

the Millwatermag

*Your FREE monthly magazine of all things
Millwater & Milldale*

August 2019



Farewell to our editor, Brian Mullan



The Millwater Mag Turns Five!



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Editor's note

The fifth anniversary of **theMillwatermag** is for me a great milestone, as it proves that Sarah and Grayson Furniss have a successful formula in sourcing and publishing articles that most Millwater folks seem to want to read.



It is also in some ways a bitter-sweet milestone for me personally, as this is my last edition as Editor.

Jessica Copping, who was guest Editor two years ago when I was in Europe for a family wedding, will return as the regular Editor from the September issue. Jessica is a published author, under her pen name J L Pawley, and I know that she will take the magazine forward into the next phase with confidence and flair.

Being asked by Sarah and Grayson five years ago to become the Editor of the fledgling, 16-page first issue was an honour that I have treasured ever since. It has brought me closer to the Millwater community and allowed me to meet some amazing people who live and work here, and to have the opportunity to pursue two of my greatest loves: fast cars and whisky! The two, of course, are never enjoyed at the same time...

Although I am retiring as Editor, I will still be in Millwater and involved in local community groups, including the ROMEOs and our own Rotary Satellite Club.

In the words of Andrea Bocelli and Sarah Brightman: "Time to say goodbye..."

Brian Mullan
Editor 2014-2019
August 2019

In this issue...

04
The Green Spot

06
Safe Pain Relief for
Dogs & Cats



08
Choose a good
Probiotic carefully

10
New Feature!
Inside IT

12
Art Speak with Estuary
Arts

14
Mid-Winter Feast with
the Romeos & Rowenas



15
Mindfulness - A Secret
Weapon

22
Good things come to
those who cleanse

23
How secure is your
business?

24
Millwater Property Talk
with Grayson

32
Love your Body with
Janine

34
Holiday Destinations -
Norway



35
Changes at Madison
Park Homes

36
Your local tides

37
Millwater Women's
Group

39
Millwater Biz Buzz



42
What's On around the
Hibiscus Coast



43
How to contact your
local

44
Millwater Recipes -
Pesto penne with grilled
pork scotch fillets



45
Nutrition Sense -What
do a Carnivore Diet &
a Vegan Diet have in
common?

46
Millwater Asian Corner -
Rice & Language

47
Central's Gardening
Tips for August

FRONT COVER - 'The Green Spot' author Hayley Crawford

theMillwatermag

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millwaterinterview



We were refreshingly pleased to meet Hayley Crawford recently and learn that she is proud to have clearly defined and achievable aims to leave a liveable planet as her legacy to the next generation. Elsewhere in the magazine you will read her regular 'Green Spot' column, and it was Hayley's non-combative and sensible approach to ecology that made us want to learn more.

Hayley told us, "I was born and raised in Christchurch before moving to Auckland to pursue an acting career, graduating from Unitec with a Bachelor's in Performing and Screen Arts. The industry is extremely competitive, but over the years I've managed to play a couple of small roles in Shortland Street, a major role in an independent feature film, was in a web series, some theatre, presented a requests show on Juice TV and have also acted in a bunch of commercials – in fact I'm filming another one next week."

The travel bug bit deeply early on and Hayley went solo back-packing, but not necessarily of the most luxurious kind. "I squatted with a crowd of homeless people in an abandoned

convent in Pisa," Hayley added, "which was all part of experiencing different cultures. I must have had a guardian angel because I came home unscathed to New Zealand in 2005, when I met my lovely husband Andrew and we settled down and now have three wonderful children."

Hayley and family moved to Millwater in 2016 and her earlier concerns for conservation and the environment coalesced into something more tangible. "I'm a long way off being zero waste and I'm far from perfect," Hayley said, "But I like to represent the possibility of making easy lifestyle changes in our day to day living that, if made by everyone, could make a really big impact on saving our planet and therefore the future of humanity."

Hayley's gentle approach to making a difference inspired Millwaterian Louise Petrie to encourage her to write for theMillwatermag on a regular basis. Hayley explained: "Plastic-Free July in 2017 was the inspiration to start sharing tips on social media and last month I started making YouTube clips. I took the song 'I will survive' and wrote a funny parody packed with eco tips that people have found entertaining enough to share and score me over 1,500 views. Instagram is also an effective medium for getting my message across." Readers should check Hayley out on #trashtalkingmama.

We turned to the wider NZ Government approach and Hayley was clear about her objective. "There seems to be lots of budget each year to put out official messages about speeding, driving under the influence and suchlike – all things that are known and already well understood – but there appears to be little budget to get across effectively the less well understood messages about managing waste. There is currently a shift away from plastic to paper, which is great in many respects, but only if it is disposed of in a compost or, where possible, recycled. When paper straws, plates, bags or any organic matter goes into the time-lock of a landfill they release methane gases, contributing to climate change. There's not enough awareness of this and so the message needs to be spread. The Government could be driving this better and should also be making more legislative changes. In the long run this will save more lives than reducing the road toll."

Hayley encourages Millwater to reuse where possible "BYO reusable coffee cups, straws, containers and bags – and just make one change at a time so that you're not so overwhelmed as to give up."

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the greenSpot

Eco Tip of the Month



Sick of trying to squeeze the last of the toothpaste out of the tube? Or, more importantly, have you ever wished you weren't adding to landfill waste every time you brushed your teeth? There are other options, such as making your own toothpaste with baking soda, salt and peppermint extract, but if you want a ready-made product that you can buy online and have delivered, then consider toothpaste powder or tablets.

dirtyhippie.co.nz is a fantastic website, full of zero-waste

options and sells powder made of natural ingredients; including organic bentonite clay and activated charcoal. Simply dampen your toothbrush (ideally bamboo rather than plastic) and dip into the powder, shaking off the excess. When you brush it onto your teeth it won't foam up like a traditional toothpaste, but studies have found that it is more effective at removing stains and plaque, and is better at controlling gingivitis while also being less abrasive on your teeth.

The tablets look and feel like mints and need to be chewed up in your teeth before brushing. Like the powder, it doesn't foam much but is more refreshing than the powder, yet perhaps less so than toothpaste. But it's a small price to pay for the planet and you soon become accustomed to the different taste and feel. The tablets have the equivalent amount of fluoride in them as store-bought toothpaste, thus meeting the Ministry of Health guidelines – and I also find them a fantastic replacement for chewing gum. I just chew them up, have a rinse and I'm ready to go, without any waste.

I purchased mine from ecoeasy.co.nz where you can get a discounted rate with a subscription, and both the powder and tablets can come in an inexpensive trial size – so give them a go!

Hayley Crawford

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vetspeak

Safe Pain Relief for Dogs and Cats



Our pets suffer the same aches and pains as humans, but, because they can't speak, it's often difficult to determine whether or not they're suffering. Thanks to advances in veterinary medicine, however, there are lots of options available to vets to relieve pain. Here we answer some of the most common questions owners ask about pain in their pets.

What are the signs that my pet is in pain?

There are a number of signs, some more obvious than others, which can indicate pain, including excessive grooming, being more vocal, antisocial or aggressive behaviour, heavy panting or altered breathing, mobility issues, signs of agitation, changes in their body and posture, changes in eating, drinking and sleeping habits.

What painkillers can I give my pet?

Many pet owners wrongly assume it's safe to give their pet human painkillers such as Ibuprofen or Paracetamol, but this is not the case. Ibuprofen, for example, is toxic to dogs while Paracetamol can also be highly dangerous if the wrong dosage is given. Ibuprofen and Paracetamol should never be given to cats as both of these medications are HIGHLY TOXIC in cats. If you have animal pain killers at home from a previous condition, or for a different pet, contact your vet as it may or may not be appropriate to use this.

What natural products can I give my pet?

There is a huge range of supplements available. These include essential fatty acids, chondroitin, glucosamine and cod liver oil, to name but a few. It is important that good quality products are used at the correct dose.

If you want to know more, please pop in so we can discuss what is the best option for your pet.

Jemma Hedges
Millwater Vet Hospital

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Dealing With It (continued)



We're talking about anxiety; how normal it is to feel anxious. Last month we looked at two tools parents can use to help their children when they are anxious.

Tool Number 1: Thinking. Get kids out of Forever Thoughts, which keep them feeling stuck, into For Now Thoughts, which bring hope;

Tool Number 2: Perspective. Not allowing children to label themselves as victims; instead thinking about how others in the situation may be feeling.

Which brings us to Tool Number 3: Empathy.

In her book, "Unselfie - Why Empathic Kids Succeed in Our All-About-Me World," Dr Michele Borba says, "Low levels of empathy are rampant in our culture, and in kids that's associated with bullying, cheating, weak moral reasoning - and mental health issues like anxiety and depression."

