

THE MILLWATER MAG

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74

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Your FREE monthly magazine of all things
Millwater & the Coast

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Editor's Note

Welcome to the early days of autumn. It's been another hot summer and the weather is currently still fit for beaches and barbeques. The evenings have been beautifully warm and it's lovely seeing so many people out for twilight strolls. Fingers crossed the warmth stays with us until at least Easter weekend, especially for any of you with plans for camping.



With our recent sojourn to level three now behind us we can once again head out for a bite to eat, so why not check out one of the local eateries profiled in this issue? There's a warm welcome to the new franchisees at The Coffee Club in Silverdale and in Nita's Asian Corner we learn about the history and heart behind Yawara, a new ramen shop and café in Orewa. Catch up with the owner of local favourite Millies and their new Little Millies café in Milldale. You can get up to date on this month's events at Millwater Bistro and Bar and make sure your tastebuds are ready for the April opening of Joe's Garage in Silverdale, by reading about why Millwaterian Tim Lawrence and his business partner are so excited to be bringing this national restaurant chain to the Coast.

Also, for anyone wondering how the Briscoes and Rebel Sport complex in Silverdale is coming along, word from the horse's mouth is they're currently on track to have the doors opening just before Labour weekend. The building has already made quite significant changes to the landscape over on Central Boulevard. It will be interesting to see how that area develops once the stores begin to trade.

Claire Nevans
March 2021

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Front Cover - Tim Lawrence & Seth Gleeson, Joe's Garage

Coast into Joe's Garage, from April



If you haven't heard already, our local Fishing Spot columnist Tim Lawrence is opening a Joe's Garage restaurant with his business partner, Seth Gleeson. Opening in April, you'll find Joe's on Hibiscus Coast Highway next to the Z Silverdale service station. It'll be your place to go for great eats and drinks, especially on the spacious and sunny dining terrace.

Originally from Queenstown, Joe's is a value-for-money family restaurant with an automotive theme and a great vibe where you can bring family of all ages. Joe's has grown into a chain of 16 restaurants with Silverdale being their latest (and largest).

Owners Tim and Seth identified a gap in the local market for a high-quality family eatery that is simple, fast and reliable. 'Our community has quickly grown over the last five years and there is a real need for this type of offering here on the Coast,' says Tim. 'We're really excited to soon be able to offer breakfast, lunch and dinner with a large menu that includes something for everyone - we even have a takeaway menu you can order from our Joe's APP while you commute back from the city.' The Regular Joe's APP has a reward scheme and you get your first coffee for free when you sign up. They also have special discounts for emergency service workers.

The fit out of the restaurant, managed by Datum Projects, will have some unique features, including a 350 Chevrolet engine block for bar taps and a 2m marlin constructed entirely from car parts, along with an array of antique collectables adorning the café.

The idea of opening a Joe's was born over three years ago, with a plan made over a few beers at the pub. Tim and Seth found the site and contacted the developers to express interest. 'We knew it was a great site with lots of exposure and we were prepared to wait. We also love the tie in with Queenstown and Snow Planet just down the road,' says Tim. 'The site was offered to us just before COVID and we had to make a call whether to go ahead or not. It was one of the toughest decisions we've had to make. Now we are here, we're stoked we did!'



Aside from a great menu at great prices, Joe's also has a dedicated function room you can book for businesses meetings and evening functions to celebrate those special occasions.

You can check out their menu at www.joes.co.nz.

THE MILLWATER MAG

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Fishing Spot



The summer season has been a bit slower than normal for snapper fishing. I've been hearing reports of people not catching or catching small fish. To combat this, you really need to find deeper water. My theory is that fish do not like the bright sun and warmer water you find in the shallows. An option is to change the species you are targeting and perhaps live bait or jig for kingfish, scuba dive, or have a go at game fishing.

It's not all bad news though, the season is changing and the water temperature will start dropping late March, which means the fish will come back on the bite – especially in the evenings as the light changes. March is also renowned for producing work ups with big numbers of fish as the anchovies move in.

