

theMillwatermag

Your FREE monthly magazine of all things Millwater
March 2015

- Safer Communities - Back to School in Millwater
- Millwater Property Talk with Grayson
- Millwater Central is open!
- White Chocolate Mint Mousse



INTERVIEW WITH Dean Aspinall

Circulation is 2000 print copies

Editorial contributions are free from cost. Advertising starts at \$60+gst.

Contact Sarah on 0274 440044 or themillwatermag@gmail.com

Introduction

March in Millwater will be extra-special, with the gardening competition being judged. Despite the dry January and continuing drying winds, there are many excellent lawns and gardens that your editor sees on his regular walks – making him envious that he has not yet achieved the effect that he craves. Well done to all who are doing such a great job in their gardens and making the Millwater area so delightfully verdant. However, one local gardener has asked me to sound a gentle word of caution about putting grass clippings around the base of trees – apparently, far from adding nutrients, this causes scorching of the roots and will actually kill the trees.

We have had several new homes completed recently and the new residents will be reading this magazine for the first time. Welcome to all of you – you have chosen well by deciding on the friendly community of Millwater. Don't forget to join the Millwater Families' Facebook page, where you will find loads of local information that will be of value to you.

Although the magazine's focus is on Millwater and the immediate vicinity, as keen supporters of anything that helps anyone with a disability, we would like to bring to your attention the fact that here is a brand new Sailability Centre at Hobbs Wharf, Fairway Bay, where anyone from Millwater – or indeed, anywhere on the Hibiscus Coast – with any form of disability, will be welcome to the regular sailing sessions, which start every Saturday morning at 10:00 a.m. The owners of this magazine are very active supporters of Sailability.

Good causes always attract good people and last month's Good Neighbour letter is a prime example of a caring Millwater resident being recognised. We at theMillwatermag are fortunate in having not one, but two, sponsors of this award. Millwater residents Chris and Nicole Benjamin of Bays Flowers in Browns Bay and Philip Thornton Jeweller, Silverdale Village Market are generous supporters each month. Last month's letter meant that the award went deservedly to local lady Enid Stony. Do you have a good neighbour, whom you would like to nominate for next month's Good Neighbour award? Be sure to drop us a line at the magazine and let us know.

Enjoy the continuing great summer weather and look forward to the arrival of the Easter Bunny at the end of the month!

Brian Mullan
Editor
March 2015



theMillwatermag

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theMillwaterinterview

Dean Aspinall -Rodney Auto Centre Ltd

Success in business is never guaranteed, but there are many key elements that go a long way towards achieving that goal. A recent interview with Dean Aspinall, Managing Director of the Rodney Auto Centre in Silverdale, highlighted how he established an increasingly successful business in Silverdale.



Dean grew up locally and started out in pre-press publishing but realised early on that his technical abilities and love of automobiles would forge the true career path for him. He joined the Albany Auto Centre and, including his apprenticeship, spent nine years learning the business with them.

In November 2007, Dean took the next progressive career move and opened the Rodney Auto Centre in Silverdale. His philosophy of honesty, value for money and his respect for the customer, coupled with his undoubted technical abilities, soon ensured that his business name was one that was passed on by many satisfied customers. Naturally, the business grew and continues to grow organically, mainly through customer referrals – Dean rarely needs to advertise!

Because of his reputation, Dean often ends up with difficult problems that other garages sometimes fail to solve. He also has a well-deserved reputation for keeping the customer informed throughout the servicing process; either by phone, email or text. "There are never any surprises for the customers in my business" says Dean, "we are always open and honest about the entire process – with everyone".

In a typical day, the Rodney Auto Centre deals with 10 to 15 service jobs, including around 4 Warrants of Fitness and this workload is nowadays dealt with successfully by four fully-qualified technicians and an apprentice – Dean has a commitment to youth advancement and has always had an apprentice in training. Keeping up with the latest technology is also a key part of the business and all of the technicians have access to the very latest automobile hardware and software. Nowadays, with modern black-box technology so much a part of the modern car, "automobile technician" is so much more relevant a term than the outdated "motor mechanic".

Every car is treated with the same care that would be taken if the car belonged to his Nana. A full pick-up and drop-off service is available to all customers and pre-booked courtesy cars are available. Existing customers enjoy additionally a free advisory service on most subjects to do with buying and owning a vehicle.

The Rodney Auto Centre is the only AA licensed repair centre in the area and is also a registered affiliate of MTA and Super Gold. With over 90% of the business being generated by repeat or referral, it is no surprise to find an audited 99% approval rating on www.nocowboys.co.nz.

Through being located centrally in Silverdale, Dean's business has customers from a wide area of Rodney, including all of the Whangaparaoa Peninsula, out to Kaukapakapa and beyond. At the end of the day, a complimentary car valet completes the quality service and yet another satisfied customer departs and spreads the good word about Dean and his successful Rodney Auto Centre.

theMillwatermag wants you!

We would love to hear from you -

- opinions to discuss - write a letter to the editor
- children's artwork to show off
- information on local events
- recipes to share
- children's stories to read
- hobbies/interests/talents

themillwatermag@gmail.com

safercommunities

Back to School at Millwater

With the increase in the number of schools in the Millwater area and ongoing residential and retail development, traffic safety around schools has become even more crucial.

Remember: parents set the standard for their children and they will model your behaviour. So here are a few positive safety tips:

- Ensure children are appropriately restrained;
- Park safely and legally and have children exit and enter the vehicle on the footpath side;
- Find a safe place to cross using marked, signalised crossings where possible and remember to teach your children kerb drill;
- If walking in the vicinity of moving vehicles, hold your child's hand. Young children are unpredictable and easily distracted. Also, watch for cars exiting/entering "sneaky driveways," i.e. driveways with a restricted pedestrian view; and
- As a driver, be especially vigilant when approaching groups of children on the footpath or lines of parked cars. Being

prepared to brake saves valuable reaction time which, at 50 kph, translates to approximately 10 metres of road space; distance that may be needed to stop short of a potential hazard.

If there is no available safe crossing point within a reasonable distance of where you need to cross, as a last resort you may choose to cross between parked cars. If you choose this option, follow these simple safety steps.

- Look carefully for a gap between two parked vehicles that aren't showing signs of moving off;
- If you can't see inside either vehicle choose another gap;
- Make sure your arrival point on the other side of the road is safe;
- Walk to the outside corner of the vehicle where there is good visibility for both pedestrians and on coming motorists;
- Hold your child's hand; and
- Cross when safe. Finally, once again: remember that parents are first teachers. Your example does matter!



Constable Antony SEARLE

Orewa Community Constable | Rodney | New Zealand Police

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Orewa Police Station, 4 Riverside Road, Orewa, PO Box 50, Orewa, www.police.govt.nz

Safer Communities Together



money matters

Kiwi Saver changes are in the wind!

I'm sure you're all aware of the new Kiwi Saver rules changes that will come into effect on the 1st of April 2015. They are significant; allowing you to pull out everything from your Kiwi Saver except for the first \$1000 government contribution.

Yes – that's all of the government money less the first \$1000 they put in!

