



theMillwatermag

www.themillwatermag.co.nz

Your FREE monthly magazine of all things Millwater
October 2016

Editor's note

I love the month of October – it's full of the promises of Summer, now that Daylight Saving is finally here; and it's light enough when it's late enough to have a sundowner G&T...

The Millwater social scene is as vibrant as ever, including the Millwater ROMEOS recently enjoying a trip to the Silverdale Pioneer Village – and there's an Auckland Heritage Festival there on the first two weekends this month, which looks well worth seeing.

The gardening competition is approaching rapidly, so I hope that you have made an even bigger effort than last year (which was fantastic!), and that the judges have an even harder time deciding which are best in each category.

We thought that we might run out of motoring subjects but have found a very rare Singer Imp right here in Millwater for this month, and have a grunty V8 for next month, too. Keep them coming, please!

The team here at the Magazine is always looking for ways that we can make the content even better, and part of what we do is to invite feedback from you, our readers. If there's too much of one thing and not enough of another – or there's a subject not covered that you would like to see – please get in touch with Sarah; by phone, email, or drop into the Mike Pero offices in Millwater.

The Country Show Day this month will be a great day out for all of the family. It really is your local fair and its success depends on people going along to enjoy all the fun. Sarah and Grayson will again provide the sausage sizzle, with Millwater resident and renowned singer/songwriter Phil Madsen being there to entertain us. Definitely one not to be missed!

Brian Mullan
Editor
October 2016



theMillwatermag

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themillwaterinterview



The brand new Wainui Golf Club, after recently opening its doors to Peninsula Golf Club members, is now open to the general public. We couldn't resist the opportunity to meet the driving force behind this great new local sports and entertainment complex.

General Manager Terry Yacysen is a softly-spoken Canadian who comes originally from Brandon, Manitoba – the farmland prairies right in the middle of Canada. Terry graduated in business administration and marketing management from Mount Royal University in Calgary, but had been around golf since the age of 10, when he started cleaning golf clubs at Richard Bull's golf shop in Brandon. He quoted the well-known phrase "If you love what you do, it means you'll never work a day in your life" and he's been fortunate to have started and continued to build his successful career around the sport and business of golf.

After graduating, Terry began his career at the Calgary Golf and Country Club, where he met Al Ewen and ended up working

for the golf pro. When Al had a heart attack just three months later, Terry and the rest of the professional staff at the club ran the business until Al recovered. Terry then became PGA Class-A Associate Professional at the Calgary club for the next five years. Two years as golf pro at the Red Deer Golf and Country Club followed, then another year at Valley Ridge Golf Club in Calgary before playing tour golf for two years.

Next came the opportunity to join the Royal Colwood Club in Victoria, B.C., the 'Royal' designation having been bestowed by King George V in 1931. Within a year, Terry was head professional at Royal Colwood, where he remained for the next 12 years. In a smart move, Terry then joined as Resort General Manager a group of NHL hockey-players who had just established the new Westin Bear Mountain Golf Resort and Spa. Eight years' solid management experience ensured that Terry was the Resort GM of choice for another new venture; The Rise at Vernon, B.C. Seven years later, in June 2015, the opportunity to become General Manager for Wainui came along and Terry Yacysen is justifiably proud of this great new Club.

We toured the Wainui experience, just 35 minutes from Auckland CBD and 4.5km from the Wainui off-ramp on SH1, where familiar names, like 'Peninsula' and 'Orewa' are used for some of the rooms. "We are proud to be an eco-friendly facility," Terry said. "We use geothermal and solar technology for power, are great at water management and we plan to return power to the grid."

The views from the clubhouse are stunning, with clear sight of 15 of the 18 holes with sand-capped greens that sit comfortably in the landscape. The overall impression is one of high quality, delivered by a conscientious, capable and very approachable general manager. The flexible multi-venue facilities offer much more than just an 18 and 9-hole golf course: there are two multi-sports courts, a variety of configurable function rooms and a superb restaurant that provides everything from counter food to fine dining.

"We offer an eclectic menu that delivers great value, hearty portions and quality ingredients," said Terry, "and we also want to be known as a community facility, where we partner with local businesses and organisations to raise significant sums for charity."

Millwater folks can call in at any time, to play a round or golf or just enjoy the ambience and views over a cup of their own Wainui-blend coffee.

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Self Employed: The importance of getting those financial accounts done



Normally, banks take an average of your last two years' final business accounts, prepared by the accountant, to gauge your ability to service a loan.

The general rule is: the higher your taxable income, the more you can afford to borrow.

Recently, some clients have had success using strong 2016 financial accounts, supported by similar 2017 year-to-date results.

date results in a professional manner.

Ideal for the bank to digest and of course helps you track your business performance.

3) Year-to-date GST returns can be used by some banks, but are not as good for determining income. Banks can add back certain expenses to your income, but can't do this when they are buried in a GST return.

In the future, if the Reserve Bank introduces a Debt-to-Income Ratio, the above will become even more important to your lending requirements.

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

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

The net result is a better lending outcome for the client and here are a few tips:

1) Get your 2016 accounts finalised by the accountant as soon as you can. Banks are expecting clients to have these finalised before they will advance a loan.

In the short term they can use drafts, but the finals will be expected.

2) Keep up-to-date managed accounts via Bank Link, Xero, MYOB or a similar product.

I can't stress enough the importance around managed accounts. With the touch of a button, you can produce year-to-

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vetspeak

Not lost, but missing!



There are few feelings worse than realising your dog has broken out somehow, or your cat hasn't come home at its usual time, but what is the best course of action to get them back quickly?

Social media, in particular Facebook, has been really useful in getting the word out, especially if you are a member of your local community page, or www.petsonthenet.co.nz has a lost and found section. Door-knocking your neighbours and calling your local vet clinics are also important, especially as many people take found dogs or cats into a local clinic. Orewa and Millwater Vet Hospitals also sponsor Pet Patrol on More FM Rodney, which is another great forum for getting word out to the local community to keep an eye out.

Cats are very territorial, so, if you have moved house recently, check back at your old home to see if your cat has returned to familiar ground. If your dog has gone missing, it is also sensible to contact the local Council, as it may already have been caught and impounded. If it is microchipped, then you will be

contacted as soon as it has been scanned.

Inserting a microchip is a quick procedure, which is easily carried out in a routine consultation. Each microchip has a unique 15-figure number, similar to a bar code, which the clinic registers on the New Zealand Companion Animal Register. This microchip number remains unique to the animal into which it is implanted for its entire life, and the microchips inserted in New Zealand can be read in any country overseas.

Having a microchip that is registered means that, if your animal goes missing, once they have been scanned – and this can be done by any shelter, vet clinic or animal warden – then you can be contacted directly and have your pet home safely and quickly. This means that it is very important to keep your contact details on your pet's registration up to date, as it is very frustrating to have a microchipped pet where the numbers are not working.

Anna Day



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Student Council Promotional Group

Silverdale School's Country Show Day



Silverdale School is going to be hosting Country Show Day, which is an annual event that will be held on the 29th of October. Students from Silverdale Primary have started to bring in items for raffles as well as prizes for other games. Everybody is welcome to come as this is a fun event held by the school.

There will be many stalls throughout the school; ranging from games to play to places to eat. In the classrooms there will also be displays and results of competitions that the students have entered earlier in the term. There will also be performances by the school choir, school band, as well as a local singer/songwriter, Phil Madsen, and a dance by the junior team of the school.

Country Show Day is a big fundraising event, so please put this date on your calendar as we hope you will be able to make it.

Silverdale School Student Council.

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theMillwatermag - Photo Competition



Wow! What a great selection of amazing images we had to choose from! After a lot of deliberation, we are delighted to offer congratulations to Jay Menzies on submitting the winning entry for our first-ever photography competition. From the quality of all the photos submitted, it's clear that there's quite a number of locals with an eye for taking good pictures. We thoroughly enjoyed seeing all of your entries.

The judges (Sarah Furniss, Brian Mullan and Paul Conroy) were unanimous in their voting for Jay's image as being the one that best communicated life here in Millwater. Close behind, Lisa Bryne's picture of the kids in the kart and Julia Hoareau's sunset landscape both deserved recognition and are worthy runners-up.

In addition to seeing her prize-winning photo grace the cover of this month's magazine, Jay will receive a \$100 voucher kindly donated by the Millwater Bistro & Bar.

Once again, a huge thank you to everyone who took the time to go out to take some great pictures and submit for them for the 2016 competition. Watch out for next year's competition, when we expect to enjoy seeing another amazing selection of Millwater images.



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Wonder Weeds

The dictionary defines a weed as “a plant that is not valued where it is growing and is usually of vigorous growth, especially one that tends to overgrow or choke out more desirable plants.” Weeds seem to grow where other plants fail. Could this be because they contain health-giving properties, which aid their own survival? While considered a curse for any gardener, there are many common weeds proven to have valuable health benefits. Used by civilisations world-wide, the health benefits of certain weeds have been recorded since ancient times.

Some common weeds used in modern natural health remedies are:

Dandelion: aids digestion and highly helpful for liver function.

Daisy: helpful for gastrointestinal and respiratory tract disorders, plus has anti-inflammatory properties.

Yellow Dock: a gentle laxative, blood cleanser, and encourages good digestion by stimulating the release of gastric juices. An ointment of yellow dock is valuable for skin conditions that cause itching, sores, and lesions.

Milk Thistle: maintains liver health and protects it from the effects of toxins such as alcohol, a polluted environment or workplace, and a host of liver-related diseases.

Nettle: helps with urination problems and kidney stones, joint ailments and as a diuretic. The leaves are also said to help fight allergies and hay fever. Used in Homeopathy to alleviate hives.

Plantain (Broadleaf): has astringent properties, reducing inflammation of the skin, and used to treat minor skin irritations such as stings, bites, burns and cuts. Beneficial in treating bronchitis, sore throats and cold symptoms.

Red Clover: a treatment for coughs, bronchitis, exhaustion, hormonal imbalances, anxiety and spasms.

Yarrow: once known as Soldier's Wound Wort, yarrow is still made into an ointment for wounds to this day. Chewing the leaves relieves toothache. Relief for colds and used in a poultice for haemorrhoids.

There are so many more beneficial weeds – too many to name here – but, before you begin grazing on the weeds in your garden, *research their suitability and safety, and make sure they are not sprayed or grown in contaminated soil.*

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5 Reasons Your Business Should Sponsor Local Sports Clubs



We are so passionate about our sports that large companies want to connect with us through our love of our major teams (e.g. All Blacks) in any way possible, as a pure marketing decision. On the other hand, local sports clubs get most of its sponsorships from businesses as a donation. Here are 5 reasons why businesses should sponsor a local sports club, as a mutually beneficial partnership:

1. Increase awareness of your company. Your brand will be in front of parents, coaches, organisers, players and support-

ers. This is a positive way to engage your target market – everyone involved with a club likes to support sponsors.

2. Makes sport affordable for families. Sponsors help keep fees low so more families are able to afford to join and that means more children being able to receive the undoubted benefits of sports.

3. Outstanding value. Sponsorship at Hibiscus Coast Cricket Club starts at only \$500 to be a team sponsor. This is a level that any small business can afford, and is

more effective compared with many other forms of marketing.

4. Builds goodwill. Companies that sponsor clubs make a positive contribution to the local community. The community engages and starts to understand your company's values.

5. Possible tax incentive. As an added bonus, your business should be able to claim your sponsorship.

A \$500 sponsorship from your company to Hibiscus Coast Cricket Club will go a long way to helping us deliver a quality sports experience in our community, and it will help your company strengthen the bond between your brand and our community also.

For more information on sponsorship options please get in touch:

www.facebook.com/HibiscusCricket

www.hibiscuscricket.co.nz

Tony Naidu

Hibiscus Coast Cricket Club Manager

E: tnaidu@aucklandcricket.co.nz

M: 022 028 4553

The Vegery Vitality Wraps – NZ Food Award Finalists



Hibiscus Coast gourmet food creator The Vegery is a finalist in this year's New Zealand Food Awards. The company's carrot & turmeric Vitality Wraps have been shortlisted in the Novel Ingredients category.

Competition for the Awards stepped up a notch this year, with product entries up by more than 60% on last year – an all-time record. The Vegery's director and head chef, Kathryn Jansen, a Millwater resident, is of course delighted by the recognition – not least because her artisan business is still in its first year. "I am thrilled!" she says. "Being acknowledged by such respected industry professionals gives me validation that my crazy product has genuine market potential. It's this kind of kudos that makes all the effort worthwhile."

Vitality Wraps are dairy-free, paleo, suitable for vegetarians and vegans, and prepared in The Vegery's dedicated Whangaparaoa kitchen, which is gluten-free and vegan. They were recently approved by Coeliac New Zealand to be a Crossed Grain logo partner.