I've only managed one trip this month (I know I need to sort my life out and get my priorities right) but it was still a goodie. We headed to Great Barrier arriving around 7pm and had a quick dive catching our limit of crayfish. We then fished the Man of War Passage without much luck before settling in for the night. The next morning, we shot north to 100m deep and set the lures. There was baitfish around the boat at 100m but the water was only 20 degrees so we trawled out to 350m deep where we found water up to 21.5 degrees and it wasn't long before the lures were getting hit. The first hit had the reel running for a few seconds and then silence. About 10 seconds later it went off again with a nice 36kg

yellow fin tuna taking the line. After a short battle we landed the fish and reset the lures. We had another strike but the fish didn't stick but hey that's game fishing.

We arrived home quite late and had to clean the boat in the dark. I still had to filet the tuna so there was only one option, the kitchen bench. Lucky my wife was excited about the tuna and I didn't make too much mess! Until next time – tight lines!

Tim Lawrence

Vet Speak



Kittens



Kittens are predators so their playing is honing their hunting skills, normally chasing your feet under the covers as you try to sleep. Picking toys that mimic prey is a great way to keep them interested – vibrating mice or toys that have jerky movements are great for keeping their attention. Any toys that have tinsel or strings need to be used under supervision as we don't want them eating such things – they can cause real problems.

Cats love to explore and climb, so cat trees and hidey holes are a much better option than your couches and curtains. Try hiding some treats in and around to encourage exploration.

When kittens finally venture outside there is a world of crickets, skinks and cicadas to hunt and eat and occasionally these cause tummy upsets. These normally don't last long but if you are worried please give us a call to discuss it.

If you have any concerns or questions about your new kitten, please give us a call, we are always happy to discuss (and hopefully meet and cuddle) your new little bundle of cuteness.

Kitten season is in full swing now and hopefully many of you are lucky enough to be welcoming one or maybe more little kittens into your house. When preparing for new kittens we all know the basics: food, water, litter boxes and visits to the vet for worming, flea treatment and vaccinations.

As we are becoming more knowledgeable pet owners we are learning that microchipping and pet insurance are not just for dogs. There are so many aspects of pet care now and it's best to discuss them with your vet at their vaccination appointments where we can tailor our advice to your needs.

Moving into a new home can be quite stressful for kittens and initially they may want to hide. This is quite normal. Try confining them to one room to start with and as their confidence grows so can their range in your home.

Jessica Ashley, VN
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Millies, the hub of Millwater?

For this month's issue I sat down with KK Chen, the general manager of Millies café in Millwater. We spoke about what makes Millies the successful spot that it is. Having worked with Millies since the beginning, KK has watched the customer base grow. The café opened in January 2018 and since then has continued to satisfy customers, branding it a fantastic local place for lunch and grabbing coffee.

I spoke with KK about what makes Millies stand out from other cafes and we concluded it is the excellent customer experience they provide. The team at Millies pride themselves on consistent quality and the speed of serving their clientele. They also make strong relationships with their customers a priority. The cafe is continuously improving, as they understand combining high-quality products with outstanding service is the recipe for success. This includes continuously updating the café menu to cater for a wide range of dietary requirements.

Millies interior is warm, inviting and fashionable. This appealing decor makes a pleasant environment to spend time with friends and family. The café is also the perfect choice for large gatherings, as it is very accessible and has copious amounts of parking available.

Plans for the future include opening more establishments under the same owner, in the hopes of bringing the food and service customers love to a broader clientele. They currently have a container café spot open in Milldale called Little Millies. As construction continues in Milldale, the café will look to move into a commercial building when possible.

Currently, the main priority is increasing its customer base. KK told me that all of their local cafés and future eateries will be slight variants on the name Millies but will offer the same food and wonderful service. For now, the café team are focused on creating the best customer experience possible and enjoying developing relationships with their customers. If you haven't tried Millies yet, pop in and grab a coffee. They would love to see you.

For more information their website is: www.milliescafe.co.nz

Megan Prentice
Features Contributor



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gin at his property in Waitoki, in small-batches (about 200 bottles per batch) in a hand-made alembic copper still.

