

theMillwatermag

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

July 2019



Thai-style Grilled Prawns



*Millwater Parkway Pharmacy -
Protect your family this winter*



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Editor's note

It's always good to be past the Winter solstice without having suffered anything like severe weather – but we may get our fair share in due course. Coming originally from the UK, where Winter often brought 50cm of snow and severe frosts, the Millwater Winter can be better than the UK Summer – so we count our blessings!



This month, there is a good focus on how we relate to each other and our children – and the importance of taking that deep breath before speaking. The words we use, especially in emails and in other online media, can be expressionless and unintentionally convey hurt – so we maybe need also to think a bit more about what we write and how we write it.

By the time you read this, the Generation Homes RotarySwimarathon will be over and the three Hibiscus Rotary Clubs will already be planning the 2020 event for the last Sunday in June. The awards evening on August 10th will see the distribution of significant funds raised for the 4 nominated charities and two other local charities that have applied for a share. You can follow this on www.rotaryswimarathon.org.nz

Motoring has always held a special part of my heart and this month's 'General Lee' was a special delight to see and review. The proud owner is a typical Kiwi – an ordinary guy with extraordinary passion and attention to detail. I hope you enjoy the car as much as I did!

Brian Mullan
Editor
July 2019

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theMillwatermag

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027 498 6202

millwater **interview**

Olivia Howard



Silverdale Primary and continued to share friendship and many interests together, including cheerleading, after moving to Orewa College.

Madi said, "It was my mum's idea that I tried cheerleading and Olivia also started at the same time. We began with Pacific Cheerleaders before moving to All Star Infinity Cheerleaders and we have worked hard to be the best we can be." Then Olivia added, "After All Star Infinity won the invitation-only bids to compete in the Global Dance and Cheer Games, on top of normal cheerleading practice nights we spent every Sunday over the past 16 months working with our Evermore team on our competition plan, and practicing to be part of the Junior Level One cheerleading teams that would represent New Zealand at the Global Dance and Cheer Games in Hawaii."

Madi Holder



Both Madi and Olivia were proud to be standard bearers for New Zealand and to march in the parade of nations with the other All Star Infinity teams under the flag of their country. The long months of dedicated practice, practice and more practice were to bear fruit, as we will learn.

But first, why did the Mike Pero Millwater Fund decide to sponsor Madi and Olivia? Sarah Furniss told us, "The administrators of the fund decided to support these girls because a) they are Millwater residents, b) they were both undertaking a range of other fundraising initiatives to get themselves to Hawaii, and c) the funding would assist in making a positive difference to their lives (the experience of competing overseas) and would benefit them immensely in terms of their learning."

After a much-needed 2 days' practice in Hawaii after arrival, the first day of competition saw their Evermore team come out ahead – by just 0.2 of a point.

Madi told us, "Our coaches had identified just a couple of things we needed to change and improve before day two" – and Olivia admitted, "We were a little nervous on day one, especially after we watched the other international teams practicing – but our results from day one meant that we were much more confident and relaxed going into day two."

All Junior Level One Cheerleader teams had completed their competition routines quite early on day two and Madi and Olivia soon learned that Evermore had won, against all the international competition from around the globe. Delighted and proud New Zealand competitors and parents were naturally thrilled to have won, after travelling all the way to Hawaii and actually beating the best that the rest of the world could offer. But even better news was yet to come...

After all levels of the other cheerleaders and dance teams had completed their competition routines, late that day it was time to announce the Grand Championship winner – and Madi's and Olivia's Evermore team had come out on top – quite literally, on top of the world. Northern hemisphere teams were nearing the end of their competition season, whilst the NZ teams were just at the beginning of theirs – which made victory over strong nations like the United States even sweeter.

Junior Level One Cheerleaders are aged 8 to 14 years and, although some had been to Hawaii previously, for others this was their first trip out of New Zealand and their first taste of international competition.

The Mike Pero Millwater Fund is also delighted with the results. Sarah Furniss said, "We have to congratulate the girls – this is such a great result for Millwater and our supportive community."

This month we meet two great friends who have, with the help of the Mike Pero Millwater Fund, achieved success against stiff international competition. Best friends Madi Holder (above) and Olivia Howard (top) met when they were attending

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what's on: **hibiscus coast**

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

Matariki Celebrations

Growing Maori Medicinal Plants - Adult's Event - Wed 3 July 1:00 - 2:00pm • **Make a beautiful Matariki diorama** - Children's Event - Fri 5 July 3:30 - 4:30pm • **Learn how to make poi at this awesome workshop** Children's Event - Wed 10 July 3:30 - 4:30pm • **Learn how to weave a cute little fish to celebrate the end of Matariki Children's Event** - Thurs 11 July 2:00 - 3:00pm

Japanese Storytime - Term time only - Friday 26 July at 11am • **Mandarin Storytime** - Term time only - Friday 5 July at 11am

Tech Time with Toby - Weds 31 July 10:30-11:30am - Androids smartphones & tablets • 12:30-1:30pm Apple Iphones & I pads • Gold coin donation • All proceeds to Harbour Hospice • For further information call Toby 021 1481834 toby@triplesweet.co.nz

Toastmasters - every Friday in July - 1:00 - 2:00pm

St Chad Market - 1st Sat of every month (next 6th July) • 117 Centreway Rd, Orewa • white elephant, arts, crafts, plants etc • Stalls \$15 & tables if required (\$5) • bookings call Andrea 02108310745 or John 09 4267645 (If it's wet it will be inside).

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

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

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

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

Every Thurs evening - Silverdale Ballroom Studio - Silverdale Hall at 7pm • Adult classes for beginners & social dancers Contact 09 527 5542 for further information.

vetspeak

Bunnies



There is no doubt that rabbits make adorable pets for children. They are relatively low care, but a good diet and excellent husbandry will help to reduce the risk of many of the more common diseases we see in rabbits.

Diet

Rabbits being fed an incorrect diet are prone to a number of diseases including dental problems (one of the most common reason we see unwell rabbits), obesity, hairballs and some behavioural issues.

So, what is the best diet for a rabbit?

- The most important part of a rabbit's diet is grass and good quality hay. Clean hay should always be available (grass hay is best, avoid lucerne) as it is extremely important, both for gut health and to increase chewing activity – this is important to aid tooth wear and avoid dental disease (rabbits' teeth continue to grow throughout their lives, so they need to be constantly worn down)

- Fresh vegetables should be provided once or twice daily, which may include dandelions, kale, cabbage, lettuce, parsley and silver beet. As a guide, do not feed more than 1 packed cup of

leafy greens per kg of bodyweight per day. Treat foods such as carrots, apples, berries, pears and pineapple can also be given in small amounts

- Commercial rabbit diets can be used but should only be a small amount of their diet. These diets are relatively high in energy and low in fibre, so excessive amounts may lead to obesity and dental disease

- Clean water should always be available – drinking bottles are best because they are easier to keep clean than water bowls and they avoid wetting the dewlap which may lead to skin infections.

General husbandry

Aside from diet, there are some important things to be aware of to help to keep your rabbits happy and healthy!

Rabbit Calicivirus or Rabbit Haemorrhagic Disease (RHD) is a deadly virus that was released in New Zealand in 1997 by farmers to control the wild rabbit population. It can be spread by wild rabbits to our pets and may cause death within a few days of infection. Approximately 90% of infected rabbits will die of RHD and once infected there is very little we can do. Fortunately, there is a vaccination available to protect our pets. It is normally given at 3 months of age, with an annual booster.

Breeding of rabbits is often what owners want to avoid. One option to prevent breeding is to avoid housing male and female rabbits together. We can also neuter rabbits at around 5 months of age to avoid breeding, and this will also reduce aggression and territorial behaviours.

Clean housing is important as rabbits are prone to respiratory disease, which can occur due to ammonia fumes from their urine. Cleaning out their cages regularly and good air circulation will help to prevent this problem.

If you would like to discuss your bunny's needs further, please call in to the clinic for a chat.

Jessica Ashley VN
Millwater Vet Hospital



Millwater

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pharmacytalk

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Buccaline helps prevent the bacterial complications of sore throats, runny noses, sneezing and coughing. You and your family will have fewer sick days off work and school, and recovery time will be quicker.

If you have not yet, or want to give your family the best protection this Winter, it is not too late to start your treatment now. For those of you who began your treatment in April, a follow-up dose is recommended to carry you through Winter.

Buccaline does not interact with any medication. Buccaline can be taken with the flu vaccine for extra protection, just allow 1-2 weeks in between treatments.

If your health is compromised, or you have respiratory problems, you can take Buccaline monthly for added protection.

Buccaline is only available from your Pharmacist.

Mandatory:

Should not replace the flu vaccine for those at risk. Always read the label and use only as directed. If symptoms persist, see your healthcare professional. Your pharmacist's advice is required. Pharmabroker Sales, Auckland.

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Dealing with It



can make us feel hopeless and want to quit.

