

theMillwatermag

Your FREE monthly magazine of all things Millwater



September 2018

Editor's note

The recent launch of the Mike Pero Millwater Fund has brought home to me, and I am sure to many, how fortunate we all are to be able to live here – and why would we want to live anywhere else, anyway? Pride in being part of our great community is through wide and ongoing involvement with school and community activities, and also with those less fortunate than ourselves.



Talking of schools, the recent Silverdale School art competition, sponsored by Mike Pero Real Estate Millwater, brought many great entries and it was a difficult task to choose the winner. However, one was chosen and it is Jessica Taylor, whose Matariki-inspired artwork adorns the cover of this month's issue. Jessica will have her artwork beautifully framed for her by Grayson and Sarah. Well done, Jessica!

Formal and open consultations on the development of our very bare Metro Park West (aka Butler Stoney Park) are finally taking place this month (September). Dates and details have been announced by the Local Board, who confirm that there is budget allocated. It is critically important to focus on the basic necessities first; like shade trees, paths, proper drainage, seating areas – things that will benefit the majority and get these 'set in stone' – and accept that trying to add niche 'nice to have' facilities could defocus and delay the whole development.

Yet again Tim Lawrence has produced a stunning article and enviable photo. With many other regular, quality contributors each month, Tim continually adds to the fabric of our leisure and pleasure time.

Just a final word: if any of you have a spare hour or two, the Silverdale Pioneer Village needs some help with running repairs and maintenance. Please give me a call if you can help.

Brian Mullan

Editor

September 2018

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Front Cover: Matariki-inspired artwork by Silverdale School student, Jessica Taylor

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millwater **interview**



David, with IT training as part of his leaving package in the UK, began working for Vodafone for the next two years. “I was then fortunate to get a job with Air New Zealand, working in their IT department and maintaining all the service desk operations for the next 5 years,” David added. However, illness forced a change of work and lifestyle, which led to David starting running and taking a serious interest in athletics. “It was also the time when I bought the lawn business off Bill Toohill and became self-employed.”

“As a family, we have been part of Millwater since the beginning – we were the 4th family here in 2010 and remember the gates being chained and padlocked at night,” he said. David continued running and became part of the RunNZ team (Run Auckland and Huntly Half Marathon) before purchasing the operation last year. Many remember him running in a pink tutu to raise money for mental health, with these and other activities bringing him into contact with Dion Jelley and Bill Toohill, and helping establish the Hibiscus Coast Athletics Club. “We worked with the Council to get the Club started and advertised for kids to come along, expecting 150 in the first year – and 350 turned up,” David beamed, “so we knew we were on to a winner.”

Millwater local David Kayes is known to many, particularly to the youth and sports-oriented community, and to those whose gardens need regular attention. We met up with him recently, to learn more about the Mower Man and the driving force behind the successful local Athletics Club.

David’s dad was a professional footballer from Northern Ireland and was brought over to play for Gisborne, where David was born. Later, when David was 9, the family moved back to live in the South of England and he spent the next 25 years there – 18 of them as a sonar operator in Royal Navy submarines.

David’s parents had maintained friendship with their former Gisborne neighbours, whose daughter Nicola came over to the UK on her OE and stayed with them. “Romance blossomed and we married soon after,” David told us, “but my role within the Royal Navy was a sensitive one for a non-UK citizen and so, rather than give up my NZ citizenship, Nicola and I decided in 2005 to move back to New Zealand.”

Because access to work was better, David and Nicola chose to move to the North Shore. Nicola is a researcher at AUT and

David’s passion for kids getting the buzz of enjoyment and achievement in athletics is palpable, and his dedication is unquestionable. He is currently filling the roles of President, Vice President, Secretary, Treasurer and more at the Athletics Club – so he will welcome additional admin assistance from our great local community.

Athletics NZ is firmly in the loop of what the Club does, so there is a clear forward path for the better athletes who pass through. “But it’s also about the fun of being part of the group, being one of the team and celebrating success in yourself and in others,” David added.

The work towards getting a proper pavilion is progressing well and David is working closely with Council and the other disciplines in the Metro Park Trust, including hockey and cricket. “We have a realistic target of getting the pavilion built by the summer of 2020,” David concluded. Impressed and inspired by his transparent ability and drive, we don’t doubt he will succeed.

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what's on: hibiscus coast

September

Sept 5

Silverdale Tennis Club Open Day 2018/2019 Season commences. Seniors - Weds evenings 6:30pm & Sun 3:30pm. Jnrs after Sept school holidays. www.sporty.co.nz/silverdaletennis

Sept 7

Pioneer Village - 'The Wreck of the Cruise Ship Oceanos in 1991' presentation & talk, shared lunch, gold coin donation. 11am. The Old Chapel, Silverdale Pioneer Village. www.silverdalemuseum.org.nz

Sept 15

parkrun is celebrating their 4th birthday with dress up, spot prizes and goodies at the finish line. Come along and check it out. Register online at parkrun.co.nz

Sept 15

HBC Softball 'Have A Go Gala Day' - 10am-2pm, Victor Eaves Park, Orewa. Cash-only event with lots of activities for the kids & coffee for the parents. Bouncy castle, face painting, softball-themed carnival games and plenty more!

regular local events

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

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

Every Thurs Orewa Library hosts a very informal conversational English group for new immigrants, every Thurs from 3.30 – 4.30pm in term time • Free session with a qualified ESOL teacher • Chat about Kiwi customs, health, shopping, neighbours • Children are welcome!

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 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 Sonia 0274 802 287

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 Crafts Group • Orewa Community Church • 235 Hibiscus Coast H'way, Orewa 10am-12pm • \$2 for morning tea & craft • creche provided

Every school term Friday Arts Group • Orewa Community Church 235 Hibiscus Coast H'way, Orewa 10am - 1pm • \$2 includes morning tea • suitable for beginners

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

All these local community groups advertise here for free thanks to this page being sponsored by Mike Pero Real Estate Millwater. **Call Grayson or Sarah 021 665 423**

Mike Pero
REAL ESTATE

vetspeak

Arthritis in Cats



At least 85% of cats over the age of 12 years have arthritis. Unlike dogs, cats generally won't limp or show they are in pain. Instead, they limit how much they do to reduce their discomfort.

The main signs in cats are:

- Reduced activity
- Only jumping onto lower surfaces
- Altered grooming: under- or over-grooming
- Changes in temperament
- Stiffness after sleep
- Difficulty using the litter box

Things you can do at home to help:

Use soft, comfortable beds placed in easily accessible, quiet, draught-free locations

Provision of a series of 'steps' or a ramp to allow cats to access favoured higher sites

Make sure the cat flap is very easy to open, and if necessary tie it open so the cat doesn't need to push through

Always have a litter tray inside and one that has at least one low side for easy access

Make sure that food and water area is easily accessible, at floor level or with steps up to higher levels

Having bowls slightly raised off at shoulder height will help cats with arthritis in their front limbs

Make sure the cat doesn't have to go up or down stairs to access food, water, or litter trays

Spend time grooming and cleaning an arthritic cat as this may be difficult for them

Overgrown claws need regular cutting



Obesity or being overweight will exacerbate arthritis and so should be avoided

Check out www.catswitharthritis.com for more information

There are many options available to help keep our feline friends comfortable as they age. If you would like to discuss how we can help, pop in for a chat.

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Millwater

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mortgagematters

Our Five Top Mortgage Tips



This month, we thought we would share our five top tips, which are based on the most common questions and enquiries we receive from new and existing clients:

1. If you have a fixed-rate loan and money sitting in a savings account, it could be worth contacting your bank or Mortgage Adviser to determine if you could benefit from repaying part or all of the fixed-rate loan. Your bank will provide a no-obligation break cost so you can determine if it's worth doing. If this situation is likely to happen again, it might be timely to review your loan set-up, as better loan set-up options might be available.

2. The way in which your bank accounts are set-up can make a considerable difference to how long it takes to repay mortgage debt and how much interest you pay. Many (probably most) people do not realise the options available to them, and how certain options can work better than others.

3. Banks continue to lend to prospective home buyers with deposits of less than 20%, with and without parental assistance. The rules and terms are more restrictive, but it is still happening.

4. Refinancing a Student Loan might not sound like a very

good idea, but it can be beneficial when you have equity in your home or cash deposits and require additional cashflow. It is important to take advice on this, to ensure it is the best option for you before taking that step.

5. Don't be fooled by the fortnightly repayment myth (that fortnightly repayments will repay a loan faster than monthly repayments). If your repayments are based on a particular loan term (eg 25 years) there is no discernible difference in the total interest cost whether your repayments are monthly or fortnightly. However, a benefit would accrue if you were to halve the required monthly repayment and pay fortnightly, as you are actually overpaying your loan.

If you would like to discuss the above tips in more detail, or if you have any questions whatsoever regarding your mortgage, or buying or selling a home, give us a call – we would love to help.