Where there is a lack of empathy, there is lack of real human connection. That void is filled with a Pandora's Box of woes that we are experiencing in Western culture. There are those who struggle, who have real "triggers", need real "safe places". They are not the majority. The majority of us need to seek understanding and empathy. To be kind and thoughtful about how other people feel, and then to act accordingly.

Sound a bit naive? Utopian? It isn't. It's how we acted, or at least how we were taught to act, even on TV shows. Kids no longer have those Brady Bunch moments to learn from. There are little morals to the stories. None with substance. As parents, we have to create those learning moments for our kids.

Here's two key points from Borba's book that can help you build your child's empathy:

1. Build a strong Moral Identity: Praise the person, not the act. Instead of "Good job helping out..." try "That was kind of you to help..." Look for moments to talk about feelings. "That lady looked really tired. You taking the trolley for her meant she could get her baby in the car..." You get the picture.

2. Find the Inner Hero. Most attitudes and behaviours are learned. Find the Hero in your child and give that Hero heaps of opportunity to shine!

As a nation, we are in a mental health crisis. There is a direct correlation between mental health and empathy, community and belonging. Next month I'll share what I believe is the most valuable lesson we can teach our kids.

Rechelle McNair | sKids Kingsway

TRADIE OF THE MONTH *Maddren Homes*

Go-to guy

It's the finishing touches on a home that can turn 'great' into 'wow', and David Mitchell from Toben Decorating is a master at doing just that. His work ethic and years of expertise in drapes, blinds and shutters is so well regarded that he's earned the Maddren Homes Tradie of the Month.

From concealed tracks and automated to manual systems, Toben Decorating can do it all from their on-site manufacturing facility and David is the go-to guy. His exemplary project management skills always keep clients happy by working to have the drapes fitted before they move in to their new home.

Great job David, you've earned a voucher from proud sponsor Western ITM.



Choose a good Probiotic carefully!



Probiotics are extremely important gut bacteria that co-exist with us in our bodies, in our digestive channel. Without them we could not exist and yet, even just 15 years ago, when I mentioned probiotics to customers, many were puzzled, not sure what that meant. These days it's good to see that the awareness of probiotics – what they are and why they're so important – has increased.

When you buy a probiotic, there are quite a few very important considerations you should make before purchasing:

Firstly, what type of probiotic bacteria does the product contain? And how many different strains or types? Does the product contain at least 12 different strains? (Most yoghurts only contain *Acidophilus* and many other products only contain a few strains).

Different strains live in different areas of your gut and do different jobs. This is very important.

Even more important is to determine how strongly resistant the probiotics are to the main substances that can kill them;

such as antibiotics, coffee (sorry coffee lovers), alcohol, salt, preservatives, fluorides and chlorides in town drinking water, heat, colas, synthetic ascorbic acid.

Are they organic bacteria and not genetically altered? Are they soil-sourced and cultured on organic fruits and vegetables, or are they sourced from faecal material like most are?

Are there good prebiotics in the formula, which is the special food for the bacteria? Without these, it's more unlikely the bacteria will survive and, unfortunately, most people's diets aren't prebiotic-rich.

Are they alive and ready to begin their job from the moment they enter your mouth? Most are freeze-dried, inert and need to be reactivated in the gut, which means they don't colonise and establish as successfully.

Don't be fooled too much by the number of bacteria in a serving. The key is not the number, but rather that they are alive, working straight away and multiplying.

Choose well. It's important!

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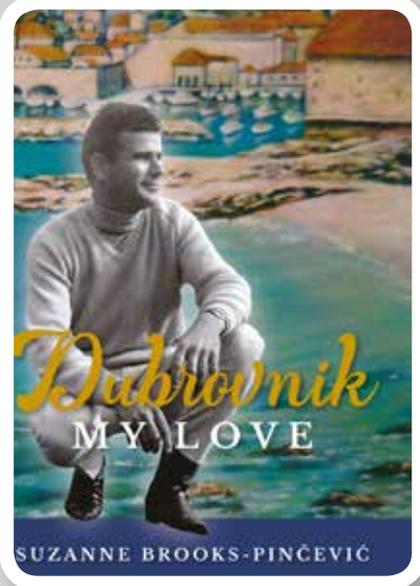
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millwater **book of the month**

Dubrovnik My Love by Suzanne Brooks-Pincevic



Dubrovnik My Love is a page-turning read that is based on a true story. After the Second World War Croatia is run

under Tito's communist dictatorship, and Gaspar, a young man in his prime, is sickened by the corruption and personal persecution. Yearning for a freer life, he risks everything to escape across the Adriatic to the West. But his attempts at escape are thwarted at every turn, and he spends considerable time in prison before plotting his next escape attempt. In his last attempt he almost drowns along with his friends, but he finally makes it to the shores of Italy. However, being a refugee has its own set of challenges, and in Italy he encounters romance, but also intense frustration.

Gaspar immigrates to Australia, but even there he can't escape the long arm of the Yugoslav Secret Agents. He decides to go to New Zealand. But will he find the peace, love and happiness he seeks?

Suzanne Brooks-Pincevic has done a superb job of fictionalising her real-life husband's extraordinary story of survival. Gaspar was one of more than a million young men who fled from Tito's dictatorship, and he is one of the lucky ones who survived. Over a million people died under Tito's regime. Suzanne brings the right balance of historical fact and detail, a beautiful sense of place, palpable tension and a little bit of romance as well. Dubrovnik My Love is a very enjoyable and illuminating read.

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Karen McMillan author of *Brushstrokes of Memory* and *Elastic Island Adventures*. www.karenm.co.nz

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Millwater Life

It wasn't part of some great plan, or even something less

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*Millwater's more a village than just a sub-division
And living here has proved to be our very best decision*

So many friends, with such warm hearts, so many helping hands

Has made Millwater home to us – and more, from foreign lands.

We touch each other's lives at times, and often reach the core

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Did you take that kindly step – and brush some cares away?

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Email, Identity and the battle against “Digital Schizophrenia”



Recently, I worked with someone who had many different logins for many different services; to the extent they didn't know what they were for – or had lost access to some as their email address had changed! Today, it's very important to manage your identities online and, in doing so, be able to keep them secure.

Some time ago, companies decided to make people's usernames their email addresses, to make it easier to remember, but in doing so they confused a lot of people – especially when their email address changed. This is where keeping your email with a provider like Google (Gmail) or Microsoft (outlook.com) lets you keep the same email address even if you move providers, countries, or, in the case of Vodafone, they simply stop providing email!

Further advancements in identity management have allowed the likes of Google, Facebook, and even Twitter to verify who you are. The idea behind this is for when you sign up for a new service (take for example 1-day, a NZ shopping site): you can use your Facebook to login. If you are logged into Facebook

and go to 1-day, they know who you are. The benefit of this for you is fewer passwords to remember and a seamless sign-up experience. It does mean Facebook collects some information and this is declared. If you don't like it, you can always create a unique username (same as your email) and password for use on that site.

Everything these days comes back to your email account; even if you lose access to Facebook the easiest way to get back in is via a password reset email. To ensure your email is not compromised, look for things like 2FA (Two Factor Authentication) or 2-Step Verification. This technology allows you to get an SMS or pop-up on an app on your phone when you try and access the systems; especially from somewhere they haven't been used before.

Next month I'll cover how you can get rid of that black book of passwords and also ensure access to your digital assets if the unforeseen were to happen.

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artspeak

August is Members' Month at Estuary Arts Centre



Estuary Arts Annual Members' Awards Exhibition will be on display throughout the Centre from 02 August to 01 September, featuring the work of over 100 artists.

Every year the artwork gets better and better and this year is no exception. The Estuary Arts Members' Awards showcases artwork in all media by our growing number of talented artists and students. You must be a current member and our membership runs from 01 July 2019 to 30 June 2020. Family membership is just \$45 and you get great discounts on all the art classes, entry into membership exhibitions and store discounts from participating art and framing shops. This year we have more prizes on offer, thanks to our generous sponsors. The overall winner will receive a prize package which includes vouchers, an art magazine subscription and \$1,000 cash.

Being a member of Estuary Arts Centre is easy and affordable and opens up the doors to hundreds of creative opportunities. There are after-school art extension programmes, a range of weekly art classes and weekend workshops on offer, and members receive discounted rates on these classes. We are currently working on our next Holiday Programme during the October Holidays and it will be themed around 'Monsters and Mayhem' to coincide with Hallowe'en – but don't fret if this is not a theme for you; we will have a set of standard



drawing, sculpting and painting sessions as well.

Term 3 is due to start in early August and there are still spaces in some of the classes. Check out our website for more information www.estuaryarts.org or phone 09 426 5570 or follow us on Facebook.

Estuary Arts Centre is located at 214b Hibiscus Coast Highway, Orewa. The Centre is open 7 days a week from 9am to 4pm daily, with a great onsite café.



