi-layered iPad-like human interface that allows the driver to configure every aspect of the car's immense range of capabilities, to the leading-edge design and materials of the interior, this is a car that delights and inspires. But just sitting still is not what this high-performance luxury car is about, so we headed out on the open road.

Autonomous driving comes as standard, with the car having real-time 'eyes and ears' to maintain optimum safe speed and road position as well as driver and passenger safety. The

experience is confidence-inspiring and makes for a very relaxing drive. But, underneath that beautiful Bursting Blue exterior lurks potency that could embarrass many a sports car. In Sport mode, 0-100kph comes in a blisteringly quick 5.2 seconds; very reassuring if you need to overtake quickly and safely. The supercharged and turbocharged 2.0-litre 4-cylinder petrol engine is paired with an electric motor and delivers 311kW/680Nm via a silky-smooth 8-speed auto, which accounts for the pace – good job the head-up display shows your speed and you remain within the legal limits!

However, most owners of this magnificent AWD motorcar will probably spend more time enjoying the near-silence of luxury in pure electric drive on local commutes, secure in the knowledge that there is a superb Swedish-built petrol engine to take care of the open road – you can forget 'range-anxiety'. Regenerative braking, similar to that used in today's F1 race cars, helps top up the battery on the move, with plug-in hybrid mode doing the rest.

It was a real pleasure to meet Clinton and have the sheer enjoyment of driving a brand-new version of the 2018 World Car of the Year, courtesy of Volvo North Shore.



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millwaterproperty

Every month Mike Pero Real Estate Millwater assembles a comprehensive spreadsheet of all recent sales in the Millwater area that reviews the full range of resident transactions that have occurred.

	Sept 2017	Aug 2018	Sept 2018
Number of Sales	12	9	17
Median Sales Price	\$1,174,250	\$1,150,000	\$1,120,500
Highest Sale Price	\$1,408,000	\$1,828,000	\$1,850,000
Lowest Sale Price	\$650,000	\$815,000	\$830,000
Average % price to CV	* pre 2017 valuation	-2.36	2.41
Average Floor Area (sqm)	236	227	235
Weighted Value Index	1363	1401	1414
Average Days to Sell	72	125	114

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 misinterpreted on compilation. Furthermore these figures are recent sales from all agents in the area. Data is gathered from Property Guru and REINZ.

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propertytalk

It was great to see a resurgence in sales volume in September, hopefully heralding the start of a great Spring and Summer period of trading in the local real estate market. This higher volume was based off high stock levels and we can see that this has seen some decline in the median and average prices achieved. There appears to be a number of cases where vendors have decided to accept what the market was offering, usually after testing the market at higher levels for some time. This seems to be reinforced by the stubbornly high days to sell, indicating that many of the houses that have sold have taken quite some time to do so.

We are certainly seeing something of a two-speed market. Some properties are coming to market and are attracting high levels of buyer interest in the first one to two weeks, often leading to offers. We have seen that this hot spot is particularly centred around larger single level properties, normally in the 215-235m range on 650m and above sections. If there is a pool or the ability to have a pool then this attraction level is even higher. When you have good levels of interest, not surprisingly you typically get good or excellent prices. This part of the market has been going well all year – the reality is that there is a shortage of this type of property coming onto the market and a seemingly large buyer pool.

The rest of the market is one where either patience has to be exercised or pricing needs to be very sharp. Where there is not an immediate reaction from buyers then the process can become somewhat protracted. There have been many attempts in the marketplace to create urgency amongst the buyer group; via auctions, tenders or deadline sales. These seem largely to be failing to achieve the desired results; indeed, there seems then to be increased pressure on the

vendors to massively discount to achieve a sale, when a more considered approach from the start may have realised a better outcome. There seems to be a right buyer for most homes; the buyer who will appreciate that property for all its individual qualities and pay a good market price – it can just take some time for that buyer to come and fall in love with the property.

From an overall viewpoint, online interest in Millwater property is still relatively high. There seems to be a good general interest in property here. However, it is only when the right property appears that much of this interest is realised in the form of activity. Indications from the wider Auckland market have been of similarly patchy interest. However, recent weeks have shown some lift in written offers, which bodes well for Millwater. As a market that is generally a discretionary destination, we rely very highly on sales in the rest of Auckland to feed buyer activity in our market. North Shore buyers typically make up 35-50% of the buyers who engage with property online, with a further 15-30% coming from Auckland City. Sales results in these key areas then have a distinct impact on how many buyers we see and how deep their pockets are when they get here.

As always, I am more than happy to discuss any of this in more detail with you, so please feel free to give me a call or arrange an appointment to sit down for a chat.

Grayson

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4 2 3

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9 Prospect Terrace, Millwater

Grab your list and starting ticking boxes - number 9 Prospect Terrace will satisfy them all. This home is immaculately presented, inside and out, and is evident even before you step a foot into the home itself. Call us for more information.