Wayne Lawrie Mortgage Studio

Wayne Lawrie is a Registered Financial Adviser specialising in mortgages. Based locally, he provides FREE advice to both sellers and buyers. Give Wayne a call on 09 428 2223 to discuss your situation or to request a copy of his disclosure statement email enquiries@mortgagestudio.co.nz

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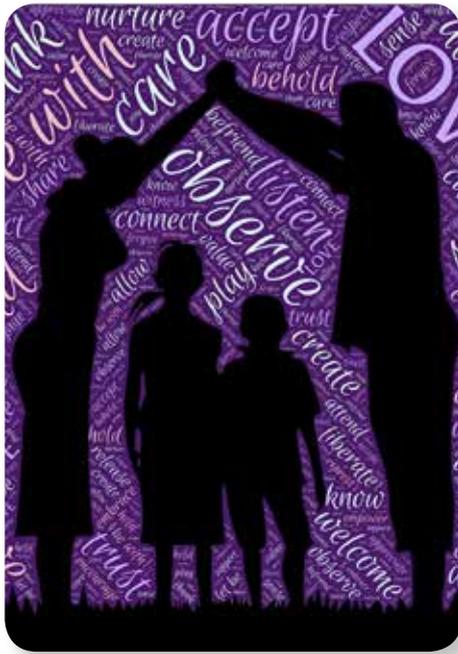

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Morgan Moore


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Food, Glorious Food!



I went to the Kiwi Kids Can Cook Competition this weekend. The dishes these kids were putting together were awesome!! I walked away thinking... I need to up my game! And it got me thinking more about kids' eating habits and our culture.

There is this phenomenon: we have all the low-fat, low-sugar, low-carb food you could possibly want, yet as a nation we still have an uncommonly high degree of both adult and child obesity. Our culture praises images of fit and toned bodies but shames the natural variances of shapes, size and sometimes age.

So; I'm not going to talk about losing weight, that's too superficial and can mean different things to different people. I'm going to focus on eating well and being healthy; you know, with a few exceptions...

One of the most important factors in kids maintaining healthy eating habits (after you no longer control what is in their lunch box) is allowing them access to the kitchen and not just to do the dishes.

Talk to them about the different foods we eat, what's inside them, how they affect our bodies. Let them help chop the veg, prep the meat. Teach them to cook a meal. Then teach them to cook another meal. Then another. Good food the family can eat – and, if they add the MasterChef flair, even better!

Get them to help make the shopping list and get them actively involved in the shopping. Which brand do we buy? Why do we buy that brand? What's on the label? How to look for the best deal with price-per-grams. Do some orienteering around the layout of shops. Talk about why shops put certain items together on the same aisle and how the packaging is designed to tempt us.

When we and our kids are eating well the odd choc chip cookie or chocky bar are just a part of regular eating. It's not a treat that is coveted and binged on, and it's not a staple in the diet. It's about balance.

We've got to educate our children around food and give them opportunities to learn by doing.

And now, the shameless plug... sKids KingsWay is going to offer a cooking programme designed for kids in coming weeks. Watch this space.

Rechelle McNair, sKids Kingsway

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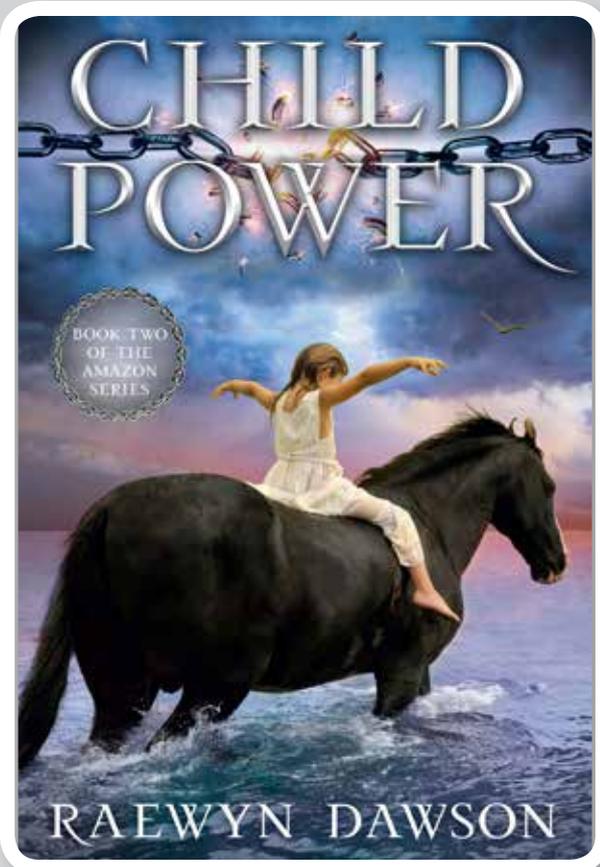
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millwater **book of the month**

Child Power by Raewyn Dawson



Child Power is the second in the 'Amazon' Series, a gripping new novel just as good as *Slave Power*, the first book.

Set in 300 BC, slave-trading is rife in the area around the Black Sea, and many children are kidnapped and forced to live in appalling conditions in captivity. Sixteen-year-old Melo is a respected Amazon leader of the tribe, The Plains, who are committed to following the Peace Way, looking for peaceful resolution, if possible. But then Melo's friend Atty is captured and put to work on a pig farm, and Melo and her tribe must try and mount a successful rescue operation against all the odds.

There are a number of other strands to this story. There is Mithrida, Melo's sworn enemy who is determined to escape from being exiled. There is Alexander, the military genius now running the city of Voshend, who has the huge responsibility of bringing the Peace Way philosophy to a city that is still recovering from years of slave-trading and the attitudes that go with it. There is Sofia, a young priestess-in-training, who must choose between love and duty.

Child Power is a riveting, well-written novel of love and adventure, with an underlying moral core of goodness. Raewyn Dawson taught Classical Studies for three years, and she became very impressed by the achievements of Alexander the Great and his era, and these series of books reflect this. *Child Power* is an historically-based story that is enthralling – a must read for all young adults everywhere, and adults interested in this period of history.

Melo is the main heroine of this book, and I enjoyed reading about this principled young leader and all the many challenges that come her way during the book and the considered way she responded to each crisis. And her friend Atty is the other heroine of the book – a young girl wise beyond her years, determined not just to save her skin, but to rescue all the other children trapped in slavery, despite the incredible danger. It's refreshing to read a novel for young people with such good values, that are seamlessly weaved into a tale that is full of action and adventure. And yes, there is violence, but more often the characters find a way to resolve situations peacefully – this is clever and impressive.

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



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THE GREEN SPOT - Eco Tip of the Month

What a fantastic win for New Zealand last month, with the Government announcing that plastic bags are officially being phased out. That was my topic in the Green Spot last month and this time I want to suggest bamboo alternatives to clothing pegs and toothbrushes. You go through so many toothbrushes in your lifetime and we would have less landfill waste if they were compostable items. You just need to remove the bristles on the bamboo versions and pop them in your compost bin to break down. I saw our local Countdown has started selling them, or there are slightly cheaper ones available at Naturally Organic in Albany; but you can also order them online from places like toothcrush.co.nz who regularly post them to you.

Wooden dolly pegs can be bought at places like Briscoes. There are also metal spring-loaded bamboo pegs (available at Bunnings) but obviously you do need to remove the metal springs first and they can be taken to a scrap metal yard for recycling. We are very lucky to have a local scrap metal yard in Silverdale and if you've saved up enough metal you'll make a few bucks out of it!

Something important to note with reducing your waste, the idea is not to rush out and buy a new bamboo dish brush (another suggested product), it's about making that tacky plastic dish brush last as long as you possibly can before discarding it and then replacing it with a more environmentally friendly option when the time comes. I still have my shameful plastic pegs that I bought many years ago but I won't be buying them again.

Hayley Crawford



TRADIE OF THE MONTH with Maddren Homes

It's true that the devil is in the detail, but Phil Edwards from Independent Frame and Truss is more of an angel, and now also Maddren Homes TOM (Tradie of the Month).

As a specialist Detailer, he transforms architecture plans into house drafting plans for the computerised machinery that cuts wooden house frames. But, when the computer had a glitch recently, his 43 years of experience really came into play. He was a true champion and rectified the problem, ensuring the house walls and roof were perfectly aligned, so that the project could continue smoothly without delays.

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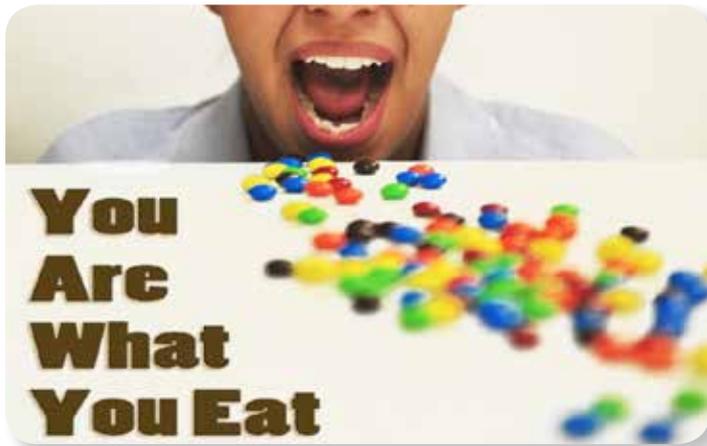


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You are What you Eat – Crikey!