That's when we have to introduce For Now Thinking. For Now thoughts tell us nothing lasts forever. There's going to be another game, another race, another test. Yes, there is going to be someone who is better, strong and faster out there – for now. For

Now thoughts allow us to get unstuck. That doesn't mean that suddenly everything is going to work out. We still have to work hard, wait our turn, accept that we can't have it our way and we're not going to always be the best at something.

It's important to keep the conversation going with your kids. Use stories to build understanding. Normalise and acknowledge their feelings. But don't allow them to become a victim, instead help them to see things from a different point of view.

Growing up I never knew anyone with anxiety, especially not at school. But today, it seems every second child has anxiety issues.

The reality is that approximately 8% of children suffer from anxiety disorder, the others are just normal kids who are growing up learning to face new challenges and disappointment.

We can help our children manage changes or unpleasant circumstances in their life by not over-reacting. And by giving them tools to work it out.

Tool Number 1. Thinking

Kids get stuck in a rut with their thinking. If you hear words like: always, all, never and every time, it could be they are stuck in what's called Forever Thoughts. These thoughts weigh down and make us feel like we are trapped in a loop; stuck. They

Tool Number 2. Perspective

Take the spotlight off of them and onto others. How others feel; how others are affected. If someone else won... I bet they feel really happy. What about others that worked hard as well and didn't win? How do you think they feel? Remind them to not take offence where none is intended. The world is actually fairer than most think.

My son reminded me that I said to him, "Do your best. Leave nothing out. Your best is good enough." My daughter said, "Just you being there helped."

Sometimes we don't have to say anything other than, "I know." Or "That sucks!"

To be continued... **Rechelle McNair | sKids Kingsway**


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"Building your shock absorbers" What Science has found Works Best



The reason for this is that, as more and more brands became available in the market, prices decreased as the market became more competitive. In order to reduce prices, I've watched the quantity and quality of some brands' ingredients reduce – in particular, perhaps the most important ingredient in my mind; the Chondroitin. Everyone's heard of the Glucosamine but not so many people realise it's the Chondroitin which is supremely essential to help cartilage regain its 'spongy' shock-absorbing ability. And the effectiveness therefore varies hugely between products.

To get the best results, look for 'CS Bioactive Chondroitin' which is the gold standard for enabling smoother, better functioning cartilage. Look for 'GlucosaGreen Glucosamine' which is a plant Glucosamine; one of the best absorbing in the market. And look for 'OptiMSM' which is fantastic to calm inflammation and tightness around a joint, thus better allowing the better nutrients to get in and repair.

And finally, start sooner rather than later. "An ounce of prevention is worth a ton of cure" is a good mantra.

Health by Logic | Silverdale Village

In a 'Back to the Future moment' recently, I thought back to 1996, about the time that Glucosamine and Chondroitin emerged in the market as a supplement. At that time, virtually nobody had heard of Glucosamine or Chondroitin and I spent countless hours explaining the benefits and most importantly what the clinical scientific trials proved worked best. Back then, too, there was initially only one brand and product available! And the formula or ratio of Chondroitin to Glucosamine in that first supplement was exactly what the science found worked best.

These days, many people are familiar with this supplement as a way of easing arthritic pain and rebuilding cartilage – our shock absorbers between joints. But what most people are not familiar with is that in the many formulae available now, there is a huge variation in the ratio that worked best.



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HEALTH BY LOGIC

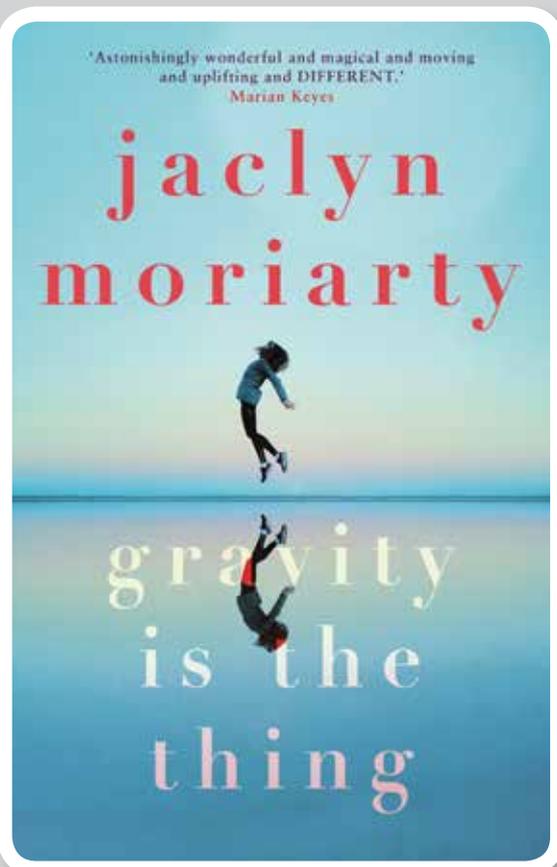
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millwater **book of the month**

Gravity is the Thing by Jaclyn Moriarty



On the eve of Abigail's sixteenth birthday, two things happened – her brother disappeared and she received the first instalment of a self-help book called *The Guidebook* in the mail. Now thirty-five years old, Abigail has been receiving random chapters from *The Guidebook* ever since that fateful day, and she still has no idea what happened to her brother, but somehow she thinks these two things must be connected. So, when she is invited to learn the truth behind *The Guidebook* at an all-expenses-paid retreat run by a man called Wilbur, she jumps at the chance to solve at least one mystery. But what she discovers isn't what she expected, but it does set her on a journey that will be life-affirming and unexpected.

Gravity if the Thing is a novel about a woman discovering herself, and forgiving herself for perceived mistakes. It's a novel of loss and grief, and finally healing and hope. In the course of the novel, we discover that not only is Abigail still grieving over her brother and wondering if he is dead or alive, she is also grieving the loss of her husband after an affair. The retreat to discover the truth behind *The Guidebook* sets her on a path of reading other self-help guides – which is very amusing and some of the people join Wilbur for 'Flight Class' on Tuesday nights afterward, including Abigail.

This is a wonderful novel! I loved it. It's warm and laugh-out-loud funny in places, but it is also wise and poignant and heart-breaking in other places. It's beautiful and imaginative, with just the right blend of the real and the slightly ridiculous. Jaclyn Moriarty is a fantastically talented writer, and I can't wait to read more of her books. *Gravity is the Thing* is an impressive, thought-provoking and ultimately life-affirming novel.

(And without doing any spoilers, I'm pleased to say that you do find out what happened to Abigail's brother at the end.)

Macmillan, RRP \$34.99

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*



Plastic-Free July is here again, so check out changeone.nz (also on Facebook and Instagram) where you can make pledges for one change you'll make, as it's overwhelming trying to do everything at once. Here you will be offered discounts, tips, prizes and giveaways to inspire your sustainability journey.

There have been a couple of changes locally, including the collection of soft plastics resuming at Countdown Silverdale. To find out about the many soft plastics that are accepted, go to recycling.kiwi.nz and find out how your chip packet can become a fence post. But please don't see this as a solution – we need to drastically reduce our use of soft plastics or the scheme will become overwhelmed again and much of it will end up in landfill.

PAK'nSAVE and New World are now allowing us to bring our

own containers for food from the butchery and deli, provided they are clean and able to seal fully. They will tare the scales with the empty container first so the additional weight is not included in the price. This way, we are reducing the amount of plastics going to recycling, which have a significant carbon footprint and an uncertain end.

Unfortunately, in the deli it's their policy to wipe the container first with a paper towel and then dispose of it in landfill bins where it is unable to decompose and will therefore release methane gases and contribute to climate change. So, I suggest requesting to keep the towel and compost it at home in order to not cancel out your good deed. Hopefully, after some more lobbying, they will ditch this unnecessary step.

As for me, I am marking Plastic Free July with the release of a parody song I have performed on YouTube. Go to my channel *Trashtalkingmama* to view.

Hayley Crawford



TRADIE OF THE MONTH *Maddren Homes*

Chris Glover from Quix Plumbing

It's not the sexiest job, but it's one of the most important that we all rely on. And Chris Glover from Quix Plumbing is someone who you can trust to get the job done right. His expertise in bathroom and laundry layouts, along with his impeccable health and safety work ethic, has earned him the Maddren Homes Tradie of the Month.

Not afraid of getting his hands dirty, Chris always has a practical solution to the trickiest of problems – and always leaves a worksite tidy. Quix are renowned for their experienced and reputable plumbers, and Chris is no exception. His efficiency and timeliness, along with excellent customer service, has not gone unnoticed.

Good on you Chris; we hope you enjoy your voucher from proud sponsor Western ITM.



Selling for Millwater residents... not once but twice!!