If you are buying an existing home, then the Kiwi Saver First Home Buyers' Subsidy stays the same. The subsidy is \$1,000 for each year of contribution to the scheme:

3 years of contributing = \$3,000 (the minimum you can get);

4 years of contributing = \$4,000; and

5 years of contributing = \$5,000 (the maximum you can get)

Housing New Zealand (HNZ) administers the subsidy on behalf of the Government. For conditions and restrictions, please consult Housing New Zealand or visit their Web Site www.hnzc.co.nz

In an effort to encourage more construction, post April 1st, the subsidy is increased for new homes. It essentially doubles for each year you have been contributing towards the scheme; meaning \$6000, \$8000, and \$10,000 for each HNZ qualified borrower.

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

Ivan Urlich is a Registered Mortgage Adviser. His disclosure statement is available free of charge on request.



brett the vet

Hyperthyroidism In Cats

Are you concerned that your older cat is getting thin, despite an increased appetite and being very active – or possibly too active? These can be the signs of hyperthyroidism – easily confused with “simply getting older” or kidney issues.

A simple blood test can tell us whether your friend has this very common and very treatable condition. At the same time, tests can also rule out other problems such as kidney or liver disease.

The thyroid can be described as the thermostat of the body and, if it is producing too much, the body is overactive and “burns off” all the food it consumes. Associated with this, the heart rate is incredibly elevated.

Cats that have this condition are generally over eight years old and a lot have a mass (an enlarged thyroid gland) in the neck; although this is not always the case. The cause is generally a tumour of the thyroid gland, resulting in an excess of thyroid hormone.

The good news is that this is a very treatable condition.

There are several options depending on the circumstances.

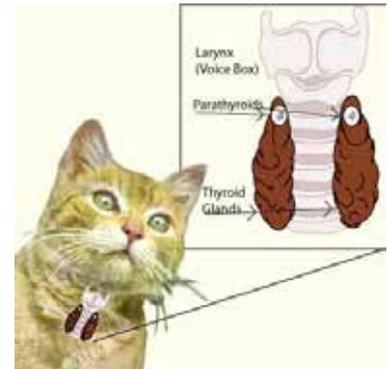
The most basic is daily dosing with tablets or a topical ear gel

that stop the excessive thyroid production.

In some cases, surgery or radioactive iodine is the most appropriate method of treatment.

So, if you are concerned that your old cat is excessively hungry yet still losing weight and at the same time is overactive, a blood test is always the first step to getting your SPECIAL FRIEND back to a normal healthy cat.

Brett the Vet



2nd June: A couple of days before starting neomercazole, 2.3 KG



Rougher, slightly matted & thin coat - dirty fur
Shoulders, spine & haunches stick out/ body sunken in
Head looks slightly too large

10th August: Three weeks after radio-iodine injection, est. 3.5 KG & still gaining



Thick, soft coat, clean fur
Solidly padded, spine level with surrounding back and not sharp



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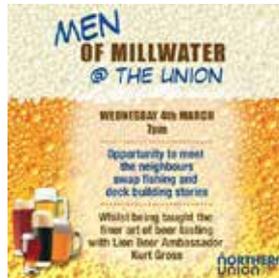
MILLWATER DENTAL

Unit 21, Millwater Central

the millwater insider

Men of Millwater

Following on from the success of the Ladies' nights at Northern Union, we now get our very own men's night, also hosted by Northern Union. The inaugural meeting for the telling of lies and other stories will be held on Wednesday 4 March at 7pm, with some additional instructions on the fine art of beer tasting provided by Lion Breweries. The Insider can confirm that, after a couple of trial runs, it is only a 30 minute walk home to the far side of Millwater, so drop-offs are recommended.



behind them and make this area a success for them and for the community.



Trees on Berms

One concerned local has made enquiries with the Council on the correct care of the trees on berms around the subdivision. The council advises that the placement of grass clippings in the form of "mulch volcanoes" is to be avoided and makes a poor form of mulch. If you are interested we can supply the full letter via email. You can contact us at themillwatermag@gmail.com.

Gardening Competition

We are about to begin judging on the inaugural Millwater Gardening Competition. The Insider is looking forward to being there throughout the competition, recognising those who have made an exceptional effort to improve their property and the neighbourhood. Again many thanks to the competition sponsors **Silverdale Central Landscape and Garden Supplies and Living Earth**. Please recognise their contribution with your patronage if you can.

Toilets

Some of you will already be aware that Millwater is now proudly in possession of its own public toilets. The slightly spaceship like building on Millwater Parkway at the end of the playing fields car park is now open for business – pun intended. This will provide much needed relief for many walkers, runners and those attending the various sporting activities at the park.



Millwater Central

Drum roll please....! Millwater Central is now open for business, with some tenancies already open and trading. The Insider will keep you informed as new businesses open their doors – it certainly appears that some are still many weeks away from opening. Currently trading are: Roberts Coffee Bar, The Pet Store, Mike Pero Real Estate, Barbershop Co and Jetts Gym. Congratulations to all those now opened; let's get



timlawrence's Fishing Spot

The last month produced some brilliant conditions for fishing out wide and I'm sure most of you will have had great results. Since the last issue, I have been out three times; twice during the day and once at night – with results varying quite dramatically, depending on the time of day we fished. Mid-tide and change of light is definitely the best combination for landing big fish.

Waitangi weekend had good forecasts on www.swellmap.com so we headed out to Simpson's Rock for a day fish. The morning started off with some jigging for kingfish on a couple of the many pinnacles in the vicinity before anchoring up in about 40 meters of water, just before it drops over the edge to 70+ meters. We didn't fill the bin that day but we came home with enough fish for a few feeds for each family onboard. The highlight of the day was hooking a mako shark, which was about 8 feet long. It swam out from the boat and jumped out of the water, completing a back-flip about one metre in the air just behind the boat before snapping the line.

Our next trip was after work the following Friday night. The forecast was for 15 knot SW winds which weren't favourable for heading to Little Barrier Island, so the decision was to head for shelter on the northern side of Kawau Island – and what a good call that was. It was an outgoing tide and we usually fish this spot on an incoming tide; but the tide direction didn't matter. When the first drop produced a good sized pannie in less than 30 seconds, we knew it would be a good night. Immediately, we switched to trevally for bait by putting a whole

fillet cut into two long strips on a stray line. Mike landed a snapper that was about 5 or 6 pounds and they kept coming in that size or bigger, with the biggest fish weighing in at 15.5 pounds. It wasn't long before we had our quota and it was time to head home. The snapper are feeding again before winter and between now and May you'll see some good fish come aboard. Head out around 6pm and fish until you feel you have enough light (and it is safe) to get back to the boat ramp. Go and get that 20 pounder – now's the time.

Tight lines!



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The Pet Store has arrived at Millwater Central

Owner David Kitch tells how he came to open his first retail store

Originally from the UK, David journeyed the world in the travel industry, coming to New Zealand on an educational in 1990 and instantly loving the country. After 18 years, he finally came to reside here in August 2008.

In New Zealand, David worked at The Warehouse in an operations role and then, wanting to try something different in the retail sector, he joined Animates at the opening of a new store at Westgate. He next moved to Albany to turn that store round and then became a trouble-shooter in Henderson. After 4 years of working at Animates, he was headhunted to be the manager of a new pet store on the shore. David thrived on this but, after 2 years and little potential to progress, The Pet Store idea came in to his mind and he thought: "Let's start my own business".