Recently, I was reading some statistical information on food consumption in the American diet, compiled by the United States Department of Agriculture... and it is alarming reading! If we wonder why there is so much chronic degenerative disease overwhelming our health system and health budget, acting to reverse or reduce statistics like the following would be a good idea. Whilst this is NZ, not the USA, there are trending similarities in all the Western countries across the whole population.

Check out the following:

Between 1900 and 1990

- Fresh fruit and vegetable consumption decreased from 40% to less than 5%
- Butter consumption decreased 75%
- Margarine consumption increased 800%

Processed potatoes compromise 33% of all white potatoes consumed. The majority of these are in the form of French fries.

- Fat and oil consumption increased 150%
- Corn syrup consumption increased 400%
- Sugar consumption increased 50% (the average person consuming nearly 70 kgs of refined white sugar per year)

Between 1910 and 1980

- Poultry consumption increased 350%
- Fresh apple consumption decreased 70%
- Fresh fruit consumption decreased 33%
- Food colouring consumption increased 90%

Between 1960 and 1980

- Soft drink consumption increased 300%

Whilst these statistics were a while ago now, you can see the trends that likely have worsened in many cases.

Obviously, eating the healthiest foods you can is crucial; but for many, if we are honest with ourselves, cost, poor nutrient levels in mass-produced or processed food, busy lifestyles, being time-poor and – very importantly – lowered digestive ability as we age, all translate into the reality of not so healthy.

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OPSM Silverdale Dry eye update



Dry eye treatments at OPSM Silverdale are now up and running. Over the past month we have enrolled over 10 patients with various eye conditions for Blephasteam treatment. We have received positive feedback and are excited with the benefits that this treatment is showing.

Blephasteam is a dual moist heat therapy used to unblock the oil glands (Meibomian glands) of the eye. This results in new oils being released onto the eye and is particularly beneficial to people suffering from 'Evaporative dry eyes'. It

literally stops your tears from drying out.

The traditional methods for dry eye treatment are lubricating drops and warm compressions. Blephasteam provides a more targeted approach, resulting in less usage of lubricating agents and resulting in better ocular comfort.

Research has shown that Blephasteam treatment is beneficial in treating other associated diseases too, such as posterior blepharitis, ocular rosacea and chalazion. It has also shown benefits in contact lens wearers and office workers who work in a temperature-controlled environment. We have already received a few referrals from surgeons to provide Blephasteam treatment for their patients and the results are promising.

At OPSM Silverdale, we offer this treatment as 3 sessions, 7-14 days apart. After the treatment is complete, we may recommend further sessions as required.

If you are suffering from dry eye symptoms or would like advice on whether Blephasteam is right for you, contact us for an appointment.

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artspeak

New Zealand National Mosaic Art Exhibition and Symposium

Estuary Arts Centre is pleased to present the 6th New Zealand National Mosaic Art Exhibition and Symposium for the month of September, in all five galleries.



Mosaic artists from around New Zealand have entered this exhibition, with over 100 artworks ranging from sculpture to wall works. There is also a special Youth section with fabulous prizes. International award-winning mosaic artist Carole Choucair Oueijan will be coming over from Los Angeles to judge the show and to facilitate a three-day workshop. The winning entries will be announced on Friday 7 September at the opening at 6.30pm. On Saturday 8 September, come along to listen to the Carol Choucair Oueijan talk about her

mosaic work in LA; Liz Hood will present her newly-launched Mosaic book while Ellie Fijn and Susanne Williamson will talk about the Nelson walkway mosaic couch. There will also be 15-minute free demo sessions all day on Saturday, conducted by a range of artists including polystyrene carver Kate Lang. Mosaic and craft merchandise stands will be onsite – so bring your wallet and pick up some bargains.

For more information about this National event visit www.estuaryarts.org, or phone the Centre on 09 426 5570.



“The Art of Mosaics”
the 6th New Zealand
National Mosaic Art
Exhibition
05 to 30 September

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Sat 8 and Sun 9 Sept

International judge:
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millwater **Romeos**



The August outing of 12 Millwater ROMEOs (Retired Old Men Eating Out) was a visit to the local hidden gem that is Deep Creek Brewery in Silverdale. Few of us even knew previously of its existence!

We were warmly welcomed by Scott Taylor, who gave us an informal and passionate rundown on the brewery origins and its path to the present day. From a home garage in Browns Bay, a barrel, some pipes and a couple of dedicated engineers, a true 'Kiwi number 8 wire' concept grew. Word of mouth brought

volume demands from friends, leading to commercial operation and Deep Creek Brews & Eats. Fast expanding demand necessitated a move of the brewery to Titan Place in Silverdale in 2013.

Deep Creek Brewery has developed a variety of brews to meet modern consumer tastes, and in particular the boutique flavoured market – a current trend that doesn't look like stopping. Brewing with dedication and passion has seen Deep Creek beers achieve many awards, both nationwide and a recent prestigious top global award.

There was no shortage of questions from the ROMEOs about the Brewery, and in particular about the products. Scott's answer was, "The proof of the pudding, so to speak..." and so, off to the Tap Room for a sampling – truly an experience not to be missed. The tap room is open to the public from 11am to 4pm, Monday to Saturday, to taste and purchase their fine products; in bulk draft (bring your own or purchase a container), or cans, assorted packs or singles. With the BBQ season fast approaching, you will certainly be able to impress your friends. Needless to say, some of us came out carrying an array of products.

Lunch followed at Deep Creek Brews & Eats in Brown's Bay, where we all enjoyed a fine meal, well looked after by the excellent restaurant team, and we finished the day with coffee, cake and more conversation at Robert's Café in Millwater.

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selections may not be exactly as shown



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safer communities

Door Knockers!

Helping others is second nature to many of our elderly residents. When someone knocks at their door asking for help, it is seldom refused.

Unfortunately, there are a few undesirables who are willing to take advantage of our trusting older generation.

In the past we have seen teenagers knocking at the doors of residents asking for a glass of water, people claiming they have car problems, or a dozen other stories of woe.

While the elderly person goes back inside to get water or tools to help the person in distress, the door knockers sneak inside and help themselves to easily accessible items.

This is made easy by the habit we have of putting handbags, wallets and phones down as we enter the house.

Have a safe place for these items that can't be seen when the front door is opened.

If you do have someone knock at your door, don't invite them in unless it was a pre-arranged meeting.

If you do leave them on the door step while you fetch something, it's ok to close the door while you are away. If you are helping someone out who is distressed, they won't mind standing on the doorstep while they wait.

Don't employ a gardener etc if they knock on your door; always use people recommended from friends or family who have used them before. Age Concern or Neighbourhood Support can recommend trusted tradespeople.

It's ok to phone police if somebody is asking for help.

Tell the person that you will ring the police for them. If they genuinely need help they should be happy for police attendance; if not, they will be gone before the phone call is over.

If they do leave, phone police with a description of the person and car if they arrive in one, so we can find them if they are still around.



Constable Michael Brown

Orewa Community Constable

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millwater **property management**

Doing it Right

There have been a few comments in news media recently regarding tenants' experiences with private landlords and property managers. In April, a Consumer NZ report said that "property managers were more likely to delay getting repairs done" than were private landlords. That is difficult to comprehend, especially when you consider who has the final spending authority for a property manager.

A property manager is employed as agent for a property owner in dealing with the tenant. In that respect there will be limitations on the authority of the agent to undertake maintenance. Urgent maintenance is generally permitted, but the property owner usually reserves the right to authorise non-urgent spending.

It is unfortunate that some elements of an industry can reflect on the better operators. In a market where a mobile phone and a computer tablet can allow an inexperienced property manager to go into business, there is always a risk that inexperience will lead to lower standards. However, the more established property managers with plenty of experience have the means to ensure ongoing training of their staff, to keep them up to date with the flood of compliance issues that have arisen in the last five years.

I note that there are suggestions in the media that registration



of property managers should be required. This is a good idea, one that Quinovic has long favoured. Weeding out the unscrupulous and enforcing standards of performance will benefit us all; property managers, owners and tenants alike.

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How to avoid poor posture and maintain good posture?



No one can be aware of their posture 24/7. Again, posture is made reflexively, immediately by spinal cord and brain, depending on what external and internal stimulations are introduced to the body. Therefore, to maintain good posture, it is crucial to understand what affects the posture.

The Answer is Stress! When the body is exposed to prolonged stress, the nervous system alters the body to adapt, survive and maintain life. All the changes in the body happen for reasons. Now the altered state is considered as normal and necessary to maintain one's lifestyle.

So, to prevent the body from changing, there are two options.

1. Introduce fewer stresses to the body;
2. Through exercise, train the body to become more resilient to

stress.

Controlling stress may sound unspecific and general. There are 3 main categories of stress from life: Physical, Chemical and Mental.

