

# THE MILLWATER MAG

ISSUE  
70

*October* 20  
20



Your FREE monthly magazine of all things  
Millwater & the Coast



Read online at [themillwatermag.co.nz](http://themillwatermag.co.nz)

# Editor's Note

This month, we have new voices joining our reliable regulars, as well as fresh angles from some of our most trusted local experts.



Whether it's delicious donuts or homemade hummus, there's yumminess for everyone to try this month.

If, like me, you've had to postpone a special event due to the Auckland social gathering restrictions, then the Millwater Bistro & Bar have an exciting new venture for your consideration.

Or, if your favourite sport or hobby has been derailed for 2020, why not investigate some of the volunteering opportunities detailed herein? Not only will you meet fascinating and dedicated neighbours, you'll gain the satisfaction of giving back to our lovely community.

Silverdale School students also have an important message about our environment and community. I was ever so proud when my daughter came home and announced she's joined the new Enviro Group, and her fellow student Fin has written a marvellously persuasive piece about the benefits of being an Enviro School. If your child is looking to make new friends, perhaps while they wait for school sport to resume, why not encourage them to go along to the Enviro meetings too?

Finally, a huge thank you to our regulars for continuing to contribute month after month, helping us to sustain a sense of community during these tough times.

Jessica Copping  
October 2020

# In This Issue

04 Mindfulness in Uncertainty	21 All you need is love and donuts!	38 Mortgages - New & Existing
05 Wonderful Pet Bunnies		39 Insuring the Uninsurable?
08 Cod Liver Oil		40 SPF: Your #1 Anti- Ageing Product
09 Millwater Book Review	24 Millwater Property Talk with Grayson	
11 Grandfriends for Life	28 The Importance of the Youth Vote	41 Millwater Asian Corner
	30 Remembering Dan	43 Local Business Directory
12 Mortgage Matters		44 Millwater Recipes
15 Homegrown Vegies		46 NZ Birds at Kingsway Primary School
17 Our Local Enviro Group	32 Choosing the right school	
18 Wainui Golf Coaching	34 Millwater Bistro & Bar	47 Your Local Tides
	36 Book Club Knitters	
20 Acupuncture Explained	37 Take a magical mystery tour!	

Front Cover - Dan the Security Man

## Fishing Spot

It's good to be back! The weather has already started to turn, and the Hauraki is about to kick back into life with the warmer currents making their way towards the North Island. The fishing has been a little tough in the early weeks of September, unless you journeyed out wide to the deeper waters where the fish were holding. Already there are reports of work ups out towards Great Barrier, and they will soon be making their way into the harbours as the snapper, kingfish, and kahawai follow the bait fish in. October normally experiences the first of the really warm weather and, to me, the start of summer up here in paradise.

The first weekend after lockdown #2 had a great forecast. Of course, this was the first weekend of the scallop season, so we loaded up the scuba gear along with our usual arsenal of fishing rods and tackle. Our plan was to stay close to the coast and overnight up at Kawau Island to take advantage of the allowable scallop quota and stay out of the wind if it picked up too much on Saturday.

Friday was like glass and we fished out in the middle before heading into shallower waters for some scallops. After a very fresh dive and getting some warm dry clothes on, we settled in the north channel to fish the change of light. Some good sized fish were landed before the tide changed and the wind came. Then the fish went off the bite so we headed back into School House Bay for the night.

Saturday was a bit windy so we fished the north channel again, but it was wind against tide and very hard work. We fished until the tide changed then jumped in for another scallop dive. Putting the wet



scuba gear on wasn't a pleasant experience but it had to be done. With our quota on board, we fished our way back to the boat ramp to finish off the trip.

What a great way to start the spring season. I'm already looking forward to our next trip. See you out there - tight lines!

Tim Lawrence

# You can count on us every step of the way.

**Forrest**  
FUNERAL SERVICES

EAST COAST BAYS | HIBISCUS COAST

24 Hour Service  
(09) 426 7950 | 39 Riverside Road, Orewa  
[www.forrests.co.nz](http://www.forrests.co.nz)



**PUBLISHER** Sarah Furniss  
**EDITOR** Jessica Copping  
**DESIGNER** Michelle Thomas  
**CONTRIBUTORS** Megan Prentice (Features Contributor) Nita Wong | Karen McMillan  
Tim Lawrence | Paula Southworth

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.

**FOLLOW US**  
[themillwatermag.co.nz](http://themillwatermag.co.nz)  
**f** TheMillwaterMag **the\_millwatermag**  
**CONTACT US**  
027 444 00 44 | 09 426 6155 or  
[sarah@themillwatermag.co.nz](mailto:sarah@themillwatermag.co.nz)



027 498 6202

## Mindfulness in Uncertainty



Uncertainty always exists to some extent. But right now, there seems to be a lot less certainty and a lot more uncertainty. And it's about big things like "Am I going to keep my job?", "Am I going to be able to keep my house?", "Are my overseas family going to be ok?," "Is it worth planning a holiday?" and "Is it safe to send the kids to school?".

When we are experiencing uncertainty, we typically respond with one of the fear family of emotions (i.e. anxiety, worry, trepidation, terror, and panic). These emotions switch on our alert mode which generates varying levels of uneasiness. This is completely natural and normal. We are biologically programmed to want life to be safe and predictable, and any situation that feels physically, financially, or emotionally unsafe will likely have a number of effects on us: physical tension, racing thoughts, anticipating worst case scenarios... It's like we are on red alert, and it's not a comfortable experience.

Essentially, fear's job is to give us a message: "There is a problem; you need to take action!" But it's hard to know exactly what to do when we are missing key information, like how long this situation will last, and what decisions will be made by the government, or our employer or customers.

This is where mindfulness can help. No, it doesn't give us a crystal ball, but it does help us to get into a state where we can more easily take stock of the facts that ARE available to us. In particular it helps us to recognise the fear that may be impeding our strategic thinking, which would allow us to identify our best course of action and be efficient and positive.

When you notice fear (e.g. racing heart or thoughts, tension, or irritability) take 10 slow breaths. This breathing actually communicates to the body that you are safe right now and that it doesn't need to keep flooding your system with stress hormones (which prevent your mind from thinking logically

and rationally). Aim to interrupt the spiral of fear – try taking a walk, talking to a good listener, or playing with a pet.

Then notice what your mind is doing with all this uncertainty. Ask yourself:

- Am I making my own fear worse with thoughts of potential catastrophe?
  - Am I spiraling into hopelessness when there is evidence to the contrary?
  - Am I fully focused on worst case scenarios, and not at all on what is working okay?
  - Can I write down the fear thoughts and what real evidence I have that they are true?
  - Can I write down any evidence I have that supports a different/better outcome?
- Remember that it's rare that there is nothing we can do to help ourselves, even in uncertain times.
- If you begin getting caught up in worst-case scenarios as you do this, take another deep breath and deliberately direct your mind back to the present, and just focus on what is happening NOW (it may be both good and bad, but it is at least known).

Once you are calmer, it's empowering (and often calming) to identify exactly what you're thinking, and then to deliberately utilise your reasoning capacity to show yourself the whole picture (not just the scary bits).

Mindfulness is not a magic wand that will remove all difficulties. What it will do is help you to find calmness and clarity, and support you to act in a self-supporting way – even when life is hairy.

If you want to talk to someone about mindfulness, or local courses, please contact Liz on 021 988 468 or [liz@beinspired.co.nz](mailto:liz@beinspired.co.nz). Next course begins 4 November.

**Liz Weatherly**  
Heal Your Life Teacher and Coach

[www.beinspired.co.nz](http://www.beinspired.co.nz)  
[liz@beinspired.co.nz](mailto:liz@beinspired.co.nz) | 021 988 468

HEY! HAVE WE MET?

BECAUSE PERSONALITY IS NOT THE FIRST THING PEOPLE SEE. BRING OUT YOUR INNER BEAUTY AND CREATE YOUR STYLE WITH US!

ENJOY 20% OFF YOUR FIRST VISIT WITH A FREE NECK & SHOULDER MASSAGE

0800 587 246

2 MILNER AVENUE, SILVERDALE

## Vet Speak

### Wonderful Pet Bunnies



There is no doubt that rabbits make adorable pets for children. They are relatively low care; however, a good diet and excellent husbandry will help reduce the risk of the more common diseases we see in rabbits.

The most important part of a rabbit's diet is grass and good quality hay. Clean hay should always be available (grass hay is best – avoid lucerne) as it is extremely important, both for gut health and to increase chewing activity.

Fresh vegetables should be provided once or twice daily, which may include dandelions, kale, cabbage, lettuce, parsley and silverbeet. Treat foods, such as carrots, apples, berries, pears and pineapple, can also be given in small amounts

Commercial rabbit diets can be used, but should only be a small amount of their diet. These diets are relatively high in

energy and low in fibre, so excessive amounts may lead to obesity and dental disease.

Here is a simple way to figure out how much to feed your bunny each day regardless of their size:

Size of body = amount of hay

Size of head = amount of veges and fruit

Size of ears = amount of pellets

Clean water should always be available. Drinking bottles are best because they are easier to keep clean than water bowls, and they avoid wetting the dewlap which can lead to skin infections.

**Vaccinations** are given annually from 3 months of age to provide protection from Calicivirus.

**Desexing** of your bunny is normally done at 4-5 months of age, and can reduce unwanted pregnancies and reduce territorial behaviours.

**Clean housing** is important as rabbits are prone to respiratory disease, which can occur due to ammonia fumes from their urine. Cleaning out their cages regularly and good air circulation will help to prevent this problem. Having a fenced-off grassy area for them during the day helps with their exercise requirements too.

If you would like to discuss your bunny's needs further, please call in to the clinic for a chat.

**Jessica Ashley, VN**  
Millwater Vet Hospital  
[www.millwatervethospital.co.nz](http://www.millwatervethospital.co.nz)

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)

# Pharmacy Talk

## Sensitive Skin?



Millwater Parkway Pharmacy is proud to announce the new skincare range Avène in their store!

### Avène's Story:

The Avène Thermal Spring was discovered in the depths of the earth in the heart of southern France more than two and a half centuries ago. The benefits of the water for sensitive skin were instantly recognised and today the Avène Thermal Spring Water forms the basis of the Avène skincare range designed specifically for all levels of

skin sensitivity, from mildly sensitive to atopic and allergic skin such as atopic dermatitis, eczema, psoriasis, itching and redness.

The Eau Thermale Avène products are dermo-cosmetics, meaning they have both a dermatological action and a cosmetic appeal. Every product in the range benefits from the support of dermatologists from all over the world. Avène Thermal Spring Water is at the heart of all our products, containing trace elements and neutral pH 7.5. The water is drawn directly from the spring

and packaged in a sterile environment, without added ingredients. Its unique and constant composition gives it soothing, softening, and anti-irritating properties, proven by numerous scientific studies. With over 150 clinical studies and many publications in scientific journals, Avène Thermal Spring Water is approved and recommended by dermatologists for all sensitive, hypersensitive, and allergic skin.

The unique Avène Thermal Spring Water has many suggested uses including: using to tone skin after make-up removal, calm redness after exercise, soothing shaving rash, soothing nappy rash, helping to soothe inflamed skin post-surgery, and helping relieve the effects of sunburn, to name a few.

Avène has a wide range of products covering anti-aging; oily acne-prone skin; skin repair; redness; hydration; itchiness, eczema-prone skin, and more. You can discover our extensive range in pharmacy, and view articles along with recommended care routines all online at [www.eau-thermale-avene.co.nz](http://www.eau-thermale-avene.co.nz).

**Millwater Parkway Pharmacy**

## Thinking of Selling?

Call the Mike Pero team!  
Experts in the Millwater market.

**09 426 6122** | [millwater@mikepero.com](mailto:millwater@mikepero.com)

**Max Zhang**  
021 521 888

**Grayson Furniss**  
021 665 423

**Sarah Furniss**  
027 4440 044

**Vanessa Jardim**  
021 614 771

Mike Pero Real Estate Ltd Licensed REAA (2008)

New Zealand  
OUTSTANDING  
SWIM  
SCHOOL  
2012-2017

# Life's Great with Northern Arena

Swimming lessons for the family  
[www.northernarena.co.nz](http://www.northernarena.co.nz)  
**09 421 9700**

**Northern Arena** | Changing Lives  
8 Polarity Rise, Silverdale | [info@northernarena.co.nz](mailto:info@northernarena.co.nz)

**PROPERTY  
MANAGEMENT**

Contact  
us for a  
**FREE  
Appraisal  
today**

## QUINOVIC

*Experts in property care and return*

- Peace of mind that you have the right tenants
- Free up your time - we deal with all the issues
- We keep up to date with legislation and health & safety compliance

**MILLWATER**  
**Craig Harrison**  
Franchise Owner  
T: (09) 444 5753  
M: (021) 476 621  
[craigh@quinovic-millwater.co.nz](mailto:craigh@quinovic-millwater.co.nz)  
[www.quinovic.com/millwater](http://www.quinovic.com/millwater)

## Cod Liver Oil



Cod liver oil is an incredibly good source of vitamin A, vitamin D, and omega 3 fatty acids in the form of EPA and DHA.

Many grandmothers and grandfathers will tell you, if you bring up the subject of cod liver oil, that they were literally chased around the house by their parents to take a teaspoon of it. It did used to taste pretty yucky because of the way it was processed back in the old days.

Fast forward to now, and the best quality cod liver oil comes from sustainable fisheries that haven't changed their levels of fish stocks in a hundred years. The oil is processed in a way that there is no rancidity, no bad taste at all, and it can easily be taken on a spoon or mixed into a smoothie.

Weston Price travelled the world many years ago, visiting many diverse remote cultures. One thing that stood out to him was how very healthy many of these cultures were, and the one thing the healthiest of these different populations had in common was that they all revered and prized, above all, the liver of their farmed and hunted animals. This is because of the vitamin A, D and omega 3 fatty acids for

growth and development, skin health, eye health, bone health, cardiovascular healthy cholesterol levels, hypertension, and lowering inflammation.

The rich source of vitamin A in cod liver oil influences growth of children, and is needed by the rods and cones in the eyes retinas. Poor vision and impaired adaptation to changes of light are often found in people low in vitamin A.