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Brian Mullan - Our Editor



to join our team. For this, as fledgling publishers, we are eternally grateful.

Brian brought with him a world of business and publishing experience, and his charming manner and dry wit helped shape this magazine at the same time as bringing our community together. His tireless efforts at moulding some contributors' rough scratchings into readable articles cannot be overvalued; nor can his own entertaining pieces, which have highlighted many notable people, businesses, vehicles, and the occasional bottle of great whiskey.

We are truly blessed to have had someone of Brian's calibre involved, because, as a small community-based magazine, we could never have afforded someone of his ability and background. While Brian now bows out after 5 fruitful years at the helm, he is fortunately not lost to the community; he will be carrying on his substantial efforts with Rotary and the local ROMEOs. We know that, being the community-minded person he is, we will see and hear more of Brian's efforts in the future. We also hope to see the occasional article penned by his very capable hand.

It is with both sadness and thanks that we bid farewell to our wonderful editor, Brian Mullan, this month. Brian has been with us since Day One of this magazine, and has been instrumental in its success.

Five years ago, it was during a casual conversation with another Millwater resident that Brian came to our attention, when his daughter threw him under the bus as a potential option for editor. In truth, it didn't take much encouragement to get Brian

Thank you, Brian, for your contributions to the magazine and to our community. We shall miss you, and wish you all the best with your travels and endeavours.

Grayson & Sarah Furniss

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Mid-Winter Feast

The bi-annual outing of the combined Millwater ROMEOs (Retired Old Men Eating Out) and Millwater ROWENAs (Retired Old Women Enjoying Nice Afternoons) saw a very sociable 35 of them gather at the popular Farida's Restaurant in Orewa on a perfect sunny July Sunday.



Organiser of the day was David Lakin (seen here with ROMEO's founder Brian Mullan), who welcomed everyone before they chose their favourite tipples and began catching up with each other's news. We all enjoyed the amazingly close beach views and Winter sun streaming in through the windows. After lunch



was announced we sat down to be very efficiently served the extensive platters that you see here. Jazz, the proprietor/chef, did us proud with selections of cold meats, pâté, sun-dried tomatoes, olives, prawns and cheese. To this was added hot fish goujons and chips, accompanied by their own deliciously fragrant, home-baked garlic bread.

Lunch was a very relaxed affair, with many of us moving around from time to time and making sure we didn't miss anyone. Some followed their lunch with coffees – and we know of at least a few who stayed back to enjoy a delicious ice cream. Farida's is a wonderful local venue for any occasion and will shortly have a make-over to improve further its undoubted attraction.



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Mindfulness: A Secret Weapon for our Immune System



In the midst of this season of Winter ills and chills, there is a sense of inevitability that sooner or later we are all going to succumb to some bug or other... or perhaps not!

While trying the usual things to avoid getting sick, we may be unaware that an accumulation of stress may be neatly negating all our wellness efforts. Chronic stress (job worries, financial insecurity, difficult relationships, existing poor health of yourself or your loved ones, or an accumulation of difficult, negative emotions) really knocks our immune system about and increases our susceptibility to illness, no matter how good our other wellness practices might be.

So; what can we do? Apart from taking as many steps as we can to reduce these sources of stress, eating good food and exercising, what we can also do is practice mindfulness meditation. It's a powerful way to keep those front-line immune system defences in tiptop condition, with the added bonus of reducing stress hormone levels.

Liz Weatherly, our Millwater Mindfulness Meditation expert says, "Imagine being caught in heavy rain without a raincoat to keep the water off and without a towel to dry yourself

afterwards. Now imagine that the downpour is actually a torrent of stress. Over time, Mindfulness Meditation helps you develop both a raincoat (to keep the stress off you) and a towel (to mop up any stresses that get in). The result is that you are more emotionally and immunologically resilient and stress doesn't affect you in the same way."

Asked the best way that people could start to support their own immune systems with Mindfulness Meditation, Liz says, "The easiest way is to get an app like Headspace Meditation, Insight Timer or Calm Meditate. They're free and offer short, simple guided practices. The best thing is that with a phone app you have access to it anytime, anywhere!"



She also says that you can expect that the positive effects will build up over time, especially if you do a bit every day.

Local options for learning Mindfulness Meditation include Wednesday drop-in sessions for Caregivers (entry by donation) and multi-week courses – both at Stony Homestead. For all details contact liz@beinspired.co.nz or phone 021 988 468.



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Cost versus Value



A number of years ago there was a television comedy series on our screens, about two tailors in London whose shops were next door to each other. They competed with each other in every way, especially on price. I remember “Never Mind the Quality; Feel the Width” occasionally when I see people concentrating on the price of a product and forgetting the value that they are purchasing. I have seen people trying on shoes in a retail shop and then purchasing the same model online at a cheaper cost. One wonders how such customers

would fare if the retailer decided not to offer the service anymore because of the cut- price competition.

Our business environment depends on constantly circulating money. I’m well aware that, if I don’t want to invest in a lawnmower, I can support a local lawn mowing contractor by engaging their services. “Money is made round to go around.” There are numerous fields in which competition is strong. Real Estate firms have differing scales of charges, as do property managers. There are differing levels of service, and it is for the customer to decide which offering is their chosen one. The key question, however, is “what am I getting for the price?” Value must be perceived, and not simply assumed.

When two competing products are comparable in quality, then negotiations can bring in cost as a factor. Too often, though, the “cut-price” mentality leads us to assume that the products are of the same quality, without actually doing any comparisons. We then fall into the trap of comparing only the respective costs. Due diligence is vital if one is to achieve a quality product or service.

In the words of Benjamin Franklin: “The bitterness of poor quality remains long after the sweetness of low price is forgotten.”

**Craig Harrison | Principal,
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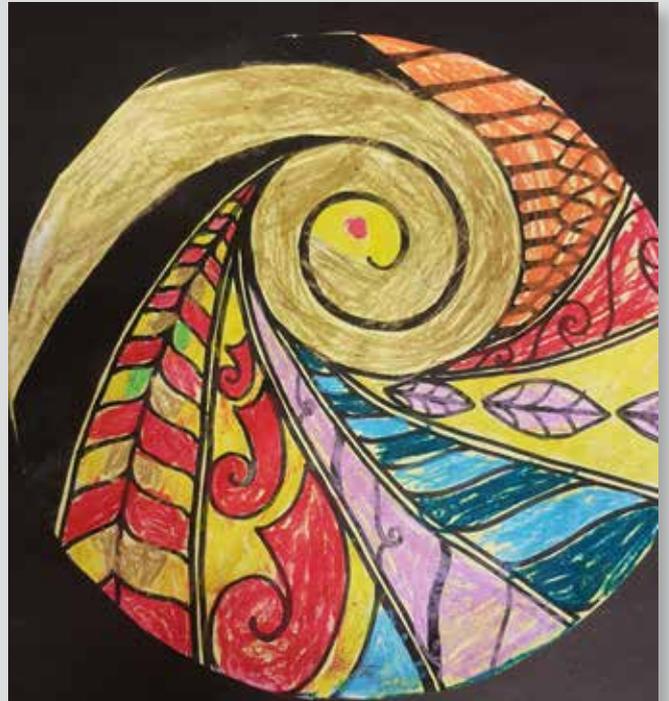
www.quinovic.com/millwater



Silverdale School Matariki Artwork Year 1, Room 7



William



Layla



Jeremy



Tiana



millwater **motors**

We were privileged to meet Ryon Derriman recently and to discover the veritable Aladdin's Cave of classic American cars on display at Classic Car Garage in nearby Wairau Valley.

Ryon told us, "I am one of three directors of Classic Car Garage and our team is very enthusiastic about American classic cars! We encourage people to come and view even if they are just looking." Sourcing top quality cars from the USA soon led Ryon and Jason to take a trip to California, where their sharp eyes and keen business sense saw them purchase 11 quality cars that were then shipped to New Zealand recently.

What about importing cars into NZ? Ryon told us, "Because compliance is so strict here, we look for cars that require minimal repairs and have no rust. Condition is top priority and colour is important – with black being popular. Road presence is key and I look at how the car sits on the road – does it have a muscular look? Corvettes and Mustangs are always popular and classic trucks are often bought for business use, too, as they retain their value well and definitely look better than modern trucks."

Classic Car Garage certainly caters for all tastes. Among the

gleaming collection of over 40 cars, we saw some classic Chev and Ford trucks – including a pristine 1949 Ford F1. Having such a comprehensive collection of beautiful motors means that customers are able to find one that meets their heart's desire; whether it be a car that was built the same year they were born or just one they would like to be seen in, on a trip with their partner. "Most sales are concluded after the customer has made a number of visits, including with their partners, and they are entirely happy with their choice."