'I wanted the tasting notes of our gin to be reflective of where we live and the crisp clear mornings we get in Waitoki. The gin itself is an homage to the great botanicals of New Zealand. I've been working on the recipe for a few years so it's pretty humbling to see a passion project come to life and then to sell out so quickly. Plus get a few awards on top of that.

'The next few months will be just as busy as we've also just released 200ml sample sizes, plus we'll be kicking off a refill program for locals shortly,' said Freeman.



Local (and probably one of New Zealand's newest) boutique gin distilleries, Waitoki Washhouse, releases their 11th batch of their limited-run gin this month. This follows their inaugural sold-out release in June and caps off some busy months for this burgeoning brand, having also collected a silver medal in the 2020 NZ Spirit Awards in August and The Junipers Bronze Awards in September 2020.

The Waitoki Washhouse Gin original recipe features traditional botanicals of juniper, coriander and angelica root plus a fresh citrus explosion from locally grown orange and grapefruit. On the tongue, expect a fresh peppery spice from kawakawa, horopito and the leaves

of a 200-year-old native New Zealand tree grown on the distiller's property.

Their latest release is distilled with the same traditional and New Zealand native botanicals, however, the addition of fresh, locally grown rhubarb, both in the distillation and then steeped in the distillate afterwards, provides a sweet but decadent, fruity finish. And, when mixed with tonic, the pink colour just keeps on giving, getting brighter and brighter.

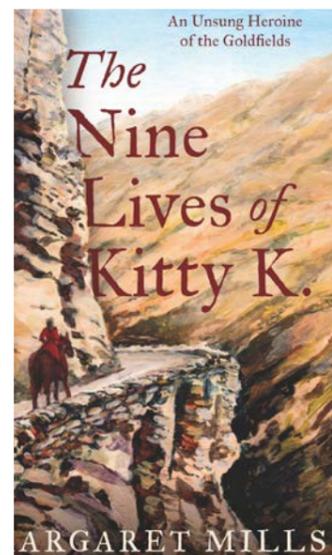
Distiller and Waitoki Washhouse co-founder Steve Freeman produces the

If you're looking for a summer serving suggestion, the bold citrus flavour of the Waitoki Washhouse Gin lends itself to being paired with a fresh tonic such as East Imperial Tonic Water or soda water and garnished with a sprig of thyme. Come winter, opt for a stick of cinnamon.

Waitoki Washhouse Gin is available now via their website with off-premise retailers to be announced over the next few months. www.washhousedistillery.co.nz

Millwater Book of the Month

The Nine Lives of Kitty K. by Margaret Mills



Colonial survivor, farmer's wife and horse whisperer Kitty Kirk is the central figure in this historical novel that looks at her colourful life. She lived from 1855 to 1930 during the turbulent period of the goldfield's history in Central Otago. She became a legend in her own lifetime, but while some praised her as a heroine, others accused her of being a harlot.

The narrative begins with her young Irish mother being forced

into a shotgun marriage and sent to New Zealand to escape the family shame. It follows Kitty's life from a young girl to a mature woman, with happiness turning into tragedy several times over – and with Kitty supporting herself as a woman alone for long periods of her life.

Author Margaret Mills is as extraordinary as her central character, Kitty Kirk, having her first book published at age 91. *The Nine Lives of Kitty K.* is a well-researched and fascinating read.

Mary Egan Publishing, RRP \$34.95

The Four Winds by Kristin Hannah



In Texas, 1934, Elsa Martinelli finally has the life she has always yearned for, after an unhappy and unloving childhood. Now she has her own family, a humble home, and a life of farming on the Great Plains. But then drought threatens the entire community, and Elsa's world is shattered to the four winds.

Fearful of the future, when Elsa wakes to find her husband has fled, she is forced to make the most agonizing decision of her life. Fight for the land she loves or take her beloved

children, Loreda and Ant, west to California in search of a better life. Will it be the land of milk and honey? Or will their experience challenge every ounce of strength they possess?