- large 231m², low maintenance brick and weatherboard home
- spacious open plan kitchen, dining and living room and second separate large lounge
- beautiful and mature landscaping all round, just move in and maintain
- fully fenced section - great for kids or dogs and plenty of space
- balance of master build warranty

www.mikepero.com/RX1676163

Grayson Furniss
021 665 423
09 426 6122

Sarah Furniss
027 444 0044
09 426 6155

grayson.furniss@mikepero.comsarah.furniss@mikepero.com

Mike Pero Real Estate Ltd. Licensed REAA (2008)

www.mikepero.com



Millwater- 42 Miller Rise

6 3 2

Ultimate Family Home

Nestled up a private right of way, this immaculately presented home impresses at every turn. From the six bedrooms, which offer versatile living options for a large family, to the enviable Millwater location - there is so much to love here. The upper level offers four double bedrooms, a family-sized kitchen and spacious open plan living flowing out to a glass-lined balcony which has only one purpose in mind - making the most of the stunning sea views. A further two double bedrooms on the ground floor have their own separate wing and offer a spacious open plan living area, kitchenette full bathroom and private courtyard.

Web mikepero.com/RX 1665635

Offers over \$1,450,000



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Sarah Furniss

027 444 00 44

sarah.furniss@mikepero.com



Millwater - 2 Madison Tce

4 2 2

The House Company - Ex-showhome

- 238m² (approx) home sits proudly on a 662m² (approx.) corner site
- built by The House Company (ex-showhome)
- three bedrooms plus fourth bedroom/study on ground floor
- beautiful open plan living / dining opens out to sunny patio
- impressive kitchen with stone bench tops, quality appliances and walk-in-pantry
- separate lounge with gas fire and covered patio
- double internal access garage
- balance of masterbuild warranty

Web mikepero.com/RX 1533026

Offers over \$1,250,000



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Sarah Furniss

027 444 00 44

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Millwater- 9a Blake Greens

2 1 1

Sought after corner, ground floor apartment

This stunning ground floor apartment has a wonderful bush outlook and a feeling of spaciousness and privacy that is difficult to achieve in a popular location like Millwater. Being a corner unit, this features additional windows and a larger outdoor area, so more light and more space - the perfect combination. The open plan living area features a fantastic kitchen and enjoys an ideal relationship with the westerly facing partially covered outdoor area. Two light filled double bedrooms are serviced by a stunning tiled bathroom, a well balanced solution for a couple or small family.

Web mikepero.com/RX 1602931

By Negotiation



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Sarah Furniss

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sarah.furniss@mikepero.com



Millwater - 162 Wainui Rd

4 2 2

Vendor Demands Sale Before Christmas!

This property is set well back from the road giving you that sense of tranquillity but the icing on the cake is this property's practical location, close to a host of quality amenities and transport options making anything you need within easy reach.

- open plan kitchen, dining & living area
- second lounge space adjacent
- easy flow to outdoor patio
- master bedroom with large walk in wardrobe and ensuite
- double internal access garage

Web mikepero.com/RX 1510418

Offers over \$1,050,000



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sarah.furniss@mikepero.com

Mike Pero

0800 000 525



MONOCHROME MAGIC ON MADISON TERRACE

4 2 2

www.48madisonterrace.com

48 Madison Terrace, Millwater

What a wonderful find! This superb single-level property embraces the essence of easy family living. Sitting as the true hub of the home, the light bright open plan lounge, modern kitchen and dining area offers practical living at its best. A second, separate lounge connects effortlessly to the casual living spaces and can be closed off for added privacy. Don't wait another minute - this wonderful home could be yours for the new year.

- flat north facing garden - fully fenced and oriented for all day sun
- four spacious bedrooms, master with ensuite, walk-in-wardrobe and deck access
- built by Mike Greer Homes, multi-award winning master builder and balance of 10-year master build guarantee

www.mikepero.com/RX1681437

Mike Pero Real Estate Ltd. Licensed REAA (2008)



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www.mikepero.com

Mike Pero

0800 000 525



STUNNING FREEHOLD TOWNHOUSE WITH VIEWS

4 2 2

255 Millwater Parkway, Millwater

With high demand for this style of living in Millwater it won't be available for long. Offering a larger than expected (178m²) floor plan, generous living spaces and double internal garage, this is a great option for busy couples and families alike. A word of advice - move quickly for this one!

- Fantastic lock up and leave opportunity in a highly desirable location with views over reserve to Orewa estuary
- Sunny and spacious open plan living flowing to spacious north western facing outdoor courtyard
- Flexible living arrangement with additional media room / office convertible to a fourth bedroom
- Quality Horncastle construction, balance of master build warranty, freehold, no ongoing body corporate charges

www.mikepero.com/RX1675371

Mike Pero Real Estate Ltd. Licensed REAA (2008)



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www.mikepero.com



Millwater - 5 Cottage Court 4 2 2

Sun, space and plenty of charm!

5 Cottage Court is an immaculately presented, low-maintenance single level home in a fantastic Millwater location.

- spacious single level home on flat 657m² (approx) section
- sunny open plan kitchen, dining and living room
- wonderful flow from the kitchen and dining to large backyard with plenty of room for the trampoline
- second separate lounge opens out to a partly covered entertaining area
- plenty off-street parking
- * separate laundry

Web mikepero.com/RX 1617640

By Negotiation



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Millwater - 25a Blake Greens 2 1 1

Sun, outlook and single level on the corner!