Ryon added, "We don't just sell well-priced cars to our many customers, we also provide full back-up and a quality servicing capability from our own workshop, in which we have 2 full-time mechanics and 2 hoists. We can provide finance for our customers and arrange classic car insurance quotes for them, too"

We came away impressed by Classic Car Garage's offering of a one-stop-shop that aims to satisfy the most discerning customer; through breadth of choice, honest pricing and customer service. You can find them at 231 Archers Road, Wairau Valley, 0800 224 669 and online at www.classiccargarage.co.nz



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millwatermalt



This month is a speciality boutique vatting of malt whiskies – The Spice Tree, from Compass Box. The colour is natural and the whisky is non-chill-filtered. For those unsure what these terms mean, vatting is a blend of single malt whiskies without any grain spirit addition. Non-chill-filtered whisky (often preferred by ‘purists’) will go slightly cloudy in the glass when you add a wee drop of water. Chill-filtered whiskies, although also very good, remain clear. The Spice Tree is a vatting by whisky maker John Glaser, of Northern Highland whiskies (principally Clynelish), aged in unique barrels with heavily toasted heads that add a rich spiciness.

The Spice Tree was first launched in 2005, but in 2006 the Scotch Whisky Association forced Compass Box to stop production because, for the secondary maturation, the whisky was aged using 195-year-old French oak staves that were inserted into the whisky barrels. Compass Box discontinued production until relatively recently, when they managed, through a new production method, to release this new, legal version – and we are so glad they did!

Appearance: Deep honey and amber coloured nectar.

Nose: Fragrant, with dried herbs and spices, oaky vanilla and a warming peppery tang.

Palate: Nicely sweet and malty, delicious mouth-feel that soon delivers the fullness of the spice notes, adding to the waves of multi-layered flavour.

Finish: The layers of enjoyment are long and sustained, with a very gentle alcohol burn and clove notes. Very satisfying.

Conclusion: 46%ABV, 700ml, \$74.99 on special from my favourite online retailer, including courier delivery.

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List, buy or sell with us between 1 June and 31 August 2019 and you will be included in 2 draws. Winners will be notified & posted on the Mike Pero Facebook page on 1 August & 1 September 2019 respectively. Mike Pero Real Estate Ltd Licensed REAA (2008). Terms & conditions refer to mikepero.com/raro.



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Good things come to those who Cleanse!



The foundation to any skincare routine is a very simple but the most important one - cleansing.

That's right; while each step of your regimen is key to a healthier, more radiant-looking complexion, proper cleansing is crucial for keeping skin looking fresh and feeling great.

Although, when it comes to washing your face, there can be too much of a good thing. The key to cleansing effectively is to stick with a regimen of twice daily and no more.

Once in the morning, once before bed – that's all you need:

- Cleansing your face ensures all the residue from makeup, dirt

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and oil has been washed away

- Helps unclog the pores and allows the skin to breathe
- Helps a radiance look as it ensures skin doesn't look dull, tired or prematurely aged
- Helps avoid breakouts
- Ensures there are no pollutants and free radicals interfering with the skin's repair process
- Helps ensure skin does not dry out due to makeup residue and pollutants
- Prepares the skin for serum and moisturiser to follow
- Boosts hydration and prevents serum build-up
- Morning cleanse removes toxins your skin eliminated during the night

Next month:

Tips on how to choose the best cleanser for your skin.

Amelia Beauty Aspects

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Beauty Aspects
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How secure is your business?



Protecting your business asset

As a business owner, you are constantly striving to increase business profitability and to build the value of your business. Your longer-term intention may be to sell your successful business and take the “windfall” or to retain it as a successful family “dynasty” or legacy business.

A natural extension of sustainably building the value of your business is the need to protect the value of your business. Numerous risks lurk in the background that can seriously damage the value of your business unless you take steps to manage these.

Safeguarding the value of your business

When a business loses the services of its sole trader, a key employee, an owner or business partner, the consequences for the business can be serious. Profits can fall, loans may have to be repaid at short notice or, at worst, the future survival of the business can come under threat. It is essential for every business to have a tailored Business Protection Plan with suitable covers that provide financial support in a variety of situations.

What are the financial exposures faced by businesses?

Obviously, maintaining cash flow is king! In endeavouring to do so, a business faces several major financial risks at any stage of its development, unless these have been dealt with at the outset. For example:

Having a succession plan/ownership buyout plan in the event of a buy/sell agreement trigger being activated by events (e.g. death, retirement);

Having a debt protection plan i.e. a lump-sum repayment of business debt in the event of death, terminal illness or total long-term disability of any person whose death or incapacitation would trigger a requirement for the debt to be repaid;

Cover for the permanent loss of a key person: a capital injection into the business in the event of the permanent loss of a person who is key to the business;

Loss-of-revenue cover, to provide a monthly injection of revenue while a key person is unable to work;

Having appropriate asset insurance (Material Damage) and loss of profits insurance (Business Interruption) to protect your business against accidental damage or loss (e.g. fire damage of premises). This is especially important where a businesses' cash flow is vulnerable to machinery breakdown.

Where these issues have been addressed with your insurance adviser, via a no-obligation “warrant of fitness” insurance review, your business will be prepared for any curve-balls that life may throw at you.

It's what we do.

Theo Simeonidis FNZIM & Cristina Simeonidis UProtectNZ Insurance Services

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

Cristina Simeonidis

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Every month Mike Pero Millwater assembles a comprehensive spreadsheet of all recent sales in the Millwater area that reviews the full range of resident transactions that have occurred. If you'd like more details please give us a call.

SALES DATA

	June 2018	May 2019	June 2019
Number of Sales	18	17	17
Median Sales Price	\$1,161,500	\$1,130,000	\$1,115,000
Highest Sale Price	\$1,650,000	\$1,400,000	\$1,330,000
Rolling 12 month average	\$1,178,452	\$1,141,698	\$1,134,812
Average % price to CV	2.51	-2.84	-2.07
Average Floor Area (sqm)	246	221	235
Average Days to Sell	61	99	97



Grayson Furniss
Franchise Owner | MILLWATER

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

propertytalk

Well, it was nice to see another solid month of sales achieved for June, with 17 unconditional sales recorded. We have certainly noted a significant improvement in the number of buyers active in the market over the last two months and this has been reflected in the turnover numbers. It is particularly pleasing to see some of the properties that have been marketed for some time now selling, with 7 of the 17 sales for the month having been on the market for over 90 days. This does have a detrimental impact on the average days to sell, with this now sneaking in just under 100 days for the second month in a row.

What is interesting and pleasing is that there does not appear to be any specific relationship between time on market and a reduction in sales price. While there were 2 of the 7 sales of dated stock that appear to have been sold at a discount, the rest were within normal ranges and, as there were sales of recently marketed properties that had equal discount applied, it appears that there is no causative relationship between time on market and discounted sales prices.

What is apparent is that houses, where the vendors expectations are close to the final selling price from the start, are selling faster. If expectations are too high initially, then it will often take a realignment of those expectations before a sale occurs – which leaves us with an interesting analogy to make as it seems that, while expected sales price has a relationship with time on market, time on market does not necessarily impact final sales price.

To assist both potential vendors, vendors and buyers understand this market, we are going to introduce a number of new statistics over the coming months. First up this month is a rolling 12-month average. This is one that we have been watching for a number of years and find it is possibly more useful than the median as it is less subject to monthly fluctuations of sales numbers and values. Currently this sits

at \$1.13M, down from the June 18 figure of \$1.18M and the peak figure of \$1.19M in October 2018. This represents a decrease in average prices of 4.29% from the peak and we expect this figure to go further into the red as the impact of recent low-value sales influences the 12-monthly figures further. We also calculate a rolling 3-month average and this recently came in at -9.55% from peak, with the 3-monthly average being more responsive to change.

Anyway, enough about statistics, let's focus on what is happening in the market today. First up, school holidays have had their usual sobering impact on property transactions, although probably not as distinctly as in previous years. July's figures will probably reflect some impact of this.

Recently, we have found that there is an approach being used by some agencies to deliberately talk down prices and misrepresent vendors' expectations to buyers in order to obtain offers. Their logic seems to be if they bring a vendor several low offers then, eventually, they will accept one. The only conclusion we can make is that some agencies and agents are more interested in turning over large numbers of properties than achieving a good result for each property. We do not subscribe to this approach.

If you would like to have a chat about property, the weather or the likely success of the All Blacks this year, please feel free to give me a call or drop an email; I am always keen for a chat.