The Four Winds is profoundly moving and thought-provoking, and a beautiful story of love and hope and a courageous woman finding her own self-worth and voice in the hardest of times.

Macmillan Publishing, RRP \$37.99

Reviewed by Karen McMillan, www.karenm.co.nz, www.elasticisland.com

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The Green Spot

Eco Tip of the Month



Following on from the kitchen theme of last month, I find myself needing to replace my long-lasting dish brush head. Years ago, I switched from a plastic brush to a wooden version where the heads are interchangeable so you don't need to discard the entire brush. They are compostable because the bristles are natural fibres and the handle is wooden, except for the metal piece which could be taken to a scrap metal yard for recycling. You can purchase Eco Store brushes from our new Bin Inn on Silverdale Street, although I have found the Dishy brand longer lasting.



Hayley Crawford

replaced with coconut fibre pads. They are very affordable (I found mine at The Warehouse) and I find them superior to other pot scrubbers because they remove the baked-on dirt while being less abrasive to your pots, pans, dishes and trays. They are naturally antibacterial and many companies producing them (such as Safix and EcoCoconut) are providing economic empowerment to women in India and Sri Lanka. Again, they are compostable and complete the set for your earth-friendly bench top display.

Pair this rustic washing-up item with knitted cotton cloths (mine are from Floosie, also on Silverdale Street) which are my must haves for a kitchen bench. Their weave perfectly collects crumbs and grime and they are fabulous for removing dried-on food from benchtops. Cotton is a natural fibre and so when the time comes it can also be thrown in the compost to break down naturally. Another huge bonus is that it won't be shedding synthetic microfibres which are a horrendous problem slowly building up in our waterways, being digested by marine life, and in turn by us.

Steel fibres shedding from your steel wool pot scourers are also a big problem and these can be

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Wentworth Students 'Top of the World'



Matthew Rist 'Top of the World' Cambridge award winner for I.G.C.S.E. Physical Education. Matthew is a top sailor and sportsperson. He achieved above 90% in each of his seven I.G.C.S.E. subjects.

76% of the Year 12 students achieved University Entrance.

93% of the Year 13 students gained UE.

Philip Lee, Head of College, said 'Cambridge Assessment International Education continues to open doors to the best universities. Wentworth is proud to be delivering a curriculum that challenges students to think, be creative, and really develop confidence, knowledge and understanding. Our students love competing against two million students around the world who sit these same examinations.'

extremely impressive results:

Top of the World – I.G.C.S.E. Physical Education – Matthew Rist

Top of the World – A.S. French Language – Angelina Gosse

Top in NZ – A.S. German Language – Michael Berns

Top in NZ – A.S. Language and Literature – James Brown

Top in NZ – A.S. Marine Science – Nina Fuller



Angelina Gosse is a true linguist, achieving 'Top of the World' in A.S. French



Wentworth College's 2020 Dux, Moyan Robert Tang, achieved four A* passes in his A Levels with marks ranging from 97%–91%. Robert is holding offers from several prestigious universities in the UK to study Artificial Intelligence.

It is not often you hear students say they achieved 'top of the world' in a subject. Wentworth College, a leading private school in Gulf Harbour, is delighted that two of their students can now make this claim. The senior students performed exceptionally well in their I.G.C.S.E., A.S. and A Level Cambridge International examinations that they sat in October/November last year.

The results were outstanding:

46% of the I.G.C.S.E. students (Year 11) achieved an A or A* (80% and above) in their papers.

48% of the A.S. and A Level students (Years 12 and 13) scored an A or B in their papers (70-100%).

Student Success Stories

Six Wentworth students have been invited to the Outstanding Cambridge Learner Awards Ceremony and formal dinner in Auckland in recognition of their

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Mortgage Matters

Buying vs Building

When it comes to your next home, there are many things to consider



Choosing whether to buy or build is an important decision that all home buyers must make. But with pros and cons to each option, working out what's right for you it isn't always simple.

Here are some important things to consider to help you decide whether to shop for an existing home or to build new.

Buying an existing home

For some, buying an existing home can be an easier option. In most cases, the house will come fully built and ready for you to move in as soon as you get the keys.