The Pet Store at Millwater Central is somewhat similar to a convenience store like a dairy and will offer everything for your everyday pets' needs. The team has a wealth of experience, gained over more than 15 years. David's son Tom

manages the stock side. Richelle is a qualified vet nurse with a wealth of knowledge, especially nutrition, and has worked with David previously. Talei will be joining soon as Assistant Manager and again has huge knowledge, having worked in a vet's and the retail pet industry for many years. Her specialty is dog training.

David says "The Pet Store will not be selling puppies as we do not want to encourage puppy farming in NZ, but we will work with rescue centres to help find homes for puppies and kittens. We will be getting some popular pets in store; such as guinea pigs, rabbits and rats – once we have found some reputable breeders".

The Pet Store at Millwater Central looks forward to welcoming you and to hearing what you would like to see at the new store.



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Cheerleading Has Far-Reaching Benefits

The benefits of cheerleading lie far beyond learning how to do a back handspring or perfect movements. Being a part of a competitive cheerleading team is more than just hair bows and routines.

Pacific Cheerleaders, based in Silverdale, have been on the Coast for almost seven years. They have made it their goal to ensure that the benefits of their great sport, which are taken up by their athletes, will help them both on and off the competition mat.

In cheerleading, athletes strive to grow in four main areas:

Physical Strength: Cheerleading is a fast-paced activity that requires lots of energy – and young children have plenty to burn! It's a great way for them to get their exercise, improve their balance, coordination and posture.

Mental Health: The sport instills the values of teamwork and a sense of pride. Making your best effort cheerleading promotes the importance of dedication and perseverance. Children who get involved early will benefit in school and later in life; at their jobs and in relationships.

Social Skills: Being a good leader is an integral part of cheerleading. Team captains, as well as all of the team members, take part in leading the crowd and encouraging them to cheer for their team. Cheerleaders also act as leaders by representing their school, team and community. As role models and motivators, leadership carries over from the sidelines to the classroom and community.

Emotional Balance: Cheerleading helps young girls form relationships with their squad members and also to form a community among their friends and families. Girls who get involved with cheerleading early will benefit from the friendships and bonds that they form.

Pacific Cheer directors, Martien and Debee van Kuijk, run their gym in a friendly and family-oriented way, which promotes these main core values.

There is a plaque on the wall at the gym that says "Pride, Strength, Family". Along with Head Coach Ashleigh Constable, who has represented NZ at the Cheerleading Worlds and regularly coaches at Cheer Camps in Wisconsin, Martien and Debee firmly believe that working, training and competing as a team will help their athletes develop into better people, as well as great cheerleaders.

If cheerleading sounds like a sport that your kids may enjoy and benefit from, contact Pacific by email at info@pacific-cheer.com or phone 09 428 3013 or 021 137 3047



Pacific Cheerleaders from the Level 3 team Intensity perform a "toe-touch basket toss" at competition in Auckland.

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Cutting Edge

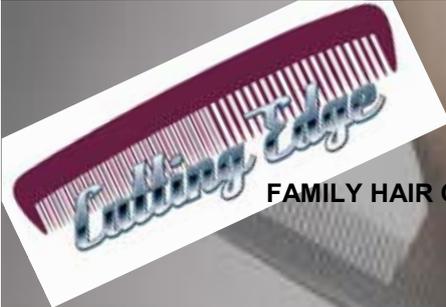
Tony and Cheryl Pipes have now opened their second Cutting Edge hairdressing cutting bar on Central Boulevard, Silverdale. Their first has been looking after families for over 14 years in the Plaza, Whangaparaoa and they are now proud to extend that service to the Silverdale area.

Specialising in haircuts for the whole family, their experienced hairdressers offer the full range of personalised cuts and styles for men, women and children. They are open 7 days, no appointment is necessary and there are special rates for Gold Card holders - and everyone gets their 10th haircut free!

Tony and Cheryl originally opened a Rodney Wayne hair salon in the Plaza at Whangaparaoa in 1995 and then, after 5 years, experimented with a small 2-seat barbershop that was originally part of the salon. Over the years, it grew into a stand-alone business, servicing between 400 and 500 clients weekly. It was initially called RW Barbers but two years ago it changed its name to Cutting Edge, when they sold the Rodney Wayne salon and retail shop.

Tony says: "The success of Cutting Edge is down to the exceptional calibre of our staff, the high level of service we provide, the friendly and inviting atmosphere and the fact that we specialise in looking after the whole family".

The new Cutting Edge is easy to find on Central Boulevard; almost opposite Snap Fitness and along from Roberts Cafe.



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Why do some cats and dogs get sick, while others stay healthy? ...and what part does diet play?

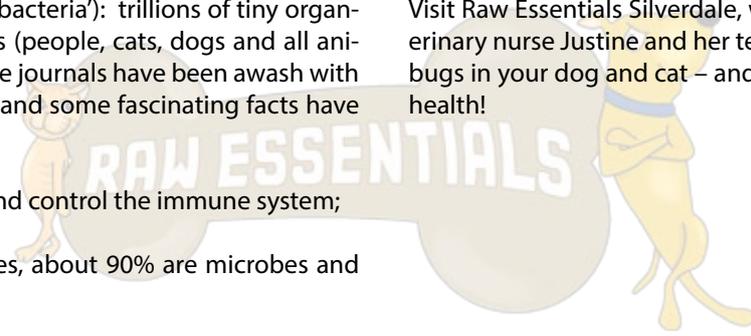


The micro-biome (a.k.a. 'gut bacteria'): trillions of tiny organisms, living on and within us (people, cats, dogs and all animals). In recent years, science journals have been awash with studies on the micro-biome and some fascinating facts have materialized:

- Microbes regulate health and control the immune system;
- Of all the cells in our bodies, about 90% are microbes and only 10% are mammalian;
- Humans, dogs and cats have less than 25,000 genes within their DNA. Microbes contribute an extra (approximately) 3 million genes to each individual;
- Microbes have been demonstrated to cause, control or cure obesity, anxiety and numerous other conditions;
- Microbes are passed down through the generations;
- The microbial populations we get are largely set in early life. Broadly, this means that if your dog or cat was born with great microbes, they will have a more robust immune system. If they were born with an inadequate set (or their microbes were disturbed in early life via a C-section birth, or antibiotics), they will always be more susceptible to poor health; and
- The good news is that studies have indicated that a change in diet can improve the quality of microbial populations (though these improvements seem to disappear if the diet changes back).

What does this mean for our pets? Good health relies on good microbes – our aim should be to optimize the bugs! Diet is our best tool for doing this. Feed a high quality, species-appropriate diet to create favourable gut conditions for beneficial microbes. For cats and dogs, this means a diet of raw meat, bones and organs – and no grains or starches.

Visit Raw Essentials Silverdale, where store manager and veterinary nurse Justine and her team will help you optimise the bugs in your dog and cat – and get them glowing with good health!



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Pre-wired for communication

It's great seeing so many mums interacting with their children around Millwater. This has inspired me to want to bring you a series of short articles that relate to early speech and language development in children.

From birth, children are uniquely "pre-wired" for communication; their vision, for example. Although the new-borns are unable to focus on objects at various distances, they are able to focus optimally at 19cm and anything beyond this distance appears blurred. During feeding, this is almost the exact distance that the baby is held at and mums tend to gaze down at their babies 70% of the time during feeding. Babies also find the human face most fascinating.