Grayson
021 665 423

Mike Pero Real Estate, Licensed REAA (2008)

Mike Pero

0800 000 525



AWARD WINNING MADDREN HOME WITH A BIG PINCH OF WOW THROWN IN. 4 2 2

www.178wainuiroad.com

178 Wainui Road, Millwater

If you haven't found your perfect Millwater single level home before now, then this one must be it. A truly beautifully crafted masterpiece by renowned builders Maddren Homes, this property gained a silver award at the 2018 Master Builder House of the Year Awards and you can certainly see why. Sitting on a low maintenance 650m² site and sporting a generous 236m² (approx) floor plan, this is a spacious yet very stylish single level stunner. With four double bedrooms and two bathrooms (including master ensuite) there is accommodation here for the whole family, however it is the living areas that really set this property apart. This is a house you will be genuinely proud to call home. View early because these don't come up very often.



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NEED A GREAT SINGLE LEVEL HOUSE WITH LOTS OF PARKING? 4 2 2

www.19bartlettdrive.com

19 Bartlett Drive, Millwater

Off street parking can be a tricky problem in Millwater and this wonderful single level home solves this with an abundance of parking spaces. Privately tucked away from the road, this is a spacious home with 4 double bedrooms plus large study - ideal for someone working from home. Our vendors are now seeking greener pastures presenting a rare opportunity to purchase this desirable home.

- abundant parking options - room for a boat plus a caravan (or truck) plus 3-4 cars & still have access to the garage
- second separate living area adjacent to open plan area and also opening onto patio
- spacious outdoor patio area with a roof covering a large portion



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4 3

www.6galbraithgreens.com

6 Galbraith Greens, Millwater

If you would like all the benefits of living in a modern home in a new subdivision but don't want the barren feel that comes with it, this is the home for you. Call us today for more information - you don't want to miss out.

- 242m² four double bedroom home on 671m² approx site with established gardens
- large kitchen with island bench
- master bedroom with ensuite (incl spa bath) plus walk-through wardrobe
- second master with own lounge on ground floor
- off-street parking for boat or camper

www.mikepero.com/RX1930738

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SOLID SINGLE LEVEL WITH A FIREPLACE

5 2 2

12 Kingfisher Road, Millwater

A quality home, lovingly crafted from low maintenance Premiere brick and coloursteel roof, ideally situated on a mostly flat, elevated site enjoying expansive views across Millwater to the established bush. This home is sure to go fast! Stop reading and start calling.

- Built by reputable builder Maddren Homes with balance of Master Build guarantee
- Large bedroom adjacent to front door, ideal for work from home option
- warm, sunny home offering generous space to move about including the option of cuddling around a cozy fireplace
- Great indoor and outdoor flow from the open-concept kitchen and living space to the tidy backyard.

www.mikepero.com/RX1954402

Mike Pero Real Estate Ltd. Licensed REAA (2008)



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LIFESTYLE OUTLOOK, SUBURBAN CONVENIENCE



www.2harrisdrive.com

2 Harris Drive, Millwater

Do you want the feeling of space but don't have the time to manage a larger land holding? This property could bridge that gap for some, with a fantastic location that feels like your neighbours are miles away. Opportunities like this are rare, so if you want that feeling of space with the convenience of living in this fantastic community, move quickly before someone else owns your dream home.

- spacious single level GJ Gardner home offering 4 double bedrooms incl master with ensuite, walk in wardrobe
- open plan living and separate additional lounge/media room, easy flow out to a sun drenched deck
- central kitchen with walk in pantry, breakfast bar and gas cooktop



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BEAUTIFUL GJ GARDNER HOME ON EXTRA LARGE SITE!



www.80harrisdrive.com

80 Harris Drive, Millwater

Like the fabled mythical creature, this stunning Millwater home is in a classification thought to be only in dreams; a large single level home on a generous flat site with room for a swimming pool. View this property early!

- 223m² GJ Gardner home on a flat 722m² (approx) site with large open plan living area opens to outdoor decking
- separate lounge/media room, stunning kitchen with island bench and walk-in pantry
- 4 generous double bedrooms including master with walk in wardrobe, ensuite and patio access
- separate laundry and larger than normal double garage



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PERFECT PROPORTIONS

5 2 3

www.9portlandparkroad.com

9 Portland Park Road, Millwater

Opportunities to buy in this desirable part of Millwater are rare, great houses like this are even rarer again. Portland Park has long been considered one of Millwater's pre-eminent street addresses with many of the areas nicest properties located here and this wonderful home fits right in. Don't wait, delay could lead to disappointment.

- spacious yet well balanced 298m² home with open plan living including kitchen dining and lounge
- massive outdoor room, fantastic for entertaining
- additional separate living / media room, perfect for teenagers or noisy adults
- fantastic spacious kitchen with stone bench, large cooktop and ample storage



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www.mikepero.com

Mike Pero

0800 000 525



AN OUTSTANDING PROSPECT

4 2 2

www.22prospectterrace.com

22 Prospect Terrace, Millwater

This lovely single level home is seeking a new owner. Admirably positioned on a flat and maturing site on a quiet street in desirable Millwater, this home will appeal to many looking for warmer simpler life. Featuring 4 bedrooms plus a study, there is plenty of space for family and guests to all find a bed for the night. The open plan living area includes a generous kitchen, dining and living space and flows easily out to the spacious outdoor entertaining area. Outside you will enjoy the low maintenance exterior and beautifully maturing garden as well as the all year delights of the swim spa (yes it stays).

Don't delay your viewing on this one, this is a lovely home in a great street and these are moving quickly.



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0800 000 525



FAMILY SUFFERING GROWING PAINS? CHECK THIS OUT. 5 2 3

7 Colonial Drive, Millwater

This spacious Millwater home has been designed and built with multi generational living firmly in mind. Beautifully finished by the craftsmen at Maddren Homes, this is a solid, well planned property with some real options for larger families. Almost two houses in one, the ground level incorporates a massive open plan living area with kitchen, dining and lounge space then on the other side of the house is two bedrooms, a study, a bathroom and another living area. This really is its own haven with a separate entrance, perfect for grandparents, teenagers or even a border/student. Upstairs is another three bedrooms including master with ensuite and walk in wardrobe, study and bathroom. There is some real flexibility in this layout, it truly is a house that you can mold to your own needs. Call us for more information.



Grayson Furniss
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Sarah Furniss
027 444 0044
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Creativity on the Catwalk



You'll look at your household rubbish with fresh eyes after this year's Catwalk Arts.

Focussing on innovative use of waste and re-used materials, designers of all ages have produced a stunning array of wearable art that will take to the stage in two shows on August 24.

A long-running fundraiser for Harbour Hospice, this year's Catwalk Arts will be held in the Mahurangi College Auditorium in Warkworth.

The show is all about the wearable artworks, but organisers have added some extra reasons to attend, including a new fashion design section. Local dancers and musicians will provide additional entertainment and businesses have donated thousands of dollars' worth of vouchers and products that will be raffled or sold off in the popular 'balloon auction'.

Winning designers will receive cash prizes and unique tiles handmade by Morris and James especially for this event. The event is made possible by the generosity of Platinum Sponsors Mason Bins and Northland Waste, and category and award sponsors Warkworth Toyota, Koru Knitwear, MJ Wilson Dental, BMS Construction, Nautica Shipping and Logistics, Inger Electrical and JA Russell, The Oaks on Neville, and Jason Morrison Funeral Services.

Tickets range from \$20 to \$40 and are on sale at local hospice

shops, online at harbourhospice.org.nz, and at Katya Maker Boutique in Warkworth.

Late entries may still be accepted from designers who missed the July deadline. To enquire, call 09 425 9535 or email wwevents@harbourhospice.org.nz



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Love your Body

Our body shapes are all unique, just like they are supposed to be. What works for one person won't necessarily work for you, so we shouldn't be so hard on ourselves. Embracing our bodies is far more rewarding.

Taking the time to understand YOUR body can really help you make a more informative and mindful shopping choice and understand how to put outfits together.

Body shapes can be divided into categories; however, even then you can be a mix of body shapes – but using the core shape as your guideline, then tweaking a few things if need to, will help make it work for you.

What is Vertical Body Shape? This is the proportional length of your legs to your torso.



The Balanced Body – a very common body type, where the hip line is almost perfectly half your overall height

Long Legs, Short Torso – Often found in taller women, but not limited to only tall women

Short Legs, Long Torso – Mostly shorter women, however also not limited to short women

These elements have specific dressing guidelines to help balance; however, they do not consider noticeable features such as horizontal body shape, age, or weight.

By working out your ratio between your bust, waist and hip circumference allows you to know your horizontal body type.

There are the 6 recognised types:

The Hourglass
The Inverted-Triangle
The Triangle
The Rectangle
The Diamond
The Oval

Again, there are guidelines to assist dressing each body shape.

Here are a few pointers for each shape:

Hourglass – emphasise your waist

Inverted-Triangle – A-line dresses and skirts and medium to wide pants can create balance

Triangle – Straight to bootleg pants to create balance

Rectangle – Semi-fitted to boxy soft garments

Diamond – Narrow to no waist bands

Oval – High placed focal points

Love your body

Janine - Natural Style



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Exterior Housewashing

Employees as Minority Shareholders



You have identified an employee who plays an important role in your business. You want to reward their efforts. Do you bring them on as a minority shareholder?