1. Physical: Prolonged standing or seated posture. Any form of traumatic event, such as from a motor vehicle accident to a sports injury.
2. Chemical: Mostly through Diet. Depends on what type of food you eat; can either reduce or increase the stress toward to the digestive system.
3. Mental: Mostly comes from relationships and interaction with other people.

Muscles are like an armour. They give sustainability and provide more resistance against the stresses. The most important muscles that are related to the posture are Quadricep, Hamstring and Pectoralis major. Training these muscles is the key to good posture maintenance.

Above are the factors you may want to control, to maintain good posture. Please remember the posture is one of the processes governed by the nervous system. Good posture means good health of the nervous system, over the entire body.

Jared Kim
Silverdale Chiropractic

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Once your fat cells have been stimulated by the warmth and massage, they are then targeted with an algae rubberised mask. This is painted onto the skin and as it cools it sets. It's this action that helps to detoxify.

While the mask sets, a lovely hand and arm massage is done so that you aren't really aware of how cold the

mask gets. When the mask is removed, the Slimming Contouring Cream is applied to continue breaking down the fat molecules.

After you have been warmed, cooled and massaged, the natural detox process starts and you immediately notice a difference.

Inches lost differs from person to person, but seeing yourself looking slightly thinner and more toned definitely gives you the incentive to keep up the good work; feeling the softness of your skin makes you also want to try harder to keep it feeling that way every day.

Home Care Is a Gentle Oil and Salt Exfoliator, the Firming Hydrating Cream and the Slimming Contouring Cream for continued results.

The Katherine Daniels Firming Re-sculpting Body Treatment can be booked as a one-off treatment or as part of the Drop a Dress Size Plan, which is carried out over a month to help you achieve ultimate results and inch loss of up to a dress size.

If you are starting out on a diet, book the Diet Kick-Start Plan which aims to help the effects of a healthy eating regime and will give you support for those first few critical weeks.

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Prostate Cancer and Medical Insurance



Being of the age when it is prudent to have a prostate check, several months ago I visited my local GP. The obligatory “somewhat embarrassing test” and two blood tests 6 weeks apart, indicated that my PSA levels were marginally above the threshold for my age. A referral to a specialist led to an immediate MRI scan being arranged the following day – thanks to my medical insurance.

The results of the scan indicated an immediate biopsy procedure was required under general anaesthetic. A week later the results came back and the specialist advised that there was nothing nasty at play – a welcome relief.

While medical insurance can start becoming expensive in our 60s and beyond, several points are worth reflecting on, from my personal experience:

Under my medical insurance, an MRI was able to be scheduled immediately, with no delay. The scan cost \$1,875, I paid just the \$250 excess;

The biopsy procedure was arranged very quickly, within days;

I was grateful that I didn't need to reflect during any lengthy delays, as everything happened very quickly.

And the total cost? This came to around \$9,000, and while \$9,000 wouldn't “break the bank” it was great to have this cost covered by my Partners Life private medical cover.

Some people are happy to remain totally within the public health system, while others prefer the medical insurance option. Whether you have medical insurance or not is a personal choice. I'm very glad I had mine. If you have any questions about the extent and benefits from medical insurance, I'm happy to take you through this. I have the personal experience in knowing how it works!

That's what I do.

Theo Simeonidis UProtectNZ Insurance Services

Theo Simeonidis is a Registered Financial Adviser, living and working in Millwater, and specialising in personal and business insurances. He is also able to provide a one-stop-shop for fire and general insurances.

For assistance on any personal or business insurances, Theo can be contacted on 027 248 9320 or 09 528 8724 or email theo@uprotectnz.com. Any such assistance is provided on a free, no-obligation basis.

Theo's disclosure statement is available free of charge on request.

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millwatermalt



Feedback from readers indicates that I need to review good whiskies that can be bought for under \$100. The words 'good' and 'cheap' generally don't appear in the same sentence about whisky; so, when my usual online retailer offered the Lagavulin 16-year-old for \$99, it was an opportunity just too good to miss. Some retailers are selling this whisky for a great deal more (one at almost double).

Regular readers will know of my love for the heavily-peated whiskies of Islay, so it was with particular pleasure (especially after faithfully observing 'Dry July') that I tasted this one. It was definitely one of my better days: anticipation, appreciation and authoring a review one of the world's-best Islay single malt whiskies!

The Lagavulin distillery is located between the Laphroaig and Ardbeg distilleries, on the Southern side of the Isle of Islay and celebrated its bicentennial just 2 years ago – so they have had a lot of practice producing excellent single malt whiskies.

Colour: Bright amber with an orange tint.

Nose: One of the peatiest whiskies anywhere, redolent of Lapsang Souchong, concentrated iodine, sweet spices, sherry and lovely creamy vanilla.

Palate: It is HUGE – thick and very rich. Lovely mouth-feel of big malt and good sherry, with balanced fruity sweetness. Powerful peat and oakiness. Don't be in a hurry to swallow.

Finish: Very long and spicy, with lingering figs and dates, strong peat smoke and delicious vanilla. Take time to inhale from the empty glass, too, which retains for a long time the loveliness of this complex and delightful whisky.

Conclusion: More, please! 700ml, 43% ABV, try it with strong, salty blue cheese.

Worth more than I paid for it – much more!

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millwaterbizbuzz



Local people, from local families and with local knowledge, who start new local businesses, are worth getting to know – and Rhonda Clark ticks all the above boxes. She and Russell, both her business and long-time life partner, have opened the very modern Siren ladies' fashion boutique in the new Silverdale Mall. Together they have created a very classy, different and affordable ladies' fashion store that is bright and inviting.

Rhonda, a keen walker and runner, grew up on the farm in one of the older families in the Silverdale neighbourhood as a 'proper barefoot Kiwi kid', attending the old Silverdale Primary School and Orewa College. "I've seen so much growth in the Silverdale area over the years and with the new Mall going up and Millwater growing by the day, Russell and I decided that this new vibrant area would be a great spot for our business

and also meant we could work and live locally" Rhonda told us.

We asked about her experience as a fashion buyer and retailer. "Mum has had Charisma Fashions in Orewa for a long time and I worked there for many years, learning the finer points of buying and fashion retailing and the importance of really good customer service," Rhonda said, "and I have brought that experience and quality customer service to Siren." The clothes racks in Siren are filled with a huge variety of clothing and accessories to match. However, as Rhonda pointed out, "The range has to be very diverse, as we only carry a few of each style and type, thereby ensuring that each customer is pleased with their choice of good quality, different clothes and affordable local labels like Lemon tree, Vassalli, Charlo, Augustine and Seduce – we don't have lots of the same, like a department store or some of the other chain retailers."

Siren is online on Facebook, and the web too. "It's how many people browse and buy nowadays," Rhonda added. The Siren store in the new Silverdale Mall is a very pleasant space to be in and you may even find Russell serving from time to time, helping with retailing when he's not busy with the key business management role he fulfils while Rhonda manages the buying and marketing.

We enjoyed very much meeting such a pleasant and knowledgeable local business owner and are sure that you will, too.

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millwater **motors**

We glimpsed a very rare British classic on the streets of Millwater last month and we just had to meet the proud owners and learn more.

Mark Newby not only has cars in his blood but has had bikes all his life, too. He still has his off-road trail bike but the Aprilia was sold so that he and wife Trina could enjoy special trips out together, with the end result being the delicious Mark 1 Triumph Vitesse that we see here. They bought the car off a guy in Birkenhead in February this year.

Growing up in Mairangi Bay and going to Rangitoto College, Mark served his apprenticeship as an auto electrician, although nowadays he is a skilled marine engineer working on the systems and ancillaries on all sorts of craft, including some large and very expensive cruise boats. "The fact that the Vitesse is 50 years old didn't faze me," said Mark, "My background is such that I knew I could tackle any potential issues that might come up, and in fact there have been remarkably few." Steering and universal joints have been tightened and the car drives extremely well – and the straight-6 engine sounds just wonderful.

Rimmer Bros in Bracebridge Heath in the UK have been the source of some hard-to-get spares, but a great stock of these came along with the car when they bought it, as did one of the most complete sets of documentation we have seen – including the original NZ-new registration document for 6 June 1968. "The chrome trim spares that came with the

car are like gold dust, because they are just no longer available," Mark added.

The Triumph Herald, when launched in the UK, had then the tightest turning circle of any car (7.6m). The Triumph Vitesse 2-litre 6-cylinder 95hp was launched in 1966, with the same crisp handling. The engine is the same as was fitted in the Triumph GT6 coupé, and both had claimed 0-60mph times of under 12 seconds (which was reasonably quick in those days, when Triumph advertised the 2-litre to be the '2-seater-beater'). The Mk2 Vitesse followed in late 1968.

"Trina and I aren't interested in big thirsty V8s," Mark told us, "we prefer the classic old-school style of the Vitesse. We take it out regularly on long runs, sometimes with mates who also have classic cars but often just the two of us heading out somewhere nice for a meal."