The hearing range is also optimal for the human voice. Infants will tend to tilt their heads and lift their chins toward the source of a human voice. The mother in turn interprets these various head positions as communication signals – especially when accompanied by smiles. By 14 weeks, the infant prefers visually complex stimuli. A three month-old has an internal scheme of familiar faces, events and people and so the attraction value of someone's face will depend on how much it differs from the infant's internal scheme.

In other words, at this stage mums will start exaggerating their voices and facial expressions to keep the infant's attention. The infant responds to this stimulation and so turn-taking develops. Mums will tend to imitate their baby's coughs, yawns or sighs and wait for a response from the baby. At around 3 months, babies learn that a certain cry will cause a certain response e.g. crying will cause mum to come.

Next time we'll explore communication development in the 1st year of life further.

Contact Tanya if you have any concerns about your child's speech and language development.

Tanya Collett
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area property stats

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

Phone Grayson on 09 426 6122 or 021 665 423

	Jan 2014	Dec 2014	Jan 2015
Number of Sales	9	14	7
Median Sales Price	\$870,000	\$847,500	\$970,000
Highest Sale Price	\$1,190,000	\$1,190,000	\$1,170,000
Lowest Sale Price	\$625,000	\$780,000	\$820,000
Average % price to 2014 GV	1.75%	0.00%	0.35%
Average Floor Area (sqm)	243	233	251
Weighted Value Index	1039	1008	1056

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

Grayson Furniss
Brand & Territory Owner

Mike Pero | REAL ESTATE
Mike Pero Real Estate Ltd (Licence) REAA (2008)



Millwater property talk with Grayson

It seems that our predictions are coming true, with a definite lift in listing activity being seen through February and an equal lift in buyer activity. Some New Years resolutions are starting to play out in the wider market, with people now finishing off their pre sale projects and releasing their houses into the market.

Our new office is now open in Millwater Central, so if you have any queries regarding property in Millwater or in general then please drop by for a chat sometime, we look forward to meeting you.

Grayson

This is certainly having an effect in Millwater with a number of buyers from pre and immediately post Christmas, who were looking while needing to sell their own properties, now in a position to buy unconditionally. We expect these buyers numbers to increase further in the short term, before seeing a return to normal demand levels over winter. There is always a danger with this mode of market, where we see some potential vendors getting ahead of the market by factoring in increases that haven't happened yet. This can be a recipe for disaster, and a long sit on the market. There is an old saying in real estate that the vendors price is always right, we just don't know when. Make sure you know your facts and figures before you start pre judging the value of any property, you may be shocked to find out what some houses in Millwater are actually selling for.

Interestingly we have seen January 2015 figures play out very similar to January 2014 with relatively low transaction numbers and a predominance of bigger and more expensive houses being sold than the previous month. Seems like there was expensive presents on some Xmas lists.





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\$989,000

30 Galbraith Greens, Millwater

Finally, a top quality home in the best location in Millwater. This is one that definitely stands out from the crowd and represents great value in this established area.

- Superb location within easy walking distance of new shops, cafes, schools and the estuary
- 235m² spacious home, 4 double bedrooms with double wardrobes, 3 toilets, 3 separate living areas, stunning sea and island VIEWS
- wonderful flow through open plan kitchen, dining & family room out to spacious outdoor area and easy care section (535m² approx)

Call now to view or check online for open home times.

www.mikepero.com/RX322171



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



Sarah Furniss
0274 440 044
09 426 6155
sarah.furniss@mikepero.com

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4 2 2

\$839,000

2 Pitsaw Lane., Millwater
Open Home - Sunday 1:00-1:30pm

This is the one you have been waiting for and it's ready to view and occupy today. Brilliant for families or retirees alike.

- Large corner site 655m approx, fully fenced and landscaped
- Fantastic flow to large decking and a near level lawn
- Large open plan living area plus additional separate lounge
- Beautiful open plan kitchen, 900W stove, island bench
- Low maintenance durable materials, balance of 10 year guarantee
- Handy Millwater location on beautiful one way "greens"

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Grayson Furniss
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4 2 2

Offers Over \$860,000

15 Whares Court, Millwater

- fantastic single level home in low maintenance materials, this home makes living easy and enjoyable
 - spacious open plan kitchen dining and living area is supplemented by additional lounge that can be separated
 - stunning modern kitchen with stone bench tops, gas hob, breakfast bar & a great relationship to entertaining areas
 - wonderful flow to private outdoor entertainment area, fantastic rural and bush outlook and mature gardens
 - four double bedrooms, master with ensuite and walk in wardrobe
 - quiet cul de sac location amongst finished homes, adjacent to but private from a playground
- Vendors are keen to see a result and move on with the next phase of their lives. Call now to view or check online for open home times.



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Sarah Furniss
027 444 00 44
09 426 6155
sarah.furniss@mikepero.com

www.mikepero.com/RX325259

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I CAN SEE FOR MILES AND MILES

4 2 2

\$669,000

7D Mariners Drive, Gulf Harbour

- fantastic sea and village views from multiple locations throughout the house
- three double bedrooms plus one single, master with ensuite plus family bathroom
- open plan kitchen and dining with separate lounge and study nook, great flow to large decking
- fully fenced 740m² (approx) section, room for kids and dogs to run plus room for boat or camper
- low maintenance materials, weatherboard and monolithic over cavity system
- fantastic Gulf Harbour location, easy access to beaches, boat ramps, marina, golf courses and transport options

Our vendors have loved this house but opportunity knocks for them as it does for a new owner to love this property.



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Sarah Furniss
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09 426 6155
sarah.furniss@mikepero.com

www.mikepero.com/RX324281

0800 500 123

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10 Reasons why living in an RV is better than a house

The number of people living full- or part-time in RVs is growing every year. Many are retired or about to become retired. Others are part of the expanding baby boomers group, embracing a location-independent lifestyle.

Ever wondered what it would be like to live full-time in your motor home or RV? Here are the first five of ten advantages of going mobile and living on the road – more next month!

- **Less housework:** It only takes a few minutes to do housework in an RV; then you have the rest of your day to do the things you enjoy most.
- **Stay where the sun shines:** One of the greatest advantages of living in an RV is the ability to go where you want, when you want. When the bad weather arrives, move camp to a sunny spot. The world is your oyster and you can follow the sun, helping to avoid depressing winter blues.
- **If you don't like your neighbours, then move:** We've all heard neighbour nightmare stories. In an RV you can simply move and find your own peaceful spot to camp.
- **No lawns to mow or house maintenance:** Forget the lawns and house repairs. Take your golf clubs and fishing rods and spend your days enjoying what is on offer in our beautiful country. Life's too short.
- **Cheaper lifestyle with fewer outgoings:** Besides normal vehicle expenses like insurance & running costs, RV's are an economical way of achieving a cheaper existence, while maintaining a quality lifestyle. Many are equipped for freedom camping; essentially allowing camping for free.

It's a lifestyle choice that many wish they had made years earlier. We have some great NEW 2015 motor homes on display, so feel free to pop down and discuss requirements at our yard: 2 Flexman Place, Silverdale.

We offer on-going support to our owners and have Ashburton & New Plymouth RV Centres for servicing and repairs, giving peace of mind when travelling.

