

theMillwatermag

www.themillwatermag.co.nz

Your FREE monthly magazine of all things Millwater
July 2017



- Millwater Property Talk with Grayson
- Visual Voice photographic studio now open!
- OsteoMe now open in Silverdale!

Editor's note

Mid-winter and the shortest daylight have passed agreeably, with some great weather for getting out and about. We loved the time spent with our grandchildren at the beach and are impressed by the article about Surrogate Grandparents that you will read about in this issue.



Also impressive this month is the serendipitous juxtaposition of this month's interview with Vanessa Gatman and the article from Rechelle McNair. This certainly was not pre-planned, but the messages in both are equally important and should be read more than once.

It was great to meet the Police at a coffee and chat session in Robert's Café last month. A number of Millwaterians took the opportunity to discuss issues of importance to us all and the Police will have taken away a clear impression of a great community that is united in its wish for a better neighbourhood. We look forward to getting some feedback from the Police about the messages received and given by them.

The recent global cyber-attack, which left parts of the UK Health Service and other essential services crippled for a time, has made me think again about our reliance on EFTPOS. In a country where natural disasters are not unknown, and adding the inability to even buy a bottle of milk or a loaf of bread because banking and EFTPOS are crippled, we all do need to consider having some cash held securely for emergencies. Perhaps not under the mattress, though!

Brian Mullan
Editor
July 2017

theMillwatermag

July 2017 Issue

- 4 Silverdale School's 2017 Student Council
- 5 Vet Speak
- 8 Millwater Book of the Month
- 9 Pharmacy Talk Orewa
- 10 The Millwater Insider
- 12 Pharmacy Talk Millwater
- 16 Pure Beauty & Skin Care
- 18 Surrogate Grandparents
- 21 Millwater Biz Buzz
- 22 Millwater In Focus
- 26 Mike Pero Silverdale Properties for Sale
- 30 Millwater Malt of the Month
- 32 Tim Lawrence Fishing Spot
- 33 Art Speak
- 34 Millwater Motors
- 37 Fleurette Florist celebrates
- 38 Millwater ROMEOs
- 39 Holiday Destinations
- 41 Millwater Asian Corner
- 42 Hibiscus Hospice celebrates Volunteer Awareness Week
- 43 Free dental care for your teenager
- 44 Dan's Gardening Tips for July
- 46 Millwater recipes
- 48 Dates for your Diary
- 49 How to contact your local
- 50 Weiti River Tide Chart
- 51 Your Enterprising Community Zone

Front Cover: Showcasing the talents of Millwater resident, Paul Conroy who recently opened his new photographic studio "Visual Voice"

themillwaterinterview



Vanessa Gatman, identical twin and one of four children, absorbed easily the life experience values imparted by parents whose non-materialistic lives were firmly grounded in looking out for others who needed extra loving. Vanessa told us, "My mum is still an amazing woman and was a very strong influence in my development into who I am and the values I hold."

Vanessa learned valuable leadership skills as Head Girl at Orewa College and her daughter follows in her footsteps as Head Girl at Kingsway School. "Going into teaching was a natural progression," added Vanessa, "but teaching people rather than teaching curriculum."

After five years, Vanessa became a lecturer at Auckland University and also completed her Master's Degree in Health and Physical Education. "That was when I started to study the influence of media on women's bodies – and the way that influenced how they thought about their bodies, their health and their ability to love their individuality." Vanessa also worked for the Ministry of Education as an advisor in schools. After 15 years, she and professional photographer husband moved the

family back to Red Beach in 2006.

Part-time teaching in Red Beach School and in Orewa College included focus on health education, strengthening Vanessa's awareness of her influence within a class of 30 pupils – helping them to value who they were and their uniqueness. "This started me thinking that I could do more for teenage girls in the wider community; by reminding them of their worth and their value, and equipping and empowering them to face their teenage years with more confidence than I was seeing," said Vanessa.

The first workshop reinforced Vanessa's awareness of the need to become more directly involved and she decided to form a charitable trust. The law firm Vanessa used in Auckland City was so impressed by her vision and drive that they provided their services pro bono in setting up the trust. The result is the You Are Charitable Trust, which is a Christian organisation that holds regular workshops on the Hibiscus Coast and in Hamilton, working to help teenage girls develop a true appreciation of their own worth and value – and not to be influenced by the air-brushed media images of idealised and unrealistic perfection.

Vanessa says, "My main mission in life is to help others, whoever they are, to gain a glimpse of their potential and to overcome the often-default setting of low self-esteem." The influence of social media is strong, particularly on young people and You Are looks at all aspects of media impact, including things such as toxic friendships versus good friendships; how to communicate confidently and with integrity. "I have an incredibly strong team in the Trust; including graphic design, accountancy, HR – all of whom share the same vision. In addition to the Board of four, plus seven in the operation team, we have a great team of volunteers – and I work as a teacher at KingsWay School, closely involved with the pupils there, and their parents," Vanessa concluded.

The next Hibiscus Coast 3-day conference and workshop is 17th to 19th July, when 30-40 trained volunteers join the You Are main team in mentoring teenage girls from all over Auckland. There is so much more to Vanessa Gatman and the You Are Charitable Trust than we have space for, so you are recommended to visit www.you-are.co.nz where you will learn more and also see their amazing logo, designed by Trust board member Louise Gray.

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* conditions apply

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Silverdale School Student Council

What's been happening for our Student Council?

Student Council Leadership

We have a really busy term of leadership. All our Year 3 to 6 children attended the Science Roadshow and many of the Student Council were selected to be helpers at this event. They ran exhibits and gave the students lots of information and experiences with science. The Student Council members were great role models and represented Silverdale School with pride.

Book Fair Leadership

The Student Council ran the famous Silverdale School Book Fair parade. Children came dressed as their favourite book character. The Student Council organised the event and encouraged the children to participate and have a great time. They also spent time being great role models, reading to the younger children and showing them that, no matter what age you are, reading is fun!



Fundraising

This term the Council is busy working with World Vision towards our school goal of raising \$5,000 to go towards

children in Syria. We have a Pyjama Mufti and Movie day on the Friday 7 July, when we will be working hard making popcorn and supervising the younger children to help this worthy cause.



Stardome Trip

On Tuesday 6 June, Silverdale Primary School's Intermediate classes went on a trip to Stardome Observatory Planetarium. The students participated in a quiz, listened to workers explain some of the wonders of space, stars and our solar system, and watched a short film comparing the weather on Earth to the weather on the other planets. A few parents came along with the teachers to help supervise. Students and adults alike learnt many new things about space. The students had opportunities to ask questions about space, and knowledge they gained on this trip will be used in their space inquiries at school.

From Brooke Furniss and the Silverdale School Student Council

Tradie of the Month with Maddren Homes



Maddren Homes would like to congratulate Nick Brown of Energy Recovery Systems (ERS) for being our June Tradie of the Month.

Nick and his team continually provide the very best service and quality to our clients when it comes to Heat pumps and air conditioning units.

They are meticulous when working with our clients, providing them with professional advice to achieve efficient and economical solutions to run their homes.

Nick is extremely passionate about the business and industry in general and this is reflected in the service and quality we are provided with on a daily basis.

So, on behalf of all the team at Maddren Homes, we would just like to say a big thank you to Nick and his team for the all the hard work and effort you put in – it certainly is appreciated.

We would also like to thank the team at Western ITM who continually support the Maddren Homes Tradie of the Month with their gift voucher.

vetspeak

Silver Cat Friendly Accreditation Achieved!



As a clinic, we are extremely proud to have achieved Silver Status with the Cat Friendly Clinic programme, and we would like to explain how this makes a visit to our clinic a better experience for both you and your cat (and don't worry, we work just as hard to make sure the dogs, bunnies and all the small pets we meet have the same positive experience).

The Cat Friendly Clinic is a world-wide programme monitored by the International Society of Feline Medicine, and we are only the 6th clinic in New Zealand to be accredited. It is designed to help address the issues that can make a visit to the clinic a difficult and stressful experience for your cat, as many cats find being removed from their home turf a very

challenging experience even when they are fit and well.

Cats and their behaviour have long been an enigma, but a large amount of recent research has led to some radical changes in our understanding of cat's reactions to fear and pain. The result of this research has been some significant changes in how we handle cats within the clinic, to help reduce their stress and fear. You may notice us liberally spritzing ourselves with the happy cat pheromone Feliway, and we use a diffuser in our hospital ward to keep a constant level in the atmosphere. While this may sound like black magic, we have noticed a big improvement in the mood of our patients; the benefit of this is a more relaxed cat will not hide their symptoms or pain as much as a fearful cat and will allow a more thorough examination, helping us get to the bottom of your cat's health issues more quickly.

For more information on how we can help your cat have a better visit to us, please ask one of our friendly staff when you are booking an appointment or follow this link.

<https://icatcare.org/catfriendlyclinic/owners>

Anna Day



Millwater
VET HOSPITAL

'Caring for your pet's health 24/7'

Corner Bankside Rd and Stables Lane, Millwater Central

Available on (09) 427 9201 24hrs / 7 days

www.millwatervethospital.co.nz

Our other clinic remains at-

Orewa

VET HOSPITAL

19 Moenui Ave, Orewa

(09) 426 5407

www.orewavethospital.co.nz



Shaken To My Core



Information provided by the Health Research Funding Organisation also tells that 80% of women say that the images of women on TV and in movies, fashion magazines and advertising make them feel insecure.

I wish I could raise my hand and say, "Nah, not me." But I can't. As a child of the seventies, first generation born and bred feminist, I have to ask what is that all about!?

The impact of the pressures we women put on ourselves and allow society to perpetuate is unsustainable. If we want to leave a legacy of strength for our sons and daughters, it has to start with us. How do we see ourselves? What do we say about ourselves, our bodies, that our children are picking up on? Have we allowed ourselves and self-image to be moulded by the infamous 'they'.

You know 'them'. The ones who designs clothes and cast movies. The ones who use edited images and negative language in advertising, to make me

believe there is something wrong with my body, my size, ageing – basically there is something wrong me that buying their product will fix.

I say 'Get Stuffed!' The lines and wrinkles on my face don't need 'correcting'. They are correct for my age. They show I have lived, and I have laugh lines to prove a happy life. My body, my size is healthy and that is what is important. Let's face it: at 5'1" I never had a chance at being a Super Model.

Here's what is important. My looks do not decide my value, I do. I am more than. More than the clothes. More than the car I drive or the house I live in. That's what I want my children to know about me, themselves and their fellow human beings.