Thanks to the great service from Grayson, Sarah and the team at Mike Pero Millwater for our first house sale, **we had no hesitation in requesting their services a second time.** The two properties they have handled for us in Millwater were sold under very different market circumstances, but we were pleased with the service, support, communication, and outcome both times. Having had a wide variety of experiences with previous property sales, we really appreciate Mike Pero Millwater's friendliness, honesty, and professionalism, which are a rare combination in the real estate industry.

Jessica and Richard Copping | Ormonde Drive & Manuel Rd

We have used Sarah and Grayson from Mike Pero Millwater on *three* occasions to sell our homes. On every occasion we received good market information and the final result exceeded our financial expectations. Appointments were always kept and phone calls always returned without delay. Open home feedback was prompt and accurate. Grayson and Sarah helped us finish creating our retirement fund in under 5 years. We are really happy we were loyal to a fantastic team who always exceeded our expectations.

Mark and Donna Bradford | Madison Terrace, Bartlett Drive and Botanical Drive

This is the second house Grayson & Sarah have sold for us in Millwater and once again we have been very happy with the outcome. They are hard-working, approachable and always willing to go the extra mile. We would highly recommend them to anyone looking to sell.

Jamie & Monique Wilcock | Pitsaw Lane and Harris Drive

The dream team strikes again. For the second time we have had the pleasure of having Grayson, Sarah and the team at Mike Pero Millwater market and sell our property. They made the process easy and took care of all of the details for us. The professional photos were fantastic and made all the difference for our online marketing. Second to none, real estate professionals we would recommend to everyone.

Shane & Nicole Woods | Prospect Tce and Skipjack Pass



Grayson & Sarah Furniss

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mike Pero | REAL ESTATE



"By My Side" is our July exhibition theme...



Diana Pinto - Cat

Using art and storytelling to celebrate the unique relationship between humans and animals whilst raising awareness for animal welfare and much needed funds for two dedicated animal agencies. Throughout history, humans have bonded in exceptional ways with animals – both large and small. Many people rely on their animals to be their ears, their voice or their eyes, assisting with basic tasks. Animals are fascinating to watch as they demonstrate their unique characters and can amuse us for hours with their antics. The exhibition features painting, ceramics, sculpture, printmaking, drawing and photography. A varied and exciting group show, featuring the work of guest artists Cally Whitham and Jeff Thomson, alongside local artists Olivia Bezett, Bev Head, Anne Cowell, Kristina Priest, Pam Atkinson, Fiona Tunnicliffe, Jill Guillemin and more. The exhibition and fundraiser runs from 03

to 28 July 2019.

A free fun family day event will be held at Estuary Arts Centre to celebrate our unique relationship with the animals in our lives. Art and craft stalls, with treats for our pets, snuggly jumpers and cosy blankies. Little Bo Peep's mobile farm will be on site with ponies, chooks, alpacas, lambs and more.

Get the kids out of the house and off that device and enrol them into a fun, hands-on arts activity this July School Holiday programme, which runs from 08 to 19 July. There are half-day classes and full-day classes, including kite-making, pet rocks, funtastical animals, sock animals, grumpy cat sculptures and more.



Sock pet by Jessica Hanlon

to take part in our annual Members' Merit Awards, to be held in August 2019. Details can be found online or in person at the Centre. Members can receive a range of art and framing discounts from many suppliers.

For more information about the Open Day event, the Animal exhibition and the School Holiday art classes, visit the website on www.estuaryarts.org or pop into the Centre. We are located on the Western Reserve, 214B Hibiscus Coast Highway, open 7 days a week, 9am to 4pm daily.



Patricia Hollis - Tramping Buddies

July is membership renewal time, so renew your membership in order

The Mike Pero Millwater Fund



You will have read in this month's interview that the Mike Pero Millwater Fund assisted two of our young residents take part in an international cheerleading competition in Hawaii, so we thought it timely to provide some words of background on the Fund itself.

Grayson and Sarah Furniss of Mike Pero Real Estate Millwater live here, work here and over the last 6 years have given away tens of thousands of Dollars sponsoring community events and fundraising initiatives.

Up until recently Grayson and Sarah made the decisions about

which opportunities they supported, but decided that they would like to make this more open and available to the wider community – so that more people can access funds for their initiatives. To achieve this, they founded and launched the Mike Pero Millwater Fund late last year. The Fund is designed specifically to support people in Millwater and there are set criteria for funding, but the intention is that “if it is good for the community, then the Fund would like to support it.”

To get the Fund underway, Grayson and Sarah made an initial donation of \$5,000, and they make an additional contribution of \$500 from every sale that they make. Grayson and Sarah hope that this will assist the brave efforts of the many great locals who are working hard in and for this community. The Fund has already supported a number of community members and the administrative team look forward to more applications coming in. The Fund grows every time that Grayson and Sarah make a sale; therefore, by selling through them you are also helping give back to this great Millwater community.

One of the Fund administrators is Lizette Heathcote from Heathcote Legal. Not only does Lizette help manage the applications we receive, but she always contributes to the Fund each time a Millwater resident uses her services. If you are needing legal advice, please consider Lizette. She's helping support the community, so it would be great to support her.

If you would like to learn more about the Mike Pero Millwater Fund, please get in touch with Sarah, Grayson or Lizette.

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A group of Millwater ROMEOs (Retired Old Men Eating Out) enjoyed greatly a presentation from Coen van Breda, Director of AA Solar in Silverdale.

Most of us thought we knew how solar works, but there is so much more happening that makes the future of this power source a huge growth opportunity. In New Zealand, it is a very young industry and most of us see very few houses with solar panels. Most applications seem to be motorhomes and caravans.

Businesses that rely on continuous power availability are increasingly looking at the energy security that solar can provide. Cost savings over time are extraordinary even though installation can initially be expensive. There are systems that are reasonably priced and, with the very rapid advances in

technology, they will become more and more efficient – from output to cost.

In the Pacific islands, many of the hotels and resorts are moving to the green option of solar, as the problems of diesel-powered generators become hugely polluting and costly.

AA Solar is working actively in this area. AA Solar has highly qualified engineers designing, supplying and installing systems, with the very best of equipment and advice for those considering this as very clean, green power option.

Following the tour, the ROMEOs enjoyed an excellent lunch and drinks at The Wade Tavern before returning to the organiser's home for 'coffee, cake and conversation'.



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More Compliance Tasks for Landlords



The Healthy Homes Standards have been finalised and, for private landlords, the first date to aim at is 1 July 2021? Wrong! There is another important date to be aware of – 1 July 2019. From this date landlords must include in any new tenancy agreement, renewal or variation, a signed statement

of their "intent to comply with the Healthy Homes Standards".

Given that the remainder of the Standards don't come into force until 1 July 2021, it appears that this is simply a reminder for the landlord. Every time a landlord deals with changes to a tenancy, the clause will remind them that a big change is coming in mid-2021. It would have been nice if landlords were told of the reasons for this new statement!

No Extension to Insulation Deadline

We were told in 2016 that all rental properties must be adequately insulated (ceiling and underfloor) by 1 July 2019. That deadline stands, and Tenancy Services have advised that there are no extensions. Landlords have had three years to bring the insulation up to date and meet the required standard. Tenancy Services' compliance team is able to audit and to bring Tenancy Tribunal proceedings against a landlord. Any landlord who misses the deadline may face exemplary damages up to \$4,000 (in addition to the cost of updating the insulation).

Hopefully, you have done the work and this doesn't affect you!

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Local Students Create Ethical Jewellery



Fast fashion is a worldwide issue that not only unethically produces products but also produces large amounts of waste that our beautiful planet just can't cope with. So, when a few friends and I were given the freedom to create a business through the Young Enterprise Scheme at our school (Kingsway), we wanted to make that it would have a purpose and spark passion in us. Out of that, we created Refine, which sells handmade, ethical jewellery made from repurposed materials collected from Hospice Shops or by donations. By sourcing our materials this way, we are able to support local Hospices and also minimise how much waste we create.

Our name Refine comes from the concept of wanting to be a part of refining the fashion industry and through the belief that things tossed to the side, or thrown away due to being out of fashion or ugly, can actually be repurposed and made into something beautiful and unique. Each item we make is designed by one of our team members and we always promise to put quality over quantity. 10% of profits go towards GEE Nepal, which is a charity run by local Kingsway alumni Alannah Wesche. By collaboration with GEE Nepal, we are also passionate about spreading the message of what they are doing. GEE creates sponsorship opportunities between people in developed countries and girls living in Nepal. By sponsoring them the girls are able to get an education, which can make a huge change in the direction of their future. We at Refine want to change the way our customers think about the way they purchase their products – and think to themselves before purchase, “what are the ethics behind this product? What waste was made? What am I supporting?”

We strive to empower our customers to believe that their purchases can make a difference in how industries create their products and can be part of encouraging a more sustainable world where our planet can thrive.