If you have a long wishlist of what you want in your home, you may find it challenging to find a home that meets all

your needs. However, there is always the option of renovating the property before you move in or further down the track.

Building a new home

While building can be a longer process, it can provide an opportunity to create a home that ticks all your boxes, is energy efficient and complies with modern building standards.

With many new housing developments across the country, you may be able to save money by scoring a competitive house and land package.

Keep in mind that you may need to pay more for the finishing touches such as landscaping, driveways and fencing.

Finding the right finance

Whichever option you choose, it's important to secure the right home loan for your individual needs. To discuss your lending options or to find out whether you're eligible for any government grants, contact your local Mike Pero Mortgage Adviser.

Or for support finding your next new home, contact your local Mike Pero Real Estate Agent.

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Orewa Library Events



Events for March

Talk – David Gerrard OBE CNZM MB ChB(Otago) FACSEP FSMNZ FFSEM(Hon)

Olympic Games: Chasing the drug cheats
Wednesday, 10 March at 10.30am

Digital Discoveries – Libby (Learn how to download free eBooks, eAudiobooks and eMagazines to your device or laptop).
Wednesday, 17 March 1pm to 2pm

Children's Sessions

NEW: French Storytime: Mondays at 11am once a fortnight from 22 February until 22 March.

Rhymetime: Tuesdays at 11am (for 18 months to 3 year olds).

Wriggle & Rhyme: Term time only from 10 February until 14 April
Wednesdays at 11am (for 0-2 year olds).

Storytime: Thursdays at 11am (for 3-5 year olds).

Japanese Storytime: Term time only from 29 January until Friday 16 April. Fridays 11am – Everyone welcome.

Weekly Sessions

Craft Group: Thursdays 10am to 11am
Bring your knitting, crochet or craft project and enjoy a chat.

Putiputi Weaving: Fridays 10am to 12pm
6 weeks course on weaving fax flowers at \$10 per session.

Toastmasters: Fridays 1pm to 2pm from 5 February
Toastmasters International is a non-profit educational organization helping people from diverse backgrounds become more effective speakers and better leaders by providing opportunities to strive for excellence in a safe and supportive environment.

Monthly Sessions

BookChat: First Wednesday of the month
3 March at 10.30am

Talking Poetry: Second Monday of the month
8 March 12pm to 2pm

Hibiscus Coast Seed Savers Group: Third Wednesday of the month. 17 March at 10.30am

Writers Group: Third Saturday of the month
20 March 1.15pm to 3pm

DNA User Group Sessions: Fourth Thursday of the month
25 March 1pm to 2.30pm. Come and learn how to work with your DNA results in genealogy.

English Second Language Sessions (ESOL): 2 February from 9.30am. Fun, free classes for all levels and nationalities. (Please register for sessions)



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Intermittent Fasting – health or hype? Part 2



some highly restrictive diets do. However, the downside is that it also does not encourage healthful eating either, as all foods are allowed.

Intermittent Fasting is NOT suitable if you are:

- pregnant
- breastfeeding
- chronically stressed
- underweight
- have an eating disorder
- having fertility issues
- trying to conceive
- those with certain medical issues
- on medication



To continue from last month's article, we'll look at some of the claims made around Intermittent Fasting (IF) and who may or may not benefit from trying this 'diet'. The concept of fasting works on the premise that once the body's stores of sugar are depleted, it will start burning fat as an energy source.

Many of us eat throughout our waking hours, never giving the body an opportunity use up some of our stored fat and let's face it, most of us have a bit of that. Obviously, there will be no benefit if we cram as many calories as we can into the IF 'eating window', so eating normally during that time is advised. It can take up to four weeks for the body to adjust and there may be some moments of hangry!

Some of the purported benefits of IF include:

- weight loss
- improvements in blood sugar management
- increased autophagy, which is the body's way of cleaning out waste products
- improvement in memory
- reduced inflammation and therefore improvement in conditions associated with that, such as Alzheimer's, asthma, arthritis, stroke and multiple sclerosis
- reduced blood pressure
- increased lifespan

A benefit of IF is that it does not exclude certain foods as

If you have any medical conditions, you should definitely consult your doctor first before trying fasting. Fasting is definitely not suitable for children.