The lovely motor you see here is the original spec 1998cc, 95hp, twin Stromberg side-draught carburettors, 4-speed manual without overdrive (this came later in the Mk2), original wheels and no power steering. Ignition by distributor, points and condenser are original, with the sometimes retro-fitted electronic ignition upgrade being shunned.

It was obvious from the happy smiles on the faces of Mark and Trina as they stood proudly alongside their gleaming classic Triumph Vitesse that this is much, much more than just a car – it really is their pride and joy!



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millwater **property**

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

	July 2017	June 2018	July 2018
Number of Sales	17	18	17
Median Sales Price	\$1,165,000	\$1,161,500	\$1,125,000
Highest Sale Price	\$1,610,000	\$1,650,000	\$1,388,000
Lowest Sale Price	\$870,000	\$708,000	\$638,000
Average % price to CV	* _{pre 2017 valuation} 2.51	2.51	-1.08
Average Floor Area (sqm)	249	246	218
Weighted Value Index	1374	1384	1447
Average Days to Sell	89	61	111

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

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propertytalk

Well, July has come and gone and will certainly go in the books as an interesting one. This month's statistics make for a slightly confusing read and need some further explanation.

Sales volume, on the face of it, looks solid if not spectacular. However, behind this number lies a changing set of market circumstances. Whereas in most months there will be over half of the sales originating in the previous month (in this case June), for July this was only 3 of the 17. The remainder were from prior months. This reflects an interesting change in the market. Firstly, it indicates that many more conditional deals are being done, and these are the conditions that are taking a long time to satisfy – most likely the sale of a purchaser's existing property. The second change is that there really weren't many deals done in June or July to balance this out.

This certainly reflects what we have been seeing at the coal face. The improving demand that we were experiencing in February through May has dissipated, with lower numbers coming through open homes and even less serious buyer activity. There appears to be a number of reasons around this, with bad weather through May and June followed up by the usually disruptive school holidays in July. While most markets would typically experience a similar slow-down over winter, in Millwater this has not always been the case.

There are two other slightly misleading numbers in the statistics. The first is average days to sell. This has ballooned out to 111 days and directly reflects the change to more conditional sales mentioned previously. The other is median sales price. This has fallen quite sharply and reflects a change in the sales mix for the month, with a larger proportion of smaller homes and townhouse / apartments being sold.

On a positive note, the weather has shown signs of improvement in recent weeks, with some indications of an early spring. Interest rates are low and seemingly getting lower in the short to medium term, which always has an impact on buyer enthusiasm. There appears to be some slow building of buyer interest again and we would expect to see a fairly solid rebound in the sales statistics heading into summer. Building costs continue to increase, ensuring that new-build prices have to remain high to ensure that builders continue to invest in developments. This keeps all property prices high locally and what we are seeing is that vendors are typically not under duress to sell and are prepared to wait for the right buyer to pay the right price. Prices should remain mostly stable in the medium term and will not respond significantly to any short-term slow-downs.

As always if you want to understand how this affects you or your property value, please do not hesitate to contact me.

Grayson

021 665 423

Mike Pero Real Estate, Licensed REAA (2008)



Mike Pero

0800 000 525



A PLACE YOU'LL WANT TO CALL HOME!



www.6wharescourt.com

6 Whares Court, Millwater

This is a home that is easy to fall in love with! Well constructed in brick and weatherboard featuring four double bedrooms, the master with ensuite and walk in wardrobe plus another full family bathroom. The open plan living, dining and kitchen area are neatly supplemented by another lounge, only a few steps down from the main part of the house. A large kitchen - with stone benchtops, gas cooktop and plenty of storage - is the hub of the home and enjoys a great relationship with outdoor living areas. The emphasis on well designed, easy care living is further evident in the flat grounds with mature landscaping, stunning patio and private entertaining space. If relaxing in a great home, in a great environment is your thing then make sure you move swiftly to view this property.

www.mikepero.com/RX1544854



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BE THE ENVY OF YOUR NEIGHBOURS!



www.2madisonterrace.com

2 Madison Terrace, Millwater

If you have been searching for something a little bit special, with a few extra touches of class then this is the property for you! This stunning weatherboard home is the ex-showhome of The House Company and has been thoughtfully designed to be a great functional space with a high-spec finish. This is sure to impress many, so move quickly!

- 238m² home sits proudly on a 662m² (approx.) corner site with balance of masterbuild warranty
- three double bedrooms plus fourth bedroom/study on ground floor
- beautiful open plan living / dining opens out to sunny patio plus separate, second lounge with gas fire
- impressive kitchen with stone bench tops, quality appliances and walk-in-pantry

www.mikepero.com/RX1533026



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SOUGHT AFTER CORNER, GROUND FLOOR APARTMENT 2  1  1 

By Negotiation

9A Blake Greens, Millwater

Beautifully crafted by Horncastle Homes, these sought after apartments are ideal for a wide range of purchasers. Whether it is your first home or your last, an investment or just as an easy care choice while you explore the world, we are sure you will love living here. This stunning ground floor apartment is a corner unit and features additional windows and a larger outdoor area - more light and more space. The open plan living area features a fantastic kitchen and enjoys an ideal relationship with the westerly facing, partially covered outdoor area with bush outlook. Two light filled double bedrooms are serviced by a stunning tiled bathroom. An internal entry garage means you can unload your groceries out of the rain and cold, plus the additional car space gives you options for another car if needed. So if you are after a well designed and built (Master Build warranty) property in a great location, this is your chance.



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HIGH QUALITY, LOW MAINTENANCE SINGLE LEVEL IN MILLWATER 4  2  2 

www.73madisonterrace.com

73 Madison Terrace, Millwater

This could be perfect solution- a beautifully constructed house, built with comfort and ease of living in mind. Built by the award winning team at Maddren Homes with balance of 10 yr Masterbuild Warranty - call us for more information.

- 4 double bedrooms including master with walk in wardrobe and ensuite
- spacious open plan kitchen, living and dining area opening out to private outdoor
- additional large separate lounge adjacent to living
- stunning open plan kitchen with breakfast bar and walk in pantry
- ducted heating / air conditioning throughout house for perfect temperature control



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www.mikepero.com/RX1522440

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www.mikepero.com

Mike Pero

0800 000 525



SPACIOUS, SINGLE LEVEL AND READY TO OCCUPY!

4 2

www.162wainuiroad.com

162 Wainui Road, Millwater

Feeling the cold? Want something now? This 2 year old single level Millwater property is in better than new condition and ready to be occupied. Call us for more information.

- 201m² home on a fenced 660m² site (approx)
- open plan kitchen dining and living area with second lounge space adjacent
- easy flow to outdoor patio
- master bedroom with large walk in wardrobe and ensuite
- double internal access garage

www.mikepero.com/RX1510418



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SECLUDED, SPACIOUS SINGLE LEVEL LIVING

4 2 2

www.11siblingcourt.com

11 Sibling Court, Millwater

There are not many cul de sacs in sought after Millwater, so finding a sunny single level home on one is a rare treat. With enough grass for the trampoline and the kids to play plus outdoor areas for the adults to entertain, this home will cater well for a variety of family configurations. this is a must view - call us for more information.

- generous 214m² (approx) single level 3 year old home on a flat 645m² (approx) site
- large open plan living/dining area and separate second lounge area plus stunning kitchen with island bench
- master bedroom with ensuite, walk in wardrobe and own outdoor access
- balance of masterbuild warranty

www.mikepero.com/RX1563850



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LARGER THAN LIFE & WITH GRANNY POTENTIAL

www.59madisonterrace.com

59 Madison Terrace, Millwater

In a family friendly area close to popular schools, safe parks and convenient public transport routes, this spacious home is presented to the market by motivated vendors. The two bedrooms on the ground floor come with easy access and gorgeous finish. They have their own sitting room, bathroom and separate entry. The granny potential is ideal for extended family or your teenagers wanting their own pad. Further accommodation is provided by three bedrooms upstairs (master with ensuite) plus an additional living area. You will be surprised by the size of master bedroom upstairs, standalone bath and the double vanity will certainly make your morning and night much easier and happier. Our vendors have cherished their time here but the time to downsize has arrived and they are determined to achieve a result as quickly as possible - interested parties are advised to act quickly.



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www.mikepero.com

Mike Pero

0800 000 525


EASILY MAINTAINED, EASILY OWNED!

www.mikepero.com/RX1533694

41 Ascension Crescent, Orewa

Enviably positioned close to popular schools and a host of amenities, this well-priced home represents a wonderful opportunity to establish yourself in a great location without having to break the bank to do so. Located in the heart of Orewa, this warm and inviting home boasts four double bedrooms, highly-functional kitchen and bathroom spaces and the added convenience of a separate laundry. An abundance of glass bathes the open-plan living and dining area in natural light, while sliding doors promote easy access out to the delightful grounds. Simplicity is the key outside, with the good sized deck and the lawn creating an environment where families of all shapes and sizes can thrive. With vacant possession available this charming home is about to undergo a change of ownership, prospective purchasers are advised to act quickly. Contact me today for further details.