Instagram: @yesrefine

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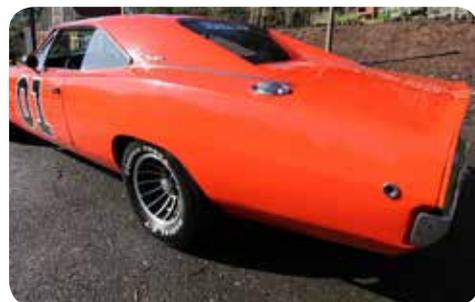
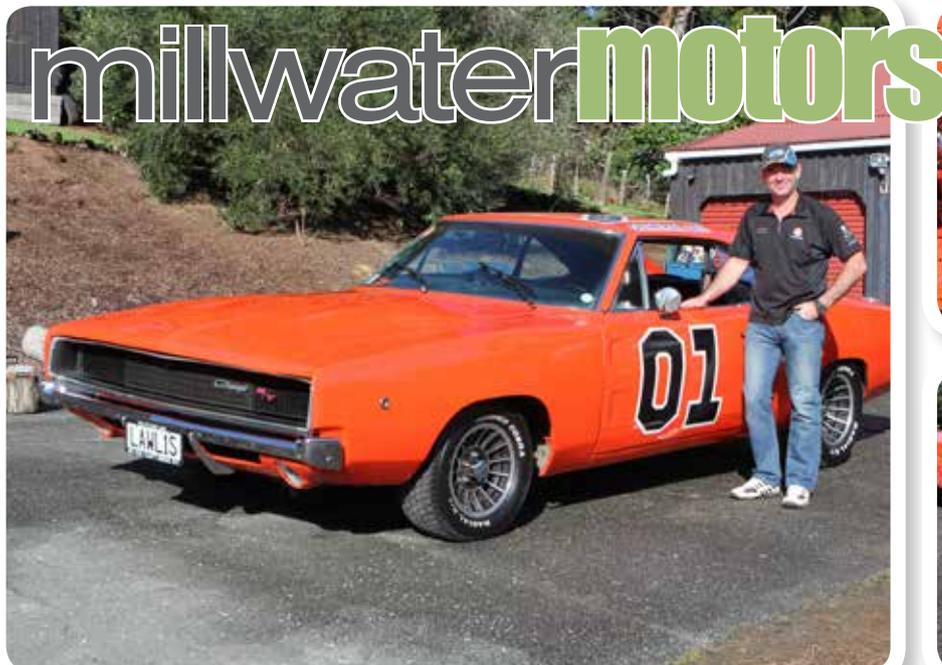
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In April 2015 we featured a gleaming black 1968 Mustang, owned by then Millwater man Ian Coupe, through whom we learned about this month's equally-gleaming beauty. Many will remember the TV series 'The Dukes of Hazzard' – so it was a delight to meet Grant Kenny ("just call me Kenny") and his very own 'General Lee' – fully restored to a highly-detailed finish.

Kenny told us, "I've been a Police Officer for the past 16 years and moved to our rural property 4 years ago with my wife Lindy and our two teenage kids." His first motoring love was, surprisingly, a Fiat Bambina 500, but Kenny said, "Through ownership of that Bambina I developed my love of cars and learned that, with a 13mm socket and a nail box you could have the whole engine out and ready to work on in 30 minutes. My Dad taught me a lot about cars over the years, including his 'you break it, you fix it' philosophy."

Kenny added, "I went from the Fiat Bambina to an HG Holden, which my grandfather bought new, my dad bought it off him and I bought it from my dad. I modified it a lot and it was the first performance car I owned until my dad trusted me to look after his HQ Holden Premiere when he went overseas."

Several years later, Kenny's wife Lindy took him on a road trip, and had arranged for her dad Brian Rainsford to come with them to Otorohanga, to see the 1968 Dodge Charger, "which

was something of a mess." Lindy's dad is a foundation member of the Auckland Hot Rod Club, knows his way around cars and knew they could fix it – so they bought it, complete with the detached engine.

Brian suggested three engine options: stock V8 with around 300bhp, or modified to produce 500-600bhp – or go 'hammer and tongs' to produce 1,000+ bhp. "I decided the middle option was all that I would need," Kenny said, "but the heads when crack-tested turned out to be rubbish. We went back to the guy we had bought it from, who offered us a set of heads from a NASCAR racer – and that's where the engine started and the money started pouring into it." All that remains original is the crankshaft and the block.

With high performance parts and race exhaust, close to 600bhp from the 8-litre V8 awaits your right foot. Other modifications include a 4-barrel Edelbrock racing carburettor, new suspension, new brakes, power-steering, sway bars front and rear. Rear 15" wheels with 295 rubber and front 14" with 245 rubber. Favourite trip? "The Beach Hop – and it seriously turns heads everywhere it goes."

We reluctantly left a very happy Grant Kenny and his beautiful General Lee.



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millwater **malt**



How many Australian whisky distilleries can you name? I knew of over 20 but the Starward Distillery in Port Melbourne wasn't one of them – at least, until now! The Starward Wine Cask Edition came up on special offer from my favourite NZ online retailer, so I read up quite bit – and very quickly, for the special offer was expiring within 2 hours.

First, some background. Founded initially in 2004 near Essendon airfield by David Vitale, then moving to Port Melbourne in 2007, the Starward Distillery is relatively new. This Wine Cask Edition single malt has been matured exclusively in Barossa Valley ex-red wine barrels, as opposed to the more traditional ex-sherry or ex-bourbon casks. Last year they received the Best Craft Distiller Whisky prize and Double Gold medal at the San Francisco Global Spirits Competition – and got Best Australian Single Malt from the World Whiskies Awards.

Decision made. Sit back and wait for the courier. Open, pour, admire. Then, to the tasting!

Colour: Well-patinated rosewood (non-chill-filtered and no added colouring!)

Nose: Dark-stoned fruity sweetness, mild oakiness and some cinnamon spice. More complex than one would expect from an approximately 4-year-old single malt. Intriguing!

Palate: The initial wine-like notes and sweetness slowly fade, with vanilla and a gentle pepperiness emerging and introducing a nice warmth to the mouth-feel. Cinnamon and black pepper. There's even a hint of Parma ham.

Finish: Medium-length. The dark stone fruit fades gently; the Parma ham notes linger on the fringes and there's a soft floral note. Enjoyably dry towards the end, as expected given the wood spices.

Conclusion: So glad I found this one. A fair bit of complexity in such a young whisky. Unusual 41% ABV, 700ml. On special, including courier delivery, for \$77.98 – a bargain!

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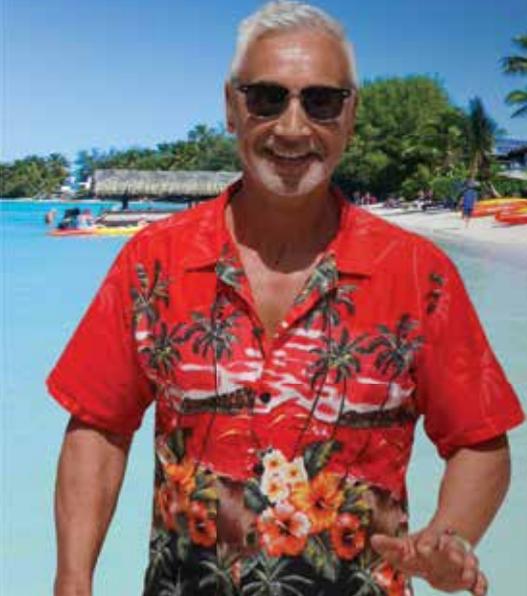
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HBC Singers are "The B's Knees"



Beethoven and Bacharach!

Those of you who are regular attendees at our concerts will be very familiar with Michael Bell - son of our rehearsal accompanist Prue - who will not only be our concert accompanist for "The B's Knees" but we have commissioned him to write a piece of music and he has chosen, in the 50th Anniversary year of the lunar landing, the poem 'Fair Moon' by William Henry Davies.

We have also invited local musician and violinist Stanley Bolton who will accompany the choir with 'Jesu Joy of Man's Desiring' and 'Zion Hears her Watchmen's Voices' - two pieces by Bach.

So; there is really something in our programme for everyone (including a world premiere!) so we hope that you will come along and support your local community choir and enjoy an entertaining afternoon of song!

The theme for our third concert, with Robyn Allen Goudge as our musical director, is entitled the "B's Knees". The Hibiscus Coast Singer's first two concerts were absolute sell-outs and Robyn's wide and varied programmes have gone down well with audiences and choir alike. For this concert our programme includes Brahms, Bernstein, The Bee Gees,



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Coping with a Critical Illness or Death in the Family



How would you cope in the immediate aftermath of the sudden loss or critical illness of a loved one?

Sadly, I was again reminded of the devastation to family and friends last week, when one of my dear clients passed away after a short illness. The loss of a loved father, husband and friend literally shook the foundations of this Indian family, their friends and business associates.