We are More.

Rechelle McNair
sKids Kingsway

I was raised in Texas, so very few things shock me. However, I read a statistic the other day that literally left me gobsmacked.

42% of girls between the ages of 6 years and 9 years old want to be thinner.

Read that again, because I know you think you read it wrong. You didn't.

Holiday Programme

Safe Kids In Daily Supervision

Kingsway School Junior Campus

2 Bonair Crescent, Millwater, Silverdale

<p>Arabian Nights</p> <p>Mon 10 Jul</p> <p>Make your own wishing lamp, join the camel races and see if you are a Diamond in the Rough!</p>	<p>Trip Day</p> <p>Tue 11 Jul</p> <p>Jump into the Fun with sKids at North Shore Trampolines! Get some tips and learn new tricks!</p>	<p>Emoji's</p> <p>Wed 12 Jul</p> <p>Get your Emoji on making your own emoji's for the emoji photo booth. There will be heaps of LOL's with emoji games and treats!</p>	<p>Trip Day</p> <p>Thu 13 Jul</p> <p>Goze upon the wonders of the universe with us at Stardome!</p>	<p>Lego Extreme</p> <p>Fri 14 Jul</p> <p>All things Lego! Games, races treats and more! More fun than you can shake a brick at!</p>
<p>Ancient Egypt</p> <p>Mon 17 Jul</p> <p>Explore Ancient Egypt and see just how advanced they really were. Mummy races and more!</p>	<p>Trip Day</p> <p>Tue 18 Jul</p> <p>Let's go to the Movies! Fun trip to the Movies with friends! Three movies to choose from: Cars 3, Despicable Me 3 or Diary of A Wimpy Kid.</p>	<p>Cats & Dogs</p> <p>Wed 19 Jul</p> <p>A day of Fun & Games dedicated to our favourite pets.</p>	<p>Trip Day</p> <p>Thu 20 Jul</p> <p>See Auckland far, wide and from above with a trip to the Sky City Sky Tower!</p>	<p>Monster Trucks & Man</p> <p>Fri 21 Jul</p> <p>Have a MASSIVE Good Time making your own Monster Truck or Designing Your Own Mansion!</p>

Onsite Full Day - Anytime between 07:00 a.m.-06:00 p.m. \$55.00
 Onsite Short Day - Anytime between 09:00 a.m.-03:00 p.m. \$45.00
 Trip Day - Anytime between 07:00 a.m.-06:00 p.m. \$65.00
 "You do an amazing job and put all others we've used to shame!" S.Leach
 "Best programme my kids have been to!" A. Jones

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Orewa Osteopathy rebrands and now open in Silverdale!



Shanon Coxall-Jones, Cheri Quinton, Debbie Perry and Hamish Syrett

In this month's article, Orewa Osteopathy has two very important and exciting announcements to make!!

1. We are rebranding to OsteoMe!
2. We are opening a new clinic in Silverdale!! Arnica Osteopathy at 29B Silverdale Street has now become OsteoMe Silverdale.

The second piece of news I think is particularly good for Millwater residents, as it means you have a new Osteopathic clinic literally a couple of minutes up the road from where you live.

The clinic will be staffed by the same Osteopaths as the Orewa clinic (Hamish, Cheri and Shanon). Hamish, Cheri and Shanon are not only experienced and proficient in Osteopathy, but also have training in Sports Medicine, Acupuncture, Pilates instruction, The McKenzie protocol (i.e. treat your own back), nutrition and exercise prescription. With each individual we see, we use a combination of all of these things to formulate a diagnosis, treatment plan and address preventative strategies where appropriate.

The Silverdale clinic will be open from the 26th of June.

To make appointments at either the Orewa or Silverdale clinic, you can call our clinic manager Debbie toll free on 0508 OSTEOME (0508 67863 63) or email reception@osteopathy.co.nz

ARE YOU IN PAIN?

Maybe it's time to get on top of it!
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CALL US TODAY TO MAKE AN APPOINTMENT.
0508 OSTEOME

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

millwater **book of the month**

The Chinese Proverb by Tina Clough



This gripping, page-turning thriller will have you on the edge of your seat from the opening paragraph until the final page. Hunter Grant is an Afghanistan army veteran who has now settled back in New Zealand. He hopes he has left the war behind, but when he finds an unconscious young woman in the Northland bush, he is plunged into danger yet again.

As the young woman recovers, Dao slowly reveals her story of being a slave to a man she was forced to call Master – and she tells of years of shocking abuse from the man who they discover is a major player in a sophisticated drug ring. And now the Master wants Dao dead because she knows too much, and it is going to take all of Hunter's army skills and ingenuity to keep her safe.

The strength of this pacy novel is not just the tense plot line, where every moment there is palpable danger, but also the nuanced and growing relationship between Dao and Hunter. They are two individuals who are thrown together in the most extreme circumstances, and who develop a deep bond with each other, based on mutual respect and admiration. *The Chinese Proverb* is a top-notch thriller, with a powerful emotional element. This is a fabulous piece of storytelling! *The Chinese Proverb* is Tina Clough's third novel, and I will look for more books by this talented author in the future.

Karen McMillan, author of *Brushstrokes of Memory*. www.karenm.co.nz

pharmacy **talk** orewa

Children's Health and Wellness



Winter has definitely arrived and, with that, so have winter bugs and illnesses. This month we are talking about products in the Pharmacy that are specifically for children.

The number of products available specifically for children can be an absolute minefield for parents and that is why it is important to seek advice from your local Pharmacist as to which product is going to be best-suited to your child.

Over the winter months, it is a good idea to top up a balanced diet with immune-boosting vitamins and herbs; such as those containing Vitamin C, Echinacea and Zinc. We have several products that contain these vitamins that are easy for children to take; like a gummy bear, chewable tablet or liquid. Taste is what is important for kids and these products are formulated with that in mind and, although sugar-free, are still very nice tasting. Visit us instore for a free taste test and to help choose the product best suited to your child.

A new range of products is available this year from a fantastic New Zealand company, Harker Herbals. Harker Herbals have designed for children a range of remedies that are 100% natural.

The range of Natural Herbal syrups include Tummy Soothe, Immune Build, Chest Soothe, Calm and Sleep, and Breathe Easy. These can be used for children from 0 to 12 years-old.

The Immune Build is a staff favourite, with a sweet raspberry taste that the children love. Immune Build is a great addition to your children's routine, to help boost their immunity over the winter months. These products have no added refined sugar or alcohol; they contain no honey, wheat, gluten, yeast or dairy, and are free from chemicals and preservatives. If you would like to sample any of the Harker Herbals children's range of natural syrups, pop instore and talk to one of our helpful staff members.

Probiotics are also a vital part of a healthy immune system and, thankfully for kids, we now have several products that taste great and provide plenty of good bacteria. New to the market is the Bioglan probiotic Choc Balls. These tasty balls contain 1 billion good bacteria and taste just like chocolate. Children won't even know they are having an immune-boosting probiotic.

If you would like more information on any Natural Health products, please don't hesitate to visit us instore for free professional advice.

Wishing you all a wonderful Winter from Unichem Hickey's Pharmacy!

Wainui

THE VIEW OUTLET
PUBLIC WELCOME

35 Windmill Dr
Wainui, Auckland 0992
Tel (09) 444 3437
wainui.online

EAT. PLAY. MEET

Join us for a romantic dinner in The View, stop in for a Wainui blend barista coffee during a Sunday drive or book into our rooms for hire and enjoy your special event in our idyllic setting in the close to town, yet, rolling country hills of Wainui. The locals choice for great food and better memories

Less than 5 minutes off SH1 at the Millwater #396 exit on Wainui Road to Windmill Drive.

The View outlet is open 7 days a week. Monday from 10:30 cabinet only, Tuesday and Wednesday from 10:30 for cabinet and chef's specials

Thursday, Friday, and Saturday from 10:30 with a full a la carte menu

Sunday from 9:30 a.m. for our Wainui brunch with chef's specials after 1:00 p.m.

Less than 5 minutes off SH1 at the Millwater #396 exit on Wainui Road to Windmill Drive.



Beauty Aspects

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Unichem
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care + advice

Looking after the little ones

Cold and flu season can be a difficult time of year when it comes to your kids. As a parent or caregiver, it can be confusing and worrying knowing what treatments or medicines are suitable for children. That's where your Pharmacist can be a huge help, suggesting common cold relief that takes a child's age into account.

themillwaterinsider

Estuary Arts FREE puppetry workshops

Matariki FREE puppetry workshops. Over the weekend of the 8th and 9th of July, the makers of "Heaven & Earth" Rangitikei and Papa show will be teaching young people how to make glow-in-the-dark puppets. Kids will then be able to view the professional puppets from the show and see their own puppets in a special glow-in-the-dark gallery.

Spend a moving and entertaining evening with Melissa and your loved ones in spirit.

Melissa Mills, New Zealand's Modern Psychic Medium, is coming to The Centrestage Theatre in Orewa on Wednesday 26 July. Doors open at 7pm and the show is 7:30pm – 10:00pm.

This show is part of the official Whispers from Above tour which kicked off in Howick in June.

An evening with Melissa Mills International Psychic Medium will be an experience to remember and not to be missed!

Estuary Arts Centre invite you to "Perfume Playground"

Invigorate your senses and design your own natural scent, Friday 28 July, 6pm – 9pm.

Leave with 16ml of fresh fragrance, 10ml in a glass roll-on, so you'll never be caught without your sensory escape.

Tickets – 3 hours' scent design \$155. 15% of sales goes to the Estuary Arts Centre. To purchase tickets please email manager@estuaryarts.org or call Kim Lane for more details, 021 636 864

Millwater Facebook Pages

Are you on Facebook? If so, hopefully you have joined the Millwater & Totara Views Families' Facebook Page. If not, read on:

When you ask to join, you will receive a message asking you to confirm your identity and address. This is to protect the privacy of our members. Please check also your 'other' or 'junk' or 'spam' folders for this. This group is open to Millwater and Totara Views residents only.

This group belongs to the families living in Millwater, Silverdale. It is a group for sharing and creating events, sharing of information and asking/answering questions. The group is not designed for business advertising and, should this become excessive, then all advertising will be removed. Advertising is strictly limited to once a month and is only for local businesses and the businesses of Millwater residents.

There are also more specific Facebook pages in Millwater. Some of them are Millwater Mums and More, Millwater Women's Group, Millwater Ladies Walkers & Joggers, Millwater Co-op

Group, Millwater – Let's Exercise, Millwater Gardening Group, millwatersupermarketswaps, Millwater Family Meal Support Group and Millwater – Buy, Sell & Free Group. Some are used more than others.