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SUN, OUTLOOK AND SINGLE LEVEL ON THE CORNER!



Offers over \$740,000

25A Blake Greens, Millwater

Slightly elevated from the road, this wonderful ground floor single level apartment is surprisingly private. Featuring a light and bright open plan living area, the flow between the indoor and outdoor living is excellent. Call us today!

- sought after corner apartment - more light and space - with two double bedrooms with built in wardrobes
- spacious covered outdoor deck with patio space beyond plus additional outdoor patio on eastern side of apartment
- quality kitchen with Bosch appliances plus a heat pump in living area
- Horncastle Homes build with balance of Master Build warranty
- internal access garage with additional car space



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Mike Pero Real Estate Ltd. Licensed REAA (2008)

www.mikepero.com

Mike Pero

0800 000 525



FOR QUALITY, SPACE AND LOCATION - YOU CAN'T LOOK BEYOND THIS!



www.21botanicaldrive.com

21 Botanical Drive, Millwater

You'll love the quality touches apparent all throughout this four double bedroom, brick and weatherboard home in Millwater. It boasts all the features you would expect from a home of this calibre including double glazing, an entertainer's kitchen with walk-in-pantry and quality appliances. The heart of the home is definitely the open plan kitchen and large family/dining room which extends out through to multiple outdoor living spaces creating superb indoor-outdoor flow - the perfect space for you to relax and watch your children playing in safety and privacy. The main bathroom and ensuite benefit from underfloor heating. A separate formal lounge completes the features available in this genuinely family-centred home. Call Grayson or Sarah for more information.



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www.mikepero.com/RX1449360

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Lesley, Laura, Grant & Cameron

We specialise in breathing new life into old or broken furniture; through restoration, repair, polishing and upholstery. We look after anything, from small jewellery or trinket boxes to large furniture pieces. It is very satisfying to see items come in looking broken and forlorn, then sending them home looking fabulous! Many are special family pieces or have interesting history – we love it!

Country Charm Furniture (Bespoke Manufacturing & Furniture Repairs) along with Silverdale Furniture Restorations, we have created a 'One Stop Shop' for customers.

Our fulltime staff levels are now at 6, which includes our furniture-making apprentice, who is one year into his apprenticeship, and we also have a furniture polishing/finishing apprentice, who has just begun his apprenticeship. Our aim is to ensure that these specialised areas remain available and that those skills are not lost.

We now have 2 new business partners; Laura, who many of our customers may already know, along with her partner Cameron, working fulltime alongside us.

A massive growth has continued in the area. We have become busier and busier in the last 24 months as anticipated, with the continued development in the Silverdale/Millwater areas, both in the industrial and residential sides.

We work closely with customers and take pride in our quality of workmanship, ensuring we "Create Furniture for your Future Generations to Enjoy."

**See advert on page 37
Silverdale Furniture Restorations & Country Charm**

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Best 3 out of 4 Stablefords. Teams Drawn on Day.

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Entry \$35.00



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** Conditions Apply*

Central's Tips

September 2018



Spring has arrived and it's time to fertilise veges and young seedlings, plant fennel, carrots and celeriac and train climbing plants like grapevines.

Watch out for pests like slugs, snails and aphids, they multiply as soon as it starts warming up.



Fennel, carrots and celeriac can be planted now.

Get more variety and into your vege patch. These versatile veges will be a hit in the kitchen!

In the Veggie Patch

- **Crank up the fertilising** of vegetables and other plants from now on. Young seedlings establish well when fed with liquid fertiliser at planting time.
- **Plant Florence fennel, coloured carrot varieties and celeriac** for some 'vegetable diversity' in the diet
- First signs of **aphids can be apparent now** – spray with an organic remedy or, if they're low in numbers try squashing them by hand.
- If you lack many **bees** in the vegetable garden plant the **NZ rock lily, Arthropodium** in the vicinity – its flowers are a honey bee 'magnet'.

Lawns

- **Best time to start a new lawn.** We recommend a layer of **Living Earth Ultra Lawn Mix** on top of a good topsoil base before you broadcast your chosen lawn seed. Applying **Prolawn Turfmaster Starter** at seeding is beneficial. Water daily until the grass has established.



Plant NZ Rock Lily to attract the bees

With its masses of pretty white flowers in late Spring to Summer it will look great too!

The rest of the Garden

- **Stake new trees and shrubs against spring wind.**
- **Train climbing plants, rambling roses and grapevines** along fences or against walls to keep them under control.
- **Planting clematis** – make sure the soil is good quality or dig through plenty of **Living Earth organic Compost**. Dig a hole and position the rootball a couple of centimetres below the ground surface. Mulch well, or place large river stones on top to maintain cool roots. If it wilts, leave it in the ground as it will probably re-shoot in a few months.
- **Slugs and snails need to be kept under control now,** as they can devastate groups of young seedlings overnight. Try using a pet and bird friendly repellent.



Stake up trees and shrubs

Spring is always a time of wild weather so protect your young trees by staking them until they are strong enough to withstand the weather on their own.

Kitchen Makeover



It's that time of the year when we start thinking about updating our kitchen, ready for the Christmas season. If your kitchen is looking tired and in need of a makeover, it might be time to start planning your next renovation project now. As time goes on, our kitchens can start to look tired and dated. Old hinges can mean doors start to hang crooked, doors start to swell due to moisture and benchtops begin to wear out. Creating a new look for your kitchen can lift the entire living area of your home and help to improve its value. New appliances can make life so much easier, and keeping up with the most recent trends in colour and style can vastly improve your home and lifestyle.

It's important to make sure you find the right team to work with as you may well need a kitchen designer, cabinetmaker, painters, electrician, plumber and builders. It's also important that someone is coordinating all of these people so that your project runs smoothly and you don't end up with time and cost over-runs. The right project team and a project manager can help plan and deliver your renovation on time and on budget.

There are challenges that can arise in any building project and these can cause delays and lead to extra cost if not managed well. Be aware that while the renovation is underway there could well be noise, disruption and mess associated with the renovation and this could well cause inconvenience. Safety around your home is another challenge and health and safety regulations will need to be followed and adhered to throughout the project.

A typical kitchen renovation should take between 4 - 6 weeks to complete once the physical work has started.

The cost of a new kitchen can vary dramatically and planning is essential so that you know all of the costs associated from the beginning, to avoid hidden surprises during the project. A kitchen renovation could cost as little as \$10,000 and range to \$100,000-plus. Understanding your budget and planning accordingly will help provide you piece of mind.

If you would like help planning and building your next kitchen renovation, please contact Nick Hindson at Euro Build Construction Ltd on 09 947 5927 or nick@eurobuild.co.nz

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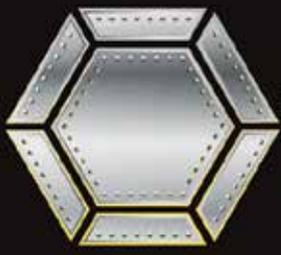
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Sat	05:02	11:13	17:16	23:40
1 Sep	0.4 m	2.9 m	0.5 m	2.9 m
Sun	05:46	11:59	18:04	-
2 Sep	0.4 m	2.8 m	0.6 m	-
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3 Sep	2.8 m	0.5 m	2.8 m	0.7 m
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5 Sep	2.8 m	0.5 m	2.8 m	0.7 m
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6 Sep	2.8 m	0.5 m	2.9 m	0.6 m
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7 Sep	2.8 m	0.4 m	3.0 m	0.4 m
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8 Sep	2.9 m	0.3 m	3.1 m	-
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13 Sep	0.1 m	3.3 m	0.1 m	3.2 m
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14 Sep	0.2 m	3.2 m	0.3 m	3.1 m
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15 Sep	0.3 m	3.0 m	0.4 m	2.9 m
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16 Sep	0.4 m	2.9 m	0.6 m	-
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17 Sep	2.8 m	0.6 m	2.7 m	0.7 m
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18 Sep	2.6 m	0.7 m	2.6 m	0.8 m
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19 Sep	2.5 m	0.8 m	2.6 m	0.9 m
Thu	03:19	09:38	16:02	22:09
20 Sep	2.5 m	0.8 m	2.6 m	0.8 m
Fri	04:17	10:36	16:56	23:01
21 Sep	2.5 m	0.8 m	2.6 m	0.8 m
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23 Sep	2.6 m	0.7 m	2.8 m	-
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24 Sep	0.6 m	2.7 m	0.6 m	2.8 m
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25 Sep	0.5 m	2.8 m	0.5 m	2.9 m
Wed	01:53	08:09	14:10	20:28
26 Sep	0.4 m	2.9 m	0.4 m	3.0 m
Thu	02:33	08:48	14:49	21:08
27 Sep	0.4 m	3.0 m	0.4 m	3.0 m
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28 Sep	0.3 m	3.0 m	0.4 m	3.0 m
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29 Sep	0.3 m	3.0 m	0.4 m	3.0 m
Sun	05:37	11:52	17:56	-
30 Sep	0.3 m	3.0 m	0.4 m	-

MILLWATER PARKRUN'S
200th event

On Saturday 21st July, 152 people of all ages and abilities walked and ran Millwater parkrun's 5km course to celebrate their 200th event. Many were dressed in either their parkrun milestone t-shirts or ones made just for the occasion, and at the end they were rewarded with some delicious homemade goodies.