It upset me deeply also, but, as the insurance adviser for this family, it was my role to immediately take on the responsibility of gathering all the necessary documents, completing the life cover claim form, getting it executed by the surviving policy owner (wife), and lodging it with the insurer. By undertaking the claim on behalf of the client, the family was relieved of the burden of having to deal with the insurer themselves, at a time of huge stress and sadness, so they can focus on grieving for the loss of a dearly loved one.

The insurer, Partners Life, quickly paid the early Bereavement Support Benefit of \$25,000, as an advance off the total life cover sum insured, enabling up-front funeral and any legal estate expenses to be covered. This early support payment relieves any immediate financial stress that might be caused

by the loss.

The balance of the full claim was paid a short time later after presenting the insurer with a certified copy of the Death Certificate. This payment will naturally go a long way to creating some financial security for the surviving family.

Situations like this are a very sad time, but it is exactly at times like this that it is a blessing – as an insurance adviser – to be able to help people in their time of need.

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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.

	May 2018	April 2019	May 2019
Number of Sales	23	4	17
Median Sales Price	\$1,180,000	\$1,290,000	\$1,130,000
Highest Sale Price	\$1,425,000	\$1,540,000	\$1,400,000
Lowest Sale Price	\$880,000	\$880,000	\$630,000
Average % price to CV	0.97	-2.40	-2.84
Average Floor Area (sqm)	228	310	221
Weighted Value Index	1403	1375	1357
Average Days to Sell	86	37	99

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

As suggested last month, May showed a reasonable bounce-back after the lacklustre sales figures from the last few months. This reflects the stronger buyer interest that we are seeing, with online activity and open homes numbers better over the last 6 weeks.

The average days to sell has extended and reflects the selling off of some property that has been on the market for some time, with this and a skew towards townhouses and apartments also bringing the average price down. This will likely continue, with the sell-off of older stock and more buyer activity at the lower end of the market.

This all stated, well-presented good houses with realistic expectations are selling very well. There are some important elements there that potential vendors need to be aware of. Presentation is more important than ever; buyers in Millwater have a lot of choice and many of the properties that they are viewing are show homes or new homes that have comprehensive home staging. We advise that our clients view other open homes for ideas on the level of presentation required, and we can let you know which ones are getting strong attention. Great presentation will strongly increase the likelihood of someone starting an emotional connection with your property, which is absolutely key for obtaining premium pricing in sensible timeframes. Often getting presentation to this level will come with a price tag. However, like quality marketing, this is an investment in getting the best price for your property. When we would consider that the difference between two similar properties could be \$50,000 – based on good versus bad presentation – spending a couple of thousand getting it right in the first place is a worthwhile investment.

The second element mentioned above is “good” homes. Unfortunately, in this market the definition of good is decided by the buyer. There is a long list of things that buyers are looking for when buying in Millwater and also a similar list of things that they don't want. We are happy to discuss these in detail with you, but suffice to say too few of the former and too many of the latter and something is going to have to give – usually selling price. Sometimes some patience will work, with the right buyer who doesn't care about the negatives and loves the positives available, if we wait for them to come to the market, but this could be a discussion of months rather than weeks. If the property is not well-presented and “good”, and if time is not on your side, then the trade-off is likely to be selling price.

There seems to be a wide variety of selling prices being achieved right now and this is where good knowledgeable advice counts. We have been experiencing some great premium price sales of late, with our average above Rateable Value – but this is not consistent with the market and where choosing the right agent becomes important. In this market, local knowledge and a real investment in the community counts more than ever.

For more detailed discussion around how this all affects you and your property, please feel free to contact me – we are always keen to have a chat.

Grayson
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Max Zhang

021 521 888

max.zhang@mikepero.com

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AVAILABLE NOW!

7 Colonial Drive

- 5 bedroom, 3 bathrooms, 276m²
- suitable for extended family
- fantastic location
- built by Maddren Homes in 2017
- stunning kitchen with double oven and butler's pantry
- two ducted heat pump systems

Contact Grayson or Sarah for more details



Grayson & Sarah Furniss

021 665 423 | 09 426 6122

millwater@mikepero.com

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BEAUTIFUL GJ GARDNER HOME ON EXTRA LARGE SITE!

4 2 2

www.80harrisdrive.com

80 Harris Drive, Millwater

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

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



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www.mikepero.com/RX1806232

AVAILABLE NOW!

2 Harris Drive

- 4 bedroom, 2 bathrooms, single level
- ticks the boxes with a walk-in pantry and separate laundry
- great outlook and additional parking
- built by GJ Gardner in 2014

Contact Grayson or Sarah for more details



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AN OUTSTANDING PROSPECT

4 2 2

www.22prospectterrace.com

22 Prospect Terrace, Millwater

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

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



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CENTRAL MILLWATER TOWNHOUSE

3 2 2

www.4stableslane.com

27 / 4 Stables Lane, Millwater

Whether its your first home or maybe you wish to downsize, this stunning townhouse may be just what you are after. Centrally located in the heart of Millwater, you will have excellent access to local shopping, cafes bars and parks, with a range of schools all within easy walking distance. People who live in this complex love this simple form of living where your weekends are your own to explore all that this wonderful area offers. Call us for more information.

- generous 121m² floor plan (excluding garage) in a fully secured complex with entry gates
- automatic gates securing the underground carpark, where you get two parks and a storage unit
- ideal lock up and leave or investment property



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SIMPLICITY AND STYLE...AND NOT A STAIR IN SIGHT.

4 2 2

www.65madisonterrace.com

65 Madison Terrace, Millwater

Totally single level, attractive brick and weatherboard home with sun pouring in through the double glazing. Add the balance of a master build guarantee, a wonderful location in a quiet neighbourhood and you will be struggling to find fault with this property. This has everything you're looking for - call us for more information.

- four double bedrooms with built in wardrobes, master with walk in wardrobe and ensuite
- flat, easy care and fully fenced 543m² site
- large open plan living area flowing to private garden and entertaining deck, stunning kitchen with walk in pantry
- just three years old and built by reputable builder Maddren Homes



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Diabetes and Your Eyes – by OPSM Silverdale



At some point following diagnosis, many people with diabetes experience changes to their vision. Diabetes (type 1 & 2) can affect the blood supply to the eyes, which may contribute to the development of cataracts, glaucoma and diabetic retinopathy. So, for those with diabetes, it's particularly important to have regular eye exams to monitor eye health and detect any issues early.

What is Diabetic Retinopathy?

High blood sugar levels can damage the fine blood vessels of the retina, the light-sensitive lining at the back of the eye. This can result in blockage, blood leakage, swelling and inflammation, all of which can affect vision. The condition is

called Diabetic Retinopathy and symptoms can vary from person to person but they include:

Blurred vision

Floater and spots

Blank or missing areas in the vision

Double vision

Difficulty seeing well at night

Problems with balance, reading, watching television and recognising people

Being overly sensitive to glare

If you have any of these symptoms, regardless of whether or not you have diabetes, you should have an eye exam as soon as possible.

Diabetic Retinopathy can be detected by your OPSM Optometrist long before you experience any symptoms, and this is why we recommend regular eye tests; at least every two years and more frequently if you have diabetes.

If you would like to book an eye test, please call in to OPSM in the Silverdale Centre (Opposite Pita Pit) or call us on 09 426 7902 or book online at www.opsm.co.nz

Tracy Kendall-Jones (Owner) OPSM Silverdale



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opsm.co.nz



[^] 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.

Silverdale School - Team Kiwi's Trip to Stardome

On Wednesday, Room 8 scrambled to the Stardome. We saw lots of bright, white stars. We ran into the giant Stardome and soon after a man called Josh took us into another big room and told us all about planets and space. He told us that Pluto is not a planet because it is too small to be a planet. Did you know that Uranus got knocked over and the whole planet went sideways? There used to be nine planets but now there are eight because Pluto is too small. Before we got out, we had to do some activities on the iPads. My iPad was called Pluto. After, Josh took us into another room and it had a circular roof and we saw lots of different planets. I enjoyed my day.

By Gemma Dunn

Yesterday, me and the year two's went to Stardome. We went on the really bendy bus. I saw real space suits. I looked in the funny mirror and I looked big. I pulled a lever and a Lego spaceship got activated. The year two's went to a room. We learned about stars and planets. We got an iPad and we had to answer the questions correctly. I learned that Mars is cold and that Venus is hot.

Victoria Koyi

I went to the Stardome in a noisy, bendy bus. I loved the Stardome because I liked the movie on the ceiling. Finally, we learned that Uranus got banged into by an asteroid and went on its side!