Please note the Millwater Buy Sell & Free Group is a secret group so you need to have a Facebook friend who is in the group to add you or you'll need to message one of the admins (Barry Stevens, Chris Benjamin and Rachel Hessey) and ask them to add you. You'll need to message them your email linked to your Facebook account.

Safety on our streets

Of some concern recently is the number of speeding drivers, particularly younger drivers, flying around the smaller and theoretically quieter streets of Millwater. With the massive numbers of young children walking, biking or riding their scooters around the area, it is only a matter of time before someone is seriously injured. If you spot this behaviour or, better still, know these people, have a word with them and their parents. We don't want to see Millwater degenerate to one of those places where children have to stay inside because the roads are not safe for them to cross.

ILLUMINATE CHURCH

ALL WELCOME

It is entirely worth checking out...

Every Sunday 10:15am

The Events Centre

Kingsway School,
100 Jelas Road, Red Beach

www.illuminatechurch.org

Millwater 區內情報要點

Estuary Arts FREE puppetry workshops

Estuary艺术中心举行Matariki免费木偶工作坊。时间在7月8日和9日的周末。制作"Heaven & Earth" Rangitikei and Papa秀的人将会教导年轻人如何制作在黑暗中发光的木偶。然后，孩子们可以从表演中观看专业的木偶剧。在黑暗的画廊中也会展示出孩子制作的发光木偶。

Spend a evening with Melissa

新西兰现代心灵媒介Melissa Mills将于7月26日星期三来到Orewa的Centrestage剧院。晚上7点开始进场，节目是晚上7:30 - 晚上10:00。

这个节目是六月份在Howick开幕的Whispers from Above之旅的一部分。

与Melissa Mills一起度过的这个晚上将会是一个深刻并且不容错过的经历！

Estuary Arts Centre invite you to "Perfume Playground"

7月28日星期五下午6点至9点，来Estuary艺术中心激发您的感官并设计说属于自己的天然香味。

当天会制作16ml新鲜的香水，10ml滚动玻璃珠的瓶装香体液，你将在感官上有新的体验。

门票 - 3小时的香味设计\$155。15%的销售会捐出给Estuary艺术中心。如要购买门票，请发送电子邮件至manager@estuaryarts.org或致电Kim Lane了解更多详情，021 636 864

Millwater Facebook Pages

您有使用Facebook吗？如果有，希望您已加入Millwater & Totara Views Families' Facebook Page。如果没有，请继续阅读。

当您要求加入时，您将收到一条消息，要求您确认您的身份和地址。这是为了保护我们会员的隐私。请检查您的“其他”或“垃圾”或“垃圾邮件”文件夹。这个小组只对Millwater和Totara Views居民开放。

这个小组属于生活在Millwater的家庭。它是一个分享和筹备区内活动，分享信息和询问/回答问题的小组。该小组不是为商业广告而设的，如果广告过多，那么所有的广告都将被删除。广告严格限于每月一次，仅限于本地企业和Millwater居民的业务。

Millwater还有其他实用的Facebook页面。例如Millwater Mums and More, Millwater Women's Group, Millwater Ladies Walkers & Joggers, Millwater

Co-op Group, Millwater - Let's Exercise, Millwater Gardening Group, millwatersupermarketswaps, Millwater Family Meal Support Group和Millwater - Buy, Sell & Free Group。

请注意，Millwater Buy Sell & Free Group是一个秘密小组，因此您需要拥有一个Facebook群组中的朋友来添加您，或者需要向其中一位管理员发送信息 (Barry Stevens, Chris Benjamin和Rachel Hessey) 并要求他们添加你。您需要向他们发送与您的Facebook帐户相关联的电子邮件。

Safety on our streets

最近Millwater区内有很多车辆超速驾驶，情况令人担心，特别是年龄较轻的司机，经常在Millwater的小街道和相对地安静的街道飞驰。随着大量的小孩在区内走动，骑自行车或滑板车，不免令人担心发生意外只是迟早的问题。如果你发现这种行为，或知道这些危险驾驶的人，请与他们和他们的父母沟通一下。我们不想看到Millwater因为道路不安全而要让孩子必须留在家玩耍。

Mandarin Church at Kingsway Junior School

房子的稳固性是由地基决定的：信仰的基础导致截然不同的人生结果。牢固的根基就是耶稣基督，与耶稣建立真实的联系才是能使生命经受风浪的唯一根基。当生命及生活遇到危机和患难时，牢固的根基使我们安然度过难关！如果您正在寻找一个心灵的寄托，欢迎您每周日下午2时来到Kingsway

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Beware those robbing free radicals!

20 years ago, when I would explain antioxidant to customers, I could see their eyes glaze over with disinterest! The awareness of the importance of antioxidants just hadn't raised itself high enough in the public consciousness.

These days, more people are becoming aware of how important a role antioxidants play in inhibiting the oxidation and ageing of our bodies by free radicals.

Free radicals are unstable chemical species, particularly oxygen molecules in the air we breathe that are missing an electron in their outer shell. When we breathe, free radicals enter our body and, in order to make themselves stable, free radicals steal electrons from our cells, starting an oxidative chain reaction. We can see that same oxidative process happening when we see metal rusting, or when bread taken out of a bag goes stale, or when a cut piece of apple goes brown. Our bodies "anti-oxidise" and protect against this damage as best they can. But, as time goes by, that protection decreases and free radical damage is indeed a big part of what is the ageing process! Our bodies slowly rusting from breathing air! Give us a break!

Very interestingly, whilst we gain obvious numerous benefits from exercise, we should be aware also that our breathing rate increases – so; more breaths, more oxygen, increased free radical exposure. Hence the very important role of antioxidants in our diet, and supplementation if you want to optimize cellular protection. If you exercise, antioxidants should be top of mind to supplement.

Number one priority is always to consume as many antioxidants in our daily food intake as we can with optimal dark coloured veg and fruit intake, particularly dark coloured, unprocessed carotenoid-rich fruits and vegetables. The reality is: that doesn't always happen in our busy lives.

Fortunately, in nature, some plants have evolved to withstand the oxidative process incredibly well. The bark of a pine tree for example can withstand hundreds of years of free radical attack because of special antioxidant compounds. So, supplementing your diet with intensely concentrated antioxidant plant compounds in tablet, liquid or powder form may support your cell protection considerably. Certainly, people I see who started doing this 20 years ago leave no doubt in my mind that it's very beneficial!

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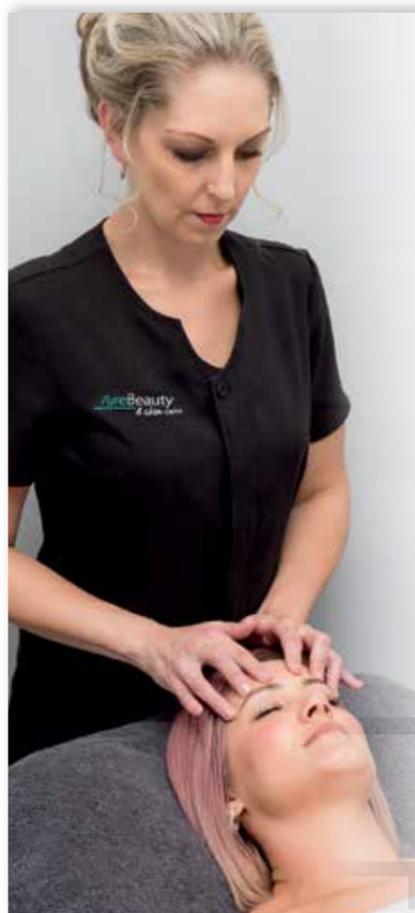
Jacqui:

Jacqui brings a wealth of knowledge and experience with her to Pure Beauty and Skin Care. She is passionate about skin and all things beauty. She is dedicated to solving any concerns you may have, by tailoring treatments to meet your needs. Or just relax and be pampered.



Sarah:

As a mother of 2 boys and a business owner, Sarah loves being involved in an industry that encourages lifestyle balance. Her vision is to educate clients to prioritise skin health and wellbeing in their lives.



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Surrogate Grandparents



A new non-profit organisation based in Stanmore Bay was launched with a PledgeMe campaign on the 26th of June, with the goal of connecting surrogate grandparents and families together.

Surrogate Grandparents will be a platform and support

network that enables surrogate grandparents to connect with surrogate families. This will be with the goal of bridging the gap between kids and our older generations.

Jo Hayes, the founder of Surrogate Grandparents, came up with the idea when she was struggling with being a single mother, alone in a country far from her family support network.

"I felt so isolated from my parents on the other side of the world and knew my children were missing out on that special relationship kids have with their grandparents," Jo says.

Jo was fortunate to find a surrogate grandparent for her kids, and she wants others to have same option.

"It's been amazing to have a surrogate so I wanted to help others make the same connection!"

Jo is committed to ensuring that more Kiwi families all over New Zealand have the option of a surrogate support network that she was missing when she first arrived in New Zealand some 13 years ago.



Surrogate Grandparents are in the process of building a brand new website and registering as an official charity in New Zealand.

In a matter of weeks, Jo hopes that everyone will know about Surrogate Grandparents and that people will spread the word and donate to the non-profit.

"We really couldn't do it without the people of New Zealand," Jo says.

You can help by spreading the word about Surrogate Grandparents and donating via the 'Grab a Grandie - Share your Family' campaign that launched on the 26th of June.

Alternatively, you can follow Surrogate Grandparents on Facebook or visit the website below.

<https://www.surrogategrandparents.org.nz/>
<https://www.facebook.com/SurrogateGrandparentsNZ/>

Millwater ROWENAs



Diana Lakin very kindly organised the May outing for the ROWENAs (Retired Old Women Enjoying Nice Afternoons). We went to Blossoms Cafe at Riverhead and, although there were 15 ladies

originally planning to go, sadly at the last minutes 2 of our ladies had to forego this outing - including Diana! The excellent conversation proved that 13 was not, in fact, an unlucky number.

Blossoms Cafe is situated at the corner of Coatesville-Riverhead Highway and Highway 16, and situated next to Blossoms is the Boric Food Market. If you haven't been to either, they are both well worth a visit. The menu choices were varied and a number of ladies chose from either the breakfast or lunch menus, with the remainder opting for cabinet food. The meals were very good, and two of the ladies seated by me who chose calamari said it was the best they had ever had.