Much of the research into IF has been conducted in animal studies, the results of which are not always directly translatable to effects on humans.

However, as interest in this areas grows, more human studies are being conducted. There is some evidence to suggest that fasting is more effective in men than women due to hormonal differences.

For some, extended periods of fasting can be a significant stress on the body and therefore not conducive to good health for them. Our bodies are very individual and react differently to various dietary strategies – what works for one may not work for another.

If you would like help with creating a more healthful way of eating, contact me at paula@nutritionense.co.nz. Both in person and online consultations are available. Sign up for my Healthy Cooking and Lifestyle Workshop notifications and get in first to book a place. I'm on Facebook as NutritionSense, for regular posts on health-related topics and recipes.

Paula Southworth
Nutritionist at NutritionSense
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BSc Human Nutrition and Sports Science, Massey University
Member of the Nutrition Society of New Zealand



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Art Speak

March 2021 Art Speak at Estuary Arts Centre

The month of March brings to you a full new set of exhibitions.

The Hibiscus Coast Artists is a group of like-minded art enthusiasts who meet every Monday in the Stanmore Bay Hall to pursue and practice their individual artforms. This exhibition is a culmination of a year's worth of work, predominantly in painting, featuring a wide range of genres. The artists will be working live for the public to view on Saturday, 27 February and Sunday, 28 February from 10am to 4pm in the Estuary Arts Studio 1. It is free and all are welcome – have a tea or coffee on us.

Participating artists include: Keith Colbert, Pauline Colbert, Patsy Fisher, Barbara Cotton, Helen Flashman, Rosa Gaete, Maureen Gresty, Peter Hallows, Val Johnstone, Pat Kellington, Julie Land, Judith McArthur, Colleen Melhuish, Adrienne Matthews, Pauline Morley, Janet Pickering, Sandra Moulding, Howard Rowland, Dorothy Smith, Shana Southcombe, Leonie Walker, Jenni Watt, Leith Watt, Barbara Webb, Audrey Westcott, Glennis Williams and Jetske Zyderveld.

Max Uak will be showing his work for the first time at Estuary Arts Centre, called Aotearoa -The land of long white cloud. Max is a Hibiscus Coast-based artist and graphic designer who moved to New Zealand four years ago and fell in love with the country. He says:

'I'm lucky to call NZ home, my collection of **paintings** is inspired by the uniqueness of Aotearoa and completed in ethnic fantasy style. I like to look at the world from my own eyes and bring a new outlook to viewers. It is a constant search for the best way to interpret a mix of the ideas that I have and the place I live in. Each piece I create is an extension from the stories I've heard, where I've come from and what've I learned on my way - Thanks New Zealand for being so inspiring.'

Retro art is a style that is consciously derivative or imitative of trends, modes, fashions, or attitudes of the recent past – vintage of at least fifteen or twenty years. Retro style is an outdated style or fashion that has now become fashionable again, so much so that main-stream fashion and furniture design is harking back to the retro style. View a range of artists who revisit and reinvent the designs of yesterday in their artwork of today.

Ken Flashman explores and expresses the figure and animal forms by 'drawing' with metal. Reminiscent of early modernist artists, like Picasso and Matisse, Ken is developing his own unique aesthetic. He also upcycles cutlery into interesting jewellery, pendants and coat hangers.

Many of us who love to travel are feeling a little boxed in, so Estuary Arts has teamed up with Kindness Furniture to Bring a Bali to us in March/ April. The galleries will be transported into the tropical, bright, bold and ever optimistic taste of Bali – a great way to reminisce about those Bali adventures or just have your own Bali adventure right here in the heart of Orewa.

The Art Centre is located next to the estuary on the Te Ara te Huna Cycleway, at 214b Hibiscus Coast Highway with plenty of parking and an onsite café. The centre is open 7 days a week from 9am to 4pm. Visit us on Facebook or our website www.estuaryarts.org or email admin@estuaryarts.org or phone 09 4265570.