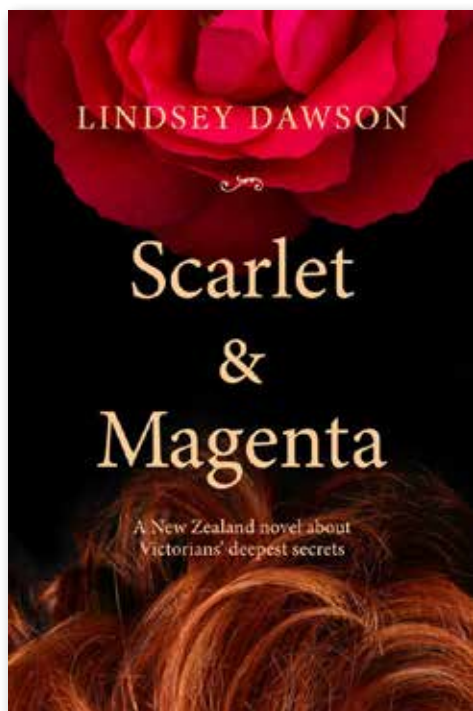
The carrot & turmeric Vitality Wraps are made from carrots, linseed, avocado oil, turmeric and Himalayan rock salt. There are two other varieties available – carrot & cumin and coffee with apple – and all are prepared using a dehydrator rather than being baked, which means that they retain the nutrition and benefits of raw food. The Vegery is currently the only company in New Zealand to be using a large dehydrator for this exclusive purpose. Kathryn was inspired to begin The Vegery when she made a conscious decision to eat more healthily without imposing harsh diet restrictions on herself. "I found a lot of dairy-free, gluten-free products quite easily, but really struggled to find a great quality replacement for bread," she explains. "So I developed a recipe for a wrap, which would be tasty but also get plants into you – because we could all do with some more veges everyday!"

Nici Wickes, Geoff Scott, Ray McVinnie and Jo Elwin will be judging the Awards, and the winners will be announced at a Gala Dinner on Thursday 13th October at Auckland War Memorial Museum.

millwaterbook of the month

Scarlet & Magenta by Lindsey Dawson

This month, author and guest reviewer Karen McMillan introduces another great read "Scarlet & Magenta" by Lindsey Dawson



Set in the Bay of Plenty during the 1880s, *Scarlet & Magenta* is a powerful and fascinating historical novel that vividly brings to life the sights and sounds of the time. Violet Sutton arrives from London into the tiny town of Tauranga. Beautiful, headstrong, opinionated – and with a sad past, and in an unhappy, abusive marriage, she is soon causing rumours and scandal amongst all the dutiful members of 'proper' society. Life, for women in particular, is incredibly restricted at this time – life in many ways a list of things women are not allowed to do. Violet finds a friend in Anna, a married woman who is constrained by society but curious about life and ideas beyond her day-to-day domestic duties. Violet also finds a friend in Rupert, a charming, but impulsive man. When Violet breaks the rules of living in a small, conservative town, the consequences will be dramatic and far-reaching.

This is Lindsey's ninth book, so the reader is in accomplished hands. The characters are well-drawn, the plot-line increasingly compelling, and there has clearly been considerable research into the period. Inspired by letters written by Lindsey's great-grandfather, Lindsey has done a magnificent job blending fact and fiction, and creating a book that is assured and enjoyable. I would highly recommend this beautifully-written novel, that lingered in my mind long after the last page.

Karen McMillan, author of *The Paris of the West*
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BOOK EXCHANGE



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millwatercommunityawards

We have a winner!



"We are so lucky to have a group of wonderful people to be our 'traffic guard'; they are there all season-round, rain or strong sun, really have much appreciation for their great heart. Because I could only nominate one person, I choose John because most of the time he is always there, and I can feel that he really loves and enjoys this volunteer job. He is also a good guy to chat with; he brings us lots of smiles."

theMillwatermag agrees 100% and is proud to celebrate John as Millwater Community Award winner for 2016.

Millwater, you have spoken! After a high turn-out of voters and all being counted – we are delighted to announce that the winner of the Millwater Community Award 2016 goes to:

John McSwigan

Congratulations, John! Having reached the short-list of five great community-minded people last month, Millwater really switched into top gear and voted for their clear favourite. Our grateful thanks go to our wonderful community who nominated and voted.

theMillwatermag would also like to extend a huge 'thank you' to Bookabach, Northern Union and Mike Pero Silverdale. Bookabach and Mike Pero Silverdale kindly donated the \$500 Bookabach voucher. Glenn Phipps from Northern Union donated the \$50 meal vouchers to each of our finalists and, along with Mike Pero Silverdale, hosted the celebratory Awards Evening.

John McSwigan – just some of the accolades

"I'd like to nominate John for this award because of his commitment to keeping safe the kids who cross at the busy Millwater/Bankside/Longmore intersection. He deserves some recognition for the mornings and afternoons he is out there with a smile and a wave, whether rain or shine!"

"Whatever the weather, he stands there, giving up his own time to make sure our children get to school safely. He always has a smile for everyone and is a genuine all-round guy."



themillwaterinsider

Silverdale School Country Show Day

This wonderful annual event is coming up again; this year to be held on Saturday 29 October from 10am - 2pm. If you haven't been before, this is a great day out for the whole family, with a range of activities, stalls and entertainment. Book it in! More details can be found on page 43.



Gardening Competition

The Annual Millwater Gardening Competition is just around the corner. With judging to commence late November, it's time to decide which category(s) you are going to enter! There are more details on this available on page 48 of this magazine. Tidy your gardens and encourage your neighbours to do the same. We are looking forward to seeing some pictures of some of the amazing efforts by our local residents. Please email your entry to sarah@themillwatermag.co.nz along with the category(s) you would like to enter by the end of October. Be sure to include your address.

Recent feedback on the Millwater Families' Facebook page has led to 2 new categories being added to the competition. This year's categories are-

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

Millwater Photo Competition

Congratulations to Jay Menzies whose great photo graces the cover of this magazine. There were some

wonderful entries – just shows what a pool of talent we have in this area. Please see the article on page 7 of this magazine.

Millwater Community Awards

A big thank you to all those who nominated and voted and congratulations to all the nominees. Further thanks goes to Glenn Phipps and Northern Union for hosting a great function to recognise our nominees and the winner, and to Bookabach and Mike Pero Real Estate for contributing the prize for the winner. The final thanks goes John McSwigan our winner, for all their efforts at making Millwater a better place. Well done and enjoy your holiday!

School Reclassification

Further to the recent meeting at Silverdale School regarding the reclassification of the school to year 1-6 only, Cameron Lockie has received a response from the Ministry of Education and this is published in the school newsletter and is available online at <http://www.silverdaleprimary.school.nz/uploads/2/4/1/0/24104386/newsletter29.pdf>

There is still an opportunity to provide submissions on this topic and stakeholders are encourage to do so. The information on submissions is also in the school newsletter.

Millwater Halloween Spook Tour

Another great local event is coming up on Saturday 29th October. The Halloween Spook Tour put on by local residents and held in the Bush off Millwater Parkway is a great way to get amongst the community, more details are available on page 40.



Millwater 區內情報要點

Silverdale School Country Show Day

由Silverdale小學舉辦，一年一度的「農村遊樂日」將在10月29日星期六，早上10時至下午2時舉行。會有適合一家大小的遊戲及活動，萬物錯過。詳細資訊請參考第43頁。



Gardening Competition

Millwater園藝比賽將在11月底進行評審。現在正是時候考慮該參加哪一個組別！在第48頁會有更詳盡的資訊。快點把花園收拾漂亮或建議您的鄰居一起參加比賽！我們很期待收到各位精心設計及照料的花園照片。參加者請在10月底前把照片電郵至sarah@themillwatermag.co.nz，請註明你的住址以便安排評審。

這年度經過在Facebook的討論，我們增加了兩個組別。以下是所有組別：

- 1) 最佳園藝大獎
- 2) 最佳蔬菜園
- 3) 兒童花園
- 4) 最佳小型花園－庭園或陽台

5) 最佳草坪

Millwater Photo Competition

本期封面是奪得Millwater攝影比賽冠軍的xxxx的作品。我們收到了很多漂亮的作品，可想而知這區有那麼多的攝影高手！相關報導在第七頁。

Millwater Community Awards

多謝各位踴躍提名及選出了Millwater社區服務大獎。再次感謝Glenn Phipps 及Northern Union贊助的慶功宴，及Bookabach, Mike Pero的獎品贊助。最後的勝出者是John McSwigan，多謝他一直以來為本區作出貢獻，希望他有個愉快的假期。

School Reclassification

關於Silverdale 小學要削減高中一事，校長最近收到了教育局的一些回應，並以放入最新一期的學校通訊中。也可在以下網址找到：

<http://www.silverdaleprimary.school.nz/uploads/2/4/1/0/24104386/newsletter29.pdf>

你們仍有機會向教育局反映你的意見，詳情也請查閱學校通訊。

Millwater Halloween Spook Tour

本區居民為萬聖節籌備了一個大型活動，會在10月29日在Millwater Parkway的灌木頁舉行巡迴，詳情請參考40頁。

Questions? Suggestions?

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

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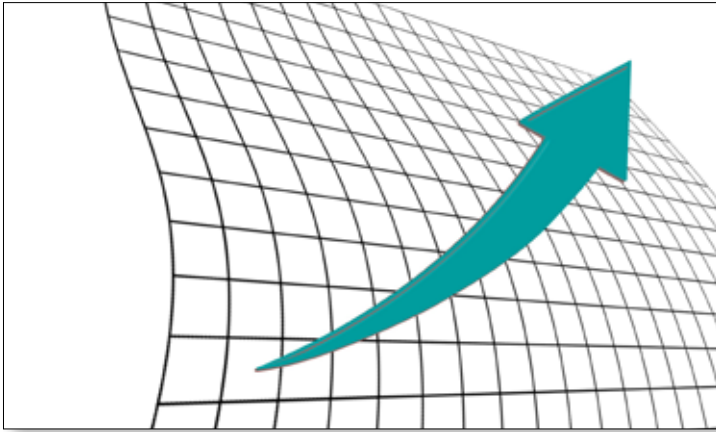
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How well do you know your Breakeven Point?



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But a breakeven point isn't set in stone. It will shift as your business grows, costs fluctuate and as you continue to surf a constantly changing business environment.

Monitoring breakeven

A breakeven point therefore becomes something you keep in play over time as a tool for you to think about your sales, costs and pricing in a different way.

For instance, say you know your breakeven point and take it at face value. Tell your team. It's a powerful motivator for your sales people to know exactly what the numbers are to put the business in profit.

Say you don't accept your breakeven point at face value. What can you do? Reduce your costs to lower your breakeven point to start earning profit sooner? That might lead you into analysis of your fixed and variable costs, to judge whether you have room to move.

Or does your breakeven point uncover an issue with your pricing? Lifting your pricing might mean your numbers are into profit sooner but will your market tolerate that? Does that line of thought indicate you simply have to lift your sales volume? Then you're looking at marketing strategies, market reach and coaching your team on what the sales goals really are.

$$\text{Gross Profit \%} = \frac{\text{Gross Profit}}{\text{Sales}} \times \frac{100}{1}$$

$$\text{Breakeven} = \frac{\text{Total Expenses}}{\text{Gross Profit \%}} \times \frac{100}{1}$$

If you're not sure if you have a handle on analysing your breakeven point, I'm happy to talk through options which could increase your profit. Give me a ring, 021 464 295 – Lizelle

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Fishing Spot



Take the cover off your boat, give it a wash down, test your battery and fire up the motor. It's time. The spring winds have arrived, bringing warmer settled weather and the days are getting longer. It won't be long before the Hauraki fires up again for the summer.

I haven't been out too much this month due to work commitments, but a few locals having been doing well in close to the shore around the Whangaparaoa Peninsula and the work-ups are starting to last a little longer, which will bring the snapper around. As I write this, the water is 13 degrees, which is a little cool for any action just yet, but it won't be long. Keep an eye on the tides and the moon phases. I tend to look for an outgoing tide and when the moonrise is close to when the sun sets. For some reason the moonrise has something to do with how long the bite-time lasts. Maybe I am superstitious, but I reckon I will have a bad day's fishing when the moon is in the sky during the day or someone has brought a banana on the boat.

As promised, I took the plunge in the first weekend of September to see if the scallops taste as good as they did last year. This was a family trip with my brother for a dive buddy and the wife and kids in tow as well. We headed north to our usual spot and it took only half a tank to get our boat limit. The scallops have coloured up nicely and they tasted beautiful, fresh out of the sea; raw and straight out of the shell. On the way home we stopped for some fresh Matakana oysters to have with our scallops – yum.

The Northern Union Fishing Club trip to Kawau Island was postponed due to poor weather so we are planning a trip in October. We are also planning another kingfish charter before Christmas. If you are interested in going on either of these trips, please come down to the Northern Union on the first Wednesday of each month. Our next catch-up is on Wednesday 5th October from about 6.30pm. We are all weekend warriors and we aren't afraid to share the odd fishing spot, too.

See you there – tight lines!

Millwater

wine review

With Spring firmly entrenched and Summer nudging us regularly, a beautiful Pinot Gris will be a lovely drop on your table. De Vine's massively popular Reserve Waipara Pinot Gris 2014 is perfection: opulent, floral bouquet and distinct pear on the palate. It's got a lovely round-ed, mid bodyweight and a beautiful finish.

Serve it well chilled – as Pinot Gris warms, it grows sweeter with the opening up of the molecules releasing more of the fruit sugars. The delicate and floral nature of this Pinot Gris will complement most fragrant Asian-style meals as well as most white meats... Our specific suggestion would be Asparagus and Chicken stir fry. Grab a recipe at foodnetwork.com.