It was a beautiful day for the outing and the wonderful sunshine made the drive there and back even more enjoyable.

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CONSIDERING A UK PENSION TRANSFER?

8 questions to ask your financial adviser



The Financial Times has reported that UK pension scam losses hit a shocking monthly high of in £8.6 million in March.

If you're thinking of investigating your UK pension transfer options, you'll want to know that you're dealing with a legitimate and qualified financial adviser. The following 8 questions may help when you're deciding with which firm you'd prefer to work.

1. Are you a specialist in transferring UK pension schemes?

Ask them about their qualifications, and where they were gained. Find out how long they've been carrying out pension transfers.

2. Do you offer one product or a range of options?

This is your pension transfer. It's important that the receiving scheme suits your requirements.

3. Would you always recommend a pension transfer?

If they answer "yes", walk away immediately. How can any professional adviser make this sweeping assumption without understanding a potential client's personal circumstances and plans?

4. If a transfer is recommended, would a QROPS be the only option?

Many people choose to transfer their British pension to a NZ QROPS (Qualifying Recognised Overseas Pension Scheme) but you may decide that moving to a SIPP (Self-Invested Personal Pension) is a more appropriate course of action. Does your adviser offer this service?

5. Are you appropriately regulated?

New Zealand's Financial Markets Authority (FMA) provides details of unregistered businesses offering services in New Zealand, which are not permitted to do so – even if they say otherwise.

6. Are you now, or have you ever been, on the FMA's "Warning List"?

The FMA also issues warning notices and alerts, and publishes a list of businesses to be wary of.

7. Have you had any experience working with pensions in the UK?

The knowledge that can be imparted from an adviser who has lived in the UK and worked in its pension industry can make a world of difference.

8. How do you adhere to all the requirements from the regulators, both in NZ and the UK?

Is their website regularly updated to reflect changes in legislation? Does it demonstrate an understanding of happenings in both jurisdictions?

This information is intended to assist with your decision-making process. You may wish to take other matters into consideration, so this should not be construed as a definitive guide to choosing a financial adviser. A more detailed version of this article can be found on GBPensions' website blog page.

A pension transfer to a SIPP or NZ QROPS may not be relevant or appropriate in all instances. The decision whether to transfer or not is complex, and it is important to consider the benefits, risks and disadvantages before determining if a transfer is suitable. GBPensions recommends that all clients seek independent financial and tax advice, personalised to their individual circumstances.

Do you have a UK pension?

Could you benefit from a transfer?
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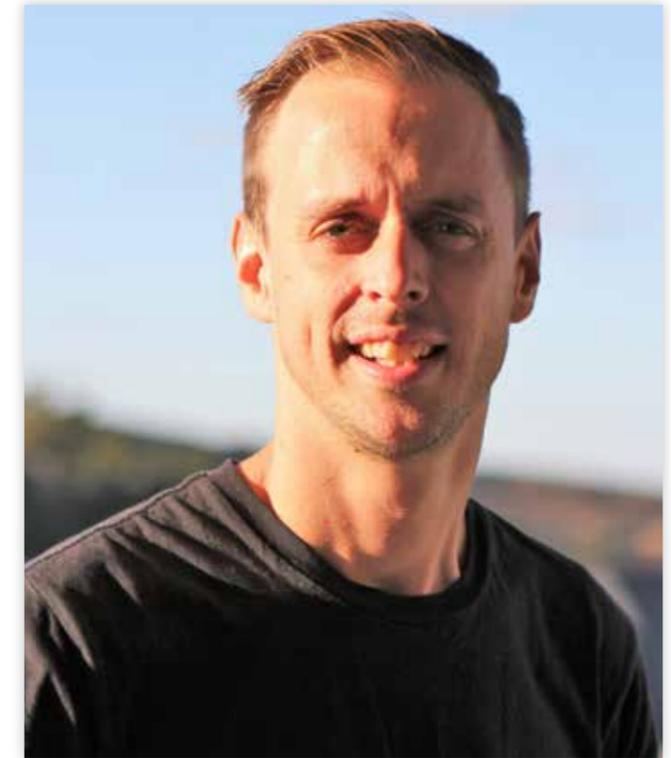
millwaterbizbuzz

Introducing Hans Pronk and Coffee General



Coffee aficionados will be happy to learn that the Coffee General, brand new to Millwater, brings a wealth of experience and probably the widest choices in coffee this side of the bridge. The owner of this specialist coffee brand is Hans Pronk, a North Shore local family man who is dedicated to delivering only the best coffee.

Hans' interest in coffee began when he had a part-time job in a café whilst he was at school. "A Bachelor of Business Studies degree at university then led to writing a paper that set out the business plan for the wholesale side of our business," he said, "So we effectively started the coffee roasting company, known



as Merito Espresso, during the last semester at uni."

The coffee roasting enterprise led naturally to Hans deciding to open up his own café business as well, with the first one in Albert Street in the city. "That became the model for café expansion and we renamed it as Coffee General, with Millwater being the fifth café we have opened," Hans said, adding "I got a really positive response from Millwater to the first post I put up on Facebook."

"The roasting side of our business supplies about 20 cafés across Auckland, including Charlie Coco's in Orewa, and is the key supplier to Coffee General," Hans added. Coffee General in Millwater is a proven and successful community-style layout, with mostly large communal tables encouraging Millwater people to engage in conversation with other coffee aficionados, sharing the enjoyment of a wide variety of specialist coffees from around the globe. Hans said, "We are coffee aficionados ourselves, operating a coffee-focussed café that serves other coffee aficionados, but we also serve cabinet food and provide take-away coffee, of course."

There is coffee from many countries, varieties and roasters, including coffee to take home. There is also a selection of coffee-making equipment available, for you to make great coffee at home. With 16 years' experience in the coffee business, there is no doubt that Hans is the hands-on driver behind this exciting new Millwater venture.

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millwaterinfocus



First-class lensman Paul Conroy is delighted to have launched his new Visual Voice photographic studio last month at 196 Centreway in Orewa. Many readers are familiar through our Facebook page with the quality and imagination of Paul's photographic work. Others have already sought out Visual Voice, knowing and appreciating the empathy that Paul shares with individuals and families who appear before his camera, and the top-quality prints that he produces. So: what does it take to be a great photographer; better than the rest? This month's photographic feature looks at the creative and imaginative man behind Visual Voice.

"Visual Voice is the realisation of a dream that started many years ago when I bought my first digital SLR camera," said Paul, "I knew instinctively that photography would be the

medium through which I could deliver my creativity and imagination." Many people nowadays own a digital camera of some sort but few have the Diploma in Professional Photography or NZIPP awards that Paul has.

Paul has unique interpersonal skills and is now truly a devotee of portrait photography, both studio and lifestyle; with commercial photography also forming part of his portfolio. "I started with a home studio, from which I produced a large number of photographs – many of Millwater families, and their pets also." Home studios have a few drawbacks and Paul and wife Sam decided to invest savings in leasing a dedicated space for a professional photographic studio.

Paul takes great care to ensure that everyone is comfortable and relaxed well before he begins. "Advice is given regarding the best clothing to wear and the ladies all get a make-over before we begin to take photographs," Paul told us, "There are comfortable settees to relax in, games and DVDs for younger family members, and there's always a coffee, beer or a glass of wine for the grown-ups." Paul's then produces the finest-quality framed artwork prints, which everyone will be proud to display at home. "There certainly can be no better memory than a fine photographic print – digital images on a screen can never come even close."

The visitors to the successful opening of Visual Voice on 24th June were certainly impressed by the fine prints that adorn the walls of Paul's new studio. If you haven't yet discovered Visual Voice for yourself, you're missing a real treat from the photographer who thinks 'outside the box'.

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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.

	May 2016	Apr 2017	May 2017
Number of Sales	19	11	11
Median Sales Price	\$1,180,000	\$1,255,000	\$1,130,000
Highest Sale Price	\$1,600,000	\$1,450,000	\$1,478,000
Lowest Sale Price	\$910,000	\$830,000	\$920,000
Average % price to CV	33.61	39.47	37.19
Average Floor Area (sqm)	229	249	228
Weighted Value Index	1380	1401	1391
Average Days to Sell		88	77

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

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Home Staging is worth considering!

There are many things that you can do to prepare your home for sale, such as tidying the garden, decluttering, spring-cleaning, and carrying out repairs and maintenance.

However, these days the expectations of buyers are very high and, if you want to sell your home quickly and for the maximum price, you need to make sure that your home looks great and appeals to the right buyers – remember you only get one chance to do it right!

Home Staging can help to prepare and showcase your home properly for sale, and it is not just for the high-end properties; any property can benefit from quality staging.

So, what exactly does a home stager do, and how can home staging help to sell your home?

WHAT DOES A HOME STAGER DO?

Home stagers are similar to interior decorators, except that they are not focused on creating a home that suits your personal taste; instead they are skilled at creating the right first impression of your home.

They will work out the right look for your house as a whole, as well as room by room, so that your home appeals to a broad range of tastes and is perfectly positioned for the type of buyer that will be most attracted to your property.

They may suggest a full staging of your home or simply to replace the odd piece of furniture, and to rearrange the layout, with the focus more on decluttering and assessing what works and doesn't work.

They may even recommend repairs and help add finishing touches before photos are taken or for open home showings. There are many good reasons why staging your home can help sell your home, including:

MAKE YOUR HOME EASIER TO SELL

Home Stagers will help make your home look its best in photos, and photos are the best way to market a home!

Whether the photos are online, in print, or on TV, if your property looks great in the photos, it will attract more buyers to ask for information, and to come along to the open homes, and that creates the buzz you need to get the best price.

STAND OUT FROM THE COMPETITION

Home Staging will help differentiate your home from other homes for sale in your local area or within a similar price range.

When a staged home looks great and is move-in ready, home buyers will be impressed and competing homes will pale by comparison.

SELL FASTER AND FOR A HIGHER PRICE

Presenting your home at its very best will attract more viewers to your open homes. The more people through the door and the greater the buzz, the more likely you are to get an offer and a higher price.

SAVE YOU MONEY

Yes, a home staged right could help you save money on expensive renovations like removing walls, painting rooms or installing new carpet. A staged home, using artwork and floor coverings can freshen up a tired space, and by putting in the right scale furniture you can maximize space and demarcate specific areas.

Your Real Estate agent will help guide you. If you do decide to hire a home stager, make sure that you shop around and get quotes, as there are plenty of companies providing this service and they all have different options available. It is also important to check out their portfolio of work beforehand, as every home stager has a different style and different furniture available for hire.