Audrey Westcott *Spring Queen*



Audrey Westcott *The Opera Singers*



New Silverdale retirement village proving popular



As human beings we're all hard-wired for meaningful connection. It's no wonder then, that remaining connected can help you lead a longer, more satisfying life.

Silverdale's modern new retirement village, The Botanic, has torn down the barriers that can restrict people from what so often brings joy and purpose in retirement: location, design and intergenerational living.

'It's really important to be close to public transport,' says Michelle Pipping, a Millwater resident and a sales agent at The Botanic. 'You may not want to catch a bus at this stage of your life, but you might in the years ahead. Proximity to public transport keeps you independent and socially connected and, in our experience, that's what's really important in your retirement.'

Careful consideration has been given to the location of The Botanic to ensure residents can remain connected throughout their retirement. The Botanic is located a short walk from the Hibiscus Coast Bus Station, making it easy to travel around the North Shore and Auckland.

The Silverdale off-ramp is nearby making it easy for friends and family to visit, while the modern architectural design and intensive park-like landscaping all contribute to a resort-style life in a warm, sunny climate.

The Botanic is only a ten-minute walk from local cafes and shops, but if you'd rather stay close to home, the Clubhouse will offer the very best in café and restaurant-style dining. It's designed to invite the community in, rather than shut them out.

Pipping describes how connection has been woven into the very foundations of The Botanic's design and layout.

'The architects have been very clever with how they've

designed the buildings, roads, paths, and access points to create a distinction between community and the residents' areas, so that minimal fencing is needed.'

Studies on the benefits of intergenerational connection are what inspired the inclusion of a childcare centre on site. It's yet another way for The Botanic's residents to remain connected to their community.



The Sales Suite is on the corner of Painton Road and Hibiscus Coast Highway, Silverdale and is open 11am-3pm every day. Visit thebotanic.co.nz or call 0508 268 264.

Central's Tips

March 2021



Autumn's coming and it's time to start preparing the garden for the cooler months ahead. Condition the soil ahead of new planting, save seeds of summer crops and place straw under ripening pumpkins

Use natives for wow factor

New Zealand native plants are naturally hardy and survive our sometimes harsh climate well. Use them amongst other plants to create interesting textures and colours in the garden



In the Edible Garden

- **Getting ready for autumn food growing:** check the soil which may be depleted after summer crops have finished: dig through compost and sheep pellets or top up with more Garden Mix
- **Tomatoes on tap now.** If heritage varieties (old-fashioned types that haven't been hybridised) have been planted, you can begin to dry and save seed for next year
- **Cover figs and grapes** with bird netting as they ripen
- Plants that grow better as the summer heat lessens: **parsley, spinach and coriander**
- **Sow a crop of sugar snap peas**, placing them near to a climbing frame or wall where they can be trained up
- **Citrus trees** are known as gross feeders so lightly fork compost around them and continue fertilising through the autumn months. Check for scale, which breeds quickly if the plant dries out. It can be controlled with spraying oil
- **Plant out kale seedlings.** For an architectural look in the vege garden - not to mention nutritious eating - try Cavallo nero with its large textured leaves
- **Place straw beneath pumpkins as they ripen.** This avoids contact with increasingly damp soil that can cause them to rot

The rest of the Garden

- **Trees such as luculias, albizzias and hardy lagerstroemias** flower from summer to autumn and provide extra interest and colour to the garden
- **New seasons bulbs** are available now, so choose from a range of tulips, daffodils and hyacinths to plant ahead
- **NZ native plants** naturally tend to grow through summer, so check out the quality selection at garden centres and nurseries. Many NZ grasses have some interesting tones and work well with autumn colours. Get interesting textures and shapes with the very under-rated Muehlenbeckia
- **Trim hedges and topiary plants** to a crisp shape to give the garden structure through the winter months. Liquid feed and add mulch
- **Autumn flower colours** tend to the orange, bronzy shades that can be achieved with rudbeckias, gazanias and daylilies. An amazing orange flowered plant, Leonotis leonurus echoes these tones

Project for March

Create a pebbled area in the garden with our great range of decorative pebbles.