This Reserve Waipara Pinot Gris 2014 carries a 5-Star rating from Wine Orbit and 4.5 Stars from Peter Saunders. It's available at Manly Liquor's new e-commerce website winemarket.co.nz for just \$16.99 a bottle.

Ivan Tvrdeich
Millwater Resident
Manly Liquor



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pharmacytalk

Hickey's Pharmacy celebrate their 30th birthday!



Hickey's Pharmacy celebrated its 30th Birthday in September so we asked owner Ken Hickey to share a brief history of the store and how it has evolved over the years.

"I returned to New Zealand in 1986 after a five-year OE, newly-married and looking for a place to settle. My wife Lynnette and I purchased a pharmacy in Hillary Square, Orewa, and began our journey of Hickey's Pharmacy. After five years at Hillary Square, we moved to our current position opposite New World in Moana Avenue and have been here ever since," said Ken.

"Orewa has grown markedly in the past 30 years; from small seaside town largely filled with baches to the bustling town it is today. Pharmacy as an industry has also undergone significant change. There has been a quantum shift in the role of pharmacists; no longer are we just dispensers of medicines, we have a much more integrated medicine-management role, working closely with doctors and other healthcare professionals to provide a higher level of care for patients. We are actively involved in ensuring patients fully understand what they are taking and when to take their medications. We provide compliance packaging services and a wide range of additional services such as vaccinations, blood pressure checks, cholesterol testing and many more. We have invested heavily in technology and last year we purchased a robotic dispens-

ing machine that packs medication into individual daily dose times. This advance in technology is a positive step towards improving patient care."

Ken continued, "We have a team of four pharmacists, two dispensing technicians and an intern pharmacist, as well as five retail staff. I have employed a pharmacy graduate intern for the last 13 years and have found it a rewarding experience to see them harness all their university skills in the workplace and graduate to being fully qualified pharmacists."

Hickeys Pharmacy has actively supported the community and at various times in the past 30 years has been involved with Silverdale Rugby Club, Red Beach Surf Club and Orewa Bowling Club.

Ken concluded, "I have been a Board member of Red Beach School and am currently a member of Whangaparaoa Rotary Club. We always support local clubs by way of sponsorship or donating prizes and we believe it is important to give back to those who have supported us over the years. We look forward to providing our community with great service for many years to come."

Hickey's Pharmacy

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Hickeys Pharmacy



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Why Nuzest Supplements?



When it comes to your health, you deserve the best.

It's that time of the year when you're in between the tail end of winter – still fighting off the bugs that lurk around – and thinking of summer which is only a few months away; dreading getting into those togs. Being in between seasons can be tricky and so can choosing the right supplements for optimal nutrition. Most people have a cupboard full of supplements and could almost say that taking their daily routine pills is a meal in itself! There are so many products out there, most people wouldn't even know where to begin. This is where we make it nice and simple for you.

CLEAN LEAN PROTEIN: A powerful yet tasty European vegetable pea-based protein powder.

GOOD GREEN STUFF: More than just a multi, with over 75 ingredients to support energy and vitality.

KIDS' GOOD STUFF: Great-tasting support for growing minds and bodies, without any bad stuff.

Nuzest like to keep things real, meaning they base their products on real foods that are rich in nutrients and essential vitamins and minerals. These products have been created for consumers with diverse lifestyles and varying needs – from people with specific dietary needs and those looking to improve their daily nutrition, through to people seeking increased energy for exercise and sports performance. Also – great news for all mums – they have a delicious product for kids, packed full of nutritional goodness, which makes it perfect for all those fussy little eaters!

What makes Nuzest products so diverse is the fact that all products are gluten, dairy, soy and GMO-free and suitable for vegans. Not only are the products versatile for different health concerns, but also for different age groups and lifestyles. So, whether those out there with a sweet tooth

make it a guilt-free treat after dinner, for example, or a quick smoothie as an 'up and go' breakfast, these products are a very versatile staple to anyone's home. For further information on these products, check out their website www.nuzest.co.nz or call our staff at any time to discuss how these products could help you or your family.

Now: if you're feeling run down, procrastinating that change, wanting a natural pick-me-up or in desperate need for something nutritional that your kids will love... **come and see us for a free, no-obligation taste test on Friday October 14th, between 2.30pm and 4.30pm. We are offering 10% discount on the entire Nuzest range from Friday 14th to the following Friday 21st October, while stocks last.**

Millwater Parkway Pharmacy




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VINC301



Homeopathy back to basics

Homeopathy is a holistic medical science, taking into consideration symptoms of the physical, mental and emotional body. Homeopathy deals with the whole person and not only with a single condition. Consultations take into account various aspects of your life, family history and past medical conditions, as well as your actual complaint.

Remedies are matched to each person's individual symptoms. This natural therapy works by treating 'like with like'. The principle is illustrated with a bee sting, which may cause severe swelling and redness. Apis, which is made from bee venom, is a remedy that is given in the case of a bee sting. It stimulates the body's own healing mechanism, to bring the body back into balance, optimal health and wholeness. Even if not caused by bee stings, Apis could be a remedy for swelling and redness.

Homeopathy was discovered over 200 years ago. Homeopathy is gentle, effective and safe; therefore it is ideal at any age and during pregnancy. Homeopathy is safe to use in conjunction with other therapies and medication, to treat both acute and chronic conditions. An in-depth consultation with a registered

homeopath takes you as a whole person into account, so that a single remedy can be matched with your symptoms. Some common remedies for your first aid kit.

Most people are familiar with **Arnica**, which can be used for bruising, shock, in childbirth or for jet lag.

Another very useful remedy is **Chamomilla**, which is given in case of teething, irritability, diarrhoea/colic – especially in children.

Calendula promotes healing of wounds and lacerations. It promotes healthy granulation and reduced pain. It can also be used as a mouthwash after dental work or an eye bath (5 drops in ½ cup water). It is invaluable in case of nappy rash.

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

Celebrate Spring with flowers!



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GAIN FREEDOM FROM UNWANTED HAIR!

Can you imagine being cooped up in a shower for an entire day, well that's how long it's estimated that we spend shaving our legs each year, that's right- a whole day!

Laser hair removal is a great alternative to waxing or shaving, it's quick, it will save you money in the long run, and you don't need to worry about getting caught in 'hairy situations', as it's a long lasting treatment to keep those pesky hairs away! Caci have a laser hair removal treatment plan called Freedom®, which is pretty spot on really, who wouldn't want to be free from hair! It's a 12 month programme and each session is six to eight weeks apart to ensure the hair is being removed during its active growth stage; that's why a series of treatments is required to catch the hairs in this cycle.

There are a few different types of machines, all treating unwanted hair using an intense pulsating beam of light/laser; but for the sake of simplicity, they are often all referred to as 'laser hair removal'.

Caci has offered laser hair removal for over 20 years, and have found that the latest generation VPL (variable pulsed light) is best suited to a wider range of hair and skin types; making it a safe and more effective treatment for hair removal. You can expect to notice results after the 2nd or third treatment, and you will see up to an 80% reduction of the hair at the completion of Caci's programme.

As the laser hair removal industry is unregulated in New Zealand, it's important to choose somewhere you trust. All Caci laser operators undergo extensive training, so you know you're in safe hands.

CACI WERE FIRST TO BRING LASER HAIR REMOVAL TO NEW ZEALAND OVER 20 YEARS AGO AND HAVE SUCCESSFULLY TREATED OVER 20,000 CLIENTS.

The benefit of laser hair removal will outweigh the cost over time, with permanent hair reduction, you don't need to worry about buying razors, creams, and waxing kits. Plus, Caci offer interest free payment plans so you can pay for your treatments over a 48 week plan. Contact Caci Silverdale and book your free consultation today.

LASER HAIR REMOVAL OFFER:

Treat two areas for the price of one until October 31st with Caci Silverdale's hair removal plan.*

caci

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Terms and Conditions apply.

Irritable Bowel Syndrome (IBS)



Abdominal cramps, lower abdominal pain, bloating, nausea, heartburn, a noisy abdomen (these noises are called borborygmi), constipation and/or diarrhoea, incomplete evacuation of the stool, mucus and tiredness can be symptoms of Irritable Bowel Syndrome (IBS). For a proper diagnosis, these symptoms must have been present for at least 6 months and any other medical conditions ruled out. While the symptoms are uncomfortable and unpleasant, it is not a disease and it does not cause any long-term damage. It has been estimated that it affects 15-20% of the New Zealand population. It tends to start before the age of 45 and occurs twice as often in women as in men, which indicates it may have a hormone component. It is also known as spastic colon, functional bowel syndrome and irritable colon.

No definite cause has been determined yet, however certain foods and stress do make symptoms worse. Many of these complaints can be addressed with diet and lifestyle changes. Research done by the Monash University in Australia has shown that a low FODMAP diet has been found to reduce symptoms in 70% of IBS cases. FODMAPs are fermentable carbohydrates found in certain foods. They provide food for bacteria in the gut, which causes gas and also causes more fluid to be drawn into the bowels; causing distention, pain and discomfort.

If you are struggling with these symptoms and have had any other medical conditions ruled out, a low FODMAP diet may work for you and reduce the need for drugs to control symptoms. If you would like help with following the low FODMAP diet and other lifestyle strategies that may help improve or eliminate your symptoms, e-mail me at paula@nutrition-sense.co.nz for an appointment.

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

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

www.nutrition-sense.co.nz

Millwater Women's Group

Our August meeting was held at Kings Garden Centre Café. It was great to see a touch of spring in the air and we all enjoyed the lovely morning tea and catch-up with friends. Some new ladies joined us, which is always good and a thoroughly pleasant morning was passed. I had been away for a month, so there was lots of news to catch up on and hear what has been going on for the other members since we last met. The September meeting was at Roberts Café 21st September. We love to check out our local cafés and see how they are all doing.

Always keen to hear from any new ladies who have moved to the area and would enjoy the companionship the group offers. We are planning our next few months, with a couple of interesting outings coming up in the summer, so do call me if you would like to join us. We meet on the third Wednesday of the month.

Marj Noble 021 711 540



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Do you love home fragrance and stylish quality homewares?



Yes? Scentsy is for you! Scentsy is all about fragrance! The safe alternative to scented candles.

Nic Byrne, a Hibiscus Coast local and Mum to 3 girls, has been a Consultant for Scentsy since March this year. She came across Scentsy, which has only been in New Zealand 18 months, on a local Facebook page and then again at a fundraiser in Orewa. She fell in love with the products and decided to start selling the products herself. Nic has already reached various sales targets, most recently came 5th in group sales in an international team of 102 in August and has met some fabulous new people along the way.

Scentsy's wickless candle is a highly fragrant wax bar that is warmed to release fragrance into the air. Because the wax is gently warmed rather than burned, it can hold more fragrance oil than a traditional candle. And because there is no flame, there is NO smoke or soot. Scentsy wickless candles - "Scentsy Bars" - are a safer alternative to traditional candles. They are eco-friendly, non-toxic and FREE of: lead, BPA and formaldehyde. There's over 50 warmers to choose from, so something to suit every décor.



Scentsy's beautiful warmers house a low-watt light bulb or heating element that slowly melts the Scentsy Bar wax, filling your home with one of more than 80 distinctive and long-lasting fragrances.

A Scentsy Diffuser makes a dramatic impact in any space and instantly fills the air with world-class fragrant, all-natural and essential Scentsy Oils.

Scentsy is so much more than just divine fragrances - it has been known to help with relaxation, breathing and sleep issues, energy boosting and even mozzies!

Scentsy for everywhere you could ever want fragrance!

Nic Byrne
Independent Consultant



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millwater bizbuzz

Some hope for success and often fail, whereas others grasp opportunities and drive success. Tyler Broughton, owner/operator of Hibiscus Coast Odd Jobs, is definitely one of the latter.

Tyler started life in West Auckland before the family moved for six years to Australia and then returned in 2010. He and his sister are very keen on sport, especially playing softball and Tyler tried a number of job options, including a period as a youth leader, before realising that there was a living to be made by doing those jobs around the home and garden that others wanted to do but never quite got around to doing.

From starting doing odd jobs at the age of 15, Tyler quickly realised that he needed to develop a business model, so he took good professional advice from qualified accountants and marketing managers and formed his own company, Hibiscus Coast Odd Jobs, which is locally-based here.

Tyler jumped at the opportunity last year of a scholarship to a formal marketing course and this qualification and experience has further augmented the professionalism of his entrepreneurial initiative.

"Now that I have my own successful company, I am already planning where next to grow what I know is a sound business



model," said Tyler. "Next year will see my business expand across the North Shore and, within 5 years, across Auckland."

Hibiscus Coast Odd Jobs offers all levels of expertise; from labouring tasks to professionally qualified tradespeople in all disciplines. Tyler's website <http://hbcoddjobs.co.nz/> is an excellent source of detailed information and feedback on work already completed.

"I understand fully the value of honesty and integrity to my business and work continually to grow my reputation," Tyler added. "Our motto is 'Young, local & driven' and that really encapsulates our business ethos."

Nothing odd about that!