What to consider

The decision to bring an employee on as a minority shareholder is not one to be taken lightly. Below are some points for you to consider:

What percentage of shares do you want to offer?

Should you stagger the offer of shares; say 5% now and another 5% on meeting key performance indicators?

Will your employee pay for the shares, or are they a reward for performance? If they are to pay, how will you structure payment? Cash investment and a loan?

What will happen to the shares if the employee leaves the business?

What rights will your minority shareholder have?

These points are certainly not all you should consider; they are a starting point. To ensure you are aware of the pros and cons of each option, it is important that you consult trusted advisors – for example; your solicitor, your accountant and a business

mentor.

The percentage to offer

A key issue to consider is the percentage of shares you offer. How many shares you offer will impact where the balance of power lies and who controls your business. For example, once you relinquish more than 25% of your shareholding, those holding greater than 25% of the shares may be able to influence the control of the business. Consider, will you make an offer to just one employee, to more than one, and what percentage of shares you will offer over time?

A well-structured agreement

Having considered the points above, you will need a solid shareholding agreement in place. This agreement should address not only the number of shares, the rights and obligations associated with the shares – it should also address: exit options; a suitable restraint of trade; and provide you with a right of first refusal or at least an option to repurchase the shares.

Bringing on employees as minority shareholders needs careful planning, good advice and a well-structured agreement. If you are considering venturing down this track, contact our team on 09 421 0559.

Melanie Baker-Jones
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holiday destinations

Our Norwegian and Baltic Adventure - Part One

On 24th May this year we embarked on our adventure, heading to Norway and the Baltic regions. Our friends who travelled with us last year to Vietnam decided they would come along also, so after 32 hours of travelling we arrived in the beautiful city of Copenhagen.

We went for a lovely stroll around Copenhagen the next day and located the Little Mermaid and the lovely palaces of the Royal Family. Such a great city for walking and biking around, with beautiful cobbled streets and colourful buildings.

The next day we boarded our ship, Serenade of the Seas, for our 7-night Norwegian Cruise. We got to our balcony cabins, unpacked and were ready to go! Our first day was cruising up the coast of Norway and our first stop the next day was Geiranger, which took over 4 hours travelling through mountains and fjords before we arrived. We hired little 'Twizzy' cars so we could drive around and explore for 3 hours up the mountains – and we even had snow!

Next stop was Bergen, where we explored the town in the morning and found the most amazing Christmas Shop! We then headed out on a walking tour through the town and up Mount Fløyen, and after 16kms of climbing we reached the top for the most amazing views!

Stavanger was our next port of call; this town is full of Viking history and, after our lovely walk through the town learning all about it, we found the cutest pub and settled down for a cider and some apple pie! We then took a train back to the port, which travelled along the coast and past beautiful lakes.

Our final stop was in a little place called Kristiansand, where we found a lovely old church and listened to a pipe organ. We wandered through the cobbled streets, along the lake front and past the cute little houses.

Norway is very much like New Zealand; especially heading into the fjords like Geiranger with beautiful houses, lovely waters and amazing waterfalls. If this is on your bucket list to see and experience, you will not be disappointed.

Stay tuned for the next issue, where I will cover the second part to our trip on the Baltic, including Russia.

Helen Baxter

Air New Zealand Travel Broker

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Darren Kershaw takes over the reins at Madison Park Homes



Darren Kershaw now heads up the Madison Park Homes building team. His broad industry knowledge of all aspects of the business made him a natural successor when time came for a change of leadership.

Stephen Johnson, the founder and owner of Madison Park Homes, has over 25 years building experience in the North Shore and Rodney districts, having overseen the completion of over 600 homes and having worked with national building brands. In early 2018 he launched Madison Park Homes, offering quality

homes at all levels of affordability, providing more customer focus with more creative and design-driven solutions for the challenging and complex process in new home building. With new systems and processes now in place, the company is in a great position and it is with complete confidence that Stephen passes the mantle for growth to Darren.

“Darren’s skills in managing every aspect of a home build – from design and planning to Council consents and compliances, to liaising and working with customers, staff, tradespeople and subcontractors – means that he is able to deliver quality homes at very competitive prices, within much shorter timeframes than many of our competitors,” says Stephen. “Darren and I have worked together for over five years, and I am impressed with his ability to co-ordinate the many complex parts of the building process in a disciplined and professional manner. His outstanding communication and relationship skills are key to maintaining client trust and satisfaction throughout the building period – invaluable benefit to both the company and the client.”

“Stephen has developed a superior brand. With his continued guidance, I am excited to lead the company into the next phase.” Darren says, “Effectively it is business as usual. We continue to work with top designers for our Never Ordinary house range and remain committed to sourcing and using local products, suppliers and contractors. Most importantly, our passion to deliver quality homes at all levels of affordability, from first-home buyers to large country residences, remains steady. We will continue to build Never Ordinary homes that our clients will love to live in.”

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Lot 11, Pampas Drive
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House 191 sqm | Land 590 sqm
3 bedrooms | 2 living | 2 bathrooms
2 car garage

Lot 15, Pampas Drive
\$1,020,000

House 191 sqm | Land 630 sqm
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2 car garage



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Thu	00:42	06:57	13:07	19:27
1 Aug	0.6 m	3.0 m	0.4 m	3.2 m
Fri	01:37	07:52	13:58	20:19
2 Aug	0.5 m	3.1 m	0.3 m	3.3 m
Sat	02:30	08:46	14:49	21:11
3 Aug	0.4 m	3.2 m	0.2 m	3.4 m
Sun	03:22	09:39	15:39	22:04
4 Aug	0.3 m	3.2 m	0.2 m	3.4 m
Mon	04:14	10:31	16:31	22:56
5 Aug	0.3 m	3.2 m	0.3 m	3.3 m
Tue	05:07	11:23	17:25	23:48
6 Aug	0.4 m	3.2 m	0.4 m	3.2 m
Wed	06:00	12:16	18:21	-
7 Aug	0.4 m	3.1 m	0.6 m	-
Thu	00:41	06:55	13:12	19:20
8 Aug	3.1 m	0.5 m	2.9 m	0.7 m
Fri	01:34	07:51	14:11	20:20
9 Aug	3.0 m	0.6 m	2.8 m	0.8 m
Sat	02:30	08:49	15:13	21:19
10 Aug	2.8 m	0.7 m	2.8 m	0.9 m
Sun	03:29	09:47	16:15	22:17
11 Aug	2.7 m	0.8 m	2.8 m	0.9 m
Mon	04:28	10:45	17:11	23:12
12 Aug	2.7 m	0.8 m	2.8 m	0.9 m
Tue	05:24	11:40	18:02	-
13 Aug	2.7 m	0.8 m	2.8 m	-
Wed	00:04	06:17	12:29	18:49
14 Aug	0.9 m	2.7 m	0.8 m	2.8 m
Thu	00:52	07:04	13:13	19:32
15 Aug	0.9 m	2.7 m	0.7 m	2.9 m
Fri	01:36	07:48	13:53	20:13
16 Aug	0.8 m	2.7 m	0.7 m	2.9 m
Sat	02:17	08:29	14:30	20:52
17 Aug	0.8 m	2.8 m	0.7 m	2.9 m
Sun	02:55	09:08	15:05	21:31
18 Aug	0.8 m	2.8 m	0.7 m	2.9 m
Mon	03:32	09:46	15:40	22:09
19 Aug	0.8 m	2.8 m	0.7 m	2.9 m
Tue	04:09	10:23	16:17	22:47
20 Aug	0.8 m	2.8 m	0.8 m	2.8 m
Wed	04:47	11:01	16:56	23:25
21 Aug	0.8 m	2.7 m	0.9 m	2.8 m
Thu	05:27	11:40	17:40	-
22 Aug	0.8 m	2.7 m	0.9 m	-
Fri	00:06	06:10	12:24	18:29
23 Aug	2.7 m	0.8 m	2.7 m	1.0 m
Sat	00:49	06:58	13:14	19:23
24 Aug	2.7 m	0.9 m	2.6 m	1.0 m
Sun	01:38	07:51	14:11	20:22
25 Aug	2.7 m	0.9 m	2.6 m	1.0 m
Mon	02:34	08:49	15:15	21:23
26 Aug	2.7 m	0.8 m	2.7 m	0.9 m
Tue	03:36	09:51	16:18	22:24
27 Aug	2.7 m	0.8 m	2.8 m	0.9 m
Wed	04:39	10:52	17:16	23:24
28 Aug	2.8 m	0.6 m	2.9 m	0.7 m
Thu	05:40	11:51	18:12	-
29 Aug	2.9 m	0.5 m	3.1 m	-
Fri	00:22	06:38	12:47	19:05
30 Aug	0.6 m	3.1 m	0.3 m	3.3 m
Sat	01:17	07:34	13:39	19:58
31 Aug	0.4 m	3.2 m	0.2 m	3.4 m

Millwater ROWENAs



The June outing of the Millwater ROWENAs (Retired Old Women Enjoying Nice Afternoons) took place on a lovely bright Winter's day at The Wade Tavern, Silverdale. For the June lunch, there was a relatively small turnout as a number of ladies were away on holiday.