- sought after corner apartment
- two double bedrooms with built in wardrobes
- open plan living flowing to outdoor living
- spacious covered outdoor deck with patio space beyond
- additional outdoor patio on eastern side of apartment
- quality kitchen with Bosch appliances plus a heat pump in living area
- Horncastle Homes build with balance of master build warranty
- internal access garage with additional car space

Offers over \$729,000



Grayson Furniss
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grayson.furniss@mikepero.com



Sarah Furniss
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sarah.furniss@mikepero.com

Web mikepero.com/RX 1606729



Millwater- 65 Madison Tce 4 2 2

Simplicity and Style...and not a stair in sight

This home has got everything you have been looking for. Totally single level, attractive brick and weatherboard home with sun pouring in through the double glazing. Add the balance of a master build guarantee, a wonderful location in a quiet neighbourhood and you will be struggling to find fault with this property.

- large open plan living area flowing to private garden and entertaining deck
- just three years old and built by reputable builder Maddren Homes
- balance of master build guarantee

Web mikepero.com/RX 1662307

By Negotiation



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Sarah Furniss
027 444 00 44
sarah.furniss@mikepero.com



Orewa - 23 Flavell Drive 4 4 2

Elevation, space and location

Just move in and get on with enjoying the good things in life. Only two years old, this single level home sits on an elevated 621m² site and offers four bedrooms, open plan living and excellent outdoor entertaining options.

- spacious kitchen with quality Bosch appliances
- the open plan dining and family room opens out onto a generous deck and entertaining area
- second separate lounge
- bathrooms are finished with floor to ceiling tiles
- fully fenced garden with vege patch
- balance of masterbuild warranty

By Negotiation



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Web mikepero.com/RX 1661575

Mike Pero

0800 000 525



YOU'LL LOVE THIS LOCK UP AND LEAVE! FREEHOLD & VIEWS!

3 2 2

www.263millwaterparkway.com

263 Millwater Parkway, Millwater

If you've been looking for the perfect lock up and leave opportunity, then look no further. Set across two levels, this near new 3 bedroom with a study, 2 bathroom townhouse has been carefully designed to maximise space and privacy.

- Interior area 178m² (approx), built by by Horncastle with balance of 10 year build guarantee is transferable
- Block, brick and zincalume exterior construction
- Double garage with internal access plus additional storage

Contact Max for more information on this stunning property.

www.mikepero.com/RX1676198



Max Zhang
021 521 888
max.zhang@mikepero.com

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www.mikepero.com

Mike Pero

0800 000 525



CHARACTER AND CHARM WITH MODERN STYLE

5 2 3

www.4stellamarislane.com

4 Stella Maris Lane, Millwater

Positioned well back from the road, this large 274m² (approx.) sunny home is located on a generous 795m² section and offers a truly wonderful opportunity you cannot afford to miss. Contact Grayson or Sarah for more information..

- 5 spacious bedrooms (master with ensuite and walk-in wardrobe), 3 living spaces
- Modern kitchen with plenty of storage & space for a double door fridge
- Large section - plenty of space for the kids & pets to play
- Internal access garage and plenty off-street parking
- balance of master build guarantee

www.mikepero.com/RX1676070



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Santa Letters Are Coming!



Hey Millwater families, Santa has just called us and asked if there are any children wanting a letter posted to them from Santa and his reindeer at the North Pole for Christmas?

"If so, just text "Santa Letter" to 027 444 00 44 with your child's name and postal address , and the team at Mike Pero will pass it onto Santa for you.

Then sit back and watch the magic arrive in the mail for your child.

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The Helensville Golf Club is located on the outskirts of Kaukapakapa in Peak Rd and is fantastic Parkland Course. A range of magnificent native and exotic trees line most fairways, which requires accuracy off the tee to master the course and provides a challenge for all levels of golfing ability. At times of the year, the many flowering shrubs and bushes create an ideal frame to a truly beautiful course.

Only 15 minutes from Millwater

The course is a par 71 for Men and Par 73 for Ladies incorporating five par 3 holes which are a feature of the course, with every one providing a different challenge. The club has a variety of innovative membership options catering for most peoples needs along with reasonably priced green fees.

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Web: www.helensvillegolf.co.nz | 197 Peak Rd Kaukapakapa



Central's Tips

November
2018



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

In the Veggie Patch

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

Lawns

- **Combination weed-and-feed lawn products** can be used now, but it is important to follow the instructions closely

- **This is the right month to apply Aquaturf Max G** to help water penetrate to the roots of lawns that tend to dry out over summer

The rest of the Garden

- **Remove or spray weeds such as ivy and convolvulus**
- **Neaten the look of camellias and azaleas** by removing fallen blooms. It also helps to reduce the risk of spreading petal blight
- **Mulch** everything ahead of the hot, dry summer season
- **Time to divide and re-pot water lilies**
- **Trim perennials:** lavenders, daisies, pulmonarias and catmint all look great with fresh growth on them



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Local business on the path to saving the planet



Recently, local design and print studio Pinc invested in a new machine that repurposes waste (boxes) turning them into an environmentally friendly bubble wrap alternative.