WRITTEN BY MILTON KILGOUR, SILVERDALE RV CENTRE, PHONE 09 426 9916

Supercharge your kids

Gina Wilson is a registered Naturopath and Medical Herbalist, working from her clinic at 2157 East Coast Road Silverdale. With a background in teaching young children – and specifically children with special needs – Gina has seen the potential of children if they are nurtured well and are given optimal nutrition to meet their needs.

Gina is always on the path to help parents supercharge themselves and their children with great nutrient-rich foods. Research on health has produced many articles and studies on these foods.

1. Dietary patterns during pregnancy and in the first 5 years of life have important effects on children's mental health, results from a large Norwegian cohort study suggest. Children who ate more unhealthy foods, defined in the study as chips, buns, cakes, waffles, chocolate etc had higher levels of worry, sadness, crying, and anxiety, as well as aggression, tantrums, hyperactivity, and defiant behaviour. By comparison, children who ate more healthy foods, defined as white fish, oily fish, vegetables, fruit etc had lower levels of problem behaviours. The findings are in the October 2014 issue of the Journal of the American Academy of Child and Adolescent Psychiatry.

2. Consumption of even 1 soft drink per day may be associated with increased negative behaviour in young children, new research suggests. A cohort study of almost 3000 5-year-olds showed that those who drank 1 to 4 servings of soda per day had significantly higher aggressive measurement scores than their peers who drank no soda.

3. Cereal: Check what goes in your children's cereal bowl – a Consumer NZ survey revealed many cereals were more than 30% sugar. Consumer NZ gave 35 of 51 cereals a red mark for sugar content, meaning they had 15g or more of sugar per 100g.

Let's go back to basics and eat real food, good food; not food with 14 ingredients – most of which you can't pronounce! There are many fun and yummy foods to supercharge your kids' health and yours – too many to list here.

For more ideas, meal plans and dietary advice, why not go and see Gina or follow her on Facebook: <https://www.facebook.com/pages/Gina-Wilson-Indaco-Ltd/1421697838044060>

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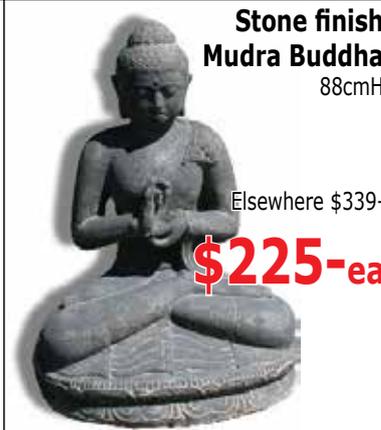


Stylish and Comfortable Hanging Chair with frame

The Chair is made from PE Rattan and the frame is powder coated steel.
Frame: 93cmDia x 189cm H

Available in 2 colours
Brown, Black

OUR PRICE ONLY \$425-



Stone finish Mudra Buddha 88cmH

Elsewhere \$339-

\$225- ea



Wooden wine barrel planters

from **\$29- ea**



Black & silver Sand Vase

Three sizes
60, 80, 100cmH

From **\$69- ea**



Glazed bird bath

Available in four gorgeous glazed colours
50cmDia

*Very slight seconds

Elsewhere \$129-

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5Pce Childs Toadstool table setting

Table 49cmDia x 56cmH

Limited stocks
Get in Quick



our price **\$225- set**



Oceanic Fish hook sculpture

3 sizes
48, 75 & 100cmH

From **\$69- ea**



Oceanic bird bath

59cmDia

Modeled on Natures ravages to ancient pottery from the sunken island of Atlantis.

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Poly Rattan planters with Zinc inserts

46cmH was \$39-

now **\$18- ea**

60cmH was \$69-

now **\$29- ea**

80cmH was \$99-

now **\$49- ea**



100cmL x 40cmW

OUR PRICE

\$109- ea

90cmL x 30cmW

OUR PRICE

\$69- ea



Terrazo Troughs
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Honey or Walnut colour

our Price **\$440- ea**

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Count nutrients instead of calories

Looking after our health is a bit like gardening. The quality of the soil and presence of nutrients will determine the quality of our plants. In the same way, our bodies can only be as healthy as the nutrients we feed it.

When I think of food, I tend to think of it in terms of its nutrient density (how much good stuff it contains) rather than in terms of its calories. So, instead of having a calorie/weight-loss mindset, I like to have a food/nutrient-content mindset. Examples of nutrient-dense foods include nuts, fruit and vegetables. Foods that are not nutrient-dense are crisps, chocolate and highly processed foods (lots of calories but very low on the nutritional value scale). In other words, if I eat something, I like to make sure I'm getting the most bang for my buck. I want most things I eat to make a positive impact on my health. Notice I said 'most things'; we all love the occasional treat!

Our bodies respond so well to good feeding. The difference it can make to how we feel is truly amazing. Food affects our mood, energy levels, skin, hair, bones, immune system and our overall sense of wellbeing. A healthy, well balanced diet can help you manage and reduce your risk of developing many health/medical conditions such as type 2 diabetes, high cholesterol, high blood pressure, arthritis, anaemia, gout and constipation.

Having a vegetable garden is like growing your own vitamins. The flavour and nutrient content of spray-free veggies, picked and eaten straight away, is infinitely better than those that have been languishing on store shelves. Even a few pots on the windowsill can bump up the nutrient content of your diet. Gardening is a great way to teach children about health and get them outdoors, enjoying the fresh air and away from TV and computers.

Paula Southworth
Nutritionist
(BSC Human Nutrition & Sports Science)

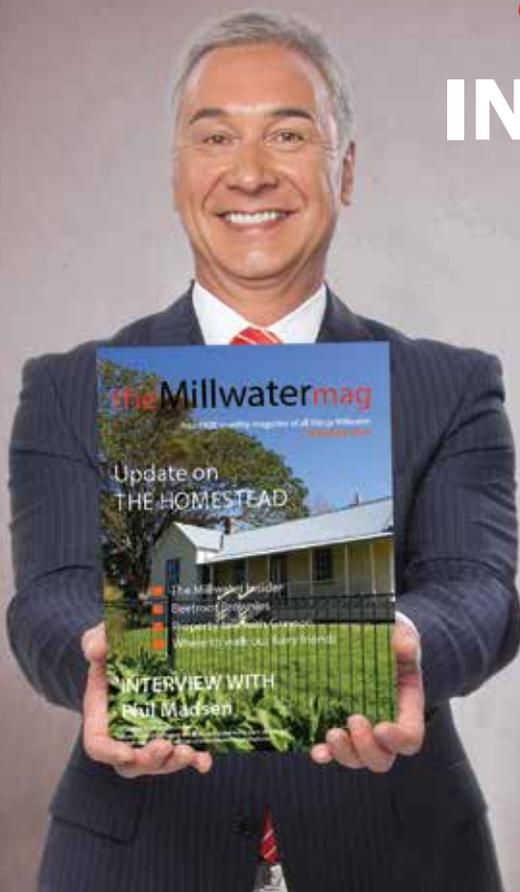


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No Guts No Glory!