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Spring is in the Air – colour, form and texture abound



The sun is out, the birds are singing and the school holiday art programme for children aged 5 years and up is already upon us. The two-week programme is running from 26 September to 7 October and on Friday 30 September there was a fun drop-in session for parents and kids to come and “paint a cup”. This project was so popular last school holidays that it sold out, so get in quick to book your place during this final week.

For the month of October, Estuary Arts will be hosting the 5th National Mosaic Exhibition and Competition. View over 110 mosaic artworks by both established and novice artists. Despite mosaics having been around for thousands of years, there has been some debate over the years as to where it fits in, in terms of art or craft. Gradually, throughout the years, its recognition as an art form is increasing and more and more galleries are embracing it as an art form. None have been more instrumental in this recognition within New Zealand than an

initially small group of enthusiasts who started holding national exhibitions back in 2011. Since then, the groundswell of people involved in mosaic art within New Zealand seems to get more adventurous and inspiring at each exhibition, offering an opportunity for those new to the art and experienced artists to learn, meet and share thoughts and enthusiasm with others.

Upstairs in the Hibiscus Gallery will be a presentation of paintings and ceramic artworks made by Whangaparaoa Art Lab students aged 6-16 years, tutored by artists Treena Wilton and Anna Evans, exploring storytelling through the visual arts.

The foyer gallery will feature a photographic exhibition, exploring the geography and history of a portion of the wild West Coast, by local photographer Matt van der Linden.

To book into a class or talk, contact the Centre on 09 426 5570 or email manager@estuaryarts.org



estuary arts centre

School Holiday Art Classes
26 Sept - 7 Oct

214b Hibiscus Coast Highway, Orewa
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Open 7 days a week, 9am- 4pm | FREE ENTRY

THE ART LAB

STORIES EXHIBITION
HIBISCUS GALLERY

Matt van der Linden
‘A week on the Coast’
Photography

The 5th National NZ Mosaic Exhibition & Symposium

Exhibition dates: 01 -23 October

BABY BLISS ADVICE

Knowledge, Instincts, Common Sense and Trial and Error



Becoming a parent is such an exciting time in your life; however, it is also probably one of the toughest things that you will ever do. At times you will feel stressed, exhausted, anxious and confused by this little person who is totally dependent upon you to fulfil their needs and this can sometimes feel really overwhelming.

You will learn so much about yourself during this journey.

Motherhood is such a beautiful and powerful experience, but it can be really hard and it may not come naturally or easily to some women.

You will be offered a lot of well-intentioned advice from people around you, which can sometimes cause you even more confusion and bewilderment. Listen to people whom you trust and know their advice is based on good experience and evidence-based knowledge. Knowledge is power, and will not only help you to make informed decisions but it will give you a

good understanding of what to expect, setting you up with a healthy mind-set and allowing you to relax and really enjoy this precious time. By understanding your baby's needs, you will feel so much more confident and be prepared for the challenges that you will face along the way.

Babies are much more resilient than you think, so are very forgiving of the many mistakes that we make as parents. There is no right or wrong way of doing things; just easier ways and more difficult ways. Every baby is so different – so keep things simple, trust your instincts and common sense and, with a bit of trial and error, you will start to work out what will be best for 'you and your' baby. This time will go by so quickly, so look after yourself, love and nurture your baby and try to enjoy this special time in your life.

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

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Elysia Gobbie
 BABY ADVISOR
 Dip HSc (Midwifery) BHSc (Nursing)
 021 428 500
elysia@babybliss.kiwi.nz
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Foot Doctor Podiatry



What is a podiatrist?

Podiatrists are allied health professionals, specialising in treating or managing conditions affecting the foot. They can be thought of as a foot doctor.

Are podiatrists trained?

Yes, podiatrists are university-trained and achieve a Bachelor of Health Science degree, majoring in Podiatry. On top of that, we have to continue to upskill every year, in order to obtain and retain our Annual Practice Certificate.

Is podiatry covered by ACC or my private insurance?

Foot Doctor Podiatry is an ACC-registered provider. Nowadays, private insurance has different health plans and podiatry is in-

cluded in some of their health plans. We advise you to check your plan or contact your health insurer.

We are with Southern Cross; do you have Easi-Claim option?

Yes, we do.

What do podiatrists treat?

Anything to do with the lower leg, ankle and foot. And this includes people of all ages; from the very young, to the active person, to the elderly. There are too many conditions to list here but, for example, we fit orthotics into shoes for people of all ages, perform in-grown toenail surgery, remove corns, offer fungal infection treatments, even reduce thickened toenails. And, of course, we are ACC-registered.

Do I need a referral to see a podiatrist?

While we receive referrals from other health professionals, such as your GP or physio, in actual fact no referral is required to see us.

Is it expensive to see a podiatrist?

Prices do vary between practices. On our website you can find our price list, so there are no surprises.

Foot Doctor is located at the Millwater Shops, at the rear, within Millwater Medical Centre. For further information, such as our address, hours, visit our website www.myfootdoctor.co.nz


Email: info@myfootdoctor.co.nz

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Professional Real Estate Photography



We all know the old expression – a picture is worth a thousand words – and if a photo is taken professionally then it can add thousands to the sale price of your home. Professional photography is an essential strategy for many real estate agents, because it can increase the likelihood of serious buyers choosing to attend an open home.

The Internet plays a huge role in real estate these days, with many home buyers going online to browse what houses are on the market. If you don't use an attractive, eye-catching image to entice buyers, then the battle is lost before it has begun. Being a visual medium, people will decide in a matter of seconds if they want to find out more information about a particular property and, let's face it, if an image doesn't look appealing, then buyers are likely to give your property a miss. Just remember: real estate agents are hired to sell homes, not take photos. So, while they may have a great camera, it doesn't make them great photographers.

Professional photography has the ability to inspire and allow potential buyers to visualise themselves moving in before they even walk through the front door. Photographers come with years of experience and training: they don't just take a photo of a room; they highlight the best features of your property.

One of the more common reasons for not wanting to invest in photography is the cost. A photographer will cost approximately \$200 depending on where you live in the country but, if you think about it, it's a pretty small price to pay for a service that could increase your sale price by hundreds or thousands

of dollars.

Another reason we tend to hear a lot is because our sellers have a good quality camera that they think is capable of doing the job – well, think again.

Many people fancy themselves as a photographer because they have a great camera – but do they know how to take full advantage of that camera? Properly lit, high-resolution photos are the only type of pictures that should be used in a home marketing campaign, and a photographer has the skills to use composition, colour and lighting to showcase the configuration of a home, enhance selling features and bring a room to life.

When you list your home on the market, you will come up against a lot of competition who will have taken the time to invest in professional photography; so, if you choose to run with photos that you took on your personal camera, then you are giving your home a huge disadvantage. Photos taken by an agent or vendor can't measure up to the quality of images taken by an experienced photographer.

So, put your best foot forward and take advantage of what professional photography can add to the sale of your home.

like





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Know something that we don't?

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

Please get in touch with Sarah on 09 426 6155 or email sarah@themillwatermag.co.nz

millwaterpropertystats

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

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

	Aug 2015	July 2016	Aug 2016
Number of Sales	17	16	17
Median Sales Price	\$1,069,000	\$1,077,500	\$1,257,000
Highest Sale Price	\$1,585,000	\$1,490,000	\$1,600,000
Lowest Sale Price	\$639,000	\$810,000	\$1,045,000
Average % price to CV	17.87	35.67	41.65
Average Floor Area (sqm)	240	221	244
Weighted Value Index	1205	1397	1401
Average Days to Sell	56	80	64

Grayson Furniss
Franchise Owner
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Mike Pero Real Estate, Licensed REAA (2008)

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

millwaterpropertytalkwithGrayson

Well: what a month for sales August was, despite some average weather and Reserve Bank tinkering. New highs in the median and average sales price, a new high index figure and also Sales to CV price. Again, these figures, when taken solely on a month-to-month basis, can be a bit misleading, with the medians and averages from July representing the end of a couple of months of smaller house sales – and so making for a very distinct change when compared to August. Of note in August was that there was a higher proportion of larger houses on relatively small sites sold, putting a slight skew on the stats. That said, there were also some incredibly high value sales of smaller properties – proving the belief that good houses will attract a real premium.

The other significant factor in recent times has been the drop in overall buyer numbers in the market, with lower open home attendances and some properties starting to sit on the market for longer periods of times. This is largely not seen in the current stats but we will expect it to be represented in coming months. Mostly, this seems to be the kiwi 'sheep-like' mentality coming into play. Because investors, and particularly foreign investors, are less prevalent in the market, there seems to be a pervading sense that the market is going to drop, causing many potential purchasers to question the prices in the current market. The smart money is out there buying right now, taking the opportunity to purchase while there is a little less competition. We have seen this kind of buyer behaviour previously, as recently as October last year, when a number of buyers held off buying their dream home, believing there was a significant change afoot. Many informed buyers turned this into a great opportunity and bought well before the market, unsurprisingly, took off again

early in the new year. Many who doubted the market forces were left on the sidelines again, when the market moved very quickly upwards.

If you are sitting on the fence about the potential for making a new purchase, maybe lacking confidence on whether the market will continue to increase in value, it is probably wise to consider the fundamentals of the current situation. We have a large shortage of housing in Auckland, a problem what will not be getting solved in the next couple of years. Interest rates are at record low levels and the Reserve Bank would like to be able to lower them further given the opportunity. We are still seeing record sales figures achieved and this is with a number of measures put in place by the RBNZ to slow things down. The reality is that there is no way the government wants to see a significant correction in the housing market, so at the first hint that prices are starting to drop they can remove some or all of the restrictions and open the access to credit again. John Key has recently confirmed this, stating "Anyone in Government has to be a bit careful, because for most people their primary asset is their house and for most people a significant amount of the home is borrowed from the bank, so you do have to protect their equity."

As always, if you want to discuss selling or buying property, please feel free to contact me. I am always keen to meet new people and discuss the market in detail.

Grayson

Mike Pero Real Estate, Licensed REAA (2008)

Mike Pero

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RELAX IN RED BEACH

4 2 2

AUCTION

29 Driftwood Drive, Red Beach Auction

Positioned in a mature location is this low maintenance brick & weatherboard home that offers exceptional living options, particularly for the impending summer months. Arranged with family living in mind, the functional split-level floor plan features 4 bedrooms including master with ensuite. The casual, open plan living spills effortlessly out to the easy-care outdoor area which is both private and sheltered. A second, more formal living area provides versatile entertaining options to please family and guests alike. With so much on offer, this property is likely to attract a significant amount of attention - you're encouraged to act quickly.

www.mikepero.com/RX885107


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09 426 6122



Grayson Furniss
021 665 423
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3 2 2

\$1,100,000

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- Large open plan living area opening out to covered patio area
- Additional patio on western side of house with lovely garden
- Large tandem garage with internal access and additional storage / workshop
- Use of communal facilities including pool and gym plus park like grounds

www.mikepero.com/RX888638


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QUALITY MILLWATER FAMILY HOME

4 2 2

View now!

6 Walter Crescent, Millwater

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- spacious and light-filled open plan living, dining and kitchen flowing to outdoor entertainment area
- stunning modern kitchen with large breakfast bar, dishwasher and walk-in pantry
- separate lounge with easy flow to covered outdoor living area and secure backyard
- north-easterly aspect with double glazing and quality insulation ensure this home is warm and cosy for winter
- fully fenced and easy care mostly level 517m² site with substantial off street parking
- unique drive through garage to access additional offstreet parking behind, ideal for a boat, car or jetski



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FUNCTIONALITY, FLAIR & COMFORT

4 2 1

FOR SALE

19 Jelas Road, Red Beach

Our owners have injected style throughout this immaculately presented 4 bedroom home. Natural timber tones and crisp, neutral hues throughout much of the home offer a contemporary feel while splashes of colour off a real sense of personality. The bright, sunny lounge and dining area flow naturally from the kitchen, with the dining area opening effortlessly out to a large wrap-around deck that can easily accommodate both an al-fresco dining and casual living area. Outside, the large private backyard provides an excellent environment for family ensuring there is plenty of room for summertime recreation; a double garage and ample off-street parking ensure that you can easily store the boat and a large workroom off the garage is a further bonus. If you've been searching for an excellent combination of functionality, flair and comfort - this should be top of your viewing list.



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- 3 bedrooms including master, bathroom and another living room on second floor
- spacious open plan living on ground floor with stunning timber flooring and opening to north facing deck
- stunning large kitchen with island bench, engineered stone, 900w over with gas hob, double sinks
- additional lounge adjacent, great for inclusion or separation

www.mikepero.com/RX894985



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MY osteo

ALENKA HAS LIVED ON THE HIBISCUS COAST FOR NEARLY TEN YEARS AND RECENTLY MOVED TO MILLWATER WITH HER FAMILY. SHE STUDIED OSTEOPATHY AT UNITEC IN NEW ZEALAND, GRADUATING IN 2006 WITH A BACHELOR OF APPLIED SCIENCE IN HUMAN BIOLOGY AND A MASTERS DEGREE IN OSTEOPATHY. ALENKA HAS WORKED AS AN OSTEOPATH IN AUCKLAND FOR THE PAST TEN YEARS AND IS REGISTERED WITH THE OSTEOPATHIC COUNCIL OF NEW ZEALAND.