The majority of our work is sent out on the courier; from proofs for each job through to the final sets of prints – almost 2,500 parcels in the last 12 months – and the amount of bubble wrap we were going through was embarrassing. We were desperately looking for an alternative, so that we could reduce unnecessary

outgoing waste, and after a fair bit of research found this alternative, with Pinc now the proud owner of a machine that produces an amazing alternative to plastic bubble wrap.

We have connected with local businesses who are now bringing us their boxes which we can repurpose into the bubble wrap alternative, and boxes full of the product have been couriered around New Zealand so that more people can reduce their plastic use. Clean waste boxes are welcome, please contact Pinc, and if you're interested in trying the product we would love to hear from you!

Pinc is a graphic design and printing studio specialising in foil printing. We have a team of qualified graphic designers onsite here, or bring in your own files to take advantage of our range of digital printing services. From flyers and brochures to booklets and wide format printing, stickers, labels and more. We specialise in foil printing, producing a lot of stunning wedding invitations and high-end business cards. With techniques like sandwiching (layers of card bonded together for a unique finish), Pinc offers some standout print services.

Pinc is committed to reducing our footprint on the environment and we do what we can to reduce and repurpose our business waste.

Millwater Women's Group

On 19th September 2018, the group met at Stoney Homestead. One of our members had arranged for Judith Paterson from Positive Life Balance to talk to us. Judith is a Kinesiologist and the group found her talk very informative and interesting. For some of us this was a subject we had no knowledge of, and for others who had used the services of a Kinesiologist it helped further their knowledge.

Judith can be contacted on 021 883 689 and is an engaging speaker.

The Women's Group continues to support Youth in Transition with a monthly grocery collection to assist with

the running of their facility on the Coast. This is a monthly delivery of tea, coffee, tissues, toilet paper, soap, snack bars, biscuits and juice. Please contact me for drop off details if you would like to add a grocery item or two to our monthly delivery.

Please also contact me if you would be keen to speak to the group. Our interests are varied and wide.

We meet on the third Wednesday of the month.

Marj Noble 021 711 540



passion for print

Located at 2/20 Silverdale Street, Pinc offers a friendly graphic design and print service, from black and white A4s through to specialty paper stocks and hot foil stamping. booklets, flyers, business cards, stickers, wedding invites...+more pop in and have a look at what we do, or check us out via

printitpinc.co.nz | 09 421 1157



Adolescent Back Pain May Herald Lifetime of Ill Health



According to new research¹ adolescent back pain may predict poor overall health, and risk of chronic disease throughout life.

This new study in the Journal of Public Health indicates that adolescents who experience back pain more frequently are also more likely to smoke cigarettes, drink alcohol, and report mental health conditions like anxiety and depression. But too few of them are seeking chiropractic care, which was recently cited in a major call to action by the Lancet as a 'drug-free approach to the management of back pain'.

'The authors of this study point out that, during adolescence, the prevalence of musculoskeletal pain in general, particularly back pain, rises steeply. Although often dismissed as trivial and fleeting, adolescent back pain is responsible for substantial health care usage, school absence, and interferes with day-to-day activities in some children.'

¹Low back pain: a call for action Lancet Volume 391, No. 10137, p2384–2388, 9 June 2018 [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(18\)30488-4/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(18)30488-4/fulltext)

Tips to Support Healthy Development

- Limit screen time: under 3yrs – Zero screen time (paediatricians' recommendations). Prioritise time for meaningful connections with your children
- Limit weight in school bags – petition schools to make pull-along bags the uniform – especially high school (more health benefits than the colour of kids' shoes)
- Carry back packs on both shoulders
- Have screens set at the right height for good posture
- Limit homework time (sitting) and use afternoons for outdoor movement and fun family time
- Hand-held device postures that minimise forward head tilt.