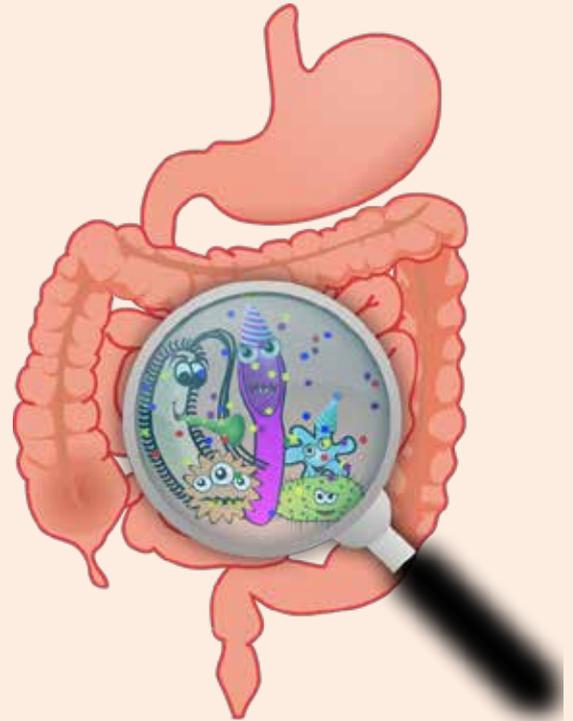
Having no guts, being a misery guts, no guts no glory, and going with your gut feeling are some of the age-old phrases indicating that your intestinal tract is 'talking' to you, influencing your attitude and being somehow linked to your brain. The fact is – this is true!

We do have two nervous systems: the central nervous system (brain and spinal cord) and the enteric nervous system (nervous system of your gastrointestinal tract). Both are created from identical tissue and these two systems are connected via the vagus nerve that runs from your brain stem down to your abdomen. It is now well established that the vagus nerve is the primary route your gut bacteria use to transmit information to your brain.

Your gut actually sends far more information to your brain than your brain sends to your gut, which affects your health in ways you would not suspect – and this why the gut is called your 'second brain'. Research is proving the link between many physical and neurological disorders and gut imbalances. The micro-organisms living in your digestive tract form a very important 'inner ecosystem' that influences countless aspects of health. Your gut is not just to digest food – it is, quite literally, your second brain as well as the home to around 80 percent of your immune system.

Gas, bloating, indigestion, bad breath, constipation or diarrhoea, nausea, headaches or fatigue may be signs that unhealthy bacteria have taken over too much real estate in your gut. Take these warning signs seriously, since a healthy gut is your number one defence system against ALL disease and, especially if you have had antibiotics, then it is advisable to re-colonize the good guys in your gut with a quality pro-biotic.

If you feel you need some guidance with your gut health, then HEALTH BY LOGIC is happy to help. They are situated at 20 Silverdale Street, in the heart of old Silverdale Village.



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YOUR EYES ARE THE WINDOW INTO YOUR HEALTH - Exclusive Ultra-Wide Digital Retinal Scan

Why Should You Have An Ultra-Wide Digital Retinal Scan?

There is nothing more important to local Optometrists James Park and Zaria Buden than ensuring the health of your eyes and ensuring early detection of eye issues. An Ultra-Wide Digital Retinal Scan can assist in the earlier detection of possible optical and general health issues, which can help in treatment.



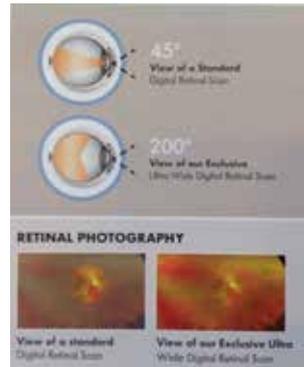
Exclusive to OPSM, the OPTOS Daytona Ultra-Wide Scanner has a huge 200 degree range with a single scan; that is four times more than a Digital Retinal Scanner (Retinal Photograph).

Zaria points out that the highly advanced scanner captures an extraordinarily detailed image of your retina, covering more than 80% of its area and can reveal damage that may

affect your vision. That's why it's a good idea for nearly everyone to have one of these scans regularly, as part of their standard eye exam.

The scan is quick and painless and in most cases you will not need eye drops.

What do the scans look like?



BOOK YOUR ULTRA-WIDE DIGITAL RETINAL SCAN TODAY BY CALLING YOUR FRIENDLY, LOCALLY OWNED AND OPERATED TEAM AT OPSM SILVERDALE ON 09 426 7902 or book at OPSM.co.nz



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[^] Offer is applicable on a Standard Eye Test at OPSM plus a digital retinal scan. Available for Southern Cross Health Society members only (excludes travel insurance policy holders). Please present your Southern Cross membership number or card to redeem offer. Subject to appointment availability. Excludes contact lens examinations. Offer only available once per eligible member every two years. Offer is not transferrable to another person. *Excludes eye tests and contact lens consultations and designer brand frames and sunglasses by Chanel and Maui Jim products. Health fund discounts are not available in conjunction with any other offer, discount or benefit other than the Southern Cross Health Society Easy-Claim.

White Chocolate Mint Mousse

250g White chocolate, broken into small pieces

250ml Double cream

1 Egg white

¼ teaspoon peppermint extract – not essence – (or more to taste, I usually add about 3/4 teaspoon)

6 Fresh mint leaves

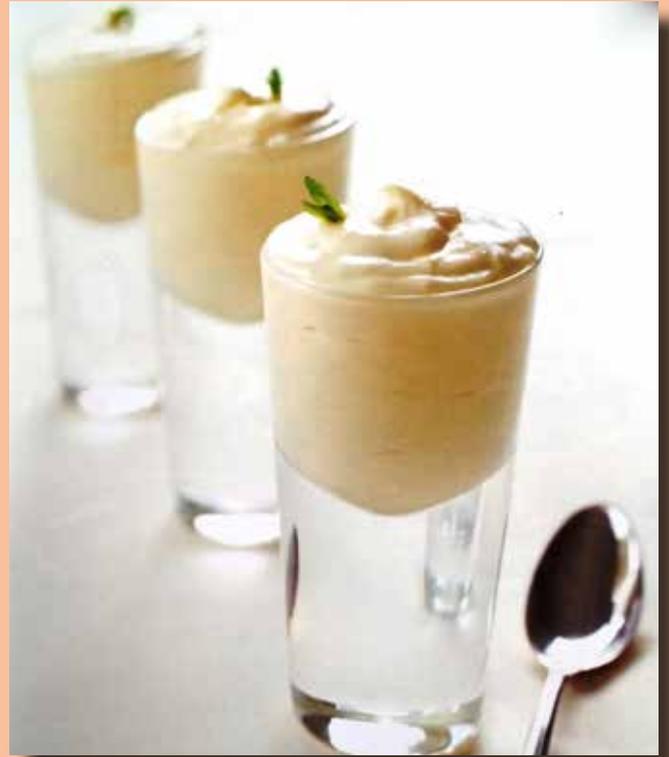
1. Put the pieces of white chocolate in a heatproof bowl, and sit this bowl over a pan of simmering water until the chocolate melts, stirring gently with a spatula every now and then. When it's melted, stand the bowl on a cold surface to cool down a little.

2. In another bowl, and using an electric handheld whisk for ease, whip the cream, egg white and peppermint together. You want a softly peaking rather than stiff mixture.

3. Put a big dollop of cream onto the slightly cooled chocolate and mix in, and then gently fold this chocolate mixture into the cream.

4. Divide the mixture between six small but perfectly formed glasses – with a capacity of 60ml each. (Looking something like this.)

5. Chill in the fridge or give them a fast icy zap by sitting them in the deep freeze for 10 or 15 minutes. Decorate each glass with a mint leaf (if using) to serve.