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millwaterpropertytalkwithGrayson

Another month has slid past and the Millwater real estate market still appears to be in the same holding pattern it has been in for the last few months. The figures for May make slightly concerning reading, with the consistent slowdown in sales volumes over the last 6 months now starting to be reflected in sales prices. This is most likely an indicator of a number of vendors choosing to move on with their lives, rather than holding out to achieve a theoretical sales price that may have been obtainable at the end of last year.

All buyers in the market are very aware that conditions have changed and are nervous about making a purchase decision today that could have a lower value in the near future. The other notable factor with buyer activity is that the majority of buyers looking at the moment have yet to sell their existing properties. This is leading to many offers being made conditional on the sale of another property, with a number of these contracts falling over when the buyer is unable to sell their existing property. Cashed-up buyers are rare and are typically looking to get a bargain with their buying power.

The good news for vendors is that this is not just a Millwater problem but seems to be reasonably consistent across the Auckland market. There are always areas that are exceptions to this. However, in general, those vendors who are selling in Millwater are able to buy well elsewhere in Auckland. The other good news from a vendor perspective is the reducing availability of

completed or near-completed new builds in Millwater. At certain price points in the market there are now fewer new properties available for sale than as recently as a couple of months ago, meaning less comparative competition for buyers.

There does not appear to be any likely change to this current market situation in the short term. With the general election looming in September, and almost all political parties looking to gain votes through housing and immigration policies, there is going to be at least uncertainty in the market until the new government is finalised. We see this uncertainty as likely to roll over into Spring, which is traditionally a quieter time in the Millwater market, with December and January always poor due to holidays; leaving it until February or March before normality returns. At that point we can assess the impact of any new governmental policies.

In conclusion, if you want or need to sell your home, pick the time that suits you best, don't try and pick the change in the market. If you are waiting to buy a home, now is as good as it has been in Millwater for many years, and waiting will only see you facing a reduction in choice. For the immediate future (at least), housing is for shelter again – not a commodity.

Grayson

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This wonderful home is cute and cosy, basking in the sun during the day and soaking up the woodburner heat in the evening. Well built in the 1980's there is plenty of scope to add value or just sit back and enjoy this fantastic location. In mostly original condition there is some room to improve this delightful home, put your own ideas and personality into it and enjoy a wonderful location and life for years to come. Call now to view!

www.mikepero.com/RX1117137



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16 Arbors Track, Millwater

A wonderful modern low maintenance home in this amazing sought after area.

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- ideal elevated and easy care 578sqm (approx) site with urban and rural outlook
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- stunning kitchen with island bench, walk in pantry, large stove and engineered stone
- master bedroom with ensuite and walk in wardrobe

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291a Millwater Parkway, Millwater

- uninterrupted park and estuary views
- 211m² (approx) of luxurious living on 284m² (approx) of flat freehold land
- four double bedrooms including one on the ground floor with bathroom adjacent
- two generous living areas, one on each level with great outdoor flow
- stunning white kitchen with breakfast bar & walk in pantry
- master bedroom with own balcony, walk in wardrobe and ensuite with underfloor heating
- attic access via pull down stairs for storage, double internal access garage with carpet
- quality Horncastle Homes build with 10 year Master Builder warranty

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ELEVATED BRICK & TILE SINGLE LEVEL HOME 4 2 2 Offers over \$1,060,000

10 Kettlewell Drive, Millwater

- 197m² home sitting easily on a mostly flat 558m² yet elevated site
- solidly crafted 4 year old Generation home with balance of warranty to transfer
- highly attractive yet low maintenance brick exterior with concrete tile roof
- lovely open kitchen dining and family room area flowing to outdoor
- separate lounge space, ideal to isolate the noisy members of the family
- stylish kitchen with island bench, double sink, gas cooktop and space for a double door fridge
- four double bedrooms, master with walk in wardrobe and ensuite
- ducted gas (reticulated) central heating system • room to park a boat or caravan

www.mikepero.com/RX1148485



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4 2 3

By Negotiation

29 Ormonde Drive, Millwater

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- generous 227m² sizing giving you that little bit more space all round
- Universal built home with 10 year master builders warranty
- spacious separate lounge plus additional upstairs family / study area
- one bedroom on ground level with full bathroom
- remaining three bedrooms on first level, incl master with ensuite and walk in wardrobe

www.mikepero.com/RX1153153



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Mike Pero



Browns Bay - 29 Philson Ave 6 4 1

The possibilities are endless

With this solidly built 1970's home the options are amazing. A large family home that has been converted into a multi generational dwelling over time, the only limiting factor here is your imagination. The choice is yours, do a little or a lot just don't complain if you miss out and have to watch someone else reap the rewards. Whichever way you look at this property, there are opportunities. The fundamentals are all there for someone to capitalise, you just need to decide which is the right direction for you.

For Sale
\$1,049,000



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Millwater- 14 Vera Court 4 2 2

Stunning Millwater home with pool

If a great home with a pool is on your wish list, you will already know how hard to find these are in Millwater. Even harder is something that is unique in a great and mature location, so this one has to be on your list of must see properties. With great outdoor entertaining opportunities and a heated pool, you still have a few months of great weather left to enjoy this fantastic home. View now or risk disappointment.

For Sale
\$1,399,000



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Mike Pero

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WHEN SIZE DOES MATTER

5 2 3

\$1,350,000

8 Wisteria Lane, Millwater
See online for viewing details

- The ideal house for a family with multiple generations living under one roof or those considering a nanny or student.
- large and impressive 310m² two storey home on quiet and desirable Millwater street
 - 5 bedrooms, 2 with ensuites, 1 with walk in wardrobe
 - 3 large living areas with great separation
 - spacious open plan kitchen dining & living area opening to western facing deck
 - lovely westerly outlook over Millwater towards rural areas and setting sun

www.mikepero.com/RX1108698



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Max Zhang
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max.zhang@mikepero.com

www.mikepero.com

Mike Pero Real Estate Ltd. Licensed REAA (2008)



Millwater- 299 Millwater P'way 3 2 2

Freehold Millwater Townhouse

Whether you are buying your first home, investing or downsizing this is a property worthy of consideration.

- 140m² townhouse on 149m² (approx) of freehold land - no body corp levies here
- quality 2 year old construction by Horncastle Homes with a Master Build Warranty
- large single internal access garage with carpet and space for additional storage
- heat pump for those times when a little extra warmth (or cooling) is needed

For Sale
\$859,000



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Kaukapakapa- 85 Jordan Rd 3 2 2

A Land of Seaviews and Opportunity

If you have a touch of the pioneering spirit that made NZ great, you will love the opportunity that this lifestyle property affords. This home, a relocated bungalow, sits elevated & proud at the end of a long palm lined driveway. From its lofty spot, you have panoramic views over your land & out to the enticing Kaipara Harbour. With approx. 9ha of land you have some great options available. A must view property, bring the family and start dreaming of a different pace of life.

For Sale
\$1,249,000



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millwater **malt** of the month



heavily-peated drams that I often feature).

This 12-year-old is the entry level from Old Pulteney, yet it outclasses many similar-level offerings from other distilleries. Located in Wick, Caithness, in the furthest North-East of the Scottish mainland, Old Pulteney is part of the Inver House Distillers.

Appearance: The golden ginger appearance immediately invites you to become better acquainted!

Nose: Delightfully crisp and clean, with excellent balance of its complex notes of herbs, vanilla and crisp green apples.

Palate: Medium-bodied vanilla oakiness, slightly sweet with well-balanced hints of raisins and dried apricots. Understated saltiness. Smooth and well-rounded.

Finish: Medium length, delicate; with oak, toasted almond and spices.

Conclusion: Perfectly balanced from beginning to end – delicious! Silver medal winner from the 2017 International Wine & Spirits Challenge. Highly recommended.

700ml, 40% ABV, target price \$59.99 online.

After a somewhat 'off-piste' but excellent tasting last month, we return to the more familiar ground of Scottish single malt. Old Pulteney 12-year-old is a dram that will delight the senses and appeal to a wide audience (I am avoiding the



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PAYMENTS, NO INTEREST****

timlawrence Fishing Spot



sack and then place it into a wobbly pot. The onion sack slows the burley trail down and makes it last longer. Remember to shake it every 5 minutes to keep the fish around. Cut some bigger holes in the onion sack if the burley is releasing too slowly. Fishing at this time of year can be slow and straylining can be even slower, so, if you want to fill the chilli bin quickly, then you should fish with pink or yellow coloured flashers.

Use little cubes of pilchard about an inch wide and roll them over the hook. A hungry winter snapper will bite the whole cube of pilchard, hook and all. On my last trip, I was using the new Gamakatsu heavy duty "blue cod flash" with a swivel system connecting the trace to the leader. These rigs use 5/0 and 6/0 circle hooks which are really effective. I found the best way to set the hook was by lifting the tip of my rod slowly while the fish are biting hard (this really frustrated my father-in-law who only caught four keepers on our last trip).

I am busy packing for my next trip as I write this article. We are heading for Great Barrier at first light, this time on a mate's new purchase. I will let you know how we got on next month! The Whitianga trip for the end of July is already booked out, but don't worry; I am booking another charter – this time on Thor in November.

Tight lines!

Winter has certainly arrived but the fish don't seem to care. The weather has been holding out nicely, too, making for some great days to get out there. The fish are still biting hard and there are still reports of big works up around the 50 metre mark in the middle of the Hauraki.

As the water gets cooler you will need to entice the fish into a feeding frenzy, so make sure you take enough burley to last the whole day. I like to put my burley bomb in an onion

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artspeak

Puppet Festival at Estuary Arts puts Winter Blues to Bed

The 2017 Festival of Puppetry and the Art of Illusion for the month of July at Estuary Arts Centre has something for everyone. This family-focussed event, supported by Auckland Council, offers a series of puppetry performances, workshops, artist's talks and demonstrations by some of New Zealand's finest puppeteers. Anna Bailey will be coming up from Wellington to teach and perform her magical puppet shows, which include Frida's Album, a story about Frida Kahlo the child. Full of energy, colour, puppets and pop-ups, this show brings together photos, people and paintings from the artist Frida. Norbert Hausberg brings his professional touring puppet theatre to Estuary Arts Centre with the fairy tale of Rumpelstiltskin and, with only three performances, booking is essential. All of these puppet shows are just a gold coin donation and suitable for all ages; both young and old will be captivated by the story-telling.