By Ryder Hodgkiss

WALT write instructions

How to brush your teeth

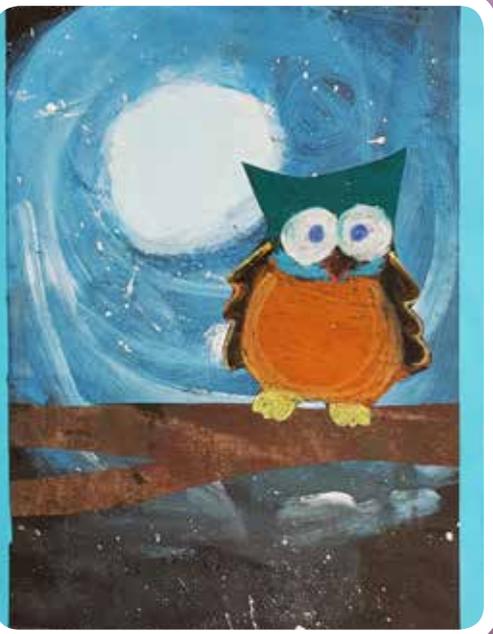
What you need:

Toothbrush, toothpaste, water

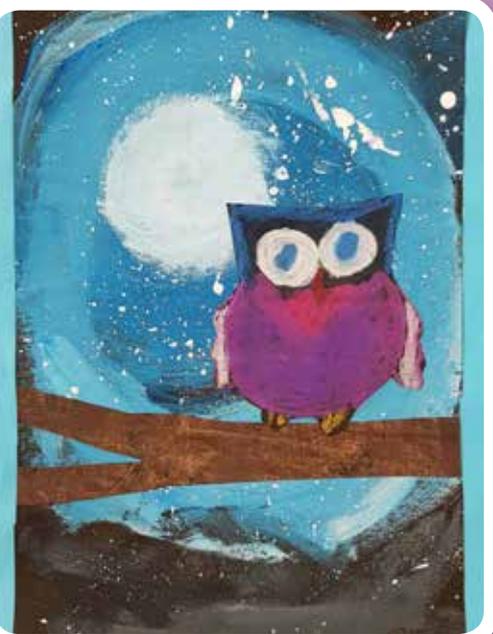
Steps:

1. Get your toothbrush and toothpaste.
2. Get your cup of water.
3. Open your toothpaste.
4. Squeeze 1cm of toothpaste on your toothbrush.
5. Put your toothbrush in your mouth.
6. Clean for 2 minutes.
7. Rinse and spit out...in the sink.

By Poppy Coleman



Connor Gloy Room 8



Maggie Young Room 8

Deejays

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For Shoes' Sake



Shoes can say 1,000 words. They let the world know a little more about who you are, without you having to say a word. Shoes have the ability to show personality and add flavour to your visual message, or just be practical for the purpose for which they are required.

Each shoe type has a different message and has the power to dress up or down an outfit.

I personally believe that a carefully thought-out shoe can completely elevate an outfit and give you the confidence to walk tall and with self-assurance.

Here are a few tips to consider when choosing what shoe to wear:

Elongated shapes lengthen and slim the legs, whereas blunt and very rounded toes shorten and broaden legs.

Pointy toes are less comfortable than rounder styles.

Fashion looks aside, pointy toes make the wearer appear more youthful and at the same time can appear more mature.

When shopping for shoes, consider these points:

Preferably shop for shoes in the afternoon. This means that, if your feet have swollen a bit, you will know the shoe will be comfortable after a whole day of wearing them.

Bear in mind, when buying a high heel shoe, to pay attention to where the heel sits. Ensure it is sitting directly under your heel for good support.

If the shoe doesn't fit, don't buy it.

And lastly, I would like to leave you with some shoes I feel are good to have readily available in your wardrobe; for functionality and to finish off your desired look:

Long pair of boots	Slip on shoe
Ankle boots	Wedge / high heel
Dressy sandal	Jandals
Dressy sneaker	
Functional active-wear sneaker	

Have fun with your shoes – they are happy extension of you!

Janine – Natural Style



Central's Tips July 2019

It's a time for doing prep - garden chores that get things ready for spring gardening success. Apply copper and oil to fruit trees, control moss in your lawn, move deciduous trees and prune roses. It's also a great time to get muddy areas under control with drainage and Jakmat.

In the Veggie Patch

- **Chitting potatoes:** place seed potatoes in a dry, light area to sprout, so that you can begin to plant in late August
- **Get the berries in:** Try Raspberry 'Heritage, Red Currant 'Gloire de Versailles', Black Currant 'Magnus' and check on the blueberry varieties that are best in warmer climates.
- **A spray of copper and oil** is an age-old, natural way of applying a guard against the early season fungal infections and insect attack on fruit trees, grape vines etc
- Start some **early seedlings** of tomatoes, rocket, lettuce and dill indoors, so you're ready to plant out when the temperatures warm up

The rest of the Garden

- **Deciduous trees** and shrubs become dormant in winter, so this is the best time to lift and re-position them around your garden
- **Rose pruning can begin from late July** – watch on-line videos or check your local garden centre for their schedule of pruning demonstrations
- **Daphne, wintersweet and boronias** are just some of the wonderful scented winter shrubs that can be planted – preferable near a walkway or a beside a door
- **Control moss** in the lawn by spraying Yates' Surrender and get prepared by sharpening the blades of your lawnmower

Purchasing a home? Beware the 'solicitor's approval' clause



Purchasing a new home can be exciting. It is important, however, that before you sign the Agreement for Sale and Purchase, you have done your homework. You need to have the right clauses in the Agreement to protect your interests; and you need to be aware that inclusion of a 'solicitor's approval' clause is not always sufficient.

The home of your dreams

So, it's Saturday and you have just viewed the home of your dreams. You don't have all the information, but you've fallen in love with the home. You decide, in the interests of time, you won't get a building report as the house is reasonably new, and as you are pushed on the purchase price, you won't bother with the cost of a LIM.

So now it's time to sign. You have read the Agreement, maybe not all of the fine print, but you see the words, 'conditional upon solicitor's approval'. This gives you peace of mind, as you believe that, if your solicitor does not approve, you will be able to walk away from the purchase. Hmmm, possibility not!

The home of your dreams - hmm maybe not?

What you don't realise is that there are only certain limited circumstances in which you can rely on the solicitor's approval clause. This clause only allows us to look at the form and its validity. It doesn't apply to the big-ticket items such as addition of further clauses, any commercial aspects, or when you wake up on Monday morning and realise you've made the wrong decision.

What could you have done?

Remember: the purchase of a home is a big investment. Spending the time on the right conditions is essential; and understanding which conditions will actually get you out of a contract is also essential.

If you need peace of mind in your property purchase, our experienced and approachable team are happy to help you navigate the property market. Call us on 09 421 0559.

Melanie Baker-Jones
Solicitor
SIMPSON WESTERN

Grayson Furniss
LICENSED SALESPERSON
FRANCHISE OWNER

Mike Pero
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M 021 665 423
E grayson.furniss@mikepero.com
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simpsonwestern.co.nz

holiday destinations

Travel back in time with a memorable DC3 flight experience

In December last year we treated my husband's parents to a Scenic Flight on a DC3 over Auckland. Flying is in their blood, as my mother-in-law was an air hostess and used to fly on the DC3, and my father-in-law was an engineer for the DC3. It bought a few tears to their eyes!

We arrived at Ardmore, where we enjoyed tea, coffee and juice. Then they checked in where professional and friendly crew were waiting to welcome them and issue their Boarding Passes.

After the Captain's Welcome, they walked out with the crew and boarded the elegant DC3 – in which they were to be treated to a spectacular ½-hour tour of the Auckland region. My husband and I waited in the hangar, and then we could walk out on the tarmac to view the aircraft and take pictures of the passengers boarding. Then it was take-off time!

They headed out over the Eastern Beaches and then over Rangitoto, where they could see the volcanic crater. Then a sharp turn over the North Shore Beaches, followed by a circuit over Auckland Harbour and around the city, taking in the Sky Tower. Then over One Tree Hill, Mt Eden and finally they had clearance to fly over the Auckland International Airport where they did a flyover of the runway, then back to Ardmore.

Sometimes, depending on the wind, the itinerary will be done in reverse. Once they landed, we all went out to greet them and we were even allowed on board to have a look inside this amazing aircraft. With room for up to 30 passengers, you can be sure you will have the experience of a lifetime on board this magnificent aircraft.

If you would like to experience this DC3 Experience, their website is www.flydc3.co.nz or if you would like a brochure please let me know.