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Personal Safety Equipment



I think boaties are pretty aware that they need safety equipment on board – PFDs, flares and EPIRBs if you go that bit further afield. Having them on board, though, is not enough. Do you and your crew know where they are and how to use them, in case you need them in a hurry?

One of the first things we train on our Rescue vessels is where all of our safety gear is; our crew have to be able to get the equipment straight away, without having to think where it is.

The next thing is: do you know how to use the safety equipment? Because virtually no-one actually sets off flares, would you know how to, in an emergency? Sitting down and reading the instructions over a cuppa is far better than trying to work out what you need to do if your life depends on it.

Flares: Every year at Stanmore bay Beach we hold a demonstration, where we let off real flares, and you get to let them off too. They get very hot, so it's good to see them in action. Keep an eye out on our Facebook page (Coastguard Hibiscus) and come along.

PFDs: Again, hopefully, you'll never need them in anger, but if you do it's good to know that they'll work. It's a good idea at the start of every season to check each PFD. Undo

the case, manually inflate the PFD and check that it's not leaking. If it's an inflatable one, check the cylinder is in one piece and you can weigh it to check that it's full (the weights are stamped on the side).

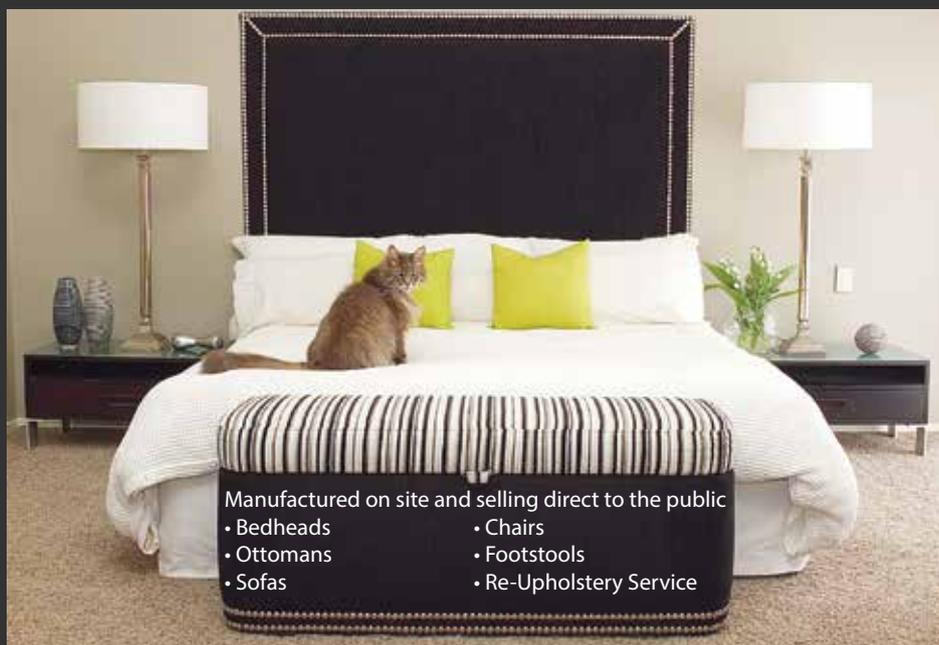
Finally, if you have an EPIRB, push the test button every month or so, just to check that all is well.

Keith Roberts
President
Coastguard Hibiscus Inc.
president@coastguardhibiscus.org.nz



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Sarah & Grayson Furniss

Autumn gardening with Central Landscapes Silverdale- Best March Tip !

Awesome time to sow a lawn – Our exclusive Ultra Lawn Mix will do the trick!

Ultra Lawn:

- A top lawn mix designed by professionals
- Excellent mix for establishing new or renovating tired lawns
- Available exclusively from Central Landscapes
- 100% weed-free
- Contains Living Earth Compost

Spread 30-50mm of Living Earth Ultra Lawn on soil that has been sprayed. Broadcast lawn seed over it and water daily for 3-5 weeks.

Don't forget to take advantage of Central Landscapes free delivery offer on the 7th and 21st March (minimum quantity of 2 metres of product).

What to do in the veggie garden in March

- Plant a green crop - lupins, mustard seeds - in areas where the soil could do with a nitrogen boost and some good structure;
- Great time to sow: Chinese greens, brassicas such as cauliflower, broccoli and cabbage, spring onions and spinach;
- Excellent time to create little 'hedges or borders' of parsley in either the vegetable or the ornamental garden. The bright green is superb in the middle of dull winter;
- Save the seeds from your favourite heirloom tomatoes, by sieving them and drying, before packing them in paper envelopes
- Harvesting: Pick the last of the plums, peaches and apricots, remembering to tidy up any fallen fruit beneath the trees. Dig up the main crop potatoes and start thinking about lamb shanks and potato mash in winter; and finally
- Ruthless: If the cucumbers and zucchini are getting powdery mildew and you're sick of them, take them out, rather than harbour disease in the garden.

General March Gardening

- Trim hedges for a great crisp framework to the garden going into Spring;
- Add compost to your garden to improve soil and add valuable nutrients;
- Cut back overgrown lavenders, hebes and daisies;
- Plant heleniums, rudbeckias, asters and salvias for late autumn colour; and
- Time to buy bulbs such as tulips and daffodils – chill in a paper bag in the fridge for 6 weeks, before planting.

Garden Competition – we have some great entries from Millwater residents – winners announced next month!

theMillwatermag wants you!

We would love to hear from you -

- opinions to discuss - write a letter to the editor
- children's artwork to show off
- information on local events
- recipes to share
- children's stories to read
- hobbies/interests/talents

themillwatermag@gmail.com

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We have a wider range of soils to suit your needs, the greatest range of bulk products in the area, and with our great customer and delivery service we are the obvious choice for all your garden and landscaping requirements.

Getting your supplies is easy with our fully concreted yard, helpful staff and our long open hours - we even accept green waste.

Find us at 90 Foundry Rd, Silverdale Business Park



Thank you Millwater - Get Free Delivery on us!

As a **big thank you** to the **residents of Millwater** for supporting us and to celebrate the changing of seasons for ideal planting conditions, **Central Landscapes Silverdale** are offering **Free Delivery*** to any Millwater address on the **7th and 21st March**. **A minimum quantity of 2 metres of product.*



LIVING EARTH ULTRA LAWN IS...

- ✓ A top lawn mix designed by professionals
- ✓ An excellent mix for establishing new or renovating tired lawns
- ✓ Available exclusively from Central Landscapes
- ✓ 100% Weed free
- ✓ Contains Living Earth Compost



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Living Earth organic certified Veggie Mix, now available in bulk at Central Landscape & Garden Supplies, Silverdale.

livingearth.co.nz

Open Hours: Monday - Friday: 7am - 5pm, Saturday: 8am - 4pm, Sunday: 9am - 4pm
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Quality Bird Supplies

With a combination of the Silverdale Centre and the rapid expansion of Millwater, the percentage growth in the next 15 years in the local area is expected to be greater than in the North Shore. One of the newest stores to open up in the Silverdale area is Quality Bird Supplies.

Owner Mark Dullabh is an avian specialist and runs a business based on providing his customers with the best bird and small animal products. It's a bit of a niche store, but when it comes to competing with the big franchises, Mark reckons they've met their match. He says: "When it comes to customer service, nothing can beat the interpersonal connection that one local can have with another".