In the galleries, exhibitions of puppets, marionettes, performance objects and photos of spectacular illusion body art will be up on display. We are also creating a glow-in-the-dark cave where you will be transported into the glowing world of Matariki puppets from the Heaven and Earth" Rangi and Papa show. During the programme we will also have special effects makeup demonstrations, creating illusions with just makeup.

But, if puppets and UV glow is not your thing, Estuary Arts will still be running the standard creative arts classes for our July School Holiday programme.

For a full list of classes, performance timetable, visit our website www.estuaryarts.org or follow us on Facebook for a day-to-day run-up of things to do.

We are located on the Western Reserve, 214B Hibiscus Coast Highway.

estuary arts centre
214b Hibiscus Coast Highway, Orewa
Ph: 09 426 5570

The Festival of PUPPETRY & Art of Illusion

School holiday programme
8 July - 23 July 2017
Workshops
Performances
Artist talks
Exhibition
5 July - 30 July 2017

Dan Martin and young puppeteers Body art puppet by Steinfeld Wagner Anna Bailey's Enid, the painter puppet at work

For more info and the full festival programme visit: www.estuaryarts.org

millwatermotors



Nigel England, local family man and project manager with Lifebuilt Construction, is the proud owner of the Jeep featured here and, as you can see, it is no ordinary, run-of-the-mill Jeep. You can almost hear it saying "talk dirty to me"!

The son of an offroad driver, Nigel joined a few clubs on the North Shore and has been active in the offroading scene for more than 30 years. His dad, Gordon, now 78, is still active and with Nigel was responsible for starting the Rodney club 16 years ago; at the same time involved with the Ahuroa Volunteer Fire Station, which then was in just a little red tin shed. Agreement was reached whereby, if the Fire Station could provide the land, the Rodney Offroad Club would provide the vehicles to raise funds for them.

This is now an annual 3-day weekend event during November, with up to 70 vehicles turning up for the social evening on the Friday, and the social adventure on Saturday and Sunday on land found by the Fire Station –

always offroad and with the agreement of the supportive landowners. Vehicles and families come from as far away as Wellington to take part in this great fund-raising weekend. The driving is not competitive, although the experienced 'big boys' can always have a go at the more extreme and challenging parts while other families watch from the sidelines.

The Fire Service BBQ spit is organised for when they return after 4pm on the Saturday, and prize-giving is an essential part of the social evening afterwards. "We usually raise between \$12,000 and \$15,000 for the Ahuroa Volunteer Fire Service over the weekend each year," said Nigel. "With families involved, safety is a big feature of everything we do and reconnaissance is always carried out a few days before the event."

"I had a Willy's Jeep when I started offroading, which I sold just two years ago only because I found the one I've got now – and the family just love it," Nigel enthused. The new Jeep was bought from a family near Parakai, hand-built by them to pretty much what we see here. A Lexus 32-valve motor sits under the bonnet, with Nissan Patrol running gear underneath and 4:1 diffs front and rear transferring controlled torque through the Nissan transfer 'box to the 35" all-terrain tyres, on raised suspension. The fibreglass Jeep body maintains a low centre of gravity – and the winch in front is only for getting others out of trouble, of course! The name "Brutis" on the side has no particular significance but just seems to suit the Jeep's personality.

Off-road fun is shared with a great bunch of friends from around the North Island including Dean Aspinall, owner of Rodney Autos. Nigel's son and stepson both also show interest in a mechanical career. Three-generation muddy smiles all round, then!



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Whangaparaoa Community Recycling Centre Wants You!

Have too much cardboard to fit in your bin? Forget to put your recycling bin out? You can bring cardboard and bottles to the Recycling Centre and help your community at the same time.

The management of the Whangaparaoa Recycling Centre on 637 Whangaparaoa Road, Stanmore Bay, has transferred from a commercial operator to a community enterprise, Hibiscus Coast Zero Waste (HCZW) under a year-long trial period with Auckland Council.

The Whangaparaoa Community Recycling Centre has also been known as the "Recycling Depot" or "Recycling Drop-Off" since the 1980s, when it was founded on Council-owned land. With the formation of the Super City, Auckland Council took over the site from Rodney District Council. HCZW has been surveying those using the site, to garner opinions about how the site can be improved. As a result, the site is first undergoing renovations to allow better flow of vehicles. A range of other improvements is also being explored as HCZW learns more about what the community wants and needs.

The Centre will continue to accept cardboard, paper, clear, brown and green glass, plastics and aluminium. While soft plastics such as food wrap, window glass, polystyrene, batteries and e-waste are not currently accepted, plans are being discussed to accept these in the near future. The site does not accept household or business rubbish, and encourages users to use the Silverdale Transfer Station.

The site is open 7 days a week from 8am to 6pm (not public holidays).

Contact: Betsy Kettle on 021 0826 8196 for more information.

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Hartbeeps Hibiscus Coast



Hartbeeps Hibiscus Coast NZ launched in Millwater at the Stoney Homestead Community Hub in June. At our first sessions, we visited the Duck Pond and enjoyed imaginative sound journeys filled with music, lights, props, puppets, songs and dressing up! There were opportunities to make new friends and to catch up with those we already know, as we enjoyed special times together. We will continue to have lots of fun as we journey down the rabbit hole in search of more adventures...

Baby Bells (for newborns to sitters):

- A space for parents to just 'be present' with their babies
- Opportunities for parents to connect with each other
- Inspiring playfulness while gently stimulating babies' senses
- For parents to enjoy new and traditional songs to sing with their babies
- A welcoming relaxed environment that promotes babies' holistic growth and development

Baby Beeps (for sitters to toddlers):

- Opportunities for parents and babies to have fun while enjoying special time together
- A place for babies to listen to verbal language as we speak and sing
- Promoting learning to talk through sensing sounds and rhythms in fun and positive ways
- Opportunities for babies to move, which helps with their balance
- An environment for play with people and objects, which enhances babies' physical coordination

Happy House (for confident walkers):

- Facilitating a sense of independence through the set-up of our environment
- Offering play that is meaningful with many opportunities for holistic learning
- Focusing on relationships, routines, rituals and repetition

Hartbeeps Hibiscus Coast NZ also offers Baby Raves for local fundraising events, with a portion of ticket sales going to charities, community groups and schools. Dancing and singing to original, exciting and upbeat songs are enjoyed while helping to raise funds for worthwhile causes.

Baby Bells, Baby Beeps and Happy House sessions are at:

Party Kingdom, Stanmore Bay: Wednesday mornings
Stoney Homestead Community Hub, Millwater: Thursday mornings

Contact: diane.nz@hartbeeps.com

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0212924105
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Fleurette Florist celebrates!



Fleurette Florist is celebrating 2½ years of being in business in Silverdale. Owner Jane Hunter (previous owner of Fabulous Flowers in Whangaparaoa Plaza) designed and opened her new shop in December 2014.

"It has been very exciting being part of the explosive new growth in this area and I want to say a big thank you to all my wonderful, valued customers who have come on this journey with us and given us their support, loyalty and friendship", says Jane.

"Fiona and I pride ourselves on service, friendliness and creativity. We think on our feet – so if you haven't visited us yet, come on in, say hello and check out our various gift lines – it's always lovely to meet new local people."

Fleurette is open 6 days a week and delivers locally, nationally and internationally. Our VIP card ensures we thank you with rewards.

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Jane Hunter

now we can supply:
a delicious new add-on to your flower order with chocolate cupcakes created by **Sweetbliss** in Silverdale. Flowers & cupcakes make a lovely gift.

"I want to say a big thank you to all my wonderful, valued customers who have come on this journey with us and given us their support, loyalty & friendship"

Shop 16, on Central Boulevard, Silverdale
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holidaydestinations

My South American Experience



Millwater ROMEOS

The venue for the June outing of the ROMEOS (Retired Old Men Eating Out) was the Honey Centre on Perry Road, Warkworth. This turned out to be quite an educational tour and with very interesting, little-known facts about the life cycle of the honey bee; how and why bees make honey and many other products and their great importance to the human race. For example, if honey bees no longer existed, there would be no pollination of plants, all of which would soon die, followed a short time later by us humans – underlining the importance of the bee-keepers and the bees throughout the world. We also learned how bees make the special flavours of honey and the variety of cosmetic and pharmaceutical products derived from honey.

At the end of the tour we got to pour our own complementary jar of honey and then sampled some of the natural alcoholic meads and honey in the well-stocked shop.

After the tour, we made our way to the Bridge House Lodge Restaurant and Bar at Warkworth town centre for an excellent

lunch and a pint, before returning to Millwater for coffee/tea, with some delicious homemade Black Forest gateaux and other home bakery, at the organiser's home.

Bee-autiful day out!

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On the 26th of May 2017, our group of 10 Air New Zealand Travel Brokers took off for our week-long adventure to Argentina and Brazil, to visit Buenos Aires and Iguazu Falls.

The flight time from Auckland to Buenos Aires is 11 hours 45 minutes, so after some dinner and a glass of wine it was time to settle in and watch a few movies.

Our wonderful guide Andrea met us and transferred us to our hotel in Recoleta. It is a lovely area and very easy to get around. Andrea recommended the restaurant for dinner that night, which has the best empanadas and sangrias, and she was not wrong – it was amazing!

The next day, we did a walking tour of Retiro and Recoleta, where we walked through the picturesque streets and nearby parks. We visited the Recoleta Cemetery, which was founded in 1822 and is the resting place for Evita Peron; then we ended up in Plaza San Martin, surrounded by a lovely park. That evening, 3 of us headed to high tea at the Alvear Palace Hotel, something you must experience.

Then off to Iguazu Falls. The flight time is 2 hours 10 minutes and our guide Alex met us and took us to our beautiful hotel in the middle of the rain forest. We visited the town of Puerto Iguazu and found the cutest market, with fresh olives, cheeses, Malbec (wine) and Dulce de Leche (a sweet caramel spread), all available to buy – so we did!

Next day we were off to view the amazing Iguazu Falls on the Argentina side, where we took a train right into the heart of jungle and walked 2km out over the water, right to the Devil's Throat. There is a total of 275 individual falls that make up the Iguazu Falls that fall from an average height of 70 metres. I even decided to take a helicopter tour over the falls, so that I could see just how big and spread-out they are. A must-do while you are there.

The Brazil side of the falls was also very beautiful and it was great to see the falls from both sides as they are so different, but so magnificent.

Then back to Buenos Aires for an Argentinian Experience Dinner. On the last day, we visited the Tigre Delta and walked through La Boca to see all the lovely coloured buildings, then out to the airport for our long flight home.

All our tours were private and operated by Adventure World. It is such a lovely place and is worth a visit.