Helen Baxter
Air New Zealand Travel Broker
021 684 770 or helen.baxter@airnzbrokers.co.nz



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Mon 1 Jul	05:33 2.8 m	11:47 0.7 m	18:10 2.9 m	-
Tue 2 Jul	00:12 0.8 m	06:25 2.9 m	12:38 0.5 m	18:59 3.0 m
Wed 3 Jul	01:04 0.7 m	07:18 3.0 m	13:28 0.4 m	19:49 3.1 m
Thu 4 Jul	01:56 0.6 m	08:11 3.0 m	14:17 0.3 m	20:39 3.2 m
Fri 5 Jul	02:48 0.5 m	09:04 3.1 m	15:07 0.3 m	21:31 3.3 m
Sat 6 Jul	03:40 0.5 m	09:57 3.1 m	15:57 0.3 m	22:23 3.3 m
Sun 7 Jul	04:33 0.5 m	10:50 3.1 m	16:49 0.4 m	23:16 3.2 m
Mon 8 Jul	05:28 0.5 m	11:43 3.1 m	17:44 0.5 m	-
Tue 9 Jul	00:09 3.2 m	06:24 0.5 m	12:37 3.0 m	18:43 0.6 m
Wed 10 Jul	01:04 3.1 m	07:20 0.6 m	13:35 2.9 m	19:43 0.7 m
Thu 11 Jul	01:59 3.0 m	08:17 0.6 m	14:35 2.9 m	20:43 0.8 m
Fri 12 Jul	02:56 2.9 m	09:14 0.7 m	15:37 2.8 m	21:42 0.8 m
Sat 13 Jul	03:53 2.9 m	10:11 0.7 m	16:37 2.8 m	22:38 0.8 m
Sun 14 Jul	04:50 2.8 m	11:07 0.7 m	17:33 2.9 m	23:33 0.8 m
Mon 15 Jul	05:44 2.8 m	12:00 0.7 m	18:24 2.9 m	-
Tue 16 Jul	00:25 0.8 m	06:36 2.8 m	12:50 0.7 m	19:11 2.9 m
Wed 17 Jul	01:13 0.8 m	07:24 2.8 m	13:34 0.7 m	19:55 2.9 m
Thu 18 Jul	01:58 0.8 m	08:10 2.8 m	14:15 0.7 m	20:38 2.9 m
Fri 19 Jul	02:41 0.8 m	08:54 2.8 m	14:54 0.7 m	21:20 2.9 m
Sat 20 Jul	03:21 0.8 m	09:35 2.8 m	15:31 0.7 m	22:00 2.9 m
Sun 21 Jul	04:01 0.8 m	10:15 2.7 m	16:08 0.8 m	22:40 2.9 m
Mon 22 Jul	04:41 0.8 m	10:54 2.7 m	16:47 0.8 m	23:20 2.8 m
Tue 23 Jul	05:22 0.9 m	11:33 2.7 m	17:29 0.9 m	-
Wed 24 Jul	00:01 2.8 m	06:05 0.9 m	12:15 2.6 m	18:15 1.0 m
Thu 25 Jul	00:43 2.7 m	06:50 0.9 m	13:00 2.6 m	19:06 1.0 m
Fri 26 Jul	01:27 2.7 m	07:37 0.9 m	13:51 2.6 m	20:00 1.0 m
Sat 27 Jul	02:16 2.7 m	08:29 0.9 m	14:48 2.6 m	20:56 1.0 m
Sun 28 Jul	03:09 2.7 m	09:23 0.8 m	15:48 2.6 m	21:52 1.0 m
Mon 29 Jul	04:05 2.7 m	10:20 0.8 m	16:46 2.8 m	22:49 0.9 m
Tue 30 Jul	05:03 2.8 m	11:17 0.6 m	17:41 2.9 m	23:46 0.8 m
Wed 31 Jul	06:00 2.9 m	12:13 0.5 m	18:34 3.1 m	-

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July is Glaucoma Awareness month. An estimated 115,000 Kiwis have Glaucoma, but only half of them know it! It is known as the "Sneak Thief of Sight" as it can slowly develop over time and permanent vision loss starts in the peripheral part of vision. Once it reaches the central vision and does become noticeable, glaucoma has already reached an advanced stage and cannot be reversed. However, if diagnosed and treated early, the disease can be controlled.

The best way to protect your sight from Glaucoma is to get your eyes examined regularly. Optometrists recommend a comprehensive eye exam every two years, especially if there is a family history of Glaucoma. To support Glaucoma Awareness Month, Orewa Optics is donating \$2 to Glaucoma NZ for every eye exam done in July.

Call Orewa Optics 09 4266646 or visit www.orewaoptics.co.nz to book your comprehensive 45min eye exam today.

See advert on page 38.

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Jazz and blues band *Indigo Blue* will add their unique sound to the night, putting a bluesy spin on well-known songs and showcasing the huge harmonica skills of Keri Betti.

Enjoy refreshments and a cash bar, and the opportunity to show

your support with spirited bidding for generously donated auction items and raffles.

Tickets are \$40 each or two for \$70. Don't miss out on this dramatic and highly entertaining show, which takes place at the Orewa Arts and Events Centre on Saturday 6th July, 7:30pm to midnight!

Buy your tickets now at Hospice Shops in Whangaparaoa, Orewa and Silverdale, or online at harbourhospice.org.nz/event



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The water is well under 20 degrees now and fishing the change of light is a chilly experience. The good news is that there has been some great work up action outside the cable zones between Tiri and Anchorite, so there are plenty of fish to be caught during daylight hours.

I expect the fishing to drop off a bit over July and August, but I have a couple of methods that seem to provide results over the winter months. One requires a lot of bait and burley, while the other option needs a bit of fuel to get to the fishing grounds. Early morning bait sessions until around 9am will get you on the board, then I find that the fish seem to hold in 45m-50m out towards Horn Rock and over to the Broken Islands by Great Barrier. If the fish aren't biting, slip a squid tentacle or sliver of pilly on your slider to bring the bite on. This time last year we found big snapper full of scallops and worms in this area. If the weather is good next weekend, I will let you know if they are still there!

Last month we travelled to the Coromandel for a charter with Mad Max. The weather looked good all week; we had been planning to get out wide for a deep drop for a couple of years, but the weather hadn't played ball. This was our weekend! We steamed 2.5 hours out to depths over 200m while the sun rose over the horizon. The wind was 5 knots and disappeared by lunchtime leaving the sea like an oil slick. It was a magic day to be out on the water and so far away from land. Each drop was full of anticipation and excitement, trying to guess what type of fish were biting based on the feel of the rod 200m+ above. We had some interesting bycatch throughout the day with terakihi, rubyfish and kingfish all coming on board alongside our target species of bluenose, bass and gemfish.

Another magic trip and great memories under our belts – tight lines!

“By my Side”

A multi-media group exhibition to celebrate our special relationship with animals



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millwater**bizbuzz**



It is always a pleasure to introduce new Millwater businesses through the Biz Buzz – and it is doubly a pleasure when that business produces amazing cakes. We met up with Elizabeth Tan to learn more about her and the amazing, bespoke artisan cakes that she produces.

Elizabeth was born in Kuching, Sarawak, which is part of Borneo in East Malaysia. From a happy childhood in a beautiful place, Elizabeth began her career as a flight attendant with Malaysia Airlines and moved to Kuala Lumpur. In 1993 she moved to Hong Kong and continued her career with Cathay Pacific. Elizabeth and husband Marcel decided in 2006 to leave Hong Kong and settle in beautiful New Zealand.

What to do next? Elizabeth told us, “I had always loved baking,

so I decided to attend night classes in cake decorating, which at that time were at Westlake Boys’ School, and then continued by attending 3 courses in cake decorating at Milly’s in Auckland.” Elizabeth began selling her cake and cupcake creations, and continued to do so until their son was born in 2012.

The commercial side of baking took something of a back seat but Elizabeth continued to bake for friends and for charity. Elizabeth added, “We are Christians and I have baked as my blessing for the Salvation Army since 2012. I also baked for my husband’s ministry at Auckland City Hotel in Hobson Street, and was later asked to bake on a commercial basis for them.”

Council applications for a commercial licence followed, to enable Elizabeth to bake from her home kitchen – and a Food Safety Grade A licence was quickly approved. After returning from a Christmas break in Malaysia, good friend Nita Wong (whose delicious recipes are a regular feature of this magazine) suggested that Elizabeth launch her business in Millwater.

The now familiar ‘Elizabeth arTisan BAKES’ was launched and customers began ordering.

“I draw my inspiration from a number of sources,” Elizabeth said, “including from the great Bernadette Gee of Magnolia Kitchen right here in Silverdale – and through Instagram from a worldwide selection of cake decorators.”

Favourite cakes? “I have to say my top favourite is caramel cake, which some say is my signature cake, then chocolate cake and vanilla cake; and my signature cheesecake is Baileys – one of 3 that I’m supplying to Vie Lounge & Eatery in Auckland City Hotel.”

Specialty, bespoke cakes are what drives Elizabeth Tan – who concluded with the words, “Nothing is perfect, but my cakes are unique and honestly made through my inspirational Christian faith.”

You can judge the ‘proof of the pudding’ yourself – we did, and it is delicious!



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communitynews

Justice of the Peace back with the CAB

As some of your readers may be aware, the Justices of the Peace have been holding clinics at the Orewa Barber Shop, Hillary Square, Orewa since 1 April 2019 while the Citizens Advice Bureau was being refurbished.

We are pleased to advise that the CAB is in the process of moving back into their newly refurbished accommodation and will be operating as normal from 11 June 2019. The Justices of the Peace will relocate back to the CAB and the first clinic will be on 1 July 2019.