With over 25 years as a bird specialist, Mark can tell you everything you need to know about your pet or wild bird. As Patron of the Auckland Metro Bird Club, Mark is experienced with tamed, caged, aviary and even wild birds.

Mark says he's thrilled to bring his knowledge and expertise to such a thriving area: "It's nice to see your neighbors walk into the store, but it's also great to see new faces come in".

Mark looks forward to what the year will bring for him and his business. "I've got high hopes that Coasties will want honest advice about bird-related questions, as well as quality bird and small animal products – and from a homegrown local".

Quality Bird Supplies is located at 7 Keith Hay Court, Silverdale and is open from 9:30 - 5:30 pm Monday-Friday, Saturdays 9:30 - 2:30 pm. If you have any questions for Mark, you can contact him on either 021 617093 or 09 426 3021.

"I'm looking forward to hearing from future customers and helping the local community in any way that I can".

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Store: 09 426 3021

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Email:

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Saturday: 9:30-2:30 Sunday: Closed

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Coastcare Promotes Choice in Healthcare

All of us need to know that we have control over our own health. We need to make choices that influence our families' health and welfare.

As choice must be based on knowledge and information, **Coastcare Accident+Medical Centre**, operating from **Red Beach Shopping Centre**, seeks to maximise the information people have, to make choices about their and their family's wellbeing.

Coastcare operates 365 days a year to provide **urgent care/accident and medical services** to Hibiscus Coast communities, from 8am to 8pm – every day of the year. Services include treatment for accident-related breaks and sprains/cuts and abrasions/bumps and bruises, along with urgent medical situations when your usual doctor is not available.

Coastcare also offers **general practice team services** if you are not enrolled with a General Practice. It is important to be comfortable interacting very closely with your general practice team as a supporter of your wellness. Over 2,500 people are already enrolled with **Coastcare Red Beach** for general practice team services and we would welcome you and your family if you decided to enrol with the **Coastcare team**. General Practice team services are provided from 8am to 5pm Monday to Friday.

In addition, **Coastcare** hosts over **20 visiting consultants**, offering services in such sub-speciality areas as orthopaedics, eye, skin and internal medicine; to save you and your family from having to travel off the Hibiscus Coast.

With x-ray services on site and pharmacy, dental, hand rehabilitation and physiotherapy services offered within the Red Beach Health Hub, **Coastcare** promotes a one-stop shop approach to health service provision for people living in Hibiscus Coast communities.



*GP Services, Mon-Fri - Appointment Required.
Enrolled Children under 6yrs free.*

Accident + Medical **8am-8pm** **Everyday**

Ph (09) 427 9130 Red Beach Shops,
Red Beach Road



"There when you need us."

ACC visits
- No surcharge for under 6yr olds

dates for your diary

Every Saturday	Silverdale Village Market • 8am-1pm, Silverdale St, Silverdale
Every Tuesday	Quiz Night at Northern Union
Every Wednesday	Hibiscus Coast Athletics Club at Metro Park, Millwater from 5:30pm
Every Saturday	Millwater parkrun 8am. See www.parkrun.co.nz/millwater for more details
Wed 4th March	Men of Millwater • 7pm • Northern Union
Fri 6th March	Silverdale & Districts Historical Society Boat Trip to Motuihe Island • Contact Ngaire (424 8615)
Wed 25th March	Silverdale School Grandparents Morning Tea
Fri 27th March	Silverdale School Food, Fun & Fiesta, from 4pm
Sat 28th march	Silverdale Kindergarten Bike-a-Thon, 10am-1pm • 2 Longmore Lane, off Millwater Parkway

If you know of any upcoming local events please contact Sarah at themillwatermag@gmail.com

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Sun 01 Mar	04:56 2.6m	11:09 0.9m	17:19 2.6m	23:32 0.8m	Tue 17 Mar	05:04 2.8m	11:13 0.7m	17:25 2.7m	23:42 0.6m
Mon 02 Mar	05:53 2.6m	12:05 0.9m	18:17 2.6m	-	Wed 18 Mar	06:06 2.9m	12:13 0.6m	18:29 2.9m	-
Tue 03 Mar	00:27 0.8m	06:46 2.7m	12:56 0.9m	19:10 2.6m	Thu 19 Mar	00:43 0.5m	07:03 3.1m	13:11 0.4m	19:29 3.0m
Wed 04 Mar	01:16 0.8m	07:33 2.7m	13:43 0.8m	19:58 2.6m	Fri 20 Mar	01:39 0.3m	07:59 3.2m	14:06 0.3m	20:26 3.2m
Thu 05 Mar	02:00 0.7m	08:17 2.8m	14:25 0.8m	20:42 2.7m	Sat 21 Mar	02:32 0.2m	08:52 3.3m	14:59 0.1m	21:19 3.3m
Fri 06 Mar	02:40 0.7m	08:57 2.8m	15:04 0.7m	21:22 2.8m	Sun 22 Mar	03:23 0.1m	09:44 3.4m	15:51 0.1m	22:10 3.3m
Sat 07 Mar	03:17 0.6m	09:35 2.8m	15:42 0.7m	22:00 2.8m	Mon 23 Mar	04:14 0.2m	10:36 3.3m	16:41 0.1m	23:00 3.3m
Sun 08 Mar	03:54 0.6m	10:12 2.8m	16:18 0.6m	22:36 2.8m	Tue 24 Mar	05:04 0.2m	11:26 3.3m	17:31 0.2m	23:50 3.2m
Mon 09 Mar	04:31 0.6m	10:48 2.8m	16:55 0.6m	23:12 2.8m	Wed 25 Mar	05:56 0.4m	12:17 3.1m	18:20 0.3m	-
Tue 10 Mar	05:09 0.6m	11:25 2.8m	17:32 0.6m	23:49 2.8m	Thu 26 Mar	00:40 3.1m	06:48 0.5m	13:08 3.0m	19:11 0.5m
Wed 11 Mar	05:48 0.7m	12:04 2.8m	18:11 0.6m	-	Fri 27 Mar	01:33 2.9m	07:44 0.7m	14:00 2.8m	20:04 0.6m
Thu 12 Mar	00:29 2.7m	06:31 0.8m	12:45 2.7m	18:52 0.7m	Sat 28 Mar	02:28 2.8m	08:42 0.8m	14:55 2.7m	21:00 0.8m
Fri 13 Mar	01:12 2.7m	07:18 0.8m	13:29 2.7m	19:38 0.7m	Sun 29 Mar	03:25 2.7m	09:41 0.9m	15:51 2.6m	22:00 0.9m
Sat 14 Mar	02:02 2.7m	08:10 0.8m	14:19 2.6m	20:31 0.8m	Mon 30 Mar	04:23 2.6m	10:39 0.9m	16:49 2.6m	23:00 0.9m
Sun 15 Mar	02:58 2.6m	09:09 0.9m	15:15 2.6m	21:32 0.8m	Tue 31 Mar	05:19 2.6m	11:34 0.9m	17:46 2.6m	23:55 0.9m
Mon 16 Mar	04:00 2.7m	10:11 0.8m	16:18 2.7m	22:38 0.7m				Low	High



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Kelly and Andrew Giles, **Daltons Landscape Supplies**, Hilltop, Silverdale.