Everyone was very pleased with their choice of meals from the excellent menu, but it seems there is always that one person who ends up having food envy, and this time it was yours truly (Margaret Mullan!)

We enjoyed being comfortably and exclusively seated in the conservatory with the doors closed; so, needless to say, we all had a really good chat, put the world to rights, and didn't disturb anyone else.

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Millwater Women's Group



In June, the Millwater Women's Group met at the home of Margaret Mullan, who had arranged for Harbour Hospice Volunteer Services Manager Vicky Parker, and Karen Little her assistant based at Harbour Hospice Hibiscus, to come and speak to the group.

It was a delight to welcome two very enthusiastic ladies who work for Harbour Hospice. Vicky and

Karen explained that Harbour Hospice now encompasses what were three separate Hospice services: North Shore Hospice, Hibiscus Hospice and Warkworth/Wellsford Hospice. The decision was made to amalgamate them, to better utilise the resources and improve healthcare available in the community. They also provided us with the background to the forming of Hibiscus Hospice and how it started – and about the raising of \$7 million by

the community, to construct and fit out the current Hibiscus Hospice building at 2a John Dee Crescent, Red Beach. Vicky also explained how a number of staff members now work across all three sites, and how well this appears to be working.

Vicky and Karen then explained about all the different volunteer jobs that are available within the Hospice group. A number of people think that the only volunteer roles are at the Hospice shops, but that is not true. Hospice shops do raise a huge amount of money towards the running of Hospice, but they also need volunteers to work in the inpatient units, kitchens, reception, gardens and car washing. There is also a specific fund-raising group that organises and help to run larger events, and biographers who work alongside clients who wish to record their life story for their families.

The volunteer roles within Hospice are interesting, wide and varied – and if anyone feels they would like to offer their services, please contact Karen Little Tel. 09 421 9180 for more information.

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tim **lawrence** fishing spot



Winter is nearly over and Spring is just around the corner – but hasn't this winter been really mild? Just last week it was 17 degrees and I took the kids for a quick afternoon fish in my shorts and t-shirt. The Stabi was looking a little unkempt and hadn't had a run for a while, so we headed out from Gulf Harbour to find the work-ups around the 40m mark behind Tiri. En route, I noticed smoke coming from one of the trailer wheels and pulled over to assess the damage. The brake calliper had seized onto the rotor. I pretended I knew what I was doing and

removed the wheel. Realising I was out of my depth, I called a mate who gave me some advice and told me to bleed the brakes and then smash the bejesus out of the callipers until they released. An hour later and we were on our way again, with some extra points on my man card.

Once we got out there, I set up Ryan with an orange slider and began rigging a second rod for Jacques. Ryan had a respectable 36cm snapper on before I could tie Jacques' leader on. The next fish came on board before Jacques had his line in the water – this time it was a John Dory! Within 3 hours we had half a dozen good-sized snapper and two John Dory in the bin. What an easy afternoon on the water, and right in the middle of Winter too!

Spring is just around the corner and the start of scallop season, and it's also a great time to get your boat in for a service before the rush (and, in my case, get the brakes fixed). The fishing never really slowed down this Winter and there are still good-sized fish to be caught as close as Tiri, and some larger specimens towards the Broken Islands at Great Barrier.

September is also when we head up to Kona, Hawaii for our next trip chasing marlin, wahoo, mahi-mahi and yellow fin tuna. Only 6 weeks to go!

Tight lines!

Annual Members Merit Awards Exhibition



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millwater**bizbuzz**



Brian Edwards and his Elite Property Wash business came to our notice through a very satisfied customer, so we sat down over a cup of on-truck-brewed fresh coffee to chat.

Brian hails originally from Hawkes Bay, where much of his career was spent in the apple-growing industry. "I ended up managing a staff of 200 and packing apples for 6 months every year," Brian told us, "which was a great job in the corporate world. Then, last year I decided I'd had enough so I left my job and the business environment, to enjoy being work-free for the first time in my life – at least for a while."

However, Brian soon decided to set up a property washing business in Hawkes Bay and, during a visit to Auckland to look at some equipment, he ran into Josh who was the previous owner of Elite Waterblasting. "For the next 3 months, I travelled between Hawkes Bay and Auckland, working alongside Josh and learning more," Brian added. "I stayed with a friend and just did it for the love. Then I heard that Josh was selling the business so I made him an offer last September – and I've never looked back."

Wanting to grow the business into something even more special than the name 'Elite' already suggested, Brian embarked

on focussed training. First came service station cleaning and specialist equipment in Australia, then a soft washing course in Florida. Now fully equipped with all the knowledge he needed, Brian commissioned in Hawkes Bay the custom building of his unique business ute, which contains everything needed for complete private and commercial cleaning and maintenance – including the coffee machine mentioned earlier ("It means we don't have to leave the job to have an excellent coffee.")

Re-branding to Elite Property Wash, to reflect the more effective soft wash process (less pressure, more water), Brian now offers total exterior property maintenance: including gutters, decks, fences, paths, driveways and roofs. "We work for private, commercial and real estate customers – and we clean a lot of dirty and dangerous decks that are serious slip hazards," Brian said, "after which we provide homeowners with DIY maintenance kits and advice, making it easy for them manage ongoing cleaning of their decks."

Brian and Elite Property Wash promise fast quotes and responses, efficient and reliable work, with excellent customer service. He can be contacted at 0800 WASH AWAY, 021 963 344, info@elitepropertywash.co.nz and www.elitepropertywash.co.nz



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Silverdale Tennis Club



Silverdale Tennis Club welcomes new members to Midweek Social Club Day on Wednesday 9.30am and Sunday Senior Club Day 10.30am. First 2 sessions free. Try out our small friendly club, which has 4 floodlit Astro-grass courts, situated in the beautiful Silverdale War Memorial Park (by the Rugby Club).

The Midweek Club recently held their annual prizegiving luncheon at the Northridge Country Club, which we all enjoyed.

The Club is participating in a 'Love Tennis' weekend on Saturday & Sunday 7 & 8 September, 1-4pm. Make a note in your diary to pop down.

Further enquiries, please phone Linda 09 427 8209



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Back to Basics - Ownership



Typically, most of us have a life insurance policy so that, upon our death, funds will be available to our family to pay off the mortgage, replace the loss of our income or provide for dependents. We would want these funds to be quickly available to them, to avoid further stress.

To ensure those objectives are met, the ownership of the policy needs to be correctly set up.

If you are the sole owner of your life policy, upon your death the proceeds of your policy will pass to your estate. If you have a will, the funds be distributed in accordance with that. If you do not have one, the Administration Act 1969 will apply. Both will incur time and legal costs. In the meantime, your family might struggle with living costs and your funeral expenses due to the delay. Eventually, they are also likely to receive less than you provided for, due to the costs incurred.

If you have joint ownership on your life policy, upon your death the funds will be paid directly to your joint owner and would be immediately available. For this reason, it is important that joint ownerships are updated for any change in your relationship with the joint owner, or if the joint owner's death supersedes your own. A potential complication is that an estranged joint owner does not agree to change/split the ownership of the policy.

Do you know who owns your policy?

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

Join our Facebook Group *Special Needs Planning Guidance*.

Do any of these describe you?

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

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

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



I live and work locally and am passionate about helping people protect themselves, and their families. **Have any questions?**
Contact me, Valentina Pereira and we can chat over a coffee.
† 021 627 802 | e valentina@mirockfs.co.nz | www.mirockfs.co.nz
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what's on: **hibiscus coast**

OREWA LIBRARY Events during August (09 426 8249), 12 Moana Ave, Orewa

Weds 14 Aug - Tiana Henderson Transitional Coach talks about how to add more fun to your relationships. Bring your lunch. Free tea & coffee. 12:00 - 1:00pm.

Sat 17 Aug - Poetry Competition on the Beach • Write your poem in the sand & then join us at the library for the prize giving & readings. 1pm. Register at <https://poetryonthebeachnz2019.wordpress.com/>

Mon 19 Aug - Jo Stevens from Hearing Life - Bringing Sounds to Life. Hearing Life are part of the Global Hearing Healthcare Group which focuses on hearing research & developing and is a world leader in high quality hearing solutions. They will be advising about the latest high quality proven hearing aid technology. 11am.