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MY osteo

ALENKA HAND

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Centrestage presents 'The Sound of Music'



Can you "Simply Remember your Favourite Things"? Or maybe you'd like to "Climb Ev'ry Mountain"? Centrestage Theatre in Orewa is following up its very successful season of *Calendar Girls* with a family classic that is sure to appeal to all ages: *The Sound of Music*.

An amazingly talented local cast and orchestra have come together to perform this well-loved classic under the Direction of David Adkins, with Musical Direction by Catherine Carr and Cho-

reography by Claire Murphy.

Sophia Pederson brings amazing energy to the lead role of Maria and she is enjoying working with the talented Martin Rhodes, who plays the strict but ultimately sensitive Captain Georg von Trapp. The cast also includes three teams of the youngest six children who will perform six shows each over the 3-week season.

Two of the youngest children will be played by Millwater residents Victoria and Grace Clark, who are enjoying their first time in an adult production. Victoria has been seen on stage recently in Centrestage Youth Theatre's production of *Joseph and the Amazing Technicolour Dreamcoat*.

The Sound of Music tells the uplifting story of Maria, the fun-loving governess who changes the lives of the widowed Captain von Trapp and his seven children by re-introducing them to music, culminating in the family's escape from the Nazi regime, across the mountains from Austria to Switzerland.

With its unforgettable score, Rodgers and Hammerstein's magical musical touches the hearts of all ages with some of the most memorable songs ever performed on stage, including *Edelweiss*, *Do-Re-Mi*, *So Long Farewell* and, of course, *The Sound of Music*. It's the perfect family treat and is sure to enchant the young and the young at heart!

***The Sound of Music*, Centrestage Theatre Oct 28 to Nov 19.**
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Lyrics by **OSCAR HAMMERSTEIN II**
Book by **HOWARD LINDSAY and RUSSEL CROUSE**
Suggested by "The Story of the Trapp Family Singers"

Directed by **David Adkins**
Musically Directed by **Catherine Carr**
Choreography by **Claire Murphy**

28th October - 19th November

For tickets call 09 426 7282 or go to www.iTICKET.co.nz

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Introducing Brustics

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Produced from renewable resources, brushwood fences blend in beautifully in garden areas and natural surroundings and are incredibly durable, low maintenance and long-lasting (up to 25 years). High sound absorption qualities are a distinct feature of these fences, making them very suitable for new housing developments and infill housing, reducing traffic and general neighbourhood noise. Brushwood fencing is also perfect for windy locations as it ‘breathes’ and therefore reduces the turbulence associated with a solid wall. The high density of the materials



makes it fire-resistant and it is pool-compliant, too. An added bonus is that graffiti artists tend to stay away from them, since the brushwood is not a good medium for their ‘art’.

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a vertical screen or as overhead shade for a filtered light effect. Perfect for that Tropical-Pacific look and feel for your home and garden.



Brustics specialises in the design, supply and installation of high quality brushwood, bamboo and eucalypt fencing, along with a wide range of natural landscaping products such as thatched tiled roofing, gazebos and umbrellas, authentic European wood-fired pizza ovens and water-garden equipment and garden décor.

Protective coatings with various stains can be applied to match the colour themes you have in your home or garden. To see the full range, including kit-set thatch gazebos, European wood-fired pizza ovens and water garden equipment, come visit us at our show home at 9 Arrenway Drive, Albany, or at www.brustics.co.nz



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Pull-up to Success – Part 2

In Part 1 of Pull-up to Success, we explored why this tremendous exercise is ideal for building upper body strength and muscle mass, and why the Pull-up is often ignored in favour of other upper body exercises, due to the challenge of strength requirements and maintaining strict form.

In Part 2 of this article we will cover necessary progressions of the Pull-up that will have you well underway to performing this tremendous upper body pulling exercise. Let's get started.

Stage One: Bent-Arm Hang



Stand on a bench/box under a pull-up bar. Grip the bar with an overhand grip so your chin is just above the level of the bar. Bend your knees up, taking your feet off the ground/bench/box and hold for as long as you can. Rest and repeat 3-5 times. Once you have mastered 30 second holds – you are ready for stage two.

Stage Two: Negative Pull-ups



From the bent-arm hang, lower yourself down as slowly as possible until your arms are fully extended. Place your feet back down and return to the starting position. Repeat 3-5 times and, once you can do five sets of three, move to the next stage (aim for a lower time of around 20 seconds).

Stage Three: The Mini Pull-up



From the bent-arm hang, lower yourself five centimetres below the bar and then pull yourself back up to the starting position. You are working towards three sets of five reps and slowly but surely you are working towards lowering yourself until your arms are fully extended. Once you have mastered this you are ready for the final product.

Always think of drawing your shoulder blades down and together; maintain neutral spinal and head position, with your chest slightly lifted. Really focus on your posture throughout these progressions, ensuring your shoulders do not slouch forward and your head doesn't stick out like a turtle. Remember: you are in complete control throughout each progression and movement. Go forth and conquer the Pull-up.

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

theMillwatermag

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The Millwater ROMEOs' Latest Adventure



"It was a dark and stormy night..." Well – it was day, actually, but some of the stories that 12 of the Millwater ROMEOs (Retired Old Men Eating Out) heard on our visit to the Silverdale Pioneer Village could well have begun with that phrase.

September 8th was a wild and miserable day until mid-afternoon, so it was not the best time to have a conducted 'Time-line Talk and Tour' through the Pioneer Village with Robin Grover, our guide (whose mother was the last baby to be born in the historic Stoney House in Millwater). Robin suggested we shelter in the Parsonage building and share some stories until

the wind and rain cleared, while she gave us a history of the wider Silverdale area (including Millwater). Robin is pictured behind the ROMEOs, immediately to the right of the wall clock.

As it turned out, it didn't stop raining and we were instead rewarded with 80 minutes of fact after fact, story after story; of families, history, geography, land grabs, murder, intrigue, perseverance, the development of communities – and even the background to most of the street names in Millwater. Had the rain not eased off to a drizzle, we would have happily heard more.

That left us with time for a quick look at the Tool Shed, which housed all sorts of old tools, equipment, motors, dairy plant, etc. – some dating back to the late 1800's – and the historic Neville House.

We left with the thought that we really need to come back and learn more and explore the other buildings that make up this amazing Pioneer Village.

To complete our outing, we went to the Northern Union, where the Steak and Guinness Pie seemed to be the favourite meal for lunch (with a pint of Guinness, of course!)

Don't let Tension Headaches get on top of you



Tension-type Headaches (TTH) are a common annoyance that most of us will experience at some time of our lives. However, if these increase in frequency or become chronic, they can dramatically affect our wellbeing, enjoyment in life and our ability to participate in social and leisure activities. TTH's usually originate in the base of the skull or frontal region and spread over both sides of the head. These headaches are often described as a steady, dull ache, and can feel like a vice or a tight band around the head.

Unlike migraines, which can cause nausea, vomiting, visual disturbances and hypersensitivity to light, smell and sounds. TTH's do not typically involve these characteristics and are not usually worse with moderate exercise and, although one's patience might run short when surrounded by excessive noise, it's more the stress of these situation that will

make a TTH worse.

Tension headaches can normally be attributed to stress, muscular strain, or emotional distress. These factors can increase tension in the muscles around the neck, face, and shoulders, which in turn develop knots known as trigger points. Persistent tension in these points can refer into the head, causing a tension headache. A physiotherapist will try to determine which muscles are responsible for your headache through referral patterns and by applying pressure on various muscle trigger-points, to reproduce symptoms. Once identified, these points can be neutralised with sustained pressure-point release, dry needling techniques, ice, stretch, or muscle energy techniques.

Along with physiotherapy, other alternative therapies such as massage, acupuncture, osteopathy, chiropractic, Bowen therapy, Pilates, yoga and meditation are becoming increasingly popular as we are noticing more and more people prefer to refrain from using pharmaceuticals when possible. In order to prevent reoccurrences, postural retraining, stress management, relaxation and breathing techniques also need to be addressed. Many of these therapies, along with counselling and physiotherapy, can help form better habits and coping strategies, to relieve the symptoms and stop the cause of TTH's – so you can get back to enjoying what you love.

Karen Donaldson
Peak Pilates and Physiotherapy, Millwater

holidaydestinations

Travelling with children

Travelling with children can be very daunting for some, but for others it can be a dream.

I am always surprised at how well Kiwi kids travel, and they are so lucky to be exposed to travelling at such a young age.

But I can only stress that you do your research. There are some great deals out there, available through travel agents, which have some excellent inclusions for children; from food and beverage credits, kids eat free, kids' clubs and free transfers...

With Kiwis these days too, it is always recommended that you triple check your passports. Those on NZ passports are normally ok (depending on where you are travelling) but even those on UK passports travelling to Australia require a visa, so best to check this a couple of weeks before travel.

Once you're on the plane, cabin air can cause mild dehydration, so it's important to get kids to drink regularly when flying. Flying can also prompt middle ear and sinus problems, which can be painful for babies and infants. To prevent discomfort, massage your child's ears from behind and, if all else fails, give them something to eat or drink for take-off and landing.

Taking wet wipes is not a crazy idea; handy for cleaning all sorts of areas, wiping hands, and general hygiene while away. Along with wipes, I pack the obvious... sunscreen, bug spray/bands, plasters and Pamol (just in case). Antihistamine cream is also great, to soothe insect bites and stings, and my trusty pawpaw. With little ones, I have known parents who have taken an offcut of netting, to keep mosquitoes at bay day and night.

Keep children entertained and occupied by giving them a child-friendly camera or encourage them to write a travel journal. Also, note that some airlines only include children's activity packs when you book a children's meal, so best to check this with your agent.

Travel Insurance cannot be stressed enough. As we all know, children can be unpredictable at the best of times, so adding on a small amount to your overall holiday is so important. I personally cannot stress this enough – and take the time to check the insurance inclusions, as some companies are far better at claims and covers than others.

Happy, Safe, Awesome adventures everyone...

Kiri Beven

Travel Broker

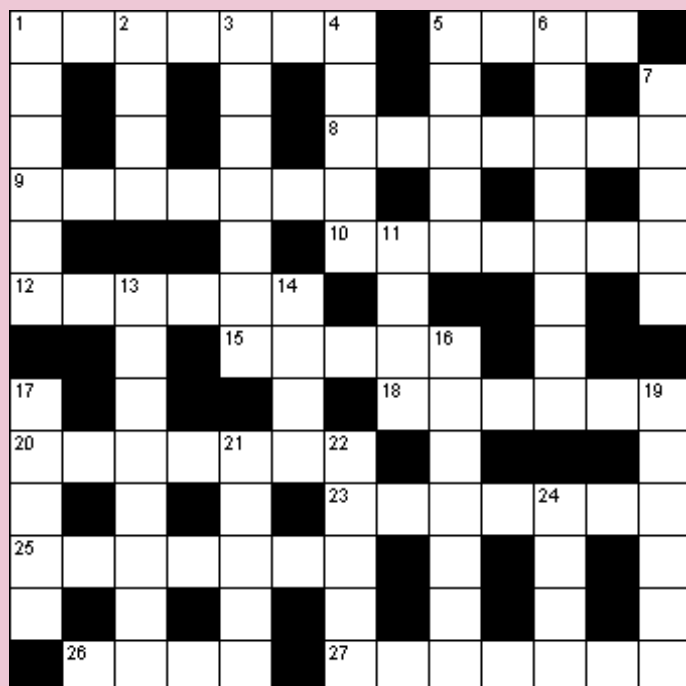
t: 09 889 8090 | m: 21 931 637

e: kiri@travelmanagers.co.nz

w: www.travelmanagers.co.nz



Cryptic Crossword #1 by Flintstone



Across

- 1 Brute with small pair set to annoy... (7)
 5 ...and annoyed if he gets his (4)
 8 Seaman without friends getting mollusc (7)
 9 Thus, a ruler gets very wet (7)
 10 Ingress for the choir (7)
 12 Fractions slim between the poles (6)
 15 Liquid burst around cleaning fluid (5)
 18 Before Lent, push right in (6)
 20 Pique a saint inside large dog (7)
 23 Go under? Suffer the reverse! (7)
 25 Fat around any cord (7)
 26 Mark cross around to prohibit (4)
 27 Made certain, trick around in the end (7)

Down

- 1 Mixed up aprons for the clergyman (6)
 2 Behind the heart, confused without a list of duties (4)
 3 At university, drunk and tense (7)
 4 Boasts of scrap of cloth in nonsense (5)
 5 Increase around right seed (5)
 6 Love to surround a junction and find drink (8)
 7 Pull apart chair around echo (5)
 11 Suggests losing fib for these cheeky kids (4)
 13 With this, stuff makes rubbish (8)
 14 Trappers things around on the beach (4)
 16 Follows performances containing publicity (7)
 17 Blame about the stroll (5)
 19 Dramatized pressman holding the spot (6)
 21 Claim to be ready for final metamorphosis (5)
 22 Confuse the issue for sweetmeat (5)
 24 Seldom seen confused at back (4)



Someone forgot to tell them they couldn't...



The big news in mid-September was the amazing results our Paralympians achieved.

We call them 'our' as if we had some part in their success. But let's be honest – most of us don't get to claim that privilege.

When Sophie Pascoe talked about her grandma, I had tears coming down my cheeks. I was so proud of her and for her. I felt the same for Liam Malone and Nikita Howarth. The funny part is, I don't know them from a bar of soap.

Never met any of them! Funnier still is you probably haven't met them either and yet you felt the same feelings of pride I did.

Here's the thing that strikes me... Someone forgot to tell them that they were (ssshh, come closer and I'll whisper...) 'disabled'. That they couldn't achieve great things and would have to settle for a less-than existence.

As we say in the South, "Praise the Lord and Pass the Ammunition!"

If anyone in these great athlete's lives tried to tell they were less

than, it didn't stick. They have shown themselves to be of the highest calibre, physically able to beat many of those who qualified for the Olympics and seriously able to smoke me and you in any race, be it on land or water. As impressive as that is, their character is more so.

Then I think of my own children, who have none of those obstacles to overcome and yet can find excuses for choosing a less-than existence. And then I look in the mirror and see where they learned that skill. Ouch! Hurts, don't it?

So I ask myself: what are the areas in my life where I have a disabled mentality? Where can I achieve greatness? Maybe greatness is too hard a target... Ok, something better than mediocrity? What lame excuses have I been using to justify my slack attitude and less-than choices? More importantly, now that I am aware of it, what am I going to do about it? I'll ask my children the same questions. I wonder if you'll ask yourself and your children?

Inspiration + Motivation + Perspiration = Elevation (Just made that up, but good, aye?)

It's the perspiration part that gets us. But nothing great was ever achieved without hard work. Ask Sophie, Liam & Nikita.

Rechelle McNair
Kidcredible Limited t/a sKids KingsWay

You're invited to the...

Millwater SPOOK TOWN

HALLOWEEN TRAIL Saturday 29th October 6-7pm

Come along for a Halloween tour of the estuary bush track, starting on Millwater Parkway, opposite the end of Blake Greens. Prepare to be spooked, have a scream or a laugh, but most of all have fun!

Brought to you by your community for a bit of Halloween goodness. Disclaimer: Suitable for brave, spooky-loving big and small kids. Children under 10 must be supervised by an adult. Gold coin donation appreciated. Weather permitting - slight rain still on; if torrential, rain date will be Sun 30th October.

Updates on Millwater Families Facebook page.



If you'd like to volunteer to help out on the night please email emma@coastpetandhomecare.co.nz

Special thanks to the very generous Millwater residents who've donated time and money to make this happen.

Buying a Property and the risks of 'P' contamination



The subject of risks, dangers and potential financial costs of possible methamphetamine ("P") contamination in properties has received significant exposure in the media in the past few months.

We advise our clients to be cautious when buying any property, and making investigations in respect of meth contamination should be part of any purchaser's due diligence enquiries. There are three basic enquiries that can be made:

1. The Vendor and/or Agent should be asked specifically about meth; in particular whether the property has been

tested or monitored. The standard agreement used in the sale and purchase of properties can be amended to provide a warranty from the vendor that the property has not been used for meth manufacture.

2. As part of your general due diligence, you should be obtaining a copy of the Land Information Memorandum (LIM) report from Council. If Police are aware of a property being used as a Lab, the council may be informed. The Council may note the risk of contamination on a property's LIM. Some Councils may add the notification permanently while others remove it once the property has been decontaminated.

3. Have the property tested for meth contamination. There are indicative tests that provide a yes/no answer as to whether meth residue is present on the property. Samples are collected and sent to a laboratory for testing. The actual level is not ascertained; only more detailed laboratory testing would determine the level. There are different qualities of meth testing available, so it pays to check that you are engaging somebody who knows what they are doing.

At the moment, there are no standardised procedures or regulations in respect of meth contamination testing. This is currently being worked on, with further information expected later on in the year. In the meantime, it is best to exercise caution and complete full due diligence enquiries when purchasing a property.

KATRINA SIMPSON
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Fish Part 2



Last month, I talked about how most Chinese consider fish to be fresh only if it is alive right before it is cooked. Now let's have a look at how the Japanese take a totally different approach to maintain the freshness of the fish.

When fish is eaten raw, freshness is no doubt very important, but the condition of the flesh could also affect the tasting experience. Fish that are trapped in a tank could become very stressed and, as a result, damage the texture of the flesh. The logistics of transporting the fish alive could also cause bruising and loss of fat, which is also not ideal for sashimi. Therefore, the Japanese have originated a technique to paralyse the fish, to maintain the quality of its meat – this is called Ike Jime. When the fish is caught, a needle is inserted into its hind-brain, causing the fish immediate brain death. This is a very common method to cease all motion of the fish, as well as retain the freshness of the meat.

Just like beef, sometimes fish are aged before serving as sashimi/sushi in Japan. Common ones are tuna and snapper. When the fish is properly aged, protein will be converted into amino acid, which enhance the flavour of the meat; the

fish fillets inside the glass box of the sushi bar have certainly included many precise procedures and considerations of the chef.

In New Zealand and most other countries around the world, salmon is the most common fish for sushi and sashimi. Ironically, in Japan traditionally people do not eat raw salmon – this is because wild salmon contains parasites that are, of course, a big risk to our health. Although nowadays most of the salmon consumed is farmed and has relatively low risk of containing parasites, it is still rare to see salmon in the traditional sushi bar. A sushi master may punch you in the face if you ask for a salmon sushi!

Some fish that are commonly use as live bait here in New Zealand are actually very popular sashimi ingredients in Japan: piper (Sayori) and yellowtail (Aji) are a few to name, which are also our family favourites. Since Japanese restaurants here do not serve these fish, the only way we can eat them is to fish for them ourselves. Next time, if you see someone jumping up and down, screaming excitedly on a wharf just because a piper is caught, don't laugh; it could be us hoping to have a decent sashimi plate for dinner!

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



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Country Show Day 2016

Saturday 29 October 10am - 2pm



Silverdale School's much-anticipated annual Country Show Day is only weeks away and is shaping up to be a fantastic and fun event. Running from 10am to 2pm on the School grounds, there will be something for everyone.

For the children and young at heart we have some great stalls, rides and activities; including Angry Bird Throw, Mini-Tractor Rides, Paintball, Smash-A-Plate, an Obstacle course, Zoomals, Teacher Dunk, and Funco rides and games including Pirate Ship, Boot Camp, Wipe Out Balls, and Cliff Hanger to name a few!

Local businesses are generously supporting the school with some wonderful items up for grabs in the Silent Auctions. Everything from passes to Silverdale Adventure Park, Spookers Scream Park, Sheepworld, Whangaparaoa Railway, Parakai Springs, Clip n' Climb, Skyline Rotorua Gondola and Luge – through to vouchers and great products from Flooring Xtra, Fleurette Florist, Skin Institute, Orewa and Millwater Vet Hospitals, Lighting Plus, Mozaik, Bed Bath & Beyond, Stirling Sports, The BED Shop, Stanmore Bay

Leisure Centre, The Wade, and Paper Plus Orewa.

The White Elephant Stall will see a wide array of good quality second-hand items and is sure to have the public queuing at the doors. There will be clothing for adults and children, toys, games, puzzles, books and bric-a-brac. If anyone in Millwater is having a spring clear-out and has items they would like to contribute to the White Elephant Stall, we would love to hear from you. Please note that we now have enough donated books to sell so no



longer require book donations.

We also have a selection of gorgeous craft stalls with some great gift ideas – get in early with some Christmas shopping!

We are hugely grateful to Mike Pero Silverdale, our Platinum Sponsor for Country Show Day, for their incredible support for the second year running. Grayson and Sarah Furniss are the business owners of Mike Pero Silverdale. They live and work in Millwater and know the market extremely well. Their clients attest to their

enthusiastic and professional approach, as well as the high value proposition that the Mike Pero Real Estate brand provides. Clients appreciate that, because they are locals, they not only have an in-depth knowledge of the current market but also strive to make a fabulous impression by delivering optimum results.

In addition, we have three Gold Sponsors and would like to sincerely thank Hoyts Cinemas Hibiscus Coast, Planning Plus, and The Dental Suite Silverdale, for their amazing support.

Silverdale School is using funds raised this year for new play-based learning equipment in the new entrant classrooms, and an upgrade to the existing School library.

Keep an eye on our website www.silverdaleshowday.com in the build-up to the day, for further details on entertainment, stalls, sponsors and auction items.



If you need further information about Silverdale School's Country Show Day, or would like to donate an auction item or prize, please contact Rachael on 027 418 4745 or email silverdalepta@gmail.com

Mike Pero

REAL ESTATE

Mike Pero Silverdale - Proud to be the Platinum Sponsor for the Silverdale School Country Show Day 2016

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Stopping gum disease in its tracks



Many people think it's normal if their gums bleed while they brush, floss, or during dental check-ups. In fact, swelling and bleeding are an early warning sign that bacteria have infected your gums. Most people don't realise they have this infection, which makes gum disease a particularly insidious dental problem! Unlike an achy tooth, gum disease can be easy to brush off in its early stages.

Gum disease is indicated by receding gums, wobbly teeth and collapse of the jawbone. If your gums are swollen, red, or bleed easily, you may have gingivitis. This is an early form of gum disease that can progress and cause more serious problems. It's also the only stage of this disease that is reversible. Untreated gingivitis often becomes Periodontitis – this results in the gums pulling away from the tooth, and creating pockets which are the perfect breeding ground for bacteria and infection to thrive. If this condition continues untreated, it will destroy the structures that support your teeth, eventu-

ally leading to massive tooth loss.

Fortunately, periodontal disease is preventable at any age through good oral hygiene, as well as regular dental cleanings, which will remove hardened bacteria-filled plaque from underneath your gumline. If it does develop, we can treat it with dental scaling and antibiotics. In very advanced cases, surgery may also be necessary. Because only the early stages are reversible, and because it is possible to have gum disease without any warning signs, regular dental examinations are extremely important in preserving your teeth as long as possible.

This is what to watch out for:

- Red, swollen or tender gums
- Bleeding while brushing or flossing
- Gums that pull away from the teeth
- Loose or separating teeth
- Pus between the gum and the tooth
- Sores in your mouth
- Persistent bad breath
- A change in the way your teeth fit together when you bite
- A change in the fit of partial dentures

Not a very pleasant list, but knowing what to keep an eye on could save you a lot of unhappiness down the line. Prevention is definitely the best cure when it comes to gum disease!

If you have any questions about your own gum health, contact us on 09 426 5262, or email us on team@dentalsuite.co.nz and we will be happy to help!

EXPERIENCE THE DIFFERENCE




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To suck or not to suck?



Recently there was a news report that mentioned the advantage of children sucking their fingers and thumbs, to get better immune systems. While this may be true for the immune system, encouraging children to suck their thumbs is not always in favour of their bite or speech development. Non Nutritive Sucking (NNS) occurs prenatally and is a comforting behaviour in infants. Parents can encourage infants to suck a dummy but cannot control if their baby will prefer it to their thumb. Keep in mind that there is no reason to encourage thumb-sucking or pacifier use in infants who do not show a need. The sucking instinct in these infants is satisfied through breast or bottle feeding. Sucking the thumb past the age of 4 has been linked with the development of tongue thrust (see last month's article) and problems with occlusion and/or the development of a high narrow palate.

On the other hand, in 1989 the World Health Organisation reported that children who use a dummy may be more likely to get ear infections. The debate will rage on. The advantage of thumb-sucking is that the thumb is never lost and it does not interfere with breast feeding, but it can be a hard habit to break in some children. Getting rid of the dummy is usually easier. A study conducted by Arkansas State University (2008) found that there was no link between articulation disorders and prolonged (longer than 18 months) use of a dummy. When children start to speak more, parents can encourage them to remove the dummy while talking so that it's easier to understand them and so that their dependence on a dummy starts to diminish.

Please contact me if you have any questions regarding this issue.



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

Silverdale School Student's General Knowledge Quiz

Q. 


A. 



Blake Murphy is a Year 8 student at Silverdale School and he has devised a general knowledge quiz for readers to try.

1. In what decade was Mickey Mouse created? 1920,1930,1940
2. What football player has won the most medals?
3. At the Rio Olympics, which colour medal did NZ win the most of?
4. When was the first telephone invented?1872,1876,1880,1934
5. What is the capital of Iraq?
6. How many countries go to the Commonwealth Games? 65,71,84
7. What large supercar company used to make tractors?
8. What year was the Napier earthquakes?
9. What is the largest organ in your body?
10. Who was the captain that didn't play in the 1987 World Cup winning All Blacks?

Answers

1. 1928
6. 71

2. Lionel Messi
7. Lamborghini

3. Silver
8. 1931

4. 1876
9. Skin

5. Baghdad
10. Andy Dalton

Recipes from Millwater Residents



Long Eggplant and Chicken Stir Fry

Long eggplant is often found in your local fruit and veggie shop. Ever wondered how to cook this long, narrow, pale purple eggplant?

This kind of eggplant is excellent for stir frying; its skin is not as thick as the normal round eggplant, so it is usually cooked with the skin on.

Ingredients

5-6 long eggplant
300g chicken breast/thigh
Dried shrimp (optional) (available in Asian grocery)
Spring onion to garnish
1 tablespoon oyster sauce
1 teaspoon minced garlic

Marinated sauce

1/2 tablespoon soy sauce
1 teaspoon sesame oil
1 tablespoon corn flour
Pepper

To Make

1. If you decided to use dried shrimp, soak it in warm water for 10 minutes, drain then pan fry with some olive oil until it turns golden brown and crispy. Put aside.
2. Cut chicken into long slices, mix with marinated sauce and stand for about 15 minutes.
3. Cut eggplant into long pieces (around 7.5cm x 1.5cm).

4. In a wok, heat up olive oil, stir in eggplant, add about 1 tablespoon of water, cover and let it cook for about 1 minute. Remove cover, give the eggplant a stir then cover again for another 1 minute. Repeat until the skins are light brown and about fully cooked. Remove from wok and set aside.

5. In the same wok, heat up olive oil with some mince garlic, stir fry chicken for about 5 minutes.

6. Add eggplant and dried shrimp into the chicken, add oyster sauce and stir fry until the sauce is evenly coated on the ingredients.

7. All done! Garnish with some chopped spring onion.

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

Happy Cooking!
Nita Wong



Lemon Meringue Pie

When Charles saw the bag of lemons I brought home, he asked me to make a Lemon Meringue Pie for him. Lemon Meringue Pie has always been our family favorite, but I haven't made it for a while.

Luckily I had a pack of frozen sweet short crust pastry in my freezer – so I was able to quickly fix it. Lemon Meringue pie is not difficult to make if you follow step by step.

Ingredients (21cm pie dish)

1 sweet short crust pastry sheet (you can make pastry from scratch - of course)
4 tablespoons corn flour
1 cup milk
2 eggs – separated
100g sugar
Grated zest and juice of 1 lemon

Butter – for greasing the pie dish

How to make easy lemon meringue pie

1. Grease a pie dish. Pre-heat the oven to 200°C. Line the pie dish with a short crust pastry sheet, trim excess and make attractive edge with the cut off pieces. Prick the bottom with a fork. Place a sheet of baking paper over the pastry and bake blind for 10 minutes until the pastry is cooked and light brown. Turn the oven temperature down to 150°C.

2. While the pastry is in the oven, put milk and corn flour in a small sauce pan and cook on the medium heat. Bring to boil stirring continuously until the mixture becomes a thick cream consistency. Turn off the heat. Add 2 tablespoons of sugar, egg yolks and lemon zest and juice. Mix well. Pour the lemon cream into the cooked pie shell. Put it aside and let it cool a little.

3. In a clean bowl, whisk egg white until it forms soft peak. Add rest of the sugar and continue to beat until it becomes stiff meringue.

4. Pipe or spread meringue over the lemon cream and bake in oven 150°C for 20-25 minutes.

5. Serve warm or chilled.

Chika Deane



Paleo 'Donut' Cupcakes

Cupcake Ingredients

100g blanched almonds (or almond meal/flour)
60g raw cashews
3 eggs, separated

1/4 tsp cream of tartar
1/4 tsp fine sea salt
1/4 tsp bicarbonate of soda
1 tsp ground cinnamon
30g coconut oil
60g pure maple syrup

Cinnamon Sugar Ingredients

1 tsp ground cinnamon
1 1/2 tbsp coconut sugar

Donuts

Preheat oven to 180°C, and line a 12-hole muffin tray with 12 cupcake cases and set aside.

Place almond and cashews into a food processor and mill them finely.

In a mixer, place egg whites and cream of tartar and whip until stiff and set aside.

Take the nut mixture and add egg yolks, salt, bicarbonate of soda, cinnamon, coconut oil and maple syrup into bowl and mix thoroughly into a smooth batter.

Spoon 1/3 of egg white mixture back into the nut mixture and mix well to loosen the batter.

Carefully fold the remaining egg whites into the batter, mixing gently until completely combined.

Spoon mixture into cupcake cases until they are half full.

Cinnamon Sugar

Place cinnamon and sugar into a bowl and stir to combine, then sprinkle over cupcakes. Bake for 15-18mins 180degC or until a wooden skewer inserted comes out clean. Serve warm.

More recipes available on my Facebook Page
@Booandherboys

Claire Cameron

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



Dan's Tips

October 2016

October is a great a month to set things up in the garden for a long, hot summer!

Organics: grow and eat healthy

- If you're into growing healthy food or you want to have a go, now's the time! Central Landscapes are really excited to offer Living Earth's organic certified Veggie Mix in bulk, an economic way to fill raised beds and planters, knowing that the soil in which your food is growing is chemical-free.
- And pick up some organic seedlings from your local garden centre or farmers' markets - they seem to have lots of interesting varieties - all timed to be ready to go in the garden now.
- Dan's recommendation - always liquid fertilise newly planted seedlings with a quality liquid feed, such as Living Earth organic certified Liquid Compost. It gives a good nutrient boost to the roots.

What can I plant now?

- Herbs that really save money are coriander and parsley, French tarragon and dill. Wonderful flavours for summer, they don't always last when bought in supermarkets and they're so easy to grow at this time of the year.
- Structural elements - create a bit of height and fun in your edible or your ornamental garden by adding metal plant towers or willow teepees. Plant sweet peas or nasturtiums that can be easily trained up the framework. Or, natural height is achieved by planting globe artichokes or sowing the seeds of tall sunflowers.
- Top of the list would be the summer vegetables that can be harvested in the months after Christmas. If you've got plenty of sun on your garden now, plant capsicum, chillies, zucchini and aubergines. Maybe try a cucumber from Labour Weekend on.
- Tomatoes are best planted with a stake that is around 1.8m high. Tomatoes are vines that grow quickly, particularly if you have decided to grow Sweet 100 - the cocktail size tomato.
- When we plant Supertoms, a variety of tomato grafted on rootstock that increases the growth and size of the plant, we need lots of space and plenty of stakes (or a wall) to anchor it. The benefit is lots and lots of tomatoes from this 'upsized' plant!

October is perfect lawn sowing time

- The most important aspects to sowing successful lawns are preparation (spraying out or removing weeds), the soil or mix you sow the seed into and the selection of the right lawn seed for the area. At our yards we have top quality lawn seed, starter fertilisers and that all important Ultra Lawn Mix to sow the seed into. Ask for our Prolawn leaflet that you can take away with you that will help you get started.



Woolgro Lawn Mats

These are the Rolls Royce of lawn sowing, because all the hard work - seeding and fertilising - is already in the wool mat that you lay over your freshly prepared soil. No weeds to fight the lawn seed for space - all you do is water regularly! Visit us now to view the mats and talk to our staff.



Central's Exclusive Brazier Deal

We're helping you welcome in spring with a quality NZ made brazier deal, exclusive to Central Landscapes. Gather family and friends around this gorgeous outdoor fire and enjoy. In our yards from 01 October.



Think you've got the best Garden?

It's that time of year again - Central Landscape and Garden Supplies Silverdale are running their third annual **Millwater Garden Competition** and it's bigger and better than ever!

CATEGORIES

**Best Overall
Garden Design**

**Best
Vegetable Garden**

**Amazing prizes
up for grabs!**

**Best
Kids Garden**

**Best Small Garden
– Patio or Deck**

**Best
Lawn**

All entries will receive a prize pack. To enter email your name, address and the category you want to enter to sarah@themillwatermag.co.nz by the end of Oct. Judging will commence in late Nov.

Open Hours: Monday - Friday: 7am - 5pm, Saturday: 8am - 4pm, Sunday: 9am - 4pm
www.centrallandscapes.co.nz • 09 421 0024 • 90 Foundry Road, Silverdale Business Park

COLLECTIVELY TALENTED IN OREWA

What is a MakerSpace?

(It's a new word from the Maker Movement, taking the world by storm). Often set up collectively, it offers a fully-equipped and flexible venue for independent and working artists, designers, crafters and tutors, to offer their skills through workshops to the public.

Inspiring others to learn, create and design within a supportive and social environment.

Collective Talents in Orewa is exactly that

Opened in August 2015 by local resident Helen Bakker, local mum of 3, local crafter and indie jewellery-maker, with a passion for inspiring people to be creative and give making and design a go.



Helen offers The Coast and Rodney a MakerSpace, NZ Gift Gallery, Brother sewing dealership and a place to buy fabric, haberdashery and to book workshops with talented tutors of many ages and experience.

"Creativity feeds the soul. Design inspires others to take some time for themselves, whether an absolute beginner or a seasoned crafter/sewer. People of all ages want to learn new techniques and connect with others. Whether a school-aged sewing beginner or a seasoned painter or quilter, there's time and space for all to share, learn and be encouraged."

"It's inspiring to watch people enter our doors and join our team. People making new connections, being creative at so

many different levels and sharing/learning a life skill. We have also been gifted many resources by the local community. We plan to reach out to schools, colleges and retirement centres, to enable these life skills and creativity to remain and not be lost."

Collective Talents is a supporter of social enterprise businesses locally and promotes indie designers in their retail gallery. They also offer sponsorship and products through their partnership with Brother NZ. Brother NZ was the major sponsor of NZ Fashion Week's Graduate and Design Stars show during August in Auckland.

"Technology is more affordable and accessible. We plan to showcase digital cutting and embroidery digitising within our business, and also offer a regular learning group."

"We currently offer sewing and quilting classes Monday through to Saturday, daytime and evening. Beginners' crochet class on Wednesday evenings. Fabric painting classes, a line of jewellery, clothing, décor and gifts are in planning and production for release."

For information, bookings and general enquiries, please visit www.collectivetalents.co.nz

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Classes run per school terms and may run out of std. hours.
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PERSONAL WELLNESS WITH HELEN

Baby Blues/Post Natal Depression



This is a topic close to my heart and, even though my boys are now 9 and 8, it is something I've never before written about publicly.

Short story: both kids' arrivals were traumatic for me – #2 even more so – unable to come back from anaesthetic due to a hospital registrar making poor decisions. I was

an emotional mess. Looking back, I had the post-trauma stress and the PND. And it would have taken around 2 years to come through it.

Whether it's the "Baby Blues" end of the scale or the more serious PND end, this is a significant issue, due to the impact on the health and wellbeing of mothers, partners, children and relationships. Studies suggest around 15% of all mothers are affected – although that's only the reported cases. Mine wasn't, so maybe it is more like 20%. So: look around you at the mums – 1 in 5 is experiencing or has experienced this.

If it is you, I really urge to speak up. Ask for help that is right for you, whether that be from a friend, partner, GP, Plunket, or another practitioner.

Maybe you have a friend who you can see is struggling; you can help them too. Ask her to tell you honestly how she feels, and then let her talk and don't be afraid of her tears. Really listen to what she has to say – don't offer platitudes or suggestions, that's not what she needs. When she has finished talking and crying, gently try and encourage her to get some professional support. Don't ask her how you can make her feel better – ask her "what can you do to give her a break." Let her know that you care about her, even if she doesn't care about herself very much right now, and keep telling her "It's OK not to be OK" and reminding her that SHE IS NOT ALONE.

If this speaks to you, connect with me – I've been there and I'm out the other side.

Helen McAuley-Grant is a Body & Soul Mentor, Registered with the Natural Health Council of NZ as a Senior Kinesiologist. She has been in practice for over 12 years, and has lives locally.
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millwater **malt** of the month



This month we have a taste of Japan; a single malt whisky that is reasonably priced and can be picked up from a number of outlets. We found ours at Tokyo Liquor in Sylvia Park, who also have stores in Newmarket and in the CBD, but it's retailed elsewhere too.

Japanese single malt whisky can sometimes appear relatively expensive when bought in New Zealand, so it was a pleasant surprise to find the Suntory Hakushu Distiller's Reserve for well under \$100. This is a fairly new (2014) offering from Suntory and has a screw cap, so I can imagine some single malt purists wrinkling their noses at the idea – but remember what has happened to corks in wine bottles...

Although the Distiller's reserve is a single malt, it is produced from a combination of different casks – different in both age and style of wood – all from the Hakushu distillery that lies to the Northwest of Mount Fuji. We used the Norlan glass that was reviewed in last month's magazine and remain convinced that it's a great whisky glass.

Nose: Vanilla-tinged honey, cedar wood and juicy raisins. Lighter notes of crushed almonds and dry hay. Very light peat notes, slightly medicinal yet covered in more floral honey.

Palate: Honey and dried fruit to start, with a slightly oily mouthfeel. Cocoa-tinged fruit and woody spice, freshly-grated ginger. A subtle touch of white pepper, with a nice swell of mild peat and smoke towards the end.

Finish: A nice combination of citrus sweetness and complex tannins linger with oak, cedar, and drying spice, cardamom, white pepper and

raw clove. That wisp of smoke from the nose and palate gracefully wafts through the finish as well.

Yoi uisuki 良いウイスキー (Good Whisky)

The Tail of Winter

The Tail of Winter's stinging rain
Reminded us that, once again
Our early planting (fingers crossed)
Can be a dream – a hope that's lost.

But Spring's arrived, new lambs are jumping
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In the 1930's, new airplanes allowed people to fly higher and farther, many US Air Force pilots were reporting that the glare from the sun was giving them headaches and altitude sickness. A new kind of glasses was introduced with green lenses that could cut out the glare without obscuring vision and the Ray-Ban brand was born. The new anti-glare eyewear went on sale to the public in 1937. The original glasses featured a plastic frame with the now classic Aviator shape. The sunglasses were remodelled with a metal frame the following year and re-branded the Ray-Ban Aviator.

In 1952, the Ray-Ban Wayfarer model was launched and could be seen on screen legends such as James Dean and Audrey Hepburn and yet today is still one of the most instantly recognisable fashion accessories ever.

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millwatermotors

There were roughly half a million Hillman Imp variants produced between 1963 and 1970 (half of them in the first three years), with the Singer Chamois/Sunbeam Imp variant making up just 4,149 of the total – thereby making it a rare and very collectable small car. Local Millwater resident Don Robertson owns such a rare example; a beautiful 1969 metallic turquoise Sunbeam Imp, which has clocked up only 48,000 genuine miles since it was first assembled by Todd Motors in Wellington.



The 4-headlamp Sunbeam Imp can claim more of a motoring pedigree than most might suspect for such a small car. The Imp uses an 875cc all-aluminium power unit, adapted by Rootes from a Coventry FWMA fire pump engine that had enjoyed some racing success, but significantly different in areas such as cylinder head design. It is mounted behind the rear wheels and canted over at 45 degrees, keeping the centre of gravity low to optimise road-holding.

Rear-engined cars generally suffer from oversteer handling characteristics to some extent and, to counteract this as much as possible, the Imp has a semi-trailing-arm independent rear suspension system. This relatively costly and sophisticated solution, atypical for small-car design at the time, was insisted upon by its designers. To attain balanced handling, the Imp actually uses swing-axle geometry at the front, with the camber reduced by lowering the pivot-points.

In 1964, Don had first learned to drive in a Hillman Imp owned by his mother, so there has always been a strong emotion-

al element to his attachment to the marque. He had always dreamed of having another Imp and regretted his parents' decision to sell their original model. Being a lover of classic cars, Don's dreams started to come true when he saw this one for sale on Trade Me and, although abroad in Malta at the time, Don was so convinced by the Sunbeam Imp's authenticity that he bought it online, sight unseen.

The Sunbeam Imp is in great condition, but Don has plans to refinish the gleaming paintwork and spend some time (and money) on the car's interior. With the mileage being so low, the engine and other mechanicals are in excellent condition and it starts almost like a new car. As Don is the owner of other classic cars that are stored and used elsewhere, we hope to see him return to feature again on these pages.

We asked him about his decision to move to Millwater and it turned out that Debbie Corliss was the one who swayed his



judgement to buy the Horncastle home of which he is so proud. "We are so fortunate to have found this house and in

this great location, where neighbours soon become friends" said Don, "we really love this great community".

So, next time you see a Sunbeam flash of turquoise around Millwater, remember that it is a very rare sight and one with something of a real racing heritage.

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Small Objects of Desire (move beside quiz)



Noted sculptor John Biccard lived and worked in Capetown, South Africa, where he produced the most fantastical and amusing anthropomorphic figures from crushed marble, lovingly hand-finishing and signing every piece with his distinctive 'JB' logo. John travelled extensively in Europe and attended Cambridge University (which he claimed was short for 'Camelbridge'). As a very private person, it is difficult to discover much about John Biccard's life. He is perhaps not very well known outside of South Africa, yet some of his highly collectable pieces have made their way to Millwater. Here is just one example in a small collection of John's whimsical yet most alluring pieces: Lawrence of Arabia.

Lawrence of Arabia stands just 24cm high on his plinth and exhibits the characteristic snooty disdain that is so typical of the camel. Lawrence is believed to be one of John Biccard's last pieces made and is the only one to which he wrote a poem:

"Sufi, the magus's camel,
was a remarkable mammal,
as at home in a busy bazaar
as alone on a dune with a star."
– John Biccard

The enigmatic smile that plays in the corners of the camel's mouth is the smile of a camel that has passed through the eye of a needle. So serene is his composure and detachment that he is spirited off to transcendental realms that are denied to mere mortals – encumbered as we are with our worldly baggage. The smile is the Smile of Gnosis – of real knowledge, as opposed to mere belief.



There is limited information on the Internet about sculptor John Biccard and the Biccard Collection but it is worth exploring, to learn more about his captivatingly magical world.

Cut out and stick on your door or letterbox

Trick or Treaters

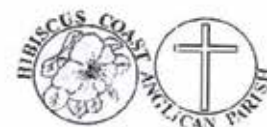


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- Every Sat Silverdale Village Market • 8am-1pm,
Silverdale St, Silverdale
- Every Tues Quiz Night at Northern Union
- Every Wed Hibiscus Coast Scottish Country Dance Club
Silverdale Hall • 7:30pm
- Every Sat Millwater parkrun 8am • See
www.parkrun.co.nz/millwater for more details
- Every Thurs 3:30-4:30pm • New to NZ? Orewa Library hosts a very informal conversational English group for new immigrants, every Thursday from 3.30 – 4.30pm in term time. This is a free session with a qualified ESOL teacher. We chat about Kiwi customs, health, shopping, neighbours... all kinds of things which are relevant to our daily lives. Children are welcome! Why not give it a try?
- Weds/Thurs Rotary Satellite Club of Orewa-Millwater • at Roberts Cafe, Millwater Parkway • 1st Weds every month 6pm • 3rd Thursday every month 7pm
- Weds Hibiscus Coast Mid-Week Badminton Club • 9am-noon • Orewa Badminton Hall, Victor Eaves Park
- 12 October Orewa Library • Talk by Lindsey Dawson, promoting her new book Scarlet and Magenta • 10:30am - noon • Free
- School Hols The theme of "Steam and Steel" combines with fun crafts, games, computer coding and competitions at Orewa and Whangaparaoa libraries these school holidays. Activities, times and dates listed below:
- 3 Oct 2.00pm • Knights in armour Calling all knights and princesses to the castle. The "Argent Lords" are visiting with their shiny metal armour. Hear about horrible history's armoury and dress up for a photo with a steely knight.
- 6 Oct 3:00pm • Steam-pipe Maze-runner. Compete against other SteamPunks in the steampipe maze game. Another big fun giant floor-based boardgame where YOU are the Steam-geneer.
- 7 Oct 2:30pm • Get Steampunked! Make steampunk hats, goggles or jewellery. Cogs and gears, feathers and flights of fancy. Come along and create or bring your own hat to embellish.



Join us for services throughout the month:

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

Christ Church, Waiwera
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Holy Trinity, Silverdale
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Sun 2 Oct	02:57 0.4 m	09:15 2.9 m	15:12 0.4 m	21:29 2.9 m	Tue 18 Oct	03:21 0.0 m	09:40 3.4 m	15:45 0.1 m	22:05 3.4 m
Mon 3 Oct	03:36 0.4 m	09:55 3.0 m	15:50 0.4 m	22:07 2.9 m	Wed 19 Oct	04:11 0.0 m	10:31 3.4 m	16:36 0.1 m	22:57 3.3 m
Tue 4 Oct	04:13 0.4 m	10:32 2.9 m	16:28 0.4 m	22:44 2.9 m	Thu 20 Oct	05:02 0.0 m	11:22 3.4 m	17:29 0.2 m	23:50 3.2 m
Wed 5 Oct	04:49 0.4 m	11:08 2.9 m	17:06 0.5 m	23:21 2.8 m	Fri 21 Oct	05:53 0.1 m	12:15 3.3 m	18:24 0.3 m	-
Thu 6 Oct	05:26 0.5 m	11:46 2.8 m	17:45 0.6 m	-	Sat 22 Oct	00:44 3.1 m	06:46 0.3 m	13:10 3.1 m	19:22 0.4 m
Fri 7 Oct	00:00 2.7 m	06:04 0.5 m	12:25 2.7 m	18:28 0.7 m	Sun 23 Oct	01:39 3.0 m	07:42 0.4 m	14:08 3.0 m	20:23 0.5 m
Sat 8 Oct	00:40 2.7 m	06:45 0.6 m	13:08 2.7 m	19:14 0.7 m	Mon 24 Oct	02:38 2.8 m	08:43 0.5 m	15:08 2.9 m	21:26 0.6 m
Sun 9 Oct	01:23 2.6 m	07:30 0.7 m	13:56 2.6 m	20:06 0.8 m	Tue 25 Oct	03:38 2.7 m	09:47 0.6 m	16:09 2.8 m	22:27 0.6 m
Mon 10 Oct	02:11 2.5 m	08:21 0.7 m	14:50 2.6 m	21:01 0.8 m	Wed 26 Oct	04:40 2.7 m	10:50 0.6 m	17:07 2.8 m	23:25 0.6 m
Tue 11 Oct	03:05 2.5 m	09:20 0.8 m	15:49 2.6 m	21:59 0.7 m	Thu 27 Oct	05:39 2.7 m	11:48 0.6 m	18:01 2.8 m	-
Wed 12 Oct	04:05 2.5 m	10:23 0.7 m	16:48 2.7 m	22:57 0.6 m	Fri 28 Oct	00:17 0.6 m	06:34 2.7 m	12:39 0.6 m	18:51 2.8 m
Thu 13 Oct	05:07 2.6 m	11:24 0.6 m	17:44 2.8 m	23:53 0.5 m	Sat 29 Oct	01:05 0.5 m	07:23 2.8 m	13:25 0.5 m	19:37 2.8 m
Fri 14 Oct	06:08 2.8 m	12:21 0.5 m	18:38 2.9 m	-	Sun 30 Oct	01:49 0.5 m	08:08 2.8 m	14:07 0.5 m	20:19 2.8 m
Sat 15 Oct	00:47 0.4 m	07:05 2.9 m	13:14 0.4 m	19:30 3.1 m	Mon 31 Oct	02:29 0.4 m	08:49 2.9 m	14:46 0.5 m	21:00 2.8 m
Sun 16 Oct	01:40 0.2 m	07:58 3.1 m	14:04 0.2 m	20:22 3.2 m				High	Low



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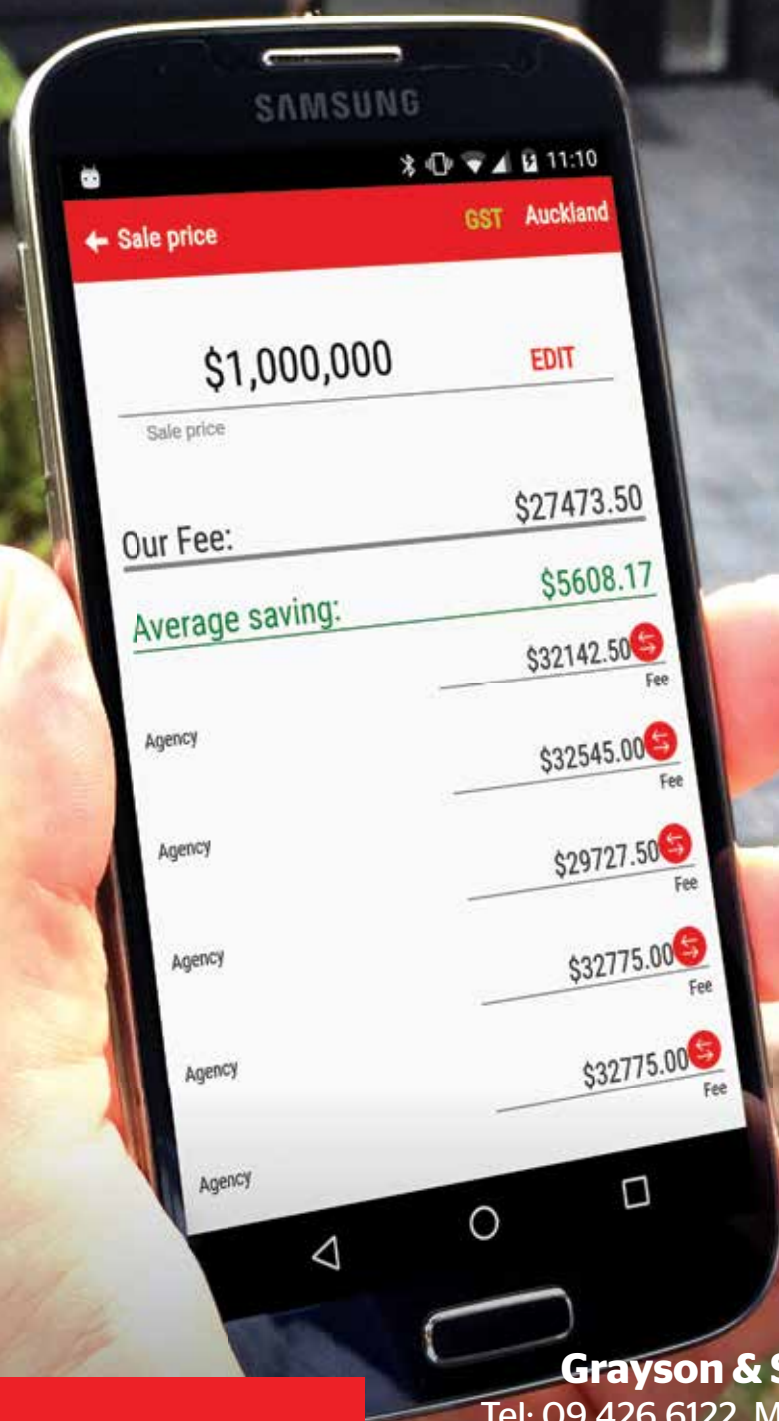
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