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If we are closed: Silverdale Medical, 7 Polarity Rise runs an Urgent Care service
Monday – Sunday, 8 am – 8 pm daily.

Shared driveways

As Auckland expands, it is a common reality that one driveway or access way may provide access to multiple houses. In a busy city, with a shortage of houses, we will not all have the luxury of a nice long driveway made just for our own use.

The main advantage of having a shared driveway is that you share the maintenance costs of the driveway with the other people using it. However, in order to avoid running into issues with sharing your driveway with your neighbour/s, you need to know and understand your rights and obligations.

Easement

You may have a right of way easement over your land, or hold the benefit of a right of way over your neighbour's land. Your rights and obligations are governed by the terms set out in the Easement Certificate, the Land Transfer Regulations 2002 and the Property Law Act 2007. Essentially, most Easements allow the grantee and the grantor the right to pass and re-pass over the easement area as long as the parties are not obstructing the area in any way. For example, having yourself or guests park on the drive blocking your neighbour's proper access to their property would be considered an obstruction.

Access lot

These days it is common if you are living in a modern subdivision for you to own a share of an access lot and have this recorded on your title. You may for example have ¼ share of an access lot, along with three of your neighbours who would



each also own a ¼ share. Your title will give you more detail as to your rights and obligations, but generally maintenance and repair is based on what share of the access lot you have.

Cross lease

If you own a property with a cross lease title, the driveway may be part of the 'common area' and would be owned by all properties that form part of the cross lease. The rules relating to the common area would be set out in the lease documentation.

Body Corporate

If you own a property in a Body Corporate, then the rules relating to the use of the common area driveway will be governed by the Body Corporate rules. These rules can restrict level of noise, hours of use or prohibit parking in certain areas. The Body Corporate is responsible for the upkeep and maintenance of the common area, with the costs being met by the levies that each owner pays to the Body Corporate.

It is important that you understand what rights and obligations apply to your shared driveway – especially when it comes to maintenance time!

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English Names



Not long after I wrote my article regarding Chinese surnames, where I mentioned a bad joke about Wong and wrong (May 2017 issue, check it out online if you haven't read it) I read a funny item in Hong Kong that I would like to share with you, which will perfectly lead us to the next topic, English names.

And here is the news! A popular tutorial centre has placed an advertisement in a busy train station, promoting a few star tutors with their photos and names. One of the tutors has the surname Wong, and he named himself a very remarkable first name: Never. Yes, that's right, his name is Never Wong! Although I hate to admit, it is a very good gimmick if you are a tutor in the multi-million-dollar tutorial industry. He can earn a few millions a year when he can successfully market himself; thousands of students would just line up to get into his class. I will certainly share more about these crazy commercial education organisations with you in my future articles, but now let's get back to my topic.

My English name was given by my parents when I was born, and it is registered on my birth certificate together with my Chinese name. However, this is very uncommon in my generation. Most of my friends and ex-colleagues that I know have only been given a Chinese name, and not until they grew up and realised it is handier (and trendy) to have an English name, and so they named themselves, by themselves.

Imagine – you can name yourself anything without much consequence, as it won't be recorded on any certificates and contracts etc., then maybe you would like to unleash some creativities too? One of my ex-colleagues, who has a relatively dark skin, named herself Coffee. Other names like Money, Busy, Circle, Mango are actually quite 'common'.

As the English names are mostly named in a pretty casual way, people sometimes may not feel much 'loyalty' to the name. If you have been working in Hong Kong or China, you may find some people will change their name when they change company too. What a good way to start everything over again!

Of course, above are just some extreme cases; most of the time people just use a common name and use it for their whole life.

If you feel 'jealous' that the Chinese have the chance to name themselves and go crazy with it, you can actually do it too.

Quoting from another funny item from last year, a French student in Hong Kong has named himself a hilarious Chinese name which translates to "fierce sea urchin". Google it and you will find him!

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

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Celebrating Volunteer Awareness Week



wonderful local ladies who are regular customers—they come in to see the latest clothes that have been donated by generous locals. We have a catch-up and a good laugh.



Francesca's is the best place to come to buy quality new and used fashion says Alison, "We have some beautiful clothes and accessories, both new and

pre-loved. Our shop is like a treasure trove of fashion, and very popular during ball season – we have a fabulous selection of short and full-length gowns."

Alison also volunteers for the Fundraising Team, which includes being visible in the community, selling raffle tickets, manning sausage sizzles, and being part of functions to promote a never-ending need for funds to keep our Hospice operating.

"There is a really good feeling about being part of an organisation that provides a vital community service at a time of need in people's lives" says Alison. "We are a happy, fun loving group of people who support each other, while volunteering for a worthy cause."

If you are interested in becoming a volunteer, please email vicki.parker@hibiscushospice.org.nz

Francesca's is located at 20 Silverdale Street, Silverdale.

During June, Hibiscus Hospice celebrated Volunteer Awareness Week – a week designed to recognise and celebrate the vital contribution New Zealand's approximately 1.2 million volunteers make to our communities. 'Live, laugh, share – volunteer' is the theme this year and we spoke to Alison Sapwell, volunteer at Francesca's Boutique in Silverdale, about her journey with Hibiscus Hospice.

"When we moved into this area, it was important for me to make some new connections within the community. I wanted to keep physically and mentally active, and learn new skills, so I began working at Francesca's. Five years later, I'm still here and have met so many

Free Dental Care for your Teenager



Good oral health is a very important part of the general well-being of your entire family. We're lucky in New Zealand to have publicly-funded dental care available to our young people, through the Adolescent Oral Health Services at the Ministry of Health. Here at The Dental Suite, we're proud to be among the New Zealand dentists who are registered providers of this wonderful scheme.

Educating young patients on their oral health, and preventing or treating tooth decay in adolescents, is a crucial way of shaping our community and the dental health of the next generation of young Kiwis. This scheme is a very rewarding area of our practice and we are very passionate about it!

Is my teenager entitled to free dental care?

Every adolescent from Year 9 at school (generally 12-13 years old), all the way up to their 18th birthday is entitled to free dental care under the Adolescent Oral Health Services scheme, regardless of whether or not they are still at school, working, in an apprenticeship or at university early.

What treatments are covered by this scheme?

Each adolescent is entitled to one free dental examination per year. If our dentists determine that subsequent appointments will be necessary for treatment, the scheme will cover general dental work like fillings, cleanings, tooth extraction, fissure sealants and more. The scheme does not cover braces or any orthodontic treatment, but if this is something your teenager is interested in, we will be able to refer you to an

excellent orthodontist. Treatment needed as a result of an injury or accident is also not covered, but in this case funding through ACC will apply.

How do I enrol my Child?

Visit us at the clinic, or call us on (09) 426-5262, and tell us that you'd like to enrol your teenager for the Adolescent Oral Health Services. The process itself is very simple. We'll have a Ministry of Health enrolment form ready for you to fill in and sign. Your child will then be registered - easy! We will deal with the paperwork side of things, making it simple for you to give your child access to important dental care at absolutely no charge! It will set them up for life.

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Dan's Tips

July 2017

Winter is here but there's no reason to stay out of the garden - now is the perfect time to plant berries, potatoes and hardy winter salads. If you decide to prune don't forget to leave plants with berries and seeds to help the birds feed over the winter months.



Help your feathered friends this winter

Leave perennials and shrubs that still have berries and seeds or help feed the birds by making a bird seed pudding.

Preparing ahead – planting crops in winter

- **Plant berries** such as strawberries, raspberries and currants now. Make sure the soil or potting mix has been given an extra scoop of compost as you plant!
- If you don't get much frost on the vegetable garden, you can **sprout seed potatoes** now, to go into the ground mid to late August. Earliest maturing varieties are Rocket or Swift
- **Plant cold hardy lettuces such as rocket and cos.** It's fun to snip off a few leaves, together with young leaves of beetroot, kale and silver beet for a cool-looking winter salad.

Lawns

- Good time to **sharpen the mower blades** to avoid 'tearing' the grass
- Towards the end of July apply a **feed of ProLawn's garden Supreme** - this is a general fertiliser, but is effective at the lawn's root area right now.



Sprout seed potatoes

If you don't get much frost you can start sprouting potatoes to go into the ground mid-late August.

Other Work

- **Start the pruning season** - rose and deciduous trees, including fruit trees can be cut back to shape now. Leave hibiscus, hydrangeas and any sub-tropicals for another month, until winter is starting to back off...
- **Colouring hydrangea flowers** – spread Aluminium Sulphate (often sold as Hydrangea blueing tonic) around the bushes where you want blue flowers; if you're into pink use lime around them instead. White is always white, so you cannot change that
- **Feeding the breeding birds** – try not to cut back perennials and shrubs that still have berries and seed-heads, if you want to be kind to your feathered friends.
- **Bird seed pudding** – Easy to make, take bird seed mix, melted lard and a bit of honey, shape into a ball and placed in a netting bag, then hang it high in a tree where the birds feel safe enough to get to it.



Colour me Pink or Blue?

To colour hydrangea flowers blue spread Aluminium Sulphate (often sold as Hydrangea blueing tonic) around the bushes or if you're into pink use lime around them instead. White stays as white, you can't change that.



Nourish your garden this winter

At Central Landscape & Garden Supplies Silverdale we have Living Earth Compost, the weed-free 100% natural soil conditioner that will get your soil into peak condition now or ready for spring.

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Millwater Recipes



Pan Fry Prawn in Tomato and Lime Sauce

Ingredients

10-15 banana prawns, remove shell and de-vein
1 shallot, finely diced
3 cloves of garlic, diced
Small amount of diced ginger
2 tablespoon tomato paste
1/2 lime juice
1 teaspoon fish sauce
1 teaspoon raw sugar
Chilli flake (optional)

To make

1. Pan fry banana prawn with butter on high heat until golden brown. Set aside on a serving plate.
2. In a bowl, mix all the other ingredients together. You may want to taste it and adjust to the taste that suits you, as some people like sourer while some like spicy.
3. Heat oil in a saucepan, put the sauce in and stir until shallots turn soft and sauce thickens.
4. Reduce heat, put prawn back into the saucepan and mix with the sauce.
5. Squeeze on more lime juice and enjoy!