Dr Lorene Dennis
Chiropractor



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Fri 2 Nov	02:48 2.8 m	08:55 0.5 m	15:21 2.9 m	21:37 0.5 m
Sat 3 Nov	03:52 2.8 m	10:01 0.5 m	16:24 2.9 m	22:40 0.5 m
Sun 4 Nov	04:57 2.8 m	11:07 0.5 m	17:25 2.9 m	23:40 0.4 m
Mon 5 Nov	06:00 2.9 m	12:07 0.4 m	18:21 3.0 m	-
Tue 6 Nov	00:37 0.3 m	06:57 3.0 m	13:01 0.3 m	19:15 3.1 m
Wed 7 Nov	01:29 0.3 m	07:50 3.1 m	13:52 0.3 m	20:06 3.1 m
Thu 8 Nov	02:18 0.2 m	08:39 3.1 m	14:39 0.3 m	20:54 3.1 m
Fri 9 Nov	03:04 0.2 m	09:25 3.2 m	15:24 0.3 m	21:40 3.0 m
Sat 10 Nov	03:48 0.2 m	10:09 3.1 m	16:08 0.3 m	22:24 3.0 m
Sun 11 Nov	04:29 0.3 m	10:51 3.1 m	16:51 0.4 m	23:07 2.9 m
Mon 12 Nov	05:10 0.4 m	11:33 3.0 m	17:35 0.5 m	23:49 2.8 m
Tue 13 Nov	05:50 0.5 m	12:16 2.9 m	18:20 0.6 m	-
Wed 14 Nov	00:32 2.7 m	06:32 0.6 m	13:00 2.8 m	19:07 0.7 m
Thu 15 Nov	01:15 2.6 m	07:17 0.7 m	13:47 2.7 m	19:57 0.8 m
Fri 16 Nov	02:02 2.5 m	08:08 0.8 m	14:38 2.6 m	20:49 0.8 m
Sat 17 Nov	02:53 2.4 m	09:05 0.9 m	15:32 2.6 m	21:43 0.8 m
Sun 18 Nov	03:49 2.4 m	10:05 0.9 m	16:25 2.6 m	22:36 0.8 m
Mon 19 Nov	04:47 2.5 m	11:02 0.9 m	17:17 2.6 m	23:28 0.7 m
Tue 20 Nov	05:43 2.5 m	11:54 0.8 m	18:06 2.7 m	-
Wed 21 Nov	00:17 0.6 m	06:35 2.7 m	12:42 0.7 m	18:53 2.8 m
Thu 22 Nov	01:04 0.5 m	07:24 2.8 m	13:27 0.5 m	19:40 2.9 m
Fri 23 Nov	01:51 0.3 m	08:10 3.0 m	14:13 0.4 m	20:28 3.0 m
Sat 24 Nov	02:37 0.2 m	08:56 3.1 m	14:59 0.3 m	21:16 3.1 m
Sun 25 Nov	03:23 0.1 m	09:42 3.2 m	15:47 0.3 m	22:05 3.1 m
Mon 26 Nov	04:10 0.1 m	10:30 3.2 m	16:36 0.3 m	22:55 3.1 m
Tue 27 Nov	04:58 0.1 m	11:19 3.2 m	17:28 0.3 m	23:46 3.1 m
Wed 28 Nov	05:48 0.1 m	12:11 3.2 m	18:22 0.3 m	-
Thu 29 Nov	00:39 3.0 m	06:40 0.2 m	13:06 3.1 m	19:19 0.4 m
Fri 30 Nov	01:35 2.9 m	07:37 0.4 m	14:03 3.0 m	20:18 0.4 m



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tim lawrence

fishing spot



Wow! What an amazing Spring we are having this year! The fishing is the best I have seen for a long time and the weather has been really settled too. You can't go wrong out there at the moment, with work-ups all over the Hauraki particularly, northeast of Tiri around the 50m mark and further East towards Little and Great Barrier Islands. Just look for the birds and keep an eye on your sounder; there are fish in big numbers all around.

Our last couple of trips have been really productive out wide towards Great Barrier Island. There are birds everywhere, closely supported by whales and dolphins herding the bait schools into a feeding frenzy. It was awesome to see whales and dolphins working together to herd the fish and then smashing through them. The whales got so close to the boat they were breaching less than 20 metres away, so close you could smell their breath – this was one of the worst smells I had smelled in a long time. 100g orange sliders showed the best results, often getting hit on the way to the bottom. We caught so many fish we were throwing back fish up to 10 pounds because we already had enough to feed our families and a few lucky neighbours.

Overnighting at Great Barrier has many advantages, but waking up to perfect conditions in Fitzroy Harbour is really something special (check out the photo of Smokehouse Bay). This amazing place is right on our doorstep, is postcard perfect and arguably has the best fishing in Auckland, just minutes away from the entrance to the harbour.

This month our fishing club is heading to the Coromandel on our annual kingfish charter with Mad Max and EPIC charters. Due to high demand we have increased the group to 16 anglers and 4 charter boats. The Northern Union has kindly provided transport and light refreshments. Let's hope the weather holds out this time and the Spring kingfish are biting hard. Until then, get out there and catch some fish!!!

Tight lines!



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Forget \$350 to \$400 for jeans; try \$40 and \$50. Items are marked from as little as \$10. First in, first served – and this is a one-off opportunity. Could make great gifts for Christmas – you might want to impress and friend or loved one!

We are still processing the shipment as this article hits the press, so get down to the Silverdale Village quick-smart if you like Calvin Klein and come and check us out.

As always, open 7 days. Hey, you can even buy a pair for a friend overseas and turn around and post it with us! What could be easier?

We have a tremendous amount of good sizes for teenagers as well, so don't forget the little darlings and spoil them rotten for a reasonable price.