The Auckland Justices of the Peace Association would like to acknowledge Lorraine of the Orewa Barber Shop for allowing the JPs to operate out of her premises as a temporary measure. The access, additional work and support provided by Lorraine and her staff in support of the JPs has been first class.

Thank you, Lorraine.

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Back to Basics - Lump Sum or Monthly?



Setting up your personal insurance plan requires more than identifying a 'product' and deciding how much of it you need.

An important consideration is – in the event of a claim, how you would like the funds to be paid – in a lump sum or monthly? This could determine the type of insurance you obtain.

Lump sum funds are useful to meet large commitments e.g. debt, large purchases. Monthly payments help you meet ongoing expenses and maintain your lifestyle.

You can decide how long you would need the monthly payments for e.g. 2 years, 5 years, up to age 65? A shorter

payable term would suit, if:

- you return to work within or at the end of the period; or
- within the payable term, you/your partner have the ability to generate an income stream to replace your lost income.

If returning to work/generating additional income is not foreseeable, a payable term up to age 65 might be more suitable.

Given that lump sums payments are usually significant amounts, the spending and budgeting habits of the recipient of the funds is critical in determining if lump sum payments are suitable. This is to ensure that the funds are used for their intended purpose.

There are many variables to consider. Add to the mix the insurance products available and their respective benefits; there is plenty to evaluate.

My advice: Seek out a Financial Adviser you trust and are comfortable with.

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

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I live and work locally and am passionate about helping people protect themselves, and their families. **Have any questions?**

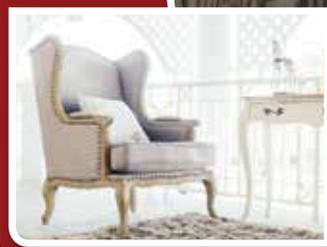
Contact me, Valentina Pereira and we can chat over a coffee.
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Millwater Women's Group Youth in Transition



On 15th May 2019 the group met at one of our members' homes. Tina Jones from Youth in Transition came back to give us an update on their year. Millwater Women's Group has supported Youth in Transition for the past year by collecting groceries for the Trust, to assist with their budget. We collect all the basics to run a busy counselling centre; such as toilet paper, tissues, cleaners, fruit juice, tea, coffee, Milo, baked beans and

lots of biscuits (mostly chocolate) to treat their young clients.

Youth in Transition (who are considering a name change at the moment) deal with children and young people who are at risk of hurting themselves with self-harm and suicide. The Women's Group all felt very strongly that this was a very worthy cause that we wished to support. The Trust does a fantastic job of helping youth journey back to a place where they value their lives and wish to participate fully in society. Tina Jones is an inspiration to us all in what she and the organisation have achieved over the last few years. Tina has so many success stories to relate, and it is uplifting to know we are helping in a small way to keep the cogs running so she and her team can keep those successes coming.

Thanks also to our members who every month contribute so that we have a bountiful supply of goodies for the group. You are all very kind women.

If anyone in Millwater would like to assist the Women's Group with donations to the groceries please call Marj on 021 711 540 for pickup or delivery details. We start collecting in the second week of the month and try to deliver in the 3rd week of the month.




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What is a Plant-Based Diet?



There has been a lot of talk about plant-based diets and how valuable they can be to our health. Does that mean we should all be vegetarian or vegan? Not necessarily. A plant-based diet simply means that plants, in the form of fruit, vegetables, nuts, seeds, legumes, beans and whole grains, should make up the bulk of what we eat.

The World Health Organisation recommends eating “a minimum of 400g of fruit and vegetables a day (excluding potatoes and other starchy tubers) for the prevention of chronic diseases such as cancer, heart disease, diabetes and obesity, as well as for the prevention and alleviation of several micronutrient deficiencies.”

Micronutrients are essential nutrients (vitamins and minerals) required by our bodies, to run the many thousands of physiological processes that occur in our bodies each day. A more extreme example of a major micronutrient deficiency would be scurvy – a disease resulting from a deficiency of vitamin C – scourge of sailors from the 15th to 18th centuries. Symptoms include gum disease, anaemia, sores that won't heal and symptoms of weakness.

Vitamin C is required for making collagen (a major component of connective tissue which makes up our ligaments, tendons, muscles and skin) – without sufficient collagen, tissues start

to break down. Although considered an historical disease, a case of scurvy was discovered in New Zealand in 2017, in a man who lived mainly on takeaway foods, and its occurrence is still reported in other industrialised societies. A Christchurch survey revealed that 70% of healthy controls consumed less vitamin C than the Ministry of Health recommendations – which may not present as scurvy, but will certainly have an effect on optimal health.



Plant foods are also high in phytonutrients and fibre, which are not essential for keeping us alive but are highly protective against chronic diseases, the leading causes of mortality worldwide. In New Zealand, only 50-60 % of us are eating three or more servings of vegetables per day. So; we can all benefit from a plant-based diet, no matter whether we chose to be vegetarian or not.

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

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

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

Paula Southworth | Nutritionist from NutritionSense

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Options and Tantrums



To continue my article last month about Asian-style parenting, I do have some more to say...

While we do not have family around to help (and when the mighty Millwater Facebook page didn't exist), I used to call the Plunket hotline very often, whenever my toddler was not eating well, or baby not sleeping as much as I wanted him to.

And that's when I caught a glimpse of Western-style parenting. "Options", the Plunket nurse always reminded me; "you need to give them some choices, so they can feel more involved and have more control."

This is totally against the parenting principle I was brought up with. We always did what our parents/teachers asked us to, and never talked back. This is the Golden Rule we couldn't break; otherwise serious consequence could follow.

"Time to practice piano!" Mum would order, and there was no room for any negotiation. I was doing pretty okay following rules and didn't question a lot – my brother, on the other hand, did have some episodes with Mum in front of the piano, and it is still a classic childhood memory we always talk about.

This is why, when my pre-schooler started to throw a tantrum, I have no idea what it is about. When my Mum was here visiting, she couldn't believe I tried to offer some choices for my son. (Tantrum is never in her dictionary)

Weetbix or bread for breakfast? Zoo or park? Why bother!!

I expressed my concerns to a Kindy teacher, which was almost 6 years ago, but I still remember every word she said: "This is unfortunately the result when giving a child options and choices; you are trying to raise a person with independent thinking and ability to express their feelings. It could be hard for you when they are still young, but this is the crucial skills they need in adulthood."

No doubt about it.

In fact, my 6-year-old has more mature thinking than I had as his age. In another words, he knows what he is doing. However, I think I have developed more self-discipline than my children, and I am forever grateful for my parents training me up with this skill. There is certainly heaps to learn along the parenting road...

Pretty sure my mum would enjoy reading this article. I didn't ask her approval to write the above, because, after all these years, she is not a Tiger anymore.

Nita Wong

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Exterior Housewashing

Silverdale Furniture Restoration – New Owners



Owner Malcolm Edwards (left) with employees Alan Swainbank (centre) and Shaun Blunen

He is always happy to discuss the style of furniture required and to suggest a colour/finish. “We can source a wide array of timbers – usually from local yards. They include natives like rimu, tawa and kauri, and various exotics such as mahogany, oak, beech, ash and walnut.

“And we make a variety of bespoke furniture – from chairs/benches and stools to tables and bedroom furniture. Items can be made to complement a client’s existing furniture.”

Staff are also experienced in modifying furniture – for example, altering wall units or dining tables for people who are downsizing. And they are able to undertake a broad range of repairs to broken or damaged furniture – which extends to cane, rattan, lead-lights, glass and upholstery.

Silverdale Furniture Restorations Ltd, meanwhile, concentrates on restoring antique or modern wooden furniture. Malcolm says, “They produce high-quality restorations – exemplified by their approach to stripping the original paint, varnish or other coatings.”

He emphasises that they don’t use dip tanks – a convenient but abrasive method that involves submerging furniture in a chemical bath. It can remove any previous finish, but can also cause veneer to loosen and joints to become unglued, among a host of other problems.

Instead, they prefer to strip by hand, using a small amount of solvent to gently remove unwanted material by means of a cloth or wire brush.

And, since taking over the business, he has been pleased to note that much of their work comes through word-of-mouth referrals – the lifeblood of many small firms.

In February of this year, both Silverdale Furniture Restoration and Country Charm businesses were sold to cabinetmaker Malcolm Edwards and his wife Donna. Malcolm and partner Scott already run KDM Kitchen Design and Manufacturing.

Malcolm thought it made good sense to buy both operations and merge these with the existing kitchen business, thus maintaining a variety of expertise under one roof. And he was keen to retain the current staff from both businesses and their knowledge of the trade. The existing staff come with a wealth of experience, like our French polisher “Jim” who has been in the business for over 50 years.

Malcolm says there are important delineations between the three arms of the business. Essentially, Country Charm Furniture is involved in creating bespoke items, working to clients’ tastes and specifications.



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