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



Mary's Mac and Cheese Balls

350g Macaroni

Cheese Sauce

45g butter
45g flour
450ml milk
85g Gruyere grated
60g freshly grated Parmesan
150g Mascarpone cheese
Salt and pepper to taste

Crumb

Flour
2 eggs lightly beaten with a fork
Panko breadcrumbs

Method

1. Cook macaroni as per packet instructions and set aside.
2. In a large glass bowl – melt butter in microwave for 40 seconds.
3. Add flour and microwave for a further 40 seconds.
4. Gradually add milk, stirring continuously to avoid lumps forming.
5. Microwave for 2 mins. Stir and microwave for a further 2 mins. Repeat.
6. When the mixture has thickened, stir in the cheeses until melted through.
7. Add cooked macaroni to cheese sauce mixture and season with salt and pepper.
8. Allow to cool in fridge (overnight for best results)
9. When the mixture has set; roll into small balls and coat in flour, egg and then breadcrumbs.
10. Deep fry in Canola oil until golden brown.
11. Serve immediately with your choice of award-winning NoShortcuts chutney or relish.

From Small Beginnings.....



When you love good, honest and wholesome food, traditional methods and ingredients always produce the best result – and The 'NoShortcuts' range of artisan relishes and chutneys is no exception.

Hibiscus Coast local Mary Brons' passion and love of fine food inspired her to create NoShortcuts, using raw materials sourced locally from suppliers who are able to provide the standard and

freshness of fruits and vegetables demanded - and also those that are ethically and sustainably produced, with integrated pest management and organic (spray-free) wherever achievable.

"It all began very simply – I would use fresh surplus produce from my own or friends' gardens and very traditional (some may say old-school) recipes, handed down through family and friends. The flavours in my products no doubt reflect my heritage with my Dutch parents, who spent time in Indonesia before finally settling in NZ. That, in essence, is why I like to use completely natural produce and cook the old fashioned way, in their purest form, with no unnecessary additives, in small batches - just like mum made!"

Mary has rapidly grown her business from start-up in her home kitchen, to a commercial base in Albany, expanding her total number of products on offer to 7, with more on the horizon. She has also recently introduced the economy and convenience of Catering Packs for the food service industry.

Significant time has been spent

developing brand and product awareness through various Food Shows and Markets, to the point where NoShortcuts was awarded 2014 and 2015 Farmers Markets Awards – and is now stocked by Nosh, Farro Fresh, and over 30 other North Island outlets.

Despite her growth and success, Mary's philosophy is to stick to good old-fashioned methods of cooking, to ensure flavours are enhanced and all the health benefits are retained.

No fillers, concentrates or chemicals are added – and while the cooking and preservation process may be time consuming, this labour of love achieves great flavour and a taste that takes you back to the good old days.

Mary's 'NoShortcuts' range of gourmet chutneys, relishes, pickles and jams can be used as a garnish, topping or side dressing and blended into your own cooking as a flavour enhancer.

To find out more, visit www.noshortcuts.co.nz, or keep up with Mary at Noshortcutsnz on Facebook or noshortcutschutneys on Instagram.

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

dates for your diary

- 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** 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?
- Wed/Thurs** Rotary Satellite Club of Orewa-Millwater • at Stoney
Homestead Community Hub, Galbraith Greens • 1st
Wed every month 6pm • 3rd Thursday every month
7pm
- Weds** Hibiscus Coast Mid-Week Badminton Club • 9am
noon • Orewa Badminton Hall, Victor Eaves Park
- Thursdays** Ukelele Classes • Estuary Arts Centre from 7-8:30pm
All welcome - classes for beginners to advanced so
just turn up and bring your uke for a night of com-
munity fun! Enquires/book a spot , call Avon
Hansen-Beadle 021 421 109 or 4766361.
- 1st Weds of
each month** HBC Grandparents Parenting Grandchildren
support group • 11am - 1.45pm • Red Beach
Methodist Church • Free group offering support,
friendship, guest speakers and lunch • Further
details contact Sonia 0274 802 287
- 4th Tues of
each month** Zonta Club of Hibiscus Coast, not for profit ser-
vice club • Dinner meetings with guest speaker
The Wade Hotel, 2 Tavern Road, Silverdale •
6.00 pm • Visitors are most welcome • Contact
hibiscuscoast.zonta.org.nz
- Every school
term Tuesday** Crafts Group • Orewa Community Church
235 Hibiscus Coast H'way, Orewa
10am - 12pm • \$2 for morning tea & craft
creche provided
- Every school
term Friday** Arts Group • Orewa Community Church
235 Hibiscus Coast H'way, Orewa
10am - 1pm • \$2 includes morning tea •
suitable for beginners

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



Join us for services throughout the month:

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

Christ Church, Waiwera
1st Sunday 11:15am

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

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Invive Spa	relax@invive.co.nz
Pure Beauty & Skin Care	09 212 9942

Optometrists

OPSM Silverdale	09 426 7902
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Osteopath

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Motoring & Boating

Rod Harman Motors	09 426 6066
Rodney Auto Centre	09 426 5016
Silverdale Marine	09 426 5087
North Harbour Ford & Mazda	0800 044 335

Florists

Flowers by Joanne	09 426 5287
Fleurette Florist	09 421 0505

Real Estate

Mike Pero Real Estate, Silverdale	09 426 6122
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Food, Entertainment & Recreation

Estuary Arts	09 426 5570
Wainui Golf Club	09 444 3437
Centrestage Theatre Company	09 426 7282
Charm Thai Restaurant	09 426 2977

Printing

Treehouse Print	027 4986 202
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Community

Hibiscus Coast Anglican Parish	09 426 4952
Illuminate Church	09 929 7824

Insurance / Finance / Accounting

MiRock Financial Services	021 627 802
GBPensions	0800 427 693
MTF Vehicle Finance	09 421 0335
The Accounts Department	09 426 6874

Pets

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

Medical

Coastcare Urgent Care, Red Beach	09 427 9130
Focus Hearing	09 533 6463
Millwater Medical	09 320 0873

Dental

The Dental Suite	09 426 5262
Silverdale Family Dentists	09 972 1406
Millwater Dental	09 972 1518

Child Care & Education

KiNZ Orewa	0800 MY KINZ
Hartbeeps Hibiscus Coast	021 292 4105
SKIDS Kingsway Jnr Campus	021 773 301
Baby Sensory	021 889 912

Dance

Fusion Dance Studio	09 428 3132
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Pharmacy

Hickey's Pharmacy Orewa	09 426 5659
Millwater Parkway Pharmacy	09 959 0256

Home & Garden

Central Landscape & Garden Supplies	09 421 0024
Silverdale Furniture Restoration	09 426 2979
Total Security Group	09 947 5992
American Retro Furniture	022 190 3354

Legal

Simpson Western Lawyers	09 486 3058
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Other Services

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Sat 15 Jul	05:26 0.5 m	11:36 2.8 m	17:38	-	Sun 30 Jul	00:17 3.0 m	06:28 0.5 m	12:44 2.8 m	18:45 0.6 m
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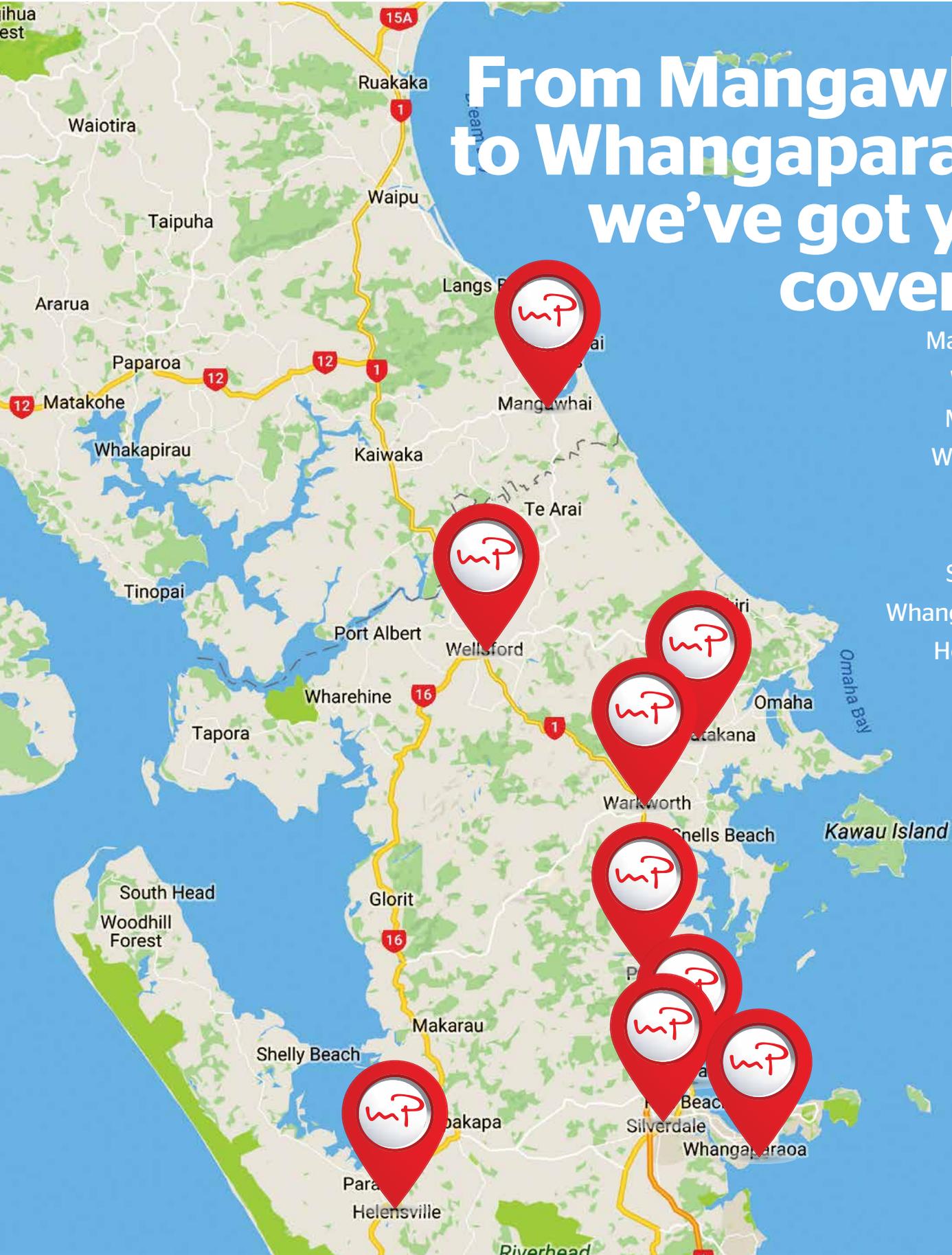
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