Vitamin D is crucial to maintain calcium levels in the bones.

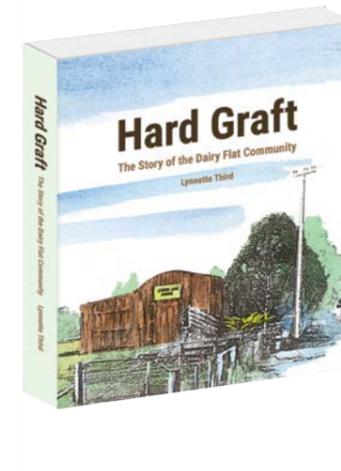
The EPA and DHA omega 3 fatty acids in fish oils such as cod liver oil are noted as beneficial for people with cardiovascular disease, cholesterol issues, and hypertension or high blood pressure.

All in all, a teaspoon full of cod liver oil does you a lot of good!

To get the right quality cod liver oil, come on in to Health By Logic.

## Millwater Book of the Month

Hard Graft: The Story of the Dairy Flat Community by Lynnette Third



*Hard Graft* is a lively history of Dairy Flat, that combines eight years of research and interviews with old identities from the area, with an excellent flair for telling a great story. There is nothing dry and dusty about this history; it's engaging and full of personalities, and it's beautifully presented.

Today Dairy Flat is an easy drive from Auckland central, but back in the mid-19th century a trip from Auckland could take several days. Back then, Dairy Flat was the domain

of itinerant gumdiggers and foresters, before settler families tamed the land and planted vineyards, wheat fields, grassland, and fruit trees. A small community was established.

Drawing on research that includes material from the Alexander Turnbull Library, the book is richly illustrated with historic photographs. From gumdiggers to remittance men, the post-war optimism of the 1940s, the change and prosperity of the 1950s and 60s, through to the 1970s and 80s boom and bust years, *Hard Graft* covers a lot of ground.

Dairy Flat Community Trust, RRP \$39.00

The Telling Time  
by Pip McKay



In 1959, nineteen-year-old Gabrijela is sent from her homeland in disgrace. Her Dally sponsors require a housekeeper for their son, Roko, so Jela makes her way to a strange country. It is a difficult time, made harder when Roko is sullen and uncommunicative with her.

In 1989, Jela's daughter Luisa is planning an overseas trip and contacts her Yugoslav relatives behind her mother's back. But an ill-advised decision in Macedonia puts Luisa in great danger.

*The Telling Time* is an accomplished coming-of-age story that spans two generations, with two women having to face the worst sort of adversity. But it is also a story of new beginnings, the importance of 'telling' to overcome trauma, and the importance of love and family in healing wounds. *The Telling Time* won the First Pages Prize 2020, judged by award-winning author Sebastian Faulks.

Polako Press, RRP \$34.95

Reviewed by Karen McMillan, [www.karenm.co.nz](http://www.karenm.co.nz)

Author of *The Paris of the East*, *Everyday Strength* and *Elastic Island Adventures*.

## 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](http://www.healthbylogic.co.nz)  
Mon to Fri 9am - 5pm: Sat 9am - 3pm

**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)

### 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)



# The Green Spot

## Eco Tip of the Month



Springtime is a pageant of blossoms and baby lambs. The weather is warmer and ducklings will soon hatch, drawing families near to feed them. But this age-old tradition is hazardous to our waterways and the creatures within them for multiple reasons.

Bread has no nutritional value for ducks and detracts from their natural diet, which can shorten their life span and cause deformities that hinder their flying. Ducklings are especially at risk, as their growth can be inhibited and the mould in stale bread can be fatal to waterfowl. Uneaten bread in the water causes algal blooms, bacterial growth, attracts pests, and the poor water quality also affects other wildlife and, potentially, humans too.

Ducks are capable of foraging for themselves but if you really

want to feed them, there are healthier options, such as defrosted peas and corn, rice, oats, and grains such as wheat and barley. If you are prepared to chop up a meal for them, offer grapes, nuts (unsalted and unflavoured), vegetable trimmings, and lettuce or other leafy greens. If you are really game (excuse the pun) you could buy birdseed or bring them earthworms.

If you find a sick or injured duck, you can call the SPCA for assistance. They also provide support for orphaned ducklings. As for ducklings that fall into drains, they usually manage to return to their mother of their own accord so try to see if the drain has another opening. You can watch to see if the duckling is moving towards the exit before calling for help.

When visiting nature, take the opportunity to pick up any harmful litter and, while we enjoy the gifts of spring, let's also offer more patience when driving, watching out for proud mother ducks crossing the road with their little ones.



Hayley Crawford



**Dog Grooming**  
Come and visit our team of Professional Groomers.  
70F Grand Drive, Orewa  
Tel: 09 426 3274  
Email: K9groomersnz@gmail.com  
Ezybook online: [www.ezybook.co.nz/pages/K9groomers](http://www.ezybook.co.nz/pages/K9groomers)  
*"dogs leave paw prints on your heart"*

## Grandfriends for Life



For this issue, I had the pleasure of speaking with Jo Hayes, founder and National Operations Director of the Surrogate Grandparents New Zealand Charitable Trust, commonly known as Grandfriends.

Grandfriends is dedicated to building connections across generations. They bring together people of similar minds to create family connections for those who are feeling isolated. Becoming a member of Grandfriends is about working with a fantastic team dedicated to fostering lifelong relationships.

They invite all types of people to join their charity; especially anyone who has felt isolated or stranded in these Covid-19 times. Signing up to become part of Grandfriends can be a lengthy practice, as Jo and her team want to

connect people who they think could be a 'perfect match'. Once a family has been matched to a grandparent or elder, the charity will set up a coffee date for the parties to see if they connect.

"A Grandfriend is a lifelong relationship, with someone who is going to stick around," as Jo explained, so they can't rush the process. Once these relationships are flourishing, the individuals involved will feel a sense of support and comfort with people who now feel like family.



Due to being a not-for-profit, Jo and her team rely on their fundraisers to support their operating costs. They have a movie night approaching for members to enjoy, as spending time together is one of the main purposes of building these relationships.

Grandfriends has many plans for the future, including leasing out a building where different generations can spend time together and support each other.



Jo told me the most rewarding part about the work they do is seeing how relationships advance, and the positive impact the charity has had on people's lives.

You can head to [www.grandfriends.nz](http://www.grandfriends.nz) for more information.

**Megan Prentice**  
Features Contributor



**NEED ADVICE WITH YOUR MORTGAGE?**  
**WE'RE HERE TO HELP**  
& OUR SERVICES ARE FREE OF CHARGE

**CALL ME TODAY**

Wayne Henry REGISTERED FINANCIAL ADVISER • 0800 WHENRY • [www.waynehenry.co.nz](http://www.waynehenry.co.nz)



**Millwater Dental**  
Smiles by Design, Care for the Whole Family

Come meet the NEW team at [www.millwaterdental.co.nz](http://www.millwaterdental.co.nz)  
Or arrange an appointment by phoning us on 09 972 1518  
or email [reception@millwaterdental.co.nz](mailto:reception@millwaterdental.co.nz)

# Mortgage Matters

Renovate or Relocate?  
Consider your options before you make a change.



## Renovate

If you're happy with your current location, renovating is an option that can also help to increase the value of your home for when you do decide to sell.

While there are obvious upsides, be sure to consider your budget and don't overcapitalise. Think about whether the renovations will convert to returns when you sell, and make sure you arrange sufficient finance before bringing in the builders.

## Relocate

There are many costs associated with relocation. Before you even start looking at new properties, you will need to factor in costs such as legal fees, refinancing and removalists fees. Make sure you have really thought through your decision before erecting the 'For Sale' sign.

Buying a new house will give you a fresh start without the mess of a renovation. And, you'll be buying the home of your dreams at today's market value, rather than hoping the money you spend on a reno will come back to you in increased value later.

## Expert help

Whichever path you decide to take, it's worth speaking to an expert.

**For further details or feedback feel free to contact Ivan 027 577 5995 or email [ivan.urlich@mikepero.co.nz](mailto:ivan.urlich@mikepero.co.nz). Ivan Urlich is a registered Financial Advisor specialising in Mortgages, his disclosure statement is available free of charge on request.**

If your current home no longer suits your needs, you might be considering your next steps. Perhaps your family is growing and you need more space, or you're ready to downsize?

Either way, it's worth weighing up the financial implications of creating the home of your dreams with the property you have, or whether to put it on the market.

## Research

Your budget and lifestyle choices are ultimately going to determine which way to go. Before you make any decisions, think about the current and long-term requirements for your ideal home.

Thinking about your location, the state of the property, the work required, and your budget will help you assess your options more clearly.



**Orewa Medical Centre**  
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)

## Why Choose Mike Pero Millwater?

### Testimonial

"...and a feeling of friendship rather than just agent and client."

**Mike Pero**  
REAL ESTATE

We recently had the pleasure of having our house sold by Sarah and Grayson from Mike Pero Millwater. Their service was beyond compare with regular updates, professional advice and a feeling of friendship rather than just agent and client.

Sarah and Grayson were able to secure us a very good price on our house and the sale went through without incident.

I absolutely recommend them for your next house sale!

Michelle & Andy Thomas, Timberland Drive

## Orewa Library update

It has been fantastic hearing from lots of happy Aucklanders who are enjoying being back in Auckland Libraries. Many have been exploring libraries they may not have visited previously, and discovering new spaces and collections.

We are grateful for the support and patience our communities have given us during this time.

When returning to our libraries, your visit may be different to what you were used to. Like all Auckland Council facilities, the health and safety of our staff and community is the top priority and we are carefully following the lead from the Ministry of Health, including having contact tracing in place.

We have also launched a new service to accompany our libraries re-opening called 'Ready to Go Reads'. These are pre-selected and pre-packed paper bags of 5 books in a range of genres. These can be booked online [aucklandlibraries.govt.nz/Pages/ready-to-go-reads.aspx#Start](http://aucklandlibraries.govt.nz/Pages/ready-to-go-reads.aspx#Start) or simply picked up, 'grab and go' style, at your local library.

You can find full information about opening hours, available services, and operational, hygiene and physical distancing protocols during Alert Level 2 on our website [aucklandlibraries.govt.nz](http://aucklandlibraries.govt.nz).

Each library has a safe capacity to maintain social distancing and, when that capacity is reached, we are operating 'one in, one out' as you may have seen at supermarkets.

We encourage you to keep visits to 30 minutes or less.

We are protecting you and our staff with increased cleaning and hygiene practices.

In order to maintain social distancing, we are not offering in-person programmes or events at Alert Level 2, and some public computers and study spaces may not be available.

A contactless check-in process to enable contact tracing is in place at all Auckland Council facilities, including libraries.

WiFi is available at all library locations.

Don't forget, our extensive eCollections are still available 24/7 on our website!

Keep up to date with the latest library news by visiting our website and social media channels (Facebook, Twitter and Instagram) for updates and information.

Additional information is available on our COVID-19 webpage.

We look forward to seeing you soon.

**Auckland Libraries: 09 377 020**

**[aucklandlibraries.govt.nz](http://aucklandlibraries.govt.nz)**

**Grayson Furniss**  
LICENSED SALESPERSON  
FRANCHISE OWNER



**Mike Pero**  
REAL ESTATE

**P** 09 426 6122  
**M** 021 665 423  
**E** [grayson.furniss@mikepero.com](mailto:grayson.furniss@mikepero.com)  
[www.mikepero.com](http://www.mikepero.com)

---

Mike Pero Real Estate Ltd, Millwater Office  
Cnr Millwater Parkway & Bankside Road, Millwater  
Licensed REAA (2008)



It's spring and everything is starting to grow! Plant tomatoes, beans and herbs, get on top of weeds and make sure you're all ready to save water over the warm summer months by mulching and applying Aqua Turf Max G.

# Central's Tips

October 2020



## In the Edible Garden

- **Growing food organically?** Start with **Living Earth organic certified Veggie Mix**, then liquid fertilise with **Aquaticus Garden Booster**. Plus there are soil conditioners that really boost existing gardens and fruit trees – all organically
- **Hedges of edible plants:** use bay or feijoa for larger hedges or, try the NZ cranberry, Myrtus ugni, for a compact area. In actual vegetable beds curly parsley or the smaller forms of English lavender look great and replicate that edible theme
- **Sowing beans:** Scarlet runner, French or one of the more exotic varieties such as the purple 'King of the Blues' can be sown against a climbing frame or warm wall from now on
- Growing all sorts of interesting **heritage tomatoes varieties** will reward you with crops of colourful (black, green, pink yellow and white) and shapely ones to eat.

## The rest of the Garden

- **Rhododendron varieties are beginning to flower.** Many are simply beautiful with their ruffled flowers, but some varieties are actually scented, which is a garden bonus
- **Get on top of weeds** threatening the rest of the garden – particularly the vine types ones such as convolvulus and Cape ivy that choke desirable garden plants
- **Black Spot on roses:** treat it now so it doesn't affect flower production. Make your own spray using milk and baking soda diluted with water, then apply fertiliser to encourage healthy new growth
- **New plants to go in the garden?** Apply our water saving product **Aqua Turf Max G** in the soil. It assists plants to maximise water available. We recommend plenty of mulch around them too, so they establish well ahead of summer water restrictions

# Spring Gardens, Homegrown Veggies & Better Health



can help to avoid overeating, which leads to weight gain and other health complications. Vegetables are absolutely packed with vitamins and minerals, antioxidants, and other compounds that are so great for our health.

Gardening has also been shown to have positive benefits for our mental health too. Fresh air and a bit of sunshine – awesome!

Here are a few veggies that are great for children to start with:

Sugar snap peas – excellent with hummus or in a lunchbox as a sweet, crunchy snack.

Baby tomatoes – another fun snack addition to a lunchbox – and they come in a variety of colours. Tomatoes that have been picked ripe have a much better flavour (and are more nutritious) than those picked green and then ripened in warehouses.

Green beans – also great for dipping and in lunchboxes.

Green peas – shelling them can be a fun activity for children and eating the sweet little green spheres inside – what a treat!

Capsicum – similarly, come in different colours and are sweet, juicy and crunchy to munch on, also great sliced into strips and dipped in hummus.

They don't take up a lot of space and most can be grown in pots.

If you would like help with creating a more healthful way of eating, contact me at paula@nutritionsense.co.nz, both in-person and online consultations are available. Sign up for my Healthy Cooking and Lifestyle Workshop notifications and get in first to book a place. I'm on Facebook as NutritionSense, for regular posts on health-related topics and recipes.

**Paula Southworth**  
Nutritionist at NutritionSense

BSc Human Nutrition and Sports Science, Massey University  
Member of the Nutrition Society of New Zealand  
[www.nutritionsense.co.nz](http://www.nutritionsense.co.nz)

Now is the perfect time to start planting for a summer harvest. Growing our own veg is one of the best ways to ensure that the vegetables we are eating are as nutritious as possible. Think of it as having an outdoor pantry – no more rushing to the shop to get lettuce for your summer salad, or throwing out the poor wilted lettuce at the back of the fridge. We can all do our part to help reduce food waste.

Studies show that children who are involved in growing vegetables are more likely to eat them, and we know that a higher vegetable intake leads to better health outcomes. We also know that habits formed in childhood tend to determine our habits as adults. What better gift to give our children than the gift of lifelong healthy eating habits?

Positive experiences with healthy food helps to reinforce healthy eating habits, so as parents we can model healthy eating and attitudes towards nutritious foods. Children are more likely to do what we do, than do what we say!

Vegetables increase fibre in our diets, avoiding issues like constipation. Fibre also enhances feelings of fullness, which

# Island

OREWA

### NEW SPRING COLLECTION

### GIFT GUIDE

1. VASH IBIZA PHONE POUCH, \$289. 2. ROBERT GORDON BUTTER DISH WHITE, \$52. 3. THE SKIN KITCHEN HYDRATING BODY OIL, \$36. 4. SALT BY HENDRIX COCOSOAK, \$35. 5. BANDE STUDIO SAFARI SWEAT ICE BLUE, \$169. 6. LINDI KINGI CONSTELLATION EARRINGS GOLD, \$99. 7. ROBERT GORDON TRAVEL MUG JOURNEY, \$33. 8. BABY WILSON SHOES, \$89. 9. ASHLEY & CO WAXED PERFUME, \$55.

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

18 bakehouse lane, orewa

## Your local landscaping specialists

Design

Decks

Fences

Pools

Planting

Lawns

Maintenance

As outdoor living specialists, Zones aim to enhance the things you love to do outside. Whether it's cooking or dining outside with friends, playing backyard cricket with the kids, or pottering around the garden, we can design and build a landscape to suit.

[www.zones.co.nz](http://www.zones.co.nz)  
0800 00 60 31

## Rodney Resident & Representative: Mark Mitchell

Mark was born and raised on Auckland's North Shore. He attended Rosmini College and his first job after leaving school was shepherding on Weiti station. He had a successful 14 year policing career, most of which was as a Police Dog Handler and member of the Armed Offenders Squad.

On leaving the Police, he started his own small business and then moved to the Middle East where he formed his own company and sat on the management board of a global logistics company.

In 2011, Mark returned home with his family and re-entered public service as the MP for Rodney. He was Minister of Defence and Associate Minister of Justice in the last National-led Government. While in Opposition, Mark has held the portfolios of Justice, Defence and Sport and Recreation.

Mark says, "It has been a privilege to represent the community as the Member of Parliament for Rodney over the past nine years and to be standing as the National Party candidate for Whangaparāoa in the upcoming election," and he is proud of what has been achieved in Rodney.

Mark has delivered the Puhoi to Warkworth Road of National Significance, Matakana Link Road, and new investment into schools, medical facilities and local mental health services. Mark works closely with community groups and local government representatives to ensure the best interests for our communities are advanced.

Mark's priorities in the 53rd Parliament will be ensuring the delivery of Penlink, a project that is ready to go and should already be under construction, and delivering wider Ultra-Fast Broadband (UFB) coverage to the new electorate of Whangaparāoa. Both of these projects are critical pieces of infrastructure for safer, quicker travel and connectivity in a modern world.

Locally, Mark is the Patron of Orewa Surf Lifesaving Club and an Honorary Member of the Manly Fire Service. He is a proud resident of Millwater and father of 5. Mark loves the Coast and the privilege of serving and leading our communities into a post-COVID world that can be filled with hope and opportunity.



## Silverdale Tennis Club

Silverdale Tennis Club is situated in the beautiful Silverdale War Memorial Park on the main highway, beside the Rugby Club. It has 4 floodlit astrocourts and nice amenities.

There are sessions for Seniors on Wednesday evening at 6.30pm, Sunday mornings at 10.30am, and midweek on Wednesday at 9.30am. For further info contact l.waters@xtra.co.nz.

On the weekend of 9 and 10 October, the Club is participating in the nationwide 'LOVE TENNIS' event from 1-4 pm. This is a free, fun day, open to all people interested in playing tennis and joining the Club. It will incorporate the Club's Opening Day for the 2020-2021 season for existing senior and junior members, but is also a chance for any others to come along and enjoy free coaching tips, fun games, food, and coffee. Contact Rob at rob@logisticsoftware.co.nz.

Saturday morning coaching with Hayden for younger junior members will commence on 17 October. The club is keen to get more junior interclub players with previous experience. Contact sarahpm73@gmail.com.

Dust off your racquets and we'll see you there.

Linda Waters



## Our Local Enviro Group



Hi. My name is Fin and I am in the Enviro Group at Silverdale School and our current job is making sure that you and our students at our school know that we are an Enviro School.

Currently, many of our students don't know that we are an Enviro School, so they are ruining the school's environment, pulling leaves off plants, and hurting the creatures that are living in our bush! This has got to stop!

### What is an Enviro school?

An Enviro School is a school that takes care of the environment - examples would be having a worm bin that is emptied daily, taking part in the Garden to Table program and growing our own food. Our school has our own chickens that lay eggs that we use at Garden to Table. More information can be found at [enviroschools.org.nz](http://enviroschools.org.nz).

Once we tell the community that we are an Enviro School we are hoping that we can get into other projects. It would be helpful if you could donate seaweed, grass clippings, animal manure or seeds to Silverdale School at 4 Longmore Lane. The phone number is (09) 426 5510. I hope to write again soon. Have a great month and happy recycling!



## Silverdale Pioneer Village - Celebrating Our Volunteers



The Silverdale & District Historical Society have been developing and managing the Silverdale Pioneer Village since 1968 and, over more than 52 years, the ongoing upkeep on the buildings and our extensive collection of local pioneer artifacts has relied on the work of our volunteers.

At the recent AGM, three major contributors to the success of the village were awarded Certificates of Appreciation for their work.

Robin Langdon, for his dedication to building maintenance and upkeep.

Vera Bartlett, for her many years on the organising committee.

Elaine Dickinson, who has produced many of the craft items that we sell while also managing our Treats & Treasures Craftshop.

Our historical buildings, extensive collection of pioneer artifacts, and beautiful gardens are free for everyone to enjoy because of their efforts.

For more information on volunteering at the Pioneer Village contact us at [pioneervillage1968@gmail.com](mailto:pioneervillage1968@gmail.com).

**Photo: President Ian Hacking presenting a Certificate to Elaine Dickinson.**

# Wainui Golf Coaching

With Mike Duncumb – Lesson #2



moving forward; it is extremely hard to generate power with your weight positioned on your back foot. This is the same when hitting a golf ball.

When starting your downswing, shift your weight to your left foot (right-handed golfer), this starts the correct sequence; lower body leads, and the upper body follows. The same sequence as throwing a ball.



To practice this at home, make some backswings while letting the heel of your front foot come off the ground, then before anything else moves start the downswing by planting the heel back on the ground. Leading with the lower body and followed by the upper body and club.

Contact me at [hp@wainui.online](mailto:hp@wainui.online) to discuss our coaching packages.

Mike Duncumb

At Wainui Golf & Function Centre we offer coaching and practice facilities for all golfers. We have a driving range and short game area plus the Orchard 9, which are all open to the public. Our indoor teaching studio offers video and Flight Scope Technology. We can film and measure club position in the swing, ball speed, shaft and face angle to give our coaching clients accurate shot information in a perfectly controlled environment.

**Backswing Thoughts:**

The aim of the backswing is to put the club into position to hit the golf ball. The club must come to a complete stop at the top of the backswing and make a change in direction as the club starts the downswing. The golfer generates power and speed by the transition of his or her weight shift, as the backswing finishes and the downswing starts.

For example, to push a heavy object your weight must be

**skids**  
Safe Kids In Daily Supervision  
**KingsWay**  
October School Holidays!  
For more info  
[kingsway@skids.co.nz](mailto:kingsway@skids.co.nz) 021 77 33 01

**Holiday Programme**

- Lego Jr & Sr
- Zoo Keepers Jr & Sr
- Tinering Jr & Sr
- Game Over
- Trip Movies
- Seniors Only



**NEW SHOW HOME INVESTMENT OPPORTUNITY**  
5% investment return guaranteed, 24 months paid monthly - \$1,685,000  
87, Godfrey Drive, Millwater



**HOUSE & LAND PACKAGE**  
Large 759sqm site, sunny, north facing elevated site with views. Fixed price guarantee - \$1,275,000  
89, Godfrey Drive, Millwater



**MILDALE SHOW HOME NOW OPEN**  
66 MAURICE KELLY ROAD, MILDALE.  
OPEN 12-4PM 7DAYS

follow us @madisonparkhomesnz  
PHONE 0800696234 | EMAIL [sales@madisonpark.co.nz](mailto:sales@madisonpark.co.nz)

**INTRODUCING LOT 28 WAINUI ESTATE**  
Large elevated 1850sqm site, in the prestigious Wainui Estate. House design is by award winning architect Brent Hulena. Lot 28, Grayson Road, Wainui



WAINUI ESTATE **hulena.**

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

**HEATHCOTE LEGAL**  
LAW MADE EASY

**OUR SERVICES**

- Property - Sale / Purchase / Refinance
- Wills & Family Trusts
- Separation & Relationship Property
- Deceased Estates
- EPOAs & PPR Applications

**WE ALSO OFFER**

- Exclusive Offers and Packages for Millwater Residents
- Online Self-Help Legal Services
- Evening Appointments
- Mobile Service for Millwater Residents
- Free Certification of Documentation

Lizette Heathcote LLB B.COM(Hons)  
**Barrister & Solicitor**

Phone: 09 475 5916 Mobile: 021 648 978  
Email: [practice@heathcotelegal.co.nz](mailto:practice@heathcotelegal.co.nz)  
[www.heathcotelegal.co.nz](http://www.heathcotelegal.co.nz)

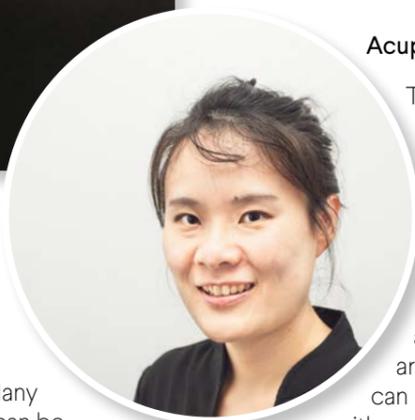
# Acupuncture Explained



your hand may only go into one to two millimeters. However, a needle going into your thigh can be 1.5 inches.

### Frequency of the treatment

A course of acupuncture treatment for a single complaint would involve one or two treatments a week. The number of treatments depends on the situation being treated and its severity. For instance, the treatment of a more severe lower back case that involves neurological symptoms or extreme pain requires more frequent treatment than just once a week.



### Acupuncture points

Traditionally, an acupuncture point is a functional spot of access to the deeper energy circulation and connection to the internal organs. The intended effect of acupuncture is to influence local and distant structure and function. Acupuncture points are situated in all areas of the body. Sometimes the appropriate points are far removed from the area of your pain. Well-chosen distal points can provide worthwhile benefits when dealing with complicated problems.

### A typical acupuncture session

During a needling procedure, single-use very fine needles are inserted into specific spots on your body. The needle tip is very thin, about 0.2 mm in diameter, so inserting normally causes little discomfort. Many people don't even feel it at all. Tiny needles can be performed by a qualified Acupuncturist to promote the natural self-healing process and at the same time to minimise the discomfort during the needling process. A good practitioner aims to not only offer a solution to your problem, but also gives you a totally relaxed acupuncture experience.

In a typical session, usually between five to ten needles are placed into your body, with needles remaining in the body for between twenty and thirty minutes. The whole session will last around thirty to sixty minutes, though most of this time may be spent discussing your symptoms and concerns with your practitioner at the initial treatment.

### How deep do those needles go?

Acupuncture needles are inserted to various depths on your body. Basically, the depth is determined by where on the body the needle is being placed. For example, a needle on

### What is cupping?

Cupping, which might be older than acupuncture, is perfect for musculoskeletal disorders with muscle tightness. This increases the blood flow, loosens the fascia, and stimulates healing. It became popular in recent years for the purple bruises on celebrities' backs resulting from it. During the cupping process, a local suction on the skin is created with the application of glass or plastic cups for several minutes. The discoloration is due to broken small blood vessels beneath the skin. Usually, skin should return to normal within 10 days.

Xuan Liu

Osteo Me  
<http://www.osteopathy.co.nz/>

**FIRST AUTO ELECTRICAL**  
Workshop & Full Mobile Service  
P. 09 427 5748 Unit 3, 8 Curley Ave  
M. 021 689 700 Silverdale 0944  
E. office@firstauto.co.nz www.firstauto.co.nz

SUITABLE FOR BEGINNERS & THOSE WITH EXPERIENCE  
**MINDFULNESS**  
MEDITATION - 4 WEEK COURSE  
With Liz Weatherly,  
Specialist Mindset & Mindfulness Coach  
To book or ask a question please contact Liz  
liz@beinspired.co.nz 021 988 468  
www.beinspired.co.nz  
at Stoney Homestead  
7 - 9pm  
Beginning  
Wednesday 28 October  
\$80



# All you need is love and donuts!



At Silverdale Village Market every week: Fresh handmade donuts!

Born and 'raised' in Hamilton, NZ in 2006, mamasdonuts started with us, Mama Rach and Mama Bees, and our families. We put our heart and soul into creating delicious donuts, made the old-school way, by hand and with a whole lot of love! Made fresh daily so you get to enjoy that real homemade taste and texture, just like Mama used to make them!

With 12 children between the two of us, our donuts have gained the approval of our biggest home critics and have survived many years of love and dedication. We are proud that our donuts continue to satisfy cravings of donut lovers throughout the country and beyond.

Mamasdonuts is our special story of love, commitment, strength, passion, perseverance, hard work, sacrifice and so much more! We love that we can share our journey with you and hope that you can feel a little bit of home in every bite!

From our family to yours!



**OsteoMe**  
REGISTERED OSTEOPATHS

**ARE YOU IN PAIN?**  
Maybe it's time to get on top of it!  
At OsteoMe, we can help you with:

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

At OsteoMe, we have staff trained in:  
Acupuncture, Pilates and The McKenzie Method.  
**CALL US TODAY TO MAKE AN APPOINTMENT.**  
**0508 OSTEOME**

OsteoMe Orewa: 498 Hibiscus Coast Highway, Orewa.  
OsteoMe Silverdale: 29B Silverdale St, Silverdale.

OCNZ OSTEOPATHIC COUNCIL NEW ZEALAND  
AIPP PROFESSIONAL CARE REGISTRY

## Supporting our local food suppliers



When purchasing fruit, vegetables, meat and seafood, it is always best to get them from a shop where this is their main source of business. You find that the quality is far better as they have total control of their product from start to finish. When I use these local businesses, they are always willing to assist with different cuts or ordering something different for me where possible. I know it is so easy to buy everything at the supermarkets as a one-stop shop, and most of us food shop this way; but by supporting our smaller food suppliers, we will continue to get the best quality and pricing due to the turning over of their fresh produce.

Supermarkets are so important in today's lives, and I am certainly not advocating not using them, but, just remember the smaller players in our local community over these strange Covid times, and support them as much as possible. I know they really do appreciate our business and it will ensure that they will continue to be in our community for years to come.

For your Dinner Parties, Outcatering or Grazing Tables, go to [www.culinarylane.co.nz](http://www.culinarylane.co.nz) or [facebook.com/culinarylane](https://facebook.com/culinarylane).

Mark Lane | Culinary Lane

I love going to do my food shopping and seeing great local produce. We are so lucky in this country to be self-reliant on our New Zealand grown and made products. After working in several countries as a chef, I can assure you that our local produce is among the best in the world. Considering how isolated we are as a country, we punch well above our weight in quality and variety.

As a local catering business, where possible, I purchase my food items for "Culinary Lane" within the Silverdale area. I get all my fruit and vegetables from Fruit World, my fresh seafood from Oceanz Seafood, meat from Sam's Butchery, and a local supermarket for most other items. I also use Gilmours on the North Shore for bulk products that I can't purchase within Silverdale.

### Classic Landscapes Ltd

Your local landscaper

- Retaining walls
- Fencings
- Planting
- Watering systems
- Garden makeovers
- Master Plantsman
- Lawn specialist

Richard - 027 290 4888

[classiclandscapesltd@gmail.com](mailto:classiclandscapesltd@gmail.com)

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

## Operating through Covid-19 with your safety in mind

Mention this ad for a 15% discount on your job. Valid until 30/11/2020

# Electrical Laser

Laser Electrical Silverdale

Unit A, 29 Peters Way

"Totally Dependable"

Call us today!

09 426 3852

## Choices in Pet Healthcare



Sophie was a 4-year-old Labrador, lying on the floor, barely able to breathe.

Her owner was listening to the vet. "I'm sorry, there's nothing we can do".

Both owner and dog were battlers. Owner and I talked daily on the phone as we started a homeopathic, herbal, and nutritional programme.

Sophie made a complete recovery and even enjoyed competing in agility events.

She passed away peacefully at 14 years of age.

It is heart-warming stories like this that makes me proud of the power of complementary medicine and real food, and is the reason why I am an Animal Naturopath.

Our consultations involve a team effort; owner, pet and us.

Every pet is treated as an individual – their physical, mental and emotional health

The whole animal is considered; not just the 'affected' part e.g. removing tartar from teeth may be necessary but of equal importance is establishing the underlying cause – perhaps faulty digestion, poor enamel, or a dietary imbalance.

The owner is encouraged to give a progress report so we can monitor the journey back to health.

Are you concerned about your cat's white ears and nose in the summer heat?

Want an alternative to antibiotics, steroids and drugs for your pet?

Would you prefer real food and chemical-free parasite controls?

Sandra has been in practice for over 50 years, a pioneer in holistic animal health, using her training in complementary medicine to develop a unique approach to pet health.

She is a well-known writer on natural animal health issues and is a popular contributor to Magic Radio Talkback.

Sandra G Urwin

[info@natpet.co.nz](mailto:info@natpet.co.nz)

[www.whitetui.co.nz](http://www.whitetui.co.nz) (New website under construction.)

## Silverdale Car Services

Automotive Service & Repair Specialists

09 421 1413

### SERVICE & REPAIRS

- Air Conditioning Service & Repair
- Pre-purchase Inspections
- Transmission Service & Repairs / Clutches
- Vehicle Diagnostic's
- Servicing
- WOF's (Cars & Trailers)
- Brakes
- Cam Belt's
- Suspension Repairs

#### NEW SERVICES

- Hydrogen Carbon Cleaning
- Head Light Renew
- Tyres
- Wheel alignment

### Beauty Aspects

#### 12 Week Skin Transformation Plan

- Weekly payment plan with Genoapay
- Treatments fortnightly
- Bespoke Nimue started kit and serum for home use

Free Consultation!

Amelia 02102972587 • 09 947 5939 • 41 Fennell Crescent, Millwater • Open Mon-Sat

[facebook.com/beautyaspectsltd](https://facebook.com/beautyaspectsltd) [www.beautyaspects.net](https://www.beautyaspects.net)

### YOUR LOCAL WORKSHOP SPECIALISING IN EUROPEAN VEHICLE'S

Located in the heart of Silverdale, we offer a full range of Mechanical Repairs from WOF through to complete engine replacement. We service all makes and models, specialising in European vehicles. Our mechanics are NZ trained, and our workshop is equipped with the latest diagnostic tools, enabling us to provide a comprehensive range of services to a very high standard.

14 Curley Avenue, Silverdale

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

# Millwater Property



**Grayson Furniss**

**Franchise Owner  
MILLWATER**

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.

## Sales Data

Number of Sales  
Median Sales Price  
Highest Sale Price  
Rolling 12 Month Average  
Average % Price to CV  
Average Floor Area (sqm)  
Average Days to Sell

### August 2019

25  
\$1,160,000  
\$1,380,000  
\$1,127,091  
-2.42  
229  
76

### July 2020

29  
\$1,120,000  
\$1,820,000  
\$1,144,005  
4.55  
217  
79

### August 2020

22  
\$1,125,000  
\$1,770,000  
\$1,147,221  
7.17  
213  
86

## Property Talk

Welcome back to the slightly weird and wacky world of Covid-19 real estate. To those of you who read this column on a regular basis; thank you. It is always great to hear from and meet you good folks, so feel free to be in contact if you agree or disagree with any of my ramblings.

As you read this, we will be heading towards the ballot box for another general election. This, under normal circumstances, usually causes our local Millwater market to go on a 2-3 month holiday while buyers and vendors alike figure out what the implications of the various policies may be and how it may impact on their decisions. This year seems likely to be different, as buyers are still (at time of writing, at least) very active in the market and, with the very low number of listings, they are making purchases in relatively quick order.

The statistics for August again present a slightly confusing picture. Sales volumes are excellent; however, the median value of sales is down on last year. Again, the mix of sales is the culprit in this case, with around 30% of recent sales being townhouses and apartments, instead of the 10% from a year ago. This is going to be a short- to medium-term anomaly, with the majority of recently-completed townhouses now being sold.

Equally, the top end of the market – over \$1.4M – has also been very strong, with around 30% of the volume of sales, when this usually represents less than 10%. This may be something that will continue; only time will tell.

While these two ends of the market are, to an extent, balancing each other out and keeping the median and averages at around normal levels, we are expecting these indicators to rise as the volume of townhouse sales abates in coming months. Again, it would be interesting to see where the figures would have gone had there been more supply in the \$1.0 to \$1.4M range, an area where lack of choice seems to be keeping buyers from making decisions, and forcing prices up.

The other slightly-misleading key figure is the average days to sell. While this has been creeping up over the last few months, this is more reflective of a number of properties that have been on the market for some time (over 6 months) finally selling. The (unpublished) median days to sell is now currently a better guide, and this is trending down.

So, what do the next few months look like? We expect sales volumes to slow a little as the lack of property on the market impacts on buyer choice. We have seen a very small lift in listing activity, but not as yet to the same levels as we normally see over spring. With interest rates low and getting lower, we would expect buyer interest to remain high, and this will likely be across the whole price range that we have in Millwater.

The unknown of job losses and business failures remains prevalent; however, the true impact of this continues to be masked by government intervention. This cannot last forever, and the long-term effects of this will be amplified if we are forced into more Covid-19 lockdowns in the future.

While it seems unlikely there will be much negative impact on the local property market through the remainder of this year, it remains to be seen whether the election and then the usually-slow Christmas period restrict volumes. Beyond this year is a mystery, so, our general advice remains the same. If you are thinking of a sale, then sooner rather than later is probably better.

If you want more detailed advice on how conditions might impact on you and your property, please contact me for a confidential discussion. In the meantime, keep safe, and be kind to one another.

**Grayson | 021 665 423 | [grayson.furniss@mikepero.com](mailto:grayson.furniss@mikepero.com)  
<https://millwater.mikepero.com/>**

Mike Pero Real Estate, Licensed REAA (2008)



## THE ULTIMATE LIFESTYLE

4 2 2

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

### 291B Millwater Parkway, Millwater

If you are shopping for a quality townhouse, look no further than this. Here you will find a stunning three year old end unit townhouse. It's freehold, super high quality with fantastic views of park and estuary across to Orewa. This is a home is packed full of features and upgrades from the standard including:

- uninterrupted park and estuary views with a wonderful northern aspect plus great all day sun
- quality Horncastle Homes build, 208m<sup>2</sup> (approx) of luxurious living on 262m<sup>2</sup> (approx) of flat freehold land
- three double bedrooms on second level plus ground floor office, two generous living areas, one on each level
- stunning white kitchen with breakfast bar, walk in pantry, 900w oven and hobs, space for double door fridge

[www.mikepero.com/RX2512162](http://www.mikepero.com/RX2512162)

Mike Pero Real Estate Ltd. Licensed REAA (2008)



**Grayson Furniss**  
021 665 423  
09 426 6122

**Sarah Furniss**  
027 444 0044  
09 426 6155

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

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



## ENTRY LEVEL DELIGHT

4 2 2

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

### 19 Prospect Terrace, Millwater

This desirable Universal Homes built property in a well established street, in popular Millwater, is a great option for a variety of buyers. Investors will love that it has an existing long standing tenant (wishing to remain). With significant new development bringing jobs to the area, this could be a great addition to your portfolio.

- quality low maintenance split level home with 4 double bedrooms incl master with ensuite and walk in wardrobe
- fantastic open plan living / dining and kitchen area flowing to large decking area
- separate lounge space with extra high ceilings
- mature street of quality homes with outlook to established reserve

[www.mikepero.com/RX2274198](http://www.mikepero.com/RX2274198)

Mike Pero Real Estate Ltd. Licensed REAA (2008)



**Grayson Furniss**  
021 665 423  
09 426 6122

**Sarah Furniss**  
027 444 0044  
09 426 6155

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

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

Mike Pero

0800 000 525



YOU'VE SEEN THE REST, NOW VIEW THE BEST!

4 2 2

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

**255 Millwater Parkway, Millwater**

Finally! A well maintained and attractive freehold townhouse with great views and long term desirability. If you are considering a townhouse purchase, make sure you view this one early as they don't come up for sale often.

- Fantastic lock up & leave opportunity, spacious north western facing outdoor courtyard
- Great entertainer's kitchen with large bench tops, breakfast bar, large 900W oven & cooktop, and ample storage
- Flexible living arrangement with additional media room / office convertible to a fourth bedroom
- Quality Horncastle Homes construction with balance of 10 year master build warranty
- Freehold title, no ongoing body corporate charges



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

**Sarah Furniss**  
027 444 0044  
09 426 6155  
sarah.furniss@mikepero.com

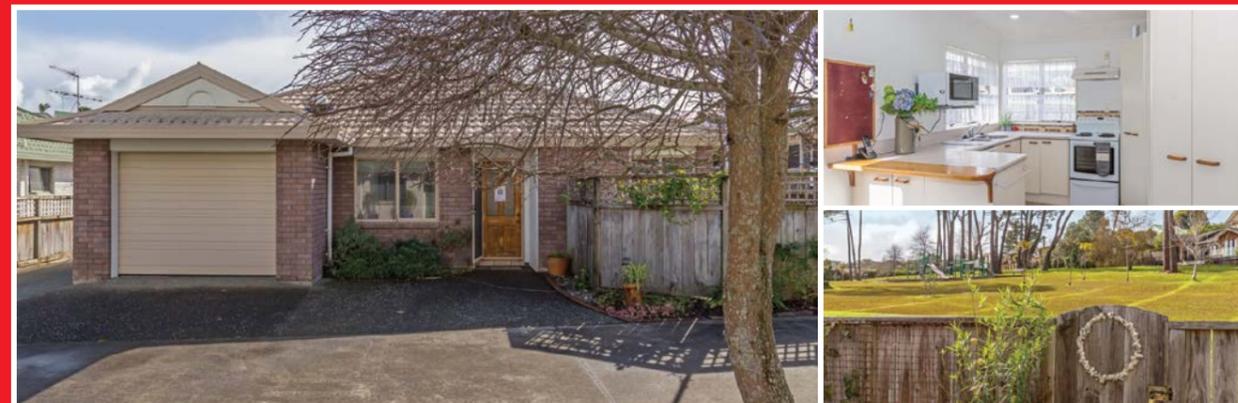
[www.mikepero.com/RX2514341](http://www.mikepero.com/RX2514341)

Mike Pero Real Estate Ltd. Licensed REAA (2008)

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

Mike Pero

0800 000 525



SINGLE LEVEL BRICK & TILE, FAMILY OR INVESTMENT?

3 1 1

[max-zhang-mikepero.com](http://max-zhang-mikepero.com)

**2 / 919 Whangaparaoa Road, Manly**

With a floor area of 120m<sup>2</sup>, (approx) this 3 bedroom stand alone brick and tile home sits on a lovely flat section. Conveniently located 5 minutes walk to Manly Village Shops, Restaurants, Bus Stop, Little Manly Beach and Brandon Reserve. What a great private spot and neighbourhood. Easy care and low maintenance, this beautiful home offering 3 good sized bedrooms all with built-in wardrobes, a formal lounge, spacious open plan kitchen and dining, a family bathroom and a large single garage with internal access. Easy open plan living steps to outdoor courtyards and watch your kids or friends hanging on the large deck in the fully fenced backyard. Whether you are looking for a first home for yourself, retirement downsize or a smarty investment, you can't miss this low maintenance property. Don't wait for others to take this gem away from you. Call me Now



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

[www.mikepero.com/RX2486751](http://www.mikepero.com/RX2486751)

Mike Pero Real Estate Ltd. Licensed REAA (2008)

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

Mike Pero

0800 000 525



THE ULTIMATE FAMILY HOME?

5 2 3

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

**10 Sibling Court, Millwater**

If you're in the market for a larger home, with size and quality included, then this should be on your must see list. In an ideal location for those with younger children, it is up a long, sole-use driveway on a stunning quiet cul de sac - its one of those roads where the kids still play in the street or the driveway.

- 310m<sup>2</sup> (approx) home on 786m<sup>2</sup> (approx) site, just 4 years old and in fantastic condition
- one ground floor bedroom plus 4 on second level with large open plan living space and massive kitchen
- impressive kitchen includes large island bench gas cook top, double fridge space, double dishdrawers
- second separate lounge area, set up as theatre room



**Grayson Furniss**  
021 665 423  
09 426 6122

**Sarah Furniss**  
027 444 0044  
09 426 6155

[www.mikepero.com/RX2336490](http://www.mikepero.com/RX2336490)

Mike Pero Real Estate Ltd. Licensed REAA (2008)

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

**WAINUI BURGER NIGHT**

Friday, 9th October  
5:00 p.m. - Close  
Public Welcome  
Reservations Essential



Wainui Burger \* Jalapeno Cheese Burger \* Hawaiian Birdie Burger  
Lamb Burger \* Vegetarian Burger Incl Fries & Slaw \$22.5

**WAINUI RIBS NIGHT**

Friday, 30th October  
5:00 p.m. - Close  
Public Welcome  
Reservations Essential



Baby Back Ribs with Bavarian Potato Salad and  
Cabbage Slaw 1/2 Rack \$29.5 Full Rack \$39.5

[wainui.online](http://wainui.online)

**Wainui**  
EAT. PLAY. MEET

**WAINUI STEAK NIGHT**

Friday, 23rd October  
5:00 p.m. - Close  
Public Welcome  
Reservations Essential



Chef's Best Steak & Chips with your favourite Pint of Beer  
or a Glass of house Red or White Wine \$35

**WEEKEND BRUNCH**

Saturdays & Sundays  
10:00 a.m. - 1:00 p.m.  
Public Welcome  
Reservations Essential



Golfer's Big Breakfast \* Creamy Mushrooms \* French Toast \* Pancakes  
w/Berry Coulis \* Eggs Bacon Toast \* Yoghurt, Honey & Granola

# The Importance of the Youth Vote

For this month's issue I got to virtually speak to the Labour candidate for Whangaparāoa, Lorayne Ferguson. Lorayne wasn't originally up for the role but when no replacement came forward, she said yes to running as a candidate for Whangaparāoa. She explains, "If I was to be elected, I would be proud to serve and would do my best to represent Whangaparāoa."

In New Zealand, it is a legal requirement that you enrol to vote if you are over the age of 18, but it is not compulsory to actually carry out the vote, unlike other countries such as Australia that can fine you for not voting. Lorayne believes that it is "no more or less important for young people than it is for someone of any age to vote."

Youth are more relaxed about voting and it is shown clearly through the voter turnout in 2017. Only 69% of people from ages 18-24 voted, compared with 86% for ages 70+. It is too easy to blame social media and the changing world on why youth are not engaged in voting, Lorayne says. "There is a feeling among older people that the young live their whole lives 'online'; that they fail to engage with the 'real world' and that politics is so remote from their real life it may as well be happening on Mars."

Lorayne is not taking a swing at youth, but suggesting that the younger generation lives a different life to the older generation due to technology, and parenting and schooling changing over time. Younger generations are also behind big social media movements for human rights, such as climate change

and Black Lives Matter. It is neither a good nor a bad that things have changed over time, and it doesn't make any generation better than the other; it is just simply different. Lorayne then asked, "what more could the government do to engage with younger people?"

In Lorayne's opinion, "voting is part of our social contract between us and the government" and "a non-voter has no right to criticise any government when their votes might have produced a different outcome." I'm sure others will agree.

Lastly, I would like to thank Lorayne for taking the time to speak to me about the importance of voting for all ages.

If you are unsure if you are registered to vote, not sure of where to vote, or would like to learn more about the referendums for this year's election, you can check all that out and more at [vote.nz](http://vote.nz).

**Daniella Taylor**  
Orewa College



**PAY WHAT YOU CAN**  
*We Digging it Local*  
HERE TO HELP SUPPORT SMALL BUSINESSES  
[www.dirtydiggers.co.nz/paywhatyoucan](http://www.dirtydiggers.co.nz/paywhatyoucan)

**DIRTY DIGGERS** PLANT HIRE  
022 091 3317



Have you been to Fuchsia Hair design?



Fuchsia is a premium boutique hair salon providing unparalleled excellence to men & woman alike.

Located inside of a converted barn within Kings Plant Barn Silverdale. The salon is surrounded by soothing water gardens that contribute to its relaxed and calming setting.

The vibe inside is always professional and relaxing making for a tranquil hidden haven from the outside world.



## Unique and Boutique Hair Salon

Fuchsia are welcoming another very passionate senior stylist to the Fuchsia team. Introducing Alex! Alex has a wicked fun personality and loves all things that are trendy. To celebrate Alex's new beginning, we are offering all new clients with him a Very Special Offer!!

**Make an appointment in October to take advantage of Alex's welcome special.**

complimentary Wash, cut and blow dry with any colour service

**50% OFF** a wash cut & blow dry

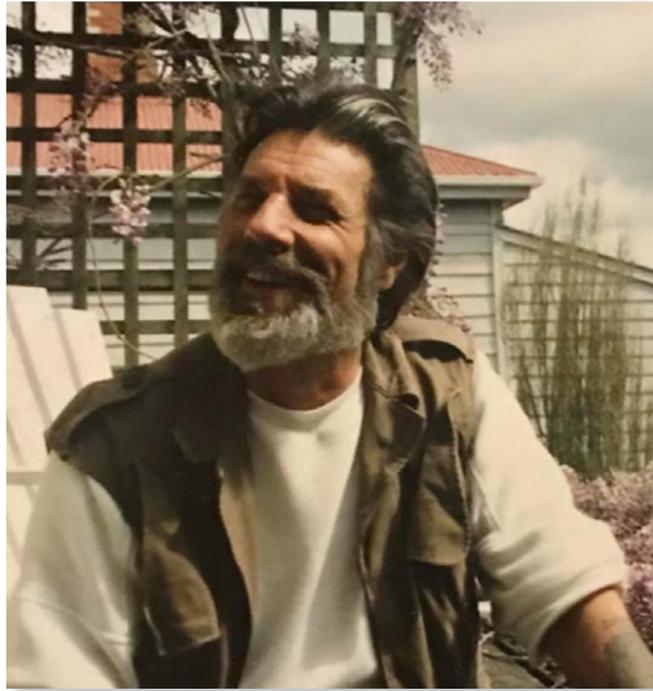
T&Cs at [www.fuchsihairdesign.co.nz](http://www.fuchsihairdesign.co.nz)



Inside Kings Plant Barn  
17 Hibiscus Coast Highway Silverdale 0932  
0426-3714 | [info@fuchsia.nz](mailto:info@fuchsia.nz) FB | [@fuchsihairdesign](https://www.instagram.com/fuchsihairdesign)



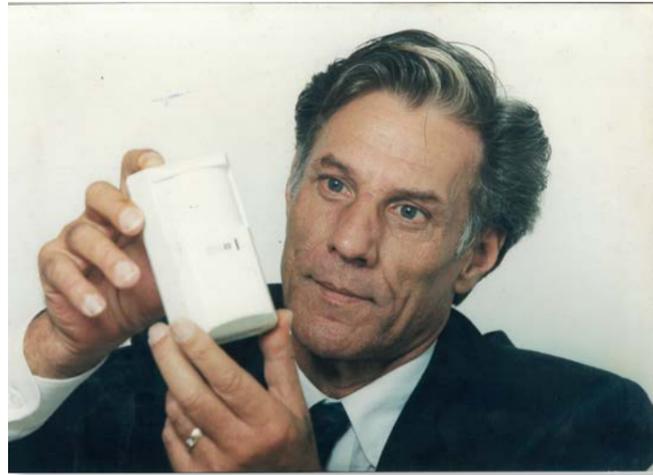
# Remembering Dan



In his younger days, Dan was in essence the closest thing to a cross between Ned Kelly, the Australian bush outlaw and Barry Crump, New Zealand's famous bushman and story teller!

An infamous prolific burglar in his younger days, Dan was legendary for his life on the run in New Zealand, writing very cheeky letters and poems to the District Police Chiefs, taunting them while they were trying to catch him as he lived in the bush here and there. Yes, Dan was a naughty boy back then and he never denied it when caught, always pleading guilty and serving his first prison term in Mount Eden in 1965.

Dan was no saint, but he turned his life around in a remarkable manner and earning the respect, friendship and support of some of those same top New Zealand's police chiefs he used to taunt. Dan put his energies into helping inmates in prison straighten out their lives, helping young people not go down the path he did. He spoke at schools, service groups, insurance and security seminars, and appeared many times on TV and radio, giving expert advice. He was sought after for his security knowledge, and graced many magazines, and newspaper articles. He also wrote books of his stories which are yet to be



published. Dan channelled his highly intelligent, larrikin ways into good.

Dan loved his horse racing and was a legendary punter at times, but was very astute and calculated about it. Dan had completed courses in iridology and herbalism. He was a very intelligent charismatic man, very likeable once you got to know him, generous, honourable, and always had a cheeky, wicked sense of humour.

Life was not easy for Dan in the last few years. He had been managing health issues, including radiology treatment for prostate cancer. People that knew him helped him where they could, although he never asked for anything. He told me one couple gave him a car earlier this year when his broke down, and they bought him cooked meals some nights during the first Covid-19 lockdown. Although he was stood down from his contract with Fulton Hogan at the time due to his age, Dan continued to do his security throughout, on his own, because he was passionate doing what he loved to do!

Ultimately, Dan was one of life's true characters and will be very sadly missed by all those who were fortunate enough to get to know him.

To learn more about the fascinating life of Dan Dudson, please look up on Google "An ode to Dan Dudson", written by Phil Taylor in the Dominion Newspaper, on August 2nd 2020. It is a highly interesting read.

FULTON HOGAN ARE PRESENTLY WORKING THROUGH THE PROCESSES OF ERECTING A PARK BENCH IN THE COMMUNITY OF MILLWATER, IN MEMORY OF DAN.

Rod Clarke



**Silverdale Village Market**

Your local community Market

Every Saturday 8am-1pm

Silverdale St, Silverdale

**PET NATURALS**

Natural Pet Nutrition - the key to health and wellbeing

We stock

- An extensive range of high quality raw foods
- Natural NZ made treats
- Premium pet foods including Origen, Acana, Ziwi Peak, Mighty Mix
- Pet accessories, apparel and much more

**SHOP WITH US IN STORE OR ONLINE**

**10% OFF YOUR FIRST ONLINE PURCHASE**

09 427 8122

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

292 Hibiscus Coast Hwy, Orewa

On June the 10th this year, Millwater Security Man Dan sadly passed away suddenly.

Many of you early residents of Millwater may have known or been aware of Dan. At night, Dan would keep an eye on everything in Millwater. In the daytime, Dan would try to get some sleep, living in his bus on Manuel Road with his dog, Albie.

While many of you would not have known Dan, you may have seen his vehicle driving around with a Millwater Security sign on the door. Dan was very dedicated to maintaining security over all the roading equipment, machinery, and building sites in Millwater, deterring theft of everything in his patch while all these homes around you were built. He was superbly skilled at doing this, perhaps more so than anyone in New Zealand.

You see, what almost everybody didn't know about Dan was his remarkable life, which equipped him to be so knowledgeable about security.



**Mark Mitchell** ✓

Whangaparāoa

**National**

E: [mark.mitchell@national.org.nz](mailto:mark.mitchell@national.org.nz) | W: [markmitchell.national.org.nz](http://markmitchell.national.org.nz) | FB: [markmitchellmp](https://www.facebook.com/markmitchellmp)

Authorised by Mark Mitchell, Tamariki House, 7 Tamariki Ave, Orewa.

## The College Years: Choosing the right school

Wentworth College, a leading private school in Gulf Harbour, appreciates that deciding where to enrol your child for their senior school years is an extremely important decision. Identifying a school that best suits your child's academic and sporting needs, that also provides the best pastoral care, requires careful consideration as it will have a significant long-term impact on their future successes.



survey said that when choosing a school, parents said that their child's happiness and mental wellbeing was rated highly.

All students need to feel a sense of belonging to thrive. In a small school like Wentworth, our students belong to a close-knit community and it is hard for a child in a small school to slip through the cracks. With small class sizes, we are able to provide individual care. Our student's social and emotional needs are all known and can be supported.

### Choosing a school with great sports and co-curricular activities

70% of Wentworth students play a sport out of school hours. Students have a chance to be in a top team; it is not just the domain of the 'sporty' athletes. Wentworth enters teams in 23 sporting codes. From netball to hockey, sailing to golf, basketball and rowing, our teams enjoy local, national, and international successes.

Wentworth is currently accepting enrolments for 2021. Call Wentworth to discuss why Wentworth might be right for your child.

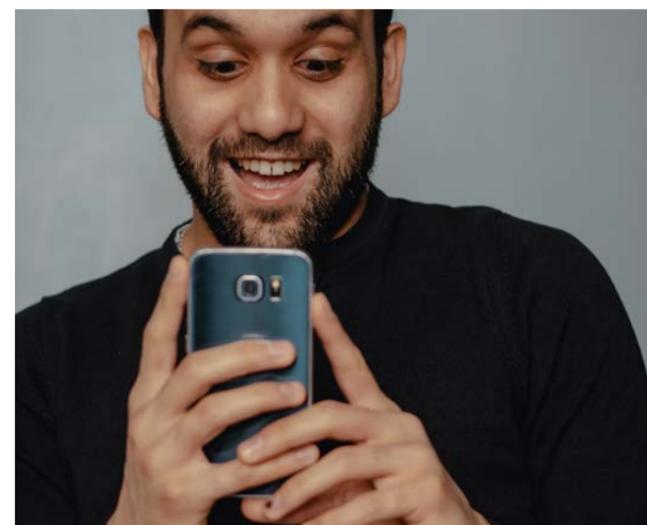
### Choosing which examination system best suits your child

The recent global education survey has showed an overall decline in New Zealand's level of reading, mathematics and science since 2009. In New Zealand, secondary schools teach either NCEA, Cambridge International Examinations (CIE) or International Baccalaureate. At Wentworth, we teach the Cambridge examination system, an academically robust curriculum. 100% of our domestic Year 13 students achieved their University Entry, compared to the national average of 49.3%.

### Choosing a school with strong pastoral care

Every parent wants the best for their children. It wasn't surprising when the results from a recent Wentworth parent

## Relieving Symptoms of Digital Eyestrain



### 20/20/20 Rule

Exercise your eyes with the 20/20/20 rule; for every 20 minutes on a screen, shift your eyes onto an object 20 metres away for a period of 20 seconds.

### Blink regularly

Blinking is the eye's way of getting its moisture. Looking at a screen reduces our blink rate by 30%. Make a conscious effort to blink and this will keep the surface of your eyes from drying out. Stay hydrated with lots of water and, if necessary, use artificial tears to refresh the eyes.

### Keep a distance

Try to keep devices 50-60 cm away from your eyes and position the centre of your computer screen 10-15 cm below eye level.

### Reduce blue-light exposure

Digital devices can emit high-energy blue light, which after prolonged exposure can lead to eye fatigue. Blue-light filtering lenses can neutralize a portion of blue light and glare from digital screens for comfortable and relaxed vision.

**If you think you're experiencing the consequences of the digital age, consult an optometrist for a full comprehensive eye exam. Contact the team at Orewa Optics who are happy to assist you along the way.**

**DYNAMIC™**  
OUTDOOR SOLUTIONS

**GET YOUR OUTDOOR AREA  
SUMMER READY WITH OUR  
EXTENSIVE RANGE**

0800 273 949  
dynamicoutdoorsolutions.co.nz

**ENROLLING NOW FOR 2021**

**WENTWORTH**  
COLLEGE & PRIMARY

- ✓ Cambridge International Examination system
- ✓ Academic scholarships available
- ✓ Wide range of sports including rowing, sailing & golf
- ✓ Small class sizes - Teacher ratio 1:11

Cambridge Assessment International Education  
Cambridge International School

INDEPENDENT SCHOOLS  
NEW ZEALAND

Academic Excellence  
**100% PASS FOR UE**

**BUS SERVICE THROUGH MILLWATER**

09 424 3273  
www.wentworth.school.nz

# Millwater Bistro & Bar



Due to the changing levels in Auckland and the uncertainty around group numbers, we are excited to launch our newest venture... 'Express Weddings'.

We would like to help make your special day as stress-free as possible, keeping within the current restrictions. So, we have designed a wedding package which does just that. We have two venues to choose from, either your local here in Millwater, or our city venue which overlooks Victoria Park, The Oakroom.

Our basic package is priced at \$1,500 and includes:

- One of our wonderful handpicked celebrants
- Exclusive use of either Millwater Bistro & Bar or The Oakroom for two hours
- An archway for your "I do"
- A wedding cake with your choice of flavour
- A bottle of our house bubbles with champagne flutes.

To personalise your day, we have a versatile format where you can add to the basic package; choose from our

selection of delicious platters, a bouquet or buttonhole, a photographer and even the opportunity to arrive to your special day in a limousine.

All you need to bring is your marriage license, the rings, your soon-to-be spouse and up to 6 of your closest loved ones to witness your marriage. We also provide the option to add additional guests onto your wedding package for \$150 per group of 10 (once we are back to Level 1 and the event restrictions have been lifted). Inclusions remain the same as the basic package.

Get in quickly to ensure your date of choice is available! Contact us on [events@xeniagroup.co.nz](mailto:events@xeniagroup.co.nz) or visit our website for more information.

### Don't forget about our monthly events!

Join us for the October **Wine Dinner** on the 29th October where the theme is **Pasifika!** Included is a 4-course meal with matching wines for only \$75 per person. Spaces are limited and bookings are a must!

This month's **Curry Club** is being held on the 7th October with a vegetarian and non-vegetarian dish from **New Delhi**.

We also have our **monthly brunch special** which is a Bauernomlett or a "Farmers Omelet" from Germany, stuffed with sausages, bacon, peppers and potatoes. One helluva start to the day!

We look forward to being of service!

# Millwater Property Management

## Qualifications & Compliance



The law changes keep coming, and Quinovic is on top of the changes.

Quinovic property managers are in the throes of organising assessments of their properties for compliance with the Healthy Homes Standards. They are also undertaking formal training courses to build on their in-house training and practical experience of the industry. These independent NZQA courses will result in certification of Quinovic property managers to the highest level. Further certification will increase the capabilities of its staff.

It is becoming difficult and more complex to be a landlord. If it's getting too hard for you, my best advice is to engage a professional property manager who knows their compliance requirements.

Craig Harrison | Principal, Quinovic, Millwater

<https://www.quinovic.co.nz/millwater/>

There are numerous ways of assessing the progress of people through their careers. One way is to look at their milestones in achievements; another is to test their expertise at intervals.

Apprenticeships and trade training work substantially in this way. The candidate is instructed, tested, then assessed as to their level of competence.

The property management industry is following the trend in certifying its practitioners as to their level of knowledge of their jobs and the industry. There are NZQA courses and examinations which enable a property manager to find out how good they are.

With the recent flood of changes to tenancy law and the increasing complexity of the landlord's responsibilities, property managers need to know that they are complying with the law for the protection of their owner clients, tenant customers, and themselves.

Millwater Parkway  
**Pharmacy**

EAU THERMALE  
**Avène**  
*soothing by nature*

Evidence based cosmetic, trusted by dermatologists for the most sensitive skin.

Available in pharmacy only.

[www.eau-thermale-avene.co.nz](http://www.eau-thermale-avene.co.nz)

**FREE GWP**  
*with every purchase over \$50*

Unit 19, 175 Millwater Parkway  
Silverdale 0932  
Ph/Fax (09) 959 0256

**Mon-Fri: 8.30am – 6.00pm**  
**Saturday: 9.00am – 3.00pm**  
**Sunday: Closed**

**MILLWATER BISTRO & BAR**

With the changing regulations due Covid-19 we want to create a stress-free package for your upcoming nuptials. Priced at **\$1500** with the option to include additional add-on items.

Get in touch with us on our website [www.millwaterbistroandbar.co.nz](http://www.millwaterbistroandbar.co.nz) or email us on [events@xeniagroup.co.nz](mailto:events@xeniagroup.co.nz)

**Millwater**  
Bistro & Bar

*You Bring*  
Rings / Soon to be spouse / Marriage licence / 6 of your closest loved ones

*We Will Have*  
Celebrant / Venue / Archway / Cake and Bubbles

Get Noticed Online

**SMALL BUSINESS MEDIA PACKAGES**  
SOCIAL MEDIA PHOTOGRAPHY TAILORED TO YOUR BUSINESS'S NEEDS

Visit [EssentiallyArtPhotography.com](http://EssentiallyArtPhotography.com)

## Book Club Knitters



An already established Book Club group of Millwater ladies decided to get together to do some knitting for charity. Covid-19 has in all things played a part this year and, in many ways, it has impacted this group of women who continued their Book Club over Zoom, thanks to one member, then our meetings at Millie's in Millwater for coffee as soon as we could. Additionally, this was wonderful opportunity to do something for charity and the children at Starship Hospital.

We meet once a fortnight to knit together, and obviously knit at home to complete as many garments as they can for this wonderful cause. However, perhaps the greatest joy has been the time spent together in each other's homes where, quite frankly, no subject is off the agenda! Laughter is the number one necessity and simple joy in each other's company during what has been a challenging time. Beautiful little garments, cardigans, jerseys, beanies, etc., have also been created with love.

We all know there are other groups who are doing this wondrous work as well, and we applaud them also. We know that, like us, they will find the joy in producing a little garment that will keep a baby warm when there are no family funds to provide this. The photos will show you the laughter shared and the garments produced but, perhaps, not the absolute dedication to a cause. We are saddened to know that children in NZ are without the basic necessities of warmth after birth, but we are thrilled to know that by coming together in great companionship we can create a change and give these garments to those in need.

*Names: Jane Boyce, Carolyn Robertson, Sue Reid, Rosalind Cunningham, & Lynn Jury. Photographer: Robyn Tubb. Absent: Pam Thompson, Ute Engel, & Sue Chapman.*

## Millwater Women's Group: The Honey Centre



For the first outing of the Millwater Women's Group since Lockdown 2, nine women buzzed up to the Honey Centre near Warkworth. After morning tea, the group were treated to a tour of the centre, including tastings.

We learned the difference between the Queen, workers and drones in each hive, and many facts about the life cycle of bees. For example, the Queens live for three years while the workers live for only three weeks!

After filling a container with multiflora honey to take home, we browsed the well-stocked shop. Bee pollen, Royal Jelly, cosmetics and various types of honey are available to purchase.

After enjoying a light lunch in their café, we returned to Millwater. All agreed it was an entertaining and informative outing.



Join us for services throughout the month:

**St Chad's, Orewa**  
Sunday 8am and 10am  
Wednesday 9:30am

For further information  
phone 09 426 4952  
or chadorewa@gmail.com  
www.hbcanglicanparish.co.nz

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

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

## Take a magical mystery tour! Wainui Cove, 186 Wainui Road, Millwater



Last month we talked about the story behind the banners on Manuel Road in front of Maddren's current construction sites. Have you managed to spot a few more of their banners around the neighbourhood?

This month we would like to bring your attention to Maddren's Wainui Cove showhome, located on the corner of Wainui and Ridgedale Road. Chances are you have already driven past this stylish home with contrasting black colour steel and white weatherboard, plus cedar eyebrow framing specially designed to catch your eye – magic!

This showhome welcomes you with an elegant floor-to-ceiling glazed entry that invites you in to a spacious layout with separate private and public areas. A second lounge offers a private haven, opening out to a tranquil north-facing rear deck shared with the master bedroom.



The space-efficient kitchen is filled with hidden features, including a concealed butler's pantry. Angled timber wall panels offer privacy from those walking the hallway, while creating a stunning feature wall that adds flair to the central living space, supported by high raked ceilings across the whole house.

Next time you're passing this beautiful showhome, don't be shy, pop in and say hello. The friendly Maddren team will be there to show you around and answer any questions you may have. Even if you are not planning to build a house yet, this showhome will give you plenty of magical ideas and inspiration.

[www.maddrenhomes.co.nz/showhomes](http://www.maddrenhomes.co.nz/showhomes)

## BE THE MAGIC, NOT THE ILLUSION

The magic of a Maddren home comes from our experience and expertise, our innovative thinking, and our commitment to being real and reliable. It's what sets us apart and makes our houses award winners. Yours could be a contender too – or simply magic just for you.

[maddrenhomes.co.nz](http://maddrenhomes.co.nz) 0800 666 000



Discover our latest showhomes including Wainui Cove in Millwater and Vinistra in Huapai.



## Mortgages – New & Existing

In the current economic climate and with interest rates at record lows, new home owners are taking the plunge and entering the property market, and as they do so taking up a mortgage for the first time. Mortgages – we all know about them, but do we *really* understand them?

### Let's start at the beginning; buying a home.

When purchasing a property, you may have a deposit saved; however, you may require funding from the bank to make up the balance of the purchase price. If you have not sought pre-approval from your bank, you will need to ensure there is a finance condition in the agreement for sale and purchase. The finance condition gives you a time period to obtain approval from the bank to borrow the funds.

### What is a mortgage?

If the bank agrees to lend you the funds, they will usually seek security; either a guarantee, or a mortgage, or both. A mortgage is a security granted by the borrower over their property (for example, their home) in exchange for the lender providing a loan. The bank advances the funds to the borrower under the loan and the mortgage is recorded on the title of your property.

The lender's rights and your obligations will be outlined in your loan documents and the mortgage instrument. These rights can extend to the sale of your property in event of default. It is helpful, and in some cases required, to have a



lawyer review the bank documents to help you understand your rights and obligations. Remember to contact your bank if you are unable to meet your payment obligations to determine what arrangements you can come to.

### I've repaid my loan.

Once you have repaid your loan to the bank, you will need to have a lawyer or conveyancer discharge your mortgage; that is, remove it from the title to your property so that you have clear title. This

is not something that is automatic and is often missed.

Taking on a mortgage is a big responsibility and it is important you are fully aware of the obligations you are agreeing to. You are welcome to call us to discuss on 09 421 0559 or email [silverdale@simpsonwestern.co.nz](mailto:silverdale@simpsonwestern.co.nz).

**Melanie Baker-Jones**  
Solicitor  
Simpson Western

## Insurance for the Uninsurable?

How can you increase your insurance cover if you are uninsurable?



In other circumstances, where one has had a standalone Trauma (critical illness) claim pay-out, you are able to restore 100% of the amount of the Trauma cover after 12 months from the date of the claim pay-out, by exercising the Trauma buy-back option. This enables you to reinstate the Trauma cover, based on the terms and conditions of the original cover, without needing to provide evidence of health. You will not be covered for the same condition that you claimed for, but you may qualify for a discount on your premium.

These benefits are great sources of protection to anyone who has experienced a serious illness. To maximise the value of these options, it is important to work closely with an experienced insurance adviser.

It's what we do!

**Theo Simeonidis FNZIM & Cristina Simeonidis**  
UProtectNZ Insurance Services



On the face of it, you may think this question is a riddle. But no, it's not. How can that be, you ask?

If you have experienced a serious illness, such as cancer, then – despite successfully completing medical treatment – you will be uninsurable regarding any new insurance application that requires medical underwriting. However, in certain circumstances you can still **increase your existing lump-sum Life cover without the need for medical underwriting by:**

- Exercising your policy's **Special Events Increase Benefit:** this permits your Life cover to be increased (within certain limits) when triggered by a special life

event, such as marriage or civil union, birth or adoption of a child, taking out or increasing a mortgage, purchasing a residential property and others;

- Exercising your policy's **Future Insurability Option**, which enables you to periodically increase your lump-sum Life cover within certain limits. This is an optional benefit that I always recommend for my clients, and it has been an absolute blessing for those who have experienced a serious illness which would otherwise render them uninsurable.

*Theo and Cristina Simeonidis are Registered Financial Advisers, living and working in Millwater, and specialising in personal and business insurances. Theo can be contacted on 027 248 9320, Cristina on 021 868 280 or email [theo@uprotectnz.com](mailto:theo@uprotectnz.com). Any assistance is provided on a free, no-obligation basis. A disclosure statement is available free of charge on request.*

**Everyone wants the good life - smooth sailing, affairs in order, business matters sorted, our families and assets protected.**

For exceptional legal support and results, together with a real belief in personal service, please give us a call.



**SIMPSON WESTERN**

Silverdale Corner Millwater Parkway and Polarity Rise, Silverdale p. 09 421 0559  
Takapuna Level 3, Takapuna Finance Centre, 159 Hurstmere Road, Takapuna p. 09 486 3058

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

### Theo Simeonidis

FNZIM, B.For.Sc (Hons.), MPP  
New Zealand Certificate in Financial Services  
Registered Financial Adviser  
Millwater's insurance specialist  
- serving our community

### UProtectNZ Insurance Services

Ph: 09 528 8724  
Mob: 027 248 9320  
Email: [theo@uprotectnz.com](mailto:theo@uprotectnz.com)  
Web: [www.uprotectnz.com](http://www.uprotectnz.com)



Providing security and peace of mind for you, your family and your business

## Beauty Aspects



*Ultimate indulgence October treat*

1/2 hr back massage  
plus 1/2 hour rejuvenating facial

Only  
\$125

Add paraffin wax for only \$10

Amelia 02102972587 • 09 947 5939 • 41 Fennell Crescent, Millwater • Open Mon-Sat

[facebook.com/beautyaspectsltd](https://www.facebook.com/beautyaspectsltd)

[www.beautyaspects.net](http://www.beautyaspects.net)

# SPF: Your #1 Anti-Ageing Product



One of the main causes of ageing and premature ageing is sun exposure, and the effect of the sun on the skin structure. Use of sunblock like Nimue Sun C with environmental shields and SPF 50 is the only way to go in prevention of skin damage.

Also very importantly, with all of us spending more time in front of devices whether for work or pleasure, we need protection against digital ageing. Every day, we spend on average:

+/- 2.27hrs on a phone

+/- 3.43hrs watching TV

+/- 7 hrs on a computer

Totalling 12 hrs daily being exposed to HEV (high energy visible light).



All these external light sources cause photo ageing as well as ROS (reactive oxygen species), commonly known as free radicals. ROS attack and react with stable skin cell molecules, causing cross linking of collagen and elastin, which in turns lessens the skin's ability to repair itself.

In addition to light protection, anti-pollutant protection is a must, as gas and heavy metals are found in our air and water all over the world.

New generation sunblocks are also light weight and non-oily, designed to be used even by the most sensitive skin, including eczema. They apply easily and they don't have the white zinc look anymore. They are also ocean, marine, and reef safe.

But do remember they need to be reapplied during the day.

Make sure that your next purchase is a new generation SPF; your #1 anti-ageing product. Available from all reputable salons.

**Amelia | Beauty Aspects**

As we are heading into summer, I thought this would be a great topic.

Sunscreen or sunblock has come a long way since it was first created in 1938 by Franz Greiter and Benjamin Green in 1944. Green mixed cocoa butter with "red veterinary petrolatum" to protect the skin from the sun, resulting in the creation of products now known as Piz Buin and Coppertone.

The basic function of a sunblock is the reflection of UV away from the skin, preventing sunburn. Modern sunblocks now not only have a SPF but have added vitamin C, plus environmental shields, giving them a multitude of additional key benefits.

That's why you do get what you pay for.

Top end sunblock have superior ingredients, and have been independently tested to verify their claims of efficiency and results.



**ANIMAL NATURAL HEALTH**  
Your lifestyle choice in animal health care

**ANIMAL NATUROPATH**  
**Sandra G Urwin** Dip NAH (Hons) Dip Cl.Hyp HbT

- Cancer
- Incontinence
- Allergies
- Skin Problems
- Auto-immune Conditions
- Anxieties & Fears

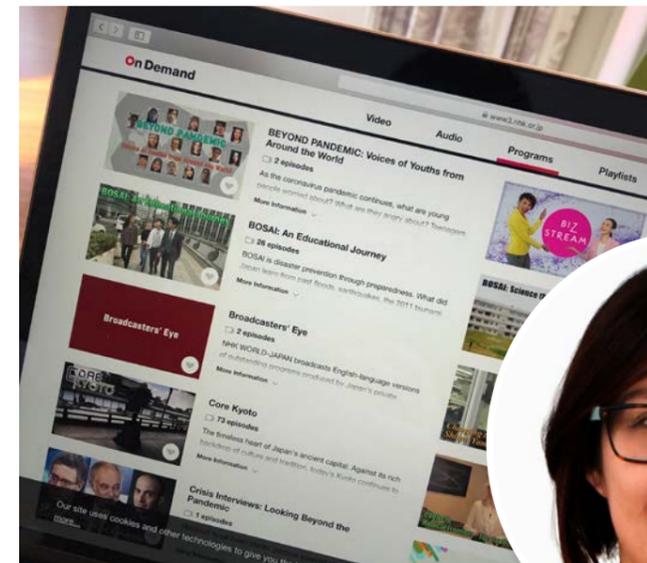
Consultations by appointment • 027 448 33 22  
Private Practice, Orewa or by phone  
info@natpet.co.nz • www.whitetui.co.nz

*'every pet is an individual and deserves to be treated as such'*



# Millwater Asian Corner

## Useful Online Resources



Another popular choice in our household is called "Great Gear". It visits and reports on international expos across Japan, which brings so much information about the latest trends in different products and services.

My beloved program is called "72 Hours". In each episode, the film crew goes to different location/facility and set up station for 3 days, were they interview various people for why they visit the place. In previous episodes, they have been in a 24-hour post office, a convenience store inside a hospital, and a training facility which helps people who recently escaped from gangs and drug life. You can imagine the stories which lie behind each visitor.

If you are into design and art, there are heaps of programmes covering these topics, as well as architecture, landscaping, engineering, technology, cooking ... and the list goes on.

I always found myself learning something new watching these programs. It's a great resource. I hope you will find something you like.

If you struggle to find high quality and 'nutritious' television programs for the whole family to enjoy, I would highly recommended you try NHK On Demand, which helped me to get through lockdown. This site provides various kinds of programs in English, all free to view across the world.

Although being a Japanese broadcasting company, most programs are produced in the Japanese perspective. However, with a wide range of categories to choose from, it offers many eye-opening opportunities to my children. Most importantly, I can feel safe for them to choose any program from that platform without any worry.

My children love to watch a program called "Japan's Top Inventions". It introduces one invention in each episode, looking at where the ideas came from and what challenges they faced before the product become a great success. Recently they just watched the invention process of QR code, cup noodles, and emoji, which are all highly relevant to our daily life. They were totally immersed in this science program.

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

**OREWA OPTICS**

**10 Bakehouse Lane**  
(opposite Dear Coasties)  
**09 426 6646**



**Our Dispensing Opticians**  
Petra, Angela, Christine



**Our success is built on providing the best quality vision care in the Hibiscus Coast.**

**We stand by our products and services with integrity and proudly care for our community.**

**Our friendly team is ready to provide you with professional advice and the best eyewear to suit your needs. Come and see us today!**

**Our Optometrists**  
Grant, Helen, Anuja

For more information or to book an eye exam online visit [www.orewaoptics.co.nz](http://www.orewaoptics.co.nz)

**ROD HARMAN MOTORS LTD**

*Automotive Repairs • Servicing*  
**WOF Testing**

1/8 Curley Ave, Silverdale

Ph (09) 426 6066  
Fax (09) 426 1066

# What's On Hibiscus Coast

**Hibiscus Coast Scottish Country Dance Club** • Every Weds Silverdale Hall • 7:00pm

**St Chad Market** • 1st Sat of every month • 117 Centreway Rd, Orewa • white elephant, arts, crafts, plants etc Stalls \$15 & tables if required (\$5) • bookings call Andrea 02108310745 or John 09 4267645 (If it's wet it will be inside).

**Millwater parkrun** • Every Sat 8am • See [www.parkrun.co.nz/millwater](http://www.parkrun.co.nz/millwater) for more details

**Rotary Satellite Club of Orewa Millwater** • 2nd & 4th Tues of every month • 7pm at The Wade Tavern, 2 Tavern Rd, Silverdale Contact Secretary Caroline 027 748 0512

**Hibiscus Coast Mid-Week Badminton Club** • Every Weds 9am-noon • (Club Nights Tues & Thurs 7-9pm) • All welcome Orewa Badminton Hall, Victor Eaves Park

**Ukelele Classes** • Every Thurs • 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.

**HBC Grandparents Parenting Grandchildren support group** 1st Weds of each month • 11am - 1:45pm • Red Beach Methodist Church Free group offering support, friendship, guest speakers and lunch • Further details contact Donna 021 024 3064

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

**Ladies Crafts Group** • Every school term Tuesday • Orewa Community Church • 235 Hibiscus Coast H'way, Orewa 9am - 12pm • \$2 for morning tea & craft • creche provided

**Arts Group** • Every school term Friday • Orewa Community Church 235 Hibiscus Coast H'way, Orewa 9am - 1pm \$2 includes morning tea • suitable for beginners

**Hibiscus Coast Rock & Roll** • Every Tues • 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.

**Join Hibiscus Coast Concert Band** • Every 2nd Thurs • All ages & abilities welcome • See our website [hccb.org.nz](http://hccb.org.nz) Call 021 186 4599 to check when our next rehearsal is.

**HBC Senior Citizens Assn. Inc. meet for Indoor Bowls & cards** • Every Tues & Thurs • (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.

**Silverdale & District Historical Society Coffee Morning** • 3rd Tues of each month • 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](mailto:pioneervillage1968@gmail.com)

**Dance Fitness Class** • Every Tues/Thurs evening 7-8pm Kingsway Jnr Campus • First class FREE, \$10 per session afterwards, concession cards available Contact Richard 021 504084

**Whangaparaoa Indoor Bowls Club** • Every Mon • night at the Whangaparaoa School Hall from 7pm • all ages, beginners welcome and coaching provided • contact Geoff 09 428 5915 or Owen 09 426 8476

**Silverdale Ballroom Studio** • Every Thurs evening • Silverdale Hall at 7pm • Adult & Improvers classes for beginners & social dancers Contact 09 427 5542 for further information

**Kiwi Club** • 4th Sun of each month • Social Dance 5-8pm All welcome • Silverdale Hall

**Toastmasters** • Every Fri • 1:00 - 2:00pm • Orewa Library

**Hibiscus Coast Embroidery Guild** • 2nd Weds 7-9pm & 4th Thurs 10am - Noon • Meet at Hibiscus Coast Community House (behind Estuary Arts, Orewa) • Contact Jan Adams 09 426 5851, [janadams49@gmail.com](mailto:janadams49@gmail.com)

**Puhoi Celtic Sessions** • Every 2nd Thursday • Orewa North Primary School • A sing-around/play-around event where everyone can join in. Contact Alan [alanthewag@outlook.com](mailto:alanthewag@outlook.com)

**Hibiscus Petanque Club** • Every Tues & Weds 9am - 12 and Sun from 1pm • 214 Hibiscus Coast Highway, adjacent to the Orewa Bowling Club. New players always welcome, free coaching available. Ph Club Captain Marcos on 021 2511805 for information or call in to chat!

**Rise with the Sun at Orewa Beach** • Every Sunday 10 mins prior to sunrise • hosted by Naturall Wellthy with Alison Davis • Contact Alison on 021 27224378 or visit event page [https://www.facebook.com/alisondaviswellness/?modal=admin\\_todo\\_tour](https://www.facebook.com/alisondaviswellness/?modal=admin_todo_tour)

**Citizens Advice Bureau Hibiscus Coast AGM** • Friday 21 August • 1.00pm In the Catholic Church Hall • 180 Centreway Rd, Orewa ALL WELCOME

**Orewa Tennis Club** • 10 & 11 October, 1pm-4pm for Love Tennis 2020! Fun weekend filled with prizes, giveaways, activities, and a BBQ, with racquets supplied on the day. Free to attend! Call Michelle 027 2799 802 for more information.

# Support Your Local



## Health & Well-Being, Fitness & Beauty

Health by Logic 09 421 1273  
Beauty Aspects 021 02972587  
Be Inspired 021 988 468  
Luscious Living Silverdale 0800 587 246  
Fuchsia Hair Design 09 426 3714

## Optometrists

Orewa Optics 09 426 6646

## 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

## Real Estate

Mike Pero Real Estate, Millwater 09 426 6122

## Food, Entertainment, Sport & Recreation

Wainui Golf Club 09 444 3437  
Millwater Bistro & Bar 09 777 6008

## Pets & Vets

Millwater Vet Hospital 09 427 9201  
K9 Groomers 09 426 3274  
Pet Naturals 09 427 8122  
Animal Natural Health 027 448 3322

## Home & Garden

Central Landscape & Garden Supplies 09 421 0024  
Dynamic Outdoor Solutions 0800 273 949  
First Auto Electrical 09 427 5748  
Dirty Diggers 022 091 3317

## Electrician

Laser Electrical 09 426 3852

## Printing

Treehouse Print 027 4986 202

## Photography

Essentially Art Photography [essentiallyartphotography.com](http://essentiallyartphotography.com)

## Community

Hibiscus Coast Anglican Parish 09 426 4952  
Forrest Funeral Services 09 426 7950

## Medical & Dental

Orewa Medical Centre 09 426 5437  
Millwater Dental 09 972 1518

## Pharmacy

Millwater Parkway Pharmacy 09 959 0256  
Life Pharmacy Orewa 09 4264087

## Insurance / Finance / Accounting

Wayne Henry Mortgages 0800 WHENRY  
UProtectNZ Insurance Services 027 248 9320

## Legal

Simpson Western 09 421 0559  
Heathcote Legal 09 475 5916

## Property Management

Quinovic Millwater 09 444 5753

## Fashion / Retail / Gifts

Silverdale Village Market 021 030 3273  
Estuary Arts 09 426 5570  
Island Orewa 09 421 0084

## Child Care / Education / Classes

Northern Arena 09 421 9700  
Wentworth College 09 424 3273  
sKids 021 77 33 01

## Landscaping

Zones Landscaping 0800 00 60 31  
Classic Landscapes 027 290 4888

## Osteopath / Accupuncture

Osteo Me 0508 OSTEO ME

## Housing

Madison Park Homes 0800 696 23  
Maddren Homes 09 412 1000

Advertise in The Millwater Mag and feature here for FREE!

**Mike Pero**  
REAL ESTATE

These local community groups advertise here for FREE thanks to this page being sponsored by Mike Pero Millwater Grayson & Sarah Furniss • 09 426 6122 • [millwater@mikepero.com](mailto:millwater@mikepero.com)

Mike Pero Real Estate Ltd, Licensed REAA (2008)

**Mike Pero**  
REAL ESTATE

This page is sponsored by Mike Pero Millwater Grayson & Sarah Furniss • 09 426 6122 • [millwater@mikepero.com](mailto:millwater@mikepero.com)

Mike Pero Real Estate Ltd, Licensed REAA (2008)



## Roasted Garlic Hummus

### Ingredients

- ½ cup oil
- ¼ cup lemon juice
- 1-2 teaspoons of salt
- 6-10 cloves of roasted garlic, peeled (they can be dry roasted in a pan with the skins on to prevent them burning – you can use raw, but I think the flavour of roasted garlic is better)
- 3 cups cooked chickpeas (or 2 tins chickpeas, drained and rinsed)
- ¼ cup tahini (sesame seed paste)
- ½ to 1 cups of water, depending on the consistency you want
- 2 tsp ground cumin
- 1 tsp ground paprika
- Fresh parsley

### Method

Blend the first 4 ingredients in a food processor with 1 cup chickpeas

Add the remaining ingredients & blend well

Spoon into containers to store in the fridge

#### *To cook dried chickpeas:*

Soak overnight, rinse them well & boil gently for 1.5 to 2 hours. Allow to cool. This can be done the day before you make the hummus, just keep them in the fridge, or you can freeze them until you need them.

#### Nutritional Information per 50g serve:

kJ = 465 (110 calories)

Carbs = 15 g

Protein = 6 g

Fat = 16 g

Fibre = 5 g

Paula Southworth

## Japanese Tempura Batter & Dipping Sauce

### Ingredients

- 100g (1 cup) plain flour
- 1 egg
- 200mls cold water – ice cold is best
- 1 tsp baking soda
- 2 Tbs potato starch or cornflour

### Make Tempura Batter

**Important:** Lumps of flour in the batter are necessary for a great batter. Don't overmix as you will overwork the gluten, which makes it heavy and un-crispy.

1. Mix flour, baking soda, & potato starch together.
2. Crack egg into bowl & cold water and lightly mix.
3. Put 1/3 mixed flour into egg mixture, gently mix using chop sticks or fork.
4. Then add an additional 1/3 flour & mix, then last 1/3 flour and mix.

### Prepare ingredients

Use the freshest ingredients you can. Cut them into pieces or thin slices of same size to avoid uneven cooking.

1. Vegetables such as button or field mushrooms, potato, sweet potato, eggplant, courgette, onion, capsicum, pumpkin, green beans, carrot, asparagus, broccoli, cauliflower
2. Seafoods such as prawn cutlets, white fish (snapper, terakihi, gurnard) & squid
3. The best oils to use are sunflower, corn or canola oil

### How to fry Tempura

Put oil into large sauce pan, fry pan or electric fryer.

Heat up the frying oil to 170 degrees. You can check oil temperature without a thermometer. Put one drop of tempura batter into oil. If the tempura batter sinks to the bottom of fryer, the temperature is too low. If tempura batter did not sink at all and the batter spreads quickly with a crackling sound then it is too high. Best temperature condition is when the drop of tempura batter will sink half way in fryer then float.

Put items into tempura batter bowl to coat them with tempura batter, then carefully put them into the oil. Fry one side, then turn over and fry the other side till crisp.



### Tentsuyu Dipping Sauce

Tentsuyu is the traditional dipping sauce for tempura. It gives a real depth of flavour, yet it is easy to make.

#### Ingredients

- 200mls water
- 2½ Tbsp Kikkoman soy sauce
- 2½ Tbsp mirin
- 5gm bonito flakes or dashi

#### Method

Put all ingredients into a saucepan, boil for 2 minutes. Place through a strainer and serve hot.

Mark Lane | Culinary Lane



## New Zealand Birds at Kingsway Primary School

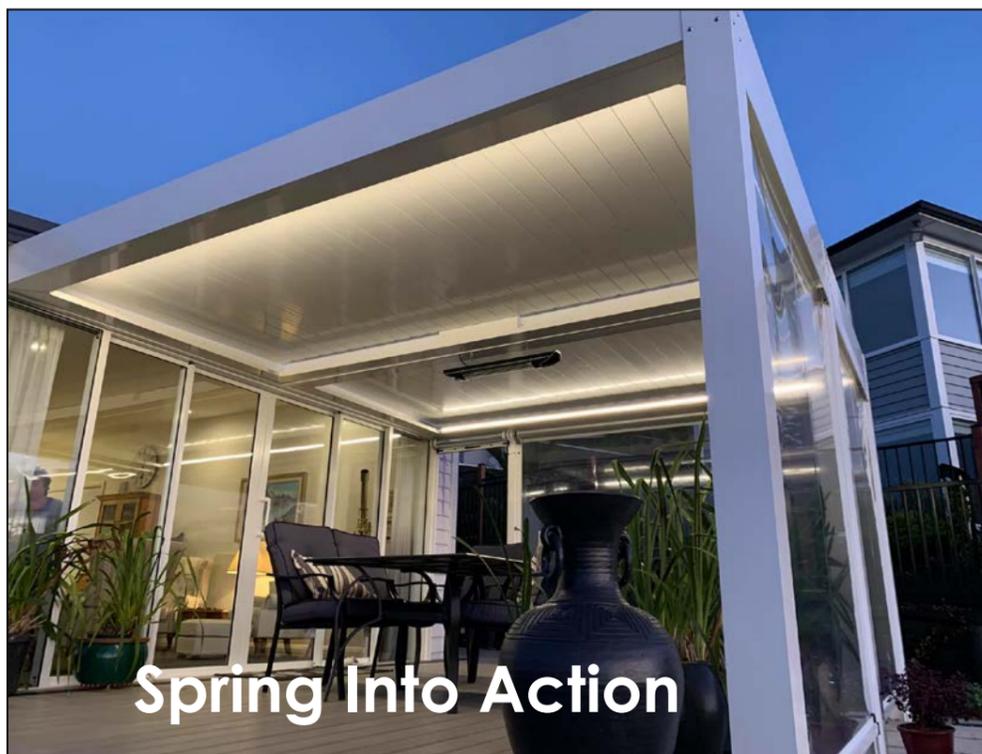
This term, the Year 4 students at KingsWay Primary School are learning about New Zealand birds. We are specifically focussing on the Māori whakatauki: Ahakoa he iti, he pounamu (Although it is small, it is precious).

We kicked off our unit dressing up as bird enthusiasts and going for a bird hunt around the school. This was a great way to start our unit and introduce the children to the wonderful world of birds. For Visual Arts, we created a collaborative piece of art. Firstly, each



student thought of a unique design for their feather. Once they had planned their design, they used bright pastels to carefully decorate a feather. Every student worked hard to blend the colours that they thought would have the biggest impact.

Once the students had finished their individual feathers, the teachers collated them to make two large wings. Students were able to see through this collaborative task that every small feather worked together to create a beautiful masterpiece for all to enjoy.



Spring is here....  
and pretty soon we  
will be spending more  
time outdoors.

Contact Us Now!

To get your Outdoor Area  
sorted before the end of  
2020.

View our range at  
[DYNAMICOUTDOORSOLUTIONS.CO.NZ](http://DYNAMICOUTDOORSOLUTIONS.CO.NZ)  
**0800 273 949**

Louvre Roofs & Sunscreens    Dynaview Roof    Retractable Roof System    Outdoor Blinds    Retractable Awnings

## Your Local Tides

Proudly  
sponsored by



For sales & services find us on [www.silverdalemarine.com](http://www.silverdalemarine.com)  
10 Agency Lane, Silverdale Village 09 426 5087

Thurs 1 Oct	01:380 .8m	07:542 .8m	13:590 .8m	20:122 .9m
Fri 2 Oct	02:200 .7m	08:352 .8m	14:370 .7m	20:522 .9m
Sat 3 Oct	02:590 .7m	09:142 .9m	15:130 .7m	21:312 .9m
Sun 4 Oct	03:350 .7m	09:502 .9m	15:480 .7m	22:082 .9m
Mon 5 Oct	04:090 .7m	10:262 .9m	16:230 .8m	22:452 .8m
Tues 6 Oct	04:440 .7m	11:022 .8m	16:590 .8m	23:222 .8m
Wed 7 Oct	05:200 .7m	11:392 .8m	17:380 .9m	-
Thurs 8 Oct	00:012 .7m	05:580 .8m	12:192 .7m	18:211 .0m
Fri 9 Oct	00:412 .7m	06:400 .8m	13:032 .7m	19:101 .0m
Sat 10 Oct	01:262 .6m	07:290 .9m	13:542 .6m	20:061 .0m
Sun 11 Oct	02:162 .6m	08:260 .9m	14:512 .6m	21:061 .0m
Mon 12 Oct	03:152 .6m	09:280 .9m	15:542 .7m	22:061 .0m
Tues 13 Oct	04:202 .6m	10:320 .9m	16:562 .8m	23:060 .8m
Weds 14 Oct	05:252 .7m	11:340 .7m	17:532 .9m	-
Thurs 15 Oct	00:040 .7m	06:252 .9m	12:310 .6m	18:473 .1m
Fri 16 Oct	01:010 .5m	07:213 .1m	13:250 .4m	19:403 .2m
Sat 17 Oct	01:550 .4m	08:143 .2m	14:170 .3m	20:323 .3m
Sun 18 Oct	02:460 .2m	09:053 .3m	15:080 .3m	21:233 .3m
Mon 19 Oct	03:360 .2m	09:563 .4m	15:580 .3m	22:163 .3m
Tues 20 Oct	04:250 .2m	10:463 .4m	16:490 .3m	23:083 .2m
Weds 21 Oct	05:140 .3m	11:383 .3m	17:420 .5m	23:593 .1m
Thurs 22 Oct	06:050 .4m	12:303 .2m	18:380 .6m	-
Fri 23 Oct	00:523 .0m	06:580 .6m	13:253 .0m	19:370 .7m
Sat 24 Oct	01:462 .8m	07:560 .7m	14:232 .9m	20:380 .8m
Sun 25 Oct	02:442 .7m	08:590 .9m	15:242 .8m	21:380 .9m
Mon 26 Oct	03:462 .6m	10:020 .9m	16:252 .7m	22:350 .9m
Tues 27 Oct	04:502 .6m	11:031 .0m	17:222 .7m	23:300 .9m
Weds 28 Oct	05:502 .6m	11:580 .9m	18:132 .7m	-
Thurs 29 Oct	00:210 .9m	06:422 .7m	12:470 .9m	18:592 .8m
Fri 30 Oct	01:080 .8m	07:272 .7m	13:300 .9m	19:422 .8m
Sat 31 Oct	01:500 .8m	08:082 .8m	14:100 .8m	20:212 .8m



## Japanese-Style Oyster Appetiser



## Ingredients

1 pot of oysters

½ onion

Spring onion

Shichimi Tougarashi (Japanese chilli spices -  
available in supermarkets)

Sauce:

½ lemon

½ tablespoon rice vinegar

½ tablespoon soy sauce

## Method

1. Lightly rub oysters with some salt, rinse, drain and set aside
2. Finely slice onion
3. In a bowl mix onion & sauce ingredients together, add oysters to marinate for around 10 minutes
4. Assemble on a plate than sprinkle with chopped spring onion and Shichimi Tougarashi powder

Happy cooking!  
Nita Wong



# We dig lawns.

Central Landscape Supplies Silverdale has everything to sow a great lawn from the right seed type and lawn mix to the best lawn fertiliser.

Plus, we've got our magic product, Aqua Turf Max G, to help your lawn retain moisture through the hottest summer.



Central Landscape Supplies Silverdale

**09 421 0024 • [silverdale@centrallandscapes.co.nz](mailto:silverdale@centrallandscapes.co.nz)**

[www.centrallandscapes.co.nz](http://www.centrallandscapes.co.nz) • 90 Foundry Road, Silverdale Business Park