Use Waikato Fleck for bronzy tones, River Pebbles to team with grey foliage plants, or get creative and place White Chip to edge a white flower border. Lay a base of GAP 20 and weedmat to stabilise and limit weeds growing through the area.

For your pebble project, visit www.centrallandscapes.co.nz



Maygrove Village

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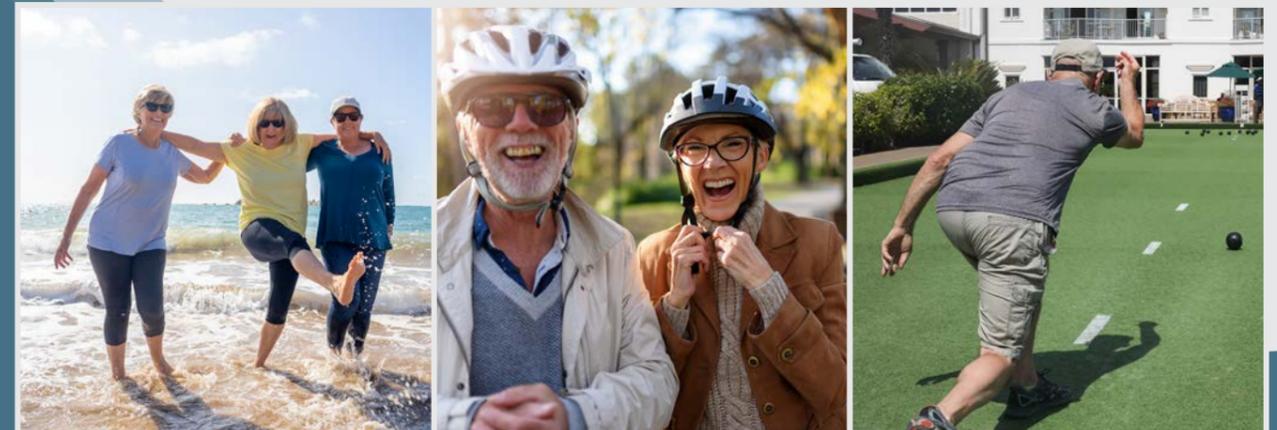
IT'S ALL ABOUT

=Lifestyle=

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Enjoy a retirement where your security and peace of mind are taken care of. Discover friends next door and a lifestyle to meet your needs. Maygrove Village is part of the Hopper Living retirement group. Hoppers is a local family owned and operated company with a 65 year reputation for quality, integrity and exceptional lifestyle communities. Maygrove is an established village located near the estuary walkway with lush gardens, resort-like facilities and care facilities on-site. Due to demand properties are limited within the village, enquire about availability today.

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P.O. Box 27 Orewa 0946
 Ph: (09) 426 8272
 e-mail: pioneervillage1968@gmail.com
 Website: www.silverdalepioneervillage.com

Children's Day – Children's Day Local Celebrations Sunday, 7 March 2021

The New Zealand-wide celebration of Children's day will be held on 7 March 2021. The Silverdale Pioneer Village will be the centre of local celebrations.

Visitors can enjoy the treasure hunt and children's indoor and outdoor games. The Treats & Treasures Craft Shop will be open and you can enjoy a Devonshire tea in the Old Parsonage and take the opportunity to relax under our beautiful old oak trees in our heritage gardens.

Free entry, gold coin donation appreciated.

Car boot Sale – Annual Car boot Sale, Saturday, 13 March 2021

Set up at 8.30am. \$20 a site.

Only a limited number of sites are available so bookings are essential. To secure a site contact us on pioneervillage1968@gmail.com

Heritage Society Coffee Mornings – Tuesday, 16 March 2021

Starts at 10.30am

The Old Parsonage
 Silverdale Pioneer Village
 15 Wainui Road, Silverdale

Bring along your items of historical interest to discuss over coffee.