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A Tale of Two Christmases

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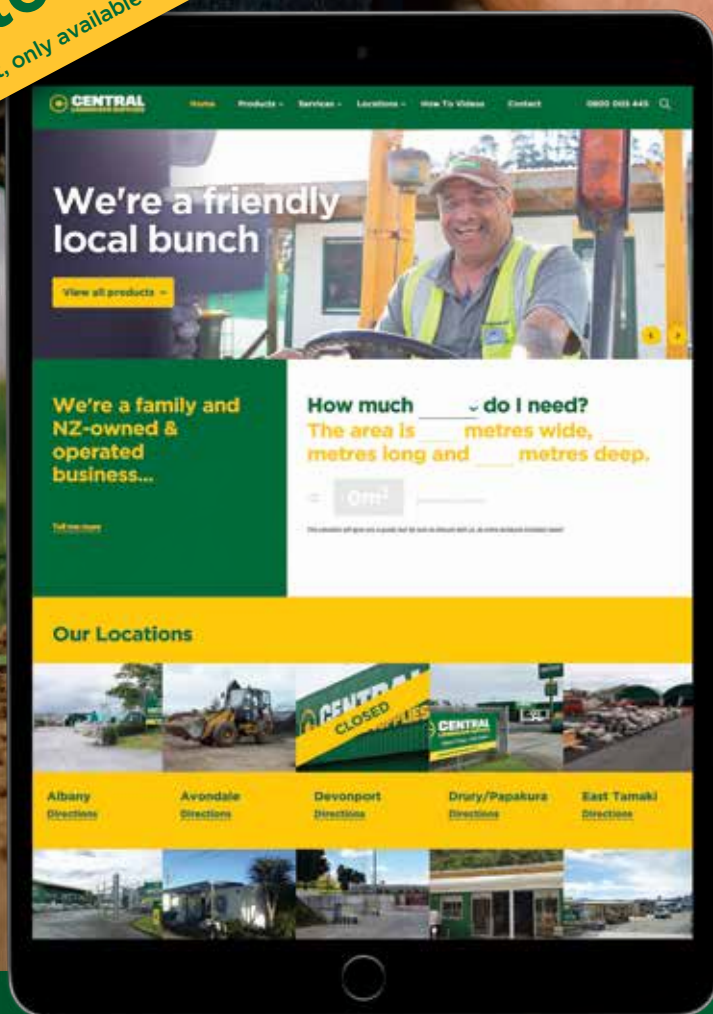
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Clay... the Best Internal Cleanser



I thought I'd remind again, seeing as it's spring-cleaning time around the house and garden, that it's also spring-cleaning time for the body! In my opinion, nothing surpasses clay as the best internal cleanser.

Unfortunately, our modern-day society is not a perfect world. Pollutants, toxins, chemicals, fertilisers, growth hormones, pesticides and numerous other hazards to our health bombard and infiltrate our air, water and food on a daily basis.

Montmorillonite clay is an edible clay from naturally-occurring volcanic ash sediments and contain over 70 trace minerals. This sort of clay is powerfully negatively charged, which is the

opposite of most toxic things you want to be rid of, out of your body. So, they are inescapably attracted to the clay like a magnet. When pathogens become attached to the clay, the clay neutralises the foreign substance and allows the body to safely eliminate it. The clay's immediate action upon the body is directly on the digestive channel.

Two great practitioners in the field of Nutrition and Naturopathic medicine, Drs Lindsey Duncan and Dr Bernard Jensen, praised the cleansing, detoxifying powers of clay. They stated they didn't know of another supplement quite as capable as clay of producing such a wide range of positive reactions.

Is clay ok to consume? The body has no problem ridding itself of clay. It is not digested in the same manner as food as it passes through the alimentary canal. Instead, it stimulates intestinal peristalsis, the muscular contractions that move food and stool through the bowel. The clay and adsorbed toxins are both eliminated together.

The benefits? People report relief from reflux, bloating, pain in joints, chronic constipation, diarrhoea, indigestion, a surge in physical energy, better sleep, emotional uplift, regular bowel movements, improved tissue and gum repair and, very commonly, enhanced mental alertness.

So, to bring your body up to speed for Summer; come in to Health by Logic!

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Stay-At-Home Parent



Last month I discussed if there is a need to insure kids. What about the stay-at-home parent?

It is common for one parent to stay home to care for the kids. The breadwinner generates an income and the stay-at-home parent is often the glue that holds every other aspect of the family together. Should either of you become ill, disabled or, even worse, pass away, the emotional consequences are unthinkable devastating.

In the case of the stay-at-home parent, on top of the emotional

impact, there will be a significant void in the day-to-day functioning of the family and you might have to pay someone to do these jobs. The additional cost could impact the family's lifestyle, eat into the family's savings, or create a dependence on family and friends.

The question is – how sustainable is that? If it's not sustainable, then insurance might be a solution. Besides providing funds for the day-to-day costs, the insurance proceeds will also allow the breadwinner time off work to deal with the adversity and be present.

So, back to the original question, unless you have an abundance of resources, I would say a definitive "YES". You each play critical roles in your family. It is difficult to put an economic value on the stay-at-home parent's contribution, but consider the consequences of the stay-at-home parent being temporarily or permanently absent. Let me know if you need help with this.

Valentina Pereira is a Registered Financial Adviser and a Chartered Accountant with the Institute of Chartered Accountants in England & Wales. The comments above are not intended to be personal advice. If you would like to discuss the contents of this article, please contact her on valentina@mirockfs.co.nz or 021 627 802

Join our Facebook Group Special Needs Planning Guidance.