Tuesdays in Aug - ESOL Beginners Level 1 10:00 - 11:00am • Beginners Level 2 11:00am - 12:00pm • Conversation 2:00 - 3:00pm

regular local events

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

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

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

Every Weds Drop-in Mindfulness Meditation for Parents & Caregivers of High Needs Children • 10:15 - 10:45am Stoney Homestead, Galbraith Greens • Gold Coin Donation • Contact Liz 021 988468

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

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

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

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

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

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

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

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

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

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

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

Every Sat 9:30-10:30am & every Tues evening 7-8pm • Dance Fitness Class - Kingsway Jnr Campus • First class FREE, \$10 per session afterwards, concession cards available • Contact Richard 021 903 094

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

Every Thurs evening - Silverdale Ballroom Studio - Silverdale Hall at 7pm • Adult & Improvers classes for beginners & social dancers Contact 09 527 5542 for further information • **4th Sun of each month - Kiwi Club** • Social Dance 5-8pm • All welcome.

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

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

How to contact your local.....

Health & Well-Being, Fitness & Beauty

Health by Logic	09 421 1273
Beauty Aspects	021 02972587
Skin Institute	09 426 0400
Liz Weatherly - Mindfulness Mentor	021988468

Optometrists

OPSM Silverdale	09 426 7902
Orewa Optics	09 426 6646

Motoring & Boating

Rod Harman Motors	09 426 6066
Rodney Auto Centre	09 426 5016
Silverdale Marine	09 426 5087

Real Estate

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

Estuary Arts	09 426 5570
Wainui Golf Club	09 444 3437

Printing

Treehouse Print	027 4986 202
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Insurance / Finance / Accounting

MiRock Financial Services	021 627 802
MTF Finance	09 421 0335
UProtectNZ Insurance Services - Theo	027 248 9320
UProtectNZ Insurance Services - Cristina	021 868 280

Florists

Fabulous Flowers	09 947 5920
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Clubs - Sport / Dance

Fusion Dance Studio	09 428 3132
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Legal

Simpson Western	09 421 0559
Heathcote Legal	09 475 5916

Pharmacy

Millwater Parkway Pharmacy	09 959 0256
Life Pharmacy Orewa	09 426 4087

Pets & Vets

Millwater Vet Hospital	09 427 9201
K9 Groomers	09 426 3274
Pawsome Pet Sitting	0220 64 0220

Home & Garden / Tradespeople / Supplies

Central Landscape & Garden Supplies	09 421 0024
Auckland Garden Services	022 122 0950
Elite Property Wash	021 963344
Silverdale Furniture Restoration	09 426 2979
Greenland Solutions	021 526 720
Mr Housewash	027 271 5891

Housing

Maddren Homes	09 412 1000
Madison Park Homes	0800 696 234

Property Management

Quinovic Millwater	09 444 5753
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Fashion / Retail / Gifts

Silverdale Village Market	021 030 3273
Silverdale Artisan Market	info@silverdalebusiness.co.nz
Little Playhouse Co	littleplayhouseco.nz

Child Care / Education

Northern Arena	09 421 9700
Learning Tree Early Childcare Centre	09 281 4303

Community

Hibiscus Coast Anglican Parish	09 426 4952
Forrest Funeral Services	09 426 7950
Harbour Hospice	harbourhospice.org.nz

Medical & Dental

Focus Hearing	09 533 6463
Silverdale Family Dentists	09 972 1406
Millwater Dental	09 972 1518
Orewa Medical Centre	09 426 5437

Graphic Design

Call Me Designs	022 382 644
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Advertise in The Millwater Mag and feature here for free!

millwater **recipes**

Pesto penne with grilled pork scotch fillets and tomato (Serves 2)



Ingredients

½ pack of penne pasta
3 tablespoons pesto
2 slices of pork scotch fillets
2 tomatoes
Diced garlic

To Make

Grilled Pork: Cut pork in big dice, season with salt and pepper. Skewer and grill 250c in oven for approx 8 minutes,

turn and grill for further 5-8 minutes (it should be crispy outside and soft inside)

Grill Tomato

Simply cut in half, remove the white bit in the middle (the columella), sprinkle shredded parmesan on top and grill 250c for 5-8 minutes

Pasta

1. Cook pasta according to package instruction. Drain and reserve pasta water.
2. In a saucepan, heat up garlic with some olive oil, pour in pesto and briefly stir. Add approx ½ cup of pasta water, season with some salt before mixing penne into the saucepan.
3. Serve with grilled pork and tomato, season with some herbs if you like. Enjoy!

Happy Cooking!

Nita Wong



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What do a Carnivore Diet and a Vegan Diet have in common?



A carnivore diet is a high protein, high fat and almost zero carb diet. It is based on animal foods only – some also exclude dairy because it contains lactose, a milk sugar, which is a carbohydrate. It excludes all plant foods – fruits, vegetables, legumes, grains, nuts, and seeds. The only drinks that are considered acceptable on this type of diet are water and bone broth – no tea, coffee, alcohol or any other drinks made from plants.

Why does it work? It restricts calories because protein is very filling, so you don't feel hungry.

Benefits? Eliminates cookies, cakes, lollies, fizzy drinks, pastries, and similar high-sugar foods.

Results? May be good in the short term, not so great for long term... because carbohydrates contain many of the micronutrients our bodies need.

Concerns? There are 4 micronutrients that are especially difficult to obtain on a meat-only diet:

Vitamin C: An antioxidant that boosts immune cell function and helps make collagen (important for healthy skin)

Vitamin E: An antioxidant

Vitamin K2: Keeps our blood vessels healthy

Calcium: An important mineral:

- for healthy bones
- to help our muscles function properly

- for proper communication between our nerves

If dairy is included, this will cover vitamin K2 and calcium. There is no fibre in this diet – hello constipation! Excessive protein can damage the liver. It's a very restrictive diet, with important nutrients lacking for long-term good health.

A vegan diet tends to be lower in protein and fat and higher in carbohydrates. It excludes all animal foods, dairy, eggs, honey and gelatine. It can be challenging to get enough protein on this type of diet. Protein is important for growth; keeping our muscles strong; are components of bone; blood; hormones; enzymes; antibodies (for a healthy immune system) and many other parts of the body.

Plant sources of protein, except soy protein and quinoa, don't contain all the essential amino acids, which are the building blocks for protein. Choosing a wide range of protein-rich foods such as soy milk, tofu, oats, rye, barley, wheat, nuts and seeds, lentils, beans and peas will help make sure that you are getting the full range of amino acids from your food.

Like the Carnivore diet, it is also considered a very restrictive diet because of how many foods it excludes and the potential for nutritional deficiencies

like:

- Vitamin B12
- Vitamin D
- Omega 3
- Iodine
- Iron
- Calcium

So, although these two diets may seem polar opposites, they do share some commonalities. Restrictive diets such as these need careful planning and possibly supplementation, to reduce the risk of nutrient deficiencies.

Throughout the year, I will be running a variety of Healthy Cooking Workshops. Look out for the notifications on Facebook or email me to receive a notification before the workshops are advertised and get first choice to book a seat.

If you would like help with planning a nutritious way of eating, contact me paula@nutritionsense.co.nz

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

Paula Southworth | Nutritionist from NutritionSense

(BSc Human Nutrition and Sports Science, Massey University)

www.nutritionsense.co.nz

millwaterasiancorner

Rice and Language



It has happened again; my sons asked for a bowl of rice while we are having BBQ dinner. I knew I had talked about this in my previous article but I should emphasize again; we can't live without rice!

Rice not only feeds our stomach but also feeds our language! Here are some practical examples:

While in English a person who earns money to support the family is called the breadwinner. In Chinese (more the Cantonese) we

called them the "rice-boss."

Another example that you can easily relate to is "the grass is greener on other side" – we say "the cooked rice smells better on the other side."

Interestingly, for many pregnant women the smell of cooked rice appears to be very disgusting at the first trimester. I was one of them and I hardly ate any rice during that period; instead I craved for burgers!

Back to the topic of rice. The phrase I love most is "the same rice raised hundreds of people." In English it is "It takes all sorts to make a world."

And I think "the rice has already been cooked" is the perfect expression of "what is done cannot be undone." This is usually used in a negative situation. Driving too fast on Bankside Road where someone has reported your rego to police? Sorry, the rice has already been cooked, your ticket is already on its way!

You may know that a Chinese character is known as a logogram (that is, a written character represents a word or phrase). The word 'rice 米' is also combined with other symbols to make up other words.

For instance, the word "stool – or poo poo 屎" has the word "rice" inside. This is a very logical arrangement, as one needs to eat rice before one can have a bowel movement!

Sorry my article sounds a bit dirty this month...

To end the article on a brighter note; have you notice the word 米 looks pretty similar to the Union Jack? Yes! That is why we refer to this flag as "the rice word flag!"

Nita Wong

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