Millwater parkrun, sponsored by NZ Home Loans, was started in September 2014 by Gavin and Antoinette Myburgh and since then there hasn't been a Saturday morning without runners and walkers taking on the course whatever the weather: rain, shine or howling winds! It relies on volunteers each week, one of whom stands out - the current event director Rhys Spyve has volunteered 133 times!

In the words of one of the regular parkrunners and volunteers, Claire: "We are all blessed to be part of something magnificent. It was evident in the smiles, laughter and hugs on Saturday that parkrun is more than 'just a run'. It is a growing community event which brings together people from all walks of life. Each week, old friends are reunited, new friends are made, goals are set, personal challenges are faced and everyone starts their weekend with a burst of energy to invigorate their body and mind. What's not to love about that?"

Saturday 15th September will see Millwater parkrun celebrate its 4th birthday. There will be a dress-up theme, spot prizes and food at the finish line. Come along and check it out.

parkrun is free and open to everyone including walkers, those with dogs, families, people pushing prams and runners of all levels. Register online at parkrun.co.nz, print out your barcode and turn up at 7.45am. Keep an eye on Millwater parkrun's Facebook page for further details. See you there!



tim lawrence fishing spot



Spring is here and, based on the moon phases, the first two weeks of September are looking really good for fishing. September has another season to celebrate, the start of the scallop season!! Soon we will be dining on seared scallops, cooked in butter with diced chorizo or maybe a little garlic, butter and white wine – yum. I have already checked to see if my dive tanks are full and ready in anticipation. Remember, Sunday is Father's Day, so we might not get a pass out. Saturday is the day; lock it in.

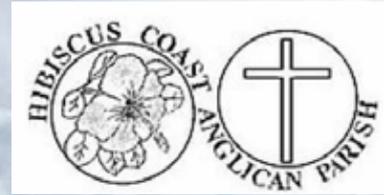
While you have been enjoying the winter weather, we have been game-fishing out of Vava'u Island in Tonga. This trip was many months in the making and it lived up to our expectations. The charter is based out of Hakula Lodge and is run by a couple of Kiwis from the Coromandel. The vessel is a 40-foot Caribbean that does 32 knots(!) and has all of the latest Shimano gear. The sun was hot, the beers were cold, the food was great, and the blue marlin were biting. What more could you want?

We managed to fish for five days (the island basically closes on Sundays), landing mahi mahi, barracuda, yellow fin tuna – and of course the target species, blue marlin. Each angler landed a blue and we were lucky enough to eat fresh fish on the island as well as take some marlin home with us for the smoker.

Blue marlin are aggressive on the strike; they make reels scream with big runs and perform aerobatics out the back of the boat. They are an exciting catch. If you are thinking of a serious fishing trip that isn't too expensive, then this is definitely worth a look. It's the little things that make a difference, like the home-baking for morning tea or the fruit salad you were supposed to eat for breakfast blended with gin, sambuca and ice for breakfast. There were a few early afternoon naps that day.

Our next trip is back to Whitianga on Mad Max & Epic in October, chasing kingfish.

Until then – tight lines!



Join us for services throughout the month:

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

Christ Church, Waiwera
1st Sunday 11:15am

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

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SHOES: Massive Reductions at Silverdale Village Store



If you believe in taking care of your feet, take a close look at these two world-renowned brands: Orthaheel and Vionic.

Super, high-quality shoes that have a huge following. These renowned brands are valued for their comfort, style and healthy design.

The only catch is these brands are not cheap... well, not ordinarily anyway.

At present, you can buy these world-renowned brands at half normal retail or even less. There are reductions on reductions at this sale.

So, if you like owning the best shoes that are good for your feet, knees, hips and back, check out the sale now on at 24 Silverdale Street, at Team Rhapsody and Post Shop, diagonally opposite the Bendon Outlet in the Silverdale Village.

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Five out of Five



Five out of five – three gold and two silver. An outstanding result to walk away with at the Registered Master Builders' House of the Year Awards last week, and we couldn't be happier. Here's the first of five that we'll be profiling over the coming weeks, to show just what goes into an award-winning home.

This 'Modern Classic' weatherboard, with four bedrooms and three bathrooms over two levels, was a gold winner in the NuLook New Home \$700,000 – \$1million category. What sets this warm and inviting family home apart is the modern, contemporary design with classic traditional touches. Inviting timber flooring flows through the main living level, which is complemented by timber detailing in the kitchen and butler's pantry, to create a rustic touch reminiscent of eras gone by.

Entertaining and relaxing is well and truly catered for, with an expansive wrap-around deck that flows to the living area through bi-fold doors. Quality craftsmanship is in our veins and it's humbling when this is recognised with gold. The awards are not just about design, but the level of craftsmanship that has gone into a build, which is closely inspected by the judges to determine its award worthiness.

Energy efficiency is also on the judges' radar, and this home ticks those boxes with a ducted ventilation system for efficient cooling throughout the year and a crackling built-in fireplace to snuggle up in front of for the colder months. A nice touch has been added on the upper level with a cosy library nook with window seat, for some bookish escapism on a rainy day.

Tony Gatman Photography



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Everyone Needs a Plan



On 7 August, MiRock Financial Services had a successful day meeting parents, young people with special needs and service providers at the Transition Expo 2018, organised by Disability Connect and the Ministry of Social Development.

We had a lot of fun, but also some serious conversations around how we can plan for the outcome and future we envisage for our loved one with special needs, as well as the rest of the family.

We are driven by our aspirations for our family and put so much of ourselves, emotionally and physically, into providing our family a secure future. Unfortunately, when life happens,

there is no assurance that the security we establish today will prevail indefinitely. We need to ensure that the 'security bubble' we build around our family is sufficiently robust to withstand any unexpected events.

So, whilst it might appear that it is more pressing for special needs families to plan, that is not the case – it is equally important and necessary for all families to be prepared to face adversity. There will be common goals amongst our families. The difference lies in how we attain those goals based on our resources and circumstances. A comprehensive plan is multi-faceted, based on the realisation that decisions cannot be made in isolation.

What is your aspiration for your family? What is your plan to achieve that aspiration? Is it a comprehensive plan? How often do you review your plan? Do you need help putting together a plan? I can help.

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 or 021 627 802.

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.
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Mental Capacity



Mental capacity is not something that we feel comfortable raising with family members; however, it is very important to consider. Why?

If a person:

- (a) enters into a contract;
- (b) wishes to execute a will;
- (c) wishes to put in place an Enduring Power of Attorney; or
- (d) is unconscious and a decision needs to be made about healthcare;

and that person does not have mental capacity, the contract, or document may not be valid, legally enforceable, or able to be put into effect? For property and healthcare matters, family members will need to approach the Family Court. If the document is a Will,

it may be open to challenge.

What is mental capacity?

Mental capacity is the ability of a person to make decisions for themselves. A person's mental capacity will be assessed, not by you or me, but by a qualified medical practitioner, or, if necessary, a decision by the Family Court may be required.

What can you do?

If you have reason to believe a person may not have mental capacity, don't leave it till the last minute to address it, this will only lead to additional costs. If you are worried about what will happen if you lose mental capacity, then we can prepare legal documents to provide for this. If possible, Enduring Powers of Attorney should be put in place. The Enduring Powers of Attorney can come into effect once a person is assessed by a medical practitioner as mentally incapable. Enduring Powers of Attorney are relevant; not only for ageing parents, but also for instances where accidents or health issues arise. We have had examples of this recently, if you would like to know more details.

If you want to make a valid Will, and there is a possibility someone may challenge the Will on grounds of incapacity, you can pre-empt a challenge by having your capacity assessed at the time of making your Will.

If you have any questions as to how mental capacity impacts your legal transaction, call the team at Simpson Western on 09 421 0559.

Patricia Parker
Solicitor

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Rod Harman Motors	09 426 6066
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Wainui Golf Club	09 444 3437
Silverdale Village Market	09 426 4479
Northern Union	09 426 2651
Helensville Golf Club	0800 420 545

Printing

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Insurance / Finance / Accounting

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MTF Finance	09 421 0335
UProtectNZ Insurance Services	027 248 9320

Pets

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Clip A Dog	09 428 3375
K9 Groomers	09 426 3274

Mortgage Adviser

Mortgage Studio	09 428 2223
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Storage

Guardian Secure Self Storage	09 905 2777
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Community

Hibiscus Coast Anglican Parish	09 426 4952
Forrest Funeral Services	09 426 7950
Illuminate Church	09 929 7824

Medical & Dental

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Focus Hearing	09 533 6463
Orewa Medical Centre	09 426 5437
The Dental Suite	09 426 5262
Silverdale Family Dentists	09 972 1406
Millwater Dental	09 972 1518

Dance

Fusion Dance Studio	09 428 3132
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millwater recipes



Mini bacon, onion, parsley & cheddar quiche (makes 15)

Bacon, Onion, Parsley and Cheddar Mixture

100gms streaky bacon cut into small dice
20mls canola oil
3 small finely diced onions
10gms finely chopped Italian parsley
1 cup of grated aged Cheddar

In heavy-bottomed saucepan on medium heat, add oil, then onion, sweat until soft. Add the bacon, sauté for 3-5 minutes, allow to cool then mix through grated cheese & parsley.