Do any of these describe you?

- A busy family
- Working hard and every cent is precious
- Think you are young, fit and healthy and nothing can go wrong?

Truth is *Life happens...* and I can help you plan for the unexpected

**When was the last time you reviewed your insurance?
Do you know what you have versus what you really need?**



I live and work locally and am passionate about helping people protect themselves, and their families. **Have any questions?**
Contact me, Valentina Pereira and we can chat over a coffee.
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Insulating your Rental Property



Spring is here and Summer is on its way but let's not forget that by next winter, July 2019, most residential rental properties are required to meet new insulation standards. Are you ready?

Insulation standards

The Residential Tenancies (Smoke Alarms and Insulation) Regulations 2016 sets out the standards with respect to insulation for residential rental properties. The Regulations provide that where 'reasonably practicable' residential rentals must have 'qualifying insulation' in the ceiling and floors. There is no similar requirement for wall insulation.

Qualifying insulation?

If you had insulated your residential rental property prior 1 July 2016, you will now need to assess your current insulation. Is it still in reasonable condition? Does it meet the minimum

requirements for heat resistance? If not, you will need to take some action. When assessing your insulation, remember to take care when entering ceiling cavities and watch for any electric wiring!!

If insulation was installed post 1 July 2016, or is yet to be installed, you will need to determine whether the Regulations apply to your property and take the required action. You will need to determine the climate zone the property is in. You will then need to determine the appropriate type of insulation for the property, to ensure it is 'qualifying insulation'. The Government tenancy website provides helpful information with respect to climate zones, insulation ratings and qualified installers.

What do I have to do?

If you are a landlord, you need to be aware of your obligations to insulate. Of course, there are some exceptions and qualifications in place for certain types of properties. However, if you do not meet one of the exceptions, and you fail to comply with the requirements set out under the Regulations by July 2019, a penalty of up to \$4,000 may apply.

If you are a tenant, entering into a new tenancy agreement, you should check your agreement to ensure an insulation statement is included.

If you require any assistance understanding your obligations or rights under the Regulations, call our experienced team on 09 486 3058.

Patricia Parker
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Caci Clinic	09 212 6900
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Connected Families Chiropractic	09 421 1164

Optometrists

OPSM Silverdale	09 426 7902
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Silverdale Village Market	09 426 4479
Northern Union	09 426 2651
Helensville Golf Club	0800 420 545
Hibiscus Coast Singers	09 426 6043
Crossbridge Theatre Company	09 426 4736

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MTF Finance	09 421 0335
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Forrest Funeral Services	09 426 7950
Illuminate Church	09 929 7824

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Focus Hearing	09 533 6463
The Dental Suite	09 426 5262
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Thai Fish Cakes

These are very easy to make; all you need is a food processor.

Ingredients:

300-400g fish fillet (preferably snapper or gurnard)
 1 egg
 2 teaspoon salt
 2 teaspoon ground lemon-grass (chopped if using fresh)
 Some chopped chilli, ground ginger and spring onion

Sauce (all mixed together to your taste):

Fish sauce
 Water
 Sugar
 Lemon juice
 Minced garlic
 Thai basil

To Make:

1. Clean fish fillet and pat dry with paper towel, cut into small pieces
2. Use food processor (sharp blade) to blend fish into paste
3. Change blade to kneading blade, add all other ingredients and knead until the paste becomes sticky
4. Divide into small portions



5. In a frying pan add oil and pan-fry one side until golden brown, turn and again fry until golden brown

6. Serve

Happy cooking!
Nita Wong

Silverdale Fashion Event



Many of you will have enjoyed browsing in the Silverdale Hospice Shop and admired the new look and layout. Coming on Thursday 15th November, between 5pm and 7:30pm, is a special invitation-only fashion event that you won't want to miss. Shop volunteers will be modelling the smartest fashions off the racks and mixing and mingling so you can ask them anything

about what they are wearing, or about anything else in the shop.

As stated above, this is an invitation-only event but, how does one get an invitation? It's really simple – all you have to do is pop into the Silverdale Hospice Shop and register your name and details with the friendly staff there, or email Rebecca to register your interest in attending at: rebecca.templeman@harbourhospice.org.nz

There will be small eats for you to enjoy throughout the evening, and free, re-useable shopping bags (both kindly sponsored by PAK'nSAVE Silverdale), plus a free raffle for one of the many donated spot prizes, including a fabulous gift basket of Nutrimetics goodies (everyone gets a glass of wine and a free raffle ticket as they arrive).

So, if you have a passion for fashion, or just enjoy the great friendship and fun of meeting new friends and neighbours, make sure that you are on the invitation-only list for this great event!

How to get a Perfect Smile for Your Wedding



You've picked your outfit, finalised the guest list, organised a venue, and now maybe you're thinking about other details, like how to make your smile as lovely as it can be on your big day! The wedding season means lots of bright smiles all around, and to make sure you're happy with yours, it pays to start planning as soon as you can.

Schedule a check-up early

No one wants to deal with toothache, bleeding gums or bad breath on their wedding day (or honeymoon!) Make sure to schedule a routine check-up and x-rays early. Dentists can spot and treat dental issues before they become a huge problem during your wedding planning.

Get a professional dental cleaning

Aside from the oral health benefits of having tartar removed

from between your teeth and underneath your gumline, a professional cleaning also involves polishing your teeth to a lovely shine, and leaves your breath fresh. Consider scheduling a cleaning at least a week before your big day.

Ask about at-home whitening kits

Unlike harsh in-chair bleaching, our whitening procedure is gentle on your enamel and gums. And the best part? The degree to which you brighten your teeth, and when you decide to do it, is completely in your hands. After taking an impression of your teeth, we manufacture a custom whitening kit that you can use at your own pace and in the comfort of your own home.

Crowns, bridges, veneers and implants

For people really unhappy with their smile, cosmetic dentistry offers options to restore missing teeth, or change their look permanently. If you think you might like to undergo more extensive cosmetic treatment, give us a call today on 09 426 5262 to learn about the best options for you. Some of these treatments can take a long time, so book your consultation early to make sure everything is complete before your big day!

No matter what you decide to do, your wedding day will be a special time, with plenty of laughter and affection. Relax, have a good time, feel the love, and it will show in your grin. So, smile big and enjoy it!

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Masks



A few months ago, I met a family who just immigrated from Hong Kong. They arrived in the coldest time of the year and, before long, the kids caught the winter bugs. I was not too surprised, as most people are struggling during winter, with family members queuing up to get sick; definitely the hardest time of the year for the mums (and wives...)

One day this mum called me and asked, "Do you have any masks I could use? I can't afford to get sick and I need to protect myself from the germs."

In Japan, it has been common practice for a long time for people to wear face masks when not feeling well. Imagine in those high-density cities; a sneeze can easily spread germs to many surrounding people. With a mask on, it reduces the chance of spreading 'flu or germs; it is also a signal to show people you are considerate of others.

In other East Asian cities, some didn't have this practice until the 2002 SARS outbreak and the bird 'flu pandemic following a few years later. I was there at the time of the outbreak; the atmosphere was very tense but there wasn't much we could do – life must go on, people still need to go to work and school. The only way we can protect ourselves in public is to wear a mask. At least psychologically, when someone coughs in the crowded train compartment, it gives us peace of mind.

As a result, masks are commonly used and become a necessity for most Asian people, whether you don't want to spread germs, or to protect yourself from germs. If you have ever boarded a flight to Asia, you may see people wearing masks, too, as the plane is considered to be one of the highest-risk places to spread germs.

Back to my friend's question: "Why are masks not found locally in pharmacies or supermarkets?"

The first thing come to mind is because it looks "uncool", the other is because we are not a crowded country.



But think it this way: can't we still get sick bugs from work, school or public spaces? Maybe it is time to look at the mask option and help to prevent spreading our germs, and be more considerate to others.

Mind you, the mask has already evolved into a fashion statement in Asia! Google and you will see all different kinds of fashionable masks. They are also commonly used as a tool to cover a non-made-up face (just so you know...)

Nita Wong
Millwater resident

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About Spray Tans

Having a spray tan is a great way to look tanned instantly. Salons mostly use organic high-quality rapid spray tan – meaning you can shower from 2-4 hours after application (no more messy sheets!). Spray tans provide a beautiful golden colour no matter what your skin type is. Spray tanning involves a high-powered spray gun, which is used to apply the spray tan in a mist all over your body. Included in the solution is a bronzing agent, which means that the therapist can see exactly where they have been, to ensure a nice even coverage, and also means that you walk away 15 minutes later looking fabulous!

Additional benefits:

Awesome colour – definitely no orange, and very natural
Perfect for sensitive skin
Lasts 5-10 days.

Exfoliate and moisturize 24 hours before your treatment, paying particular attention to problem dry areas. Wax/shave at least 48 hours prior to treatment. This allows the pores time to close. The entire 24 hours before your treatment, avoid using bar soaps, high pH shower products. Please don't apply moisturizer, perfume, deodorant or makeup on the day of your treatment.

Wear dark loose clothing to your appointment. Also, wear jandals.

After an hour (or longer – if you choose), shower with lukewarm water. The brown bronzers will wash away, while the fast tan actives continue to work and deepen. **DO NOT USE HOT WATER** – it stops the development of tan actives during the development time. This is a common mistake people make. Once you shower, you can wear your favourite clothes, go out. Your tan will develop into a natural tan without the hassle of fake tan staining and smell

Shower lightly in cold – lukewarm water for 45 seconds **ONLY** after your desired development time. Use plain water, don't use shower gels, scrubs, shampoos or loofah during the first 24 hours after your treatment. Pat your skin dry. Do not rub or scrub your skin.

Moisturize every day after applying your self-tan.

After day 5, exfoliate on a daily basis, to help your skin absorb even more moisturizer and keep it looking and feeling gorgeous. This also helps the tan fade naturally, rather than in patches.

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