Egg Mixture

4 eggs
4 yolks
600mls cream
Salt and pepper

Whisk all ingredients together and refrigerate until required.

To finish the Mini Quiche

Using small muffin tins (around 7cm diameter), spray with canola oil. Evenly press an 11cm round of rolled savoury pastry into each mould, divide bacon mixture evenly into bottom of each pastry mould. Pour in the egg mixture a couple of mm below the top. Top with grated cheese, place into a 180c preheated oven for around 20 minutes or until pastry is cooked. It is important to check the pastry on the bottom is cooked as this will take the longest to brown.

Recipe by www.culinarylane.co.nz
Mark Lane | Culinary Lane



Fried Rice Bomb

Ingredients (makes 4 plates)

2 cups rice
500g squid rings and prawns defrosted and dried with paper towel
300g smoked pork fillet, finely diced (available at Sam's butcher)
1 tablespoon tomato paste
5 tablespoons tomato purée
8 eggs, whisked
Minced garlic

To make:

1. In a large saucepan, sizzle garlic with olive oil, add squid and prawn and pan-fry until medium cooked. Add tomato paste and stir until evenly combined with seafood. Put aside.
2. In the same saucepan, pan-fry smoked pork for 1-2 minutes, add tomato puree and let the pork cook for a while. Add rice and combine evenly, return seafoods to saucepan, combine and fry for further few minutes. Season to taste.
3. Press fried rice into a bowl to shape, put a plate on top and flip over. Make 4 plates.
4. On medium heat, pour 1/4 of whisked egg into saucepan, keep stirring fast but gently, to make it fluffy. While it is only half-cooked, pour on top of the prepared rice, it should wrap around the rice nicely. Repeat this step for the other 3 plates.
5. Use a knife to cut a cross on top to reveal what's inside.

As I always suggest, feel free to change the ingredients to suit your own taste. Onion, pea, corn, chicken are all good alternatives.

Happy Cooking!
Nita Wong

Basic tools for Keeping your Teeth Healthy



Toothpaste

Toothpaste works on several different fronts to keep your teeth in peak health. Aside from its abrasive properties that remove food and plaque, toothpastes deliver active ingredients to prevent tooth decay and gum disease. Commonly, this means fluoride, but also antibacterial agents, as well as remineralisers that aid in the reformation of tooth enamel. Toothpastes also help suppress bad breath, and leave your mouth feeling pleasantly fresh – and there's nothing wrong with such luxuries!

Dental Floss

It's true. We can definitely tell if you don't floss regularly! This has become a running dental joke, but the truth is: if your gums bleed, it means there is an underlying problem. Flossing can help with this! Flossing your teeth means that you're able to get between the surfaces of your teeth where your brush cannot reach, to remove plaque and food remnants. To use it properly, make sure to guide the floss underneath your gum line to remove the plaque and build-up that accumulates there too. This is the only way to reach those spots yourself, and the only way to ensure you're doing everything you can to keep your gums healthy.

If you have any questions or concerns about your oral health, contact us on 09 426 5262, or email us on team@dentalsuite.co.nz at any time. We'll be happy to help!

The Dental Suite | Silverdale

Keeping your teeth, gums and mouth healthy doesn't have to be complicated. In your quest for oral health, keep these three basics in your kit, and you'll be well on your way!

Toothbrush

While an electric toothbrush will definitely make it easier for you to clean hard-to-reach parts of your teeth, a regular toothbrush will do just fine if you wield it properly. Use it to clean all the surfaces of your teeth, including reaching back to your molars and wisdom teeth. Replace it regularly – a new toothbrush every change of season is easy to remember! Let it dry uncovered after every use – and don't share it with anyone, to avoid the transfer of microbes from one mouth to another. Brushing your teeth at least once a day, every day, is the most important step in keeping your teeth healthy.

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millwater **asian** corner

More than Dim Sum and Yum Cha



I have known Joanna since Canton Flavour opened in old Silverdale more than 3 years ago; there is no other place you can find such authentic and delicious Cantonese food. Excitingly, last month they opened their second restaurant in Orewa beach front – I just can't wait to spread this good news!

Joanna and her brother Raymond came to New Zealand more than 20 years ago. Raymond, who lives in Millwater, was an apprentice dim sum chef and worked his way up to becoming head chef of the restaurant. He also prides himself with the skill of roasting authentic Canton-style BBQ, such as roast duck and pork.

Joanna admitted that it was very risky to open the Silverdale shop three years ago, when Millwater was still 'young' and there weren't many people in the area. But where there is risk, there is opportunity; after all the hard work they have earned themselves

a good name and now have the opportunity to open a second restaurant.

Joanna always wants Canton Flavour to be more than just a Chinese restaurant; she sees it as a bridge to introduce Chinese culture to the Kiwis. One example is every Chinese New Year they invited "lion dance" to perform to the public in Silverdale.

In the new restaurant, she even goes a step further. Not only has she engaged a Chinese interior designer, but also spent 2 weeks in China hand-picking furniture, light fittings and ornaments, then shipping to Auckland in a container. I am sure that, once you step into it, you will feel how much efforts she has put in, to express Chinese culture throughout the restaurant.

Joanna has also injected some new ideas into the new restaurant. Not only will you find all day yum cha (which means you can see staff bringing out dim sum at dinner time); also, a covered outdoor waiting area is allocated for takeaway orders and collections (imagine it like a 'walk-through' takeaway). This is going to be a very nice facility for beach-goers and it will be available in a few months' time.

I am impressed how Joanna looks after their staff, since many of them are oversea students who have no family around. Joanna helps them to get through hard times in life. "We are there on the scene when they have a car crash; there to listen to them when they need someone to talk to; we are like their extended family in New Zealand." How lovely!

The Orewa restaurant officially opened on 13 August. I am sure you will be glad to have them in our neighbourhood.



Nita Wong
Millwater resident

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METRO PARK WEST – which design is best?

A natural amphitheatre is at the heart of designs for a Millwater park.

Developing Metro Park West, also called Butler Stoney Park, will be a multi-year project for the Hibiscus and Bays Local Board.

Board Chair Julia Parfitt says next month locals will be asked for feedback on designs showing how the park could be developed.

“The natural amphitheatre blends seamlessly into each design and the park will offer many different spaces for events, walking and picnics.”

“Most importantly because the terrain can become water-logged in wet weather, stormwater run-off will be provided for.”

“We are keen to hear people’s views on which features they would like to see included in the final design plan.”

Wainui’s rolling hills and rural landscape have inspired the

meadow and creek design while agriculture, timber milling and orchards are strong features of the industry and arbour design.

Design features and elements include play spaces, car parking, walking trails, event spaces, picnic spots and a toilet facility.

The consultation period runs from 3 - 30 September 2018.

Ways to have your say:

Drop-in sessions at Stoney Homestead Community Hub - 12 Galbraith Greens, Millwater

These sessions are on Tuesday, 4 September between 4.30pm-6.30pm and Wednesday, 12 September between 6pm-8pm.

Online – view the design concepts and give feedback at aucklandcouncil.govt.nz/haveyoursay from 3 September.

Millwater Women’s Group



On 18th July 2018 the group met at Maddren Homes Kumeu. Millwater’s very own Nita Wong has recently joined the team at Maddren Homes and invited us to come for morning tea and to view their new show home. General Manager Rodger Scott spoke to us while we enjoyed the delicious morning tea provided. Rodger really impressed us with his knowledge of the building industry and how down-to-earth he and other members of the Maddren team were. There is a lovely family feel amongst the employees at Maddren and this certainly inspired confidence in their product, also hearing about the collaborative manner they

work with architects, designers, etc to achieve a fabulous home for the consumer.

Maddrens are very proud of their gorgeous new work premises, which showcases a variety of products available for use in building and some very clever design features.

We were delighted with the new show home. This contained some amazing design features and had incredible storage for a house of its size. We loved oohing and aahing over some of the lovely features of the house. I’m not sure if any of us are thinking of building again in the near future; however, it would be hard to look past Maddren’s attention to detail if we did. Nita was a fantastic host and we recommend a visit to see her if you are thinking of building.

Our monthly grocery collection for Youth in Transition is going very well. If any of the greater Millwater community wish to assist with an item of groceries we would be delighted to add them to our regular delivery. They always need tissues, tea, coffee, milo, toilet paper, biscuits, muesli bars. Please contact me for drop off details.

Please contact me if you would be keen to speak to the group – our interests are varied and wide. We meet on the third Wednesday of the month.

Marj Noble 021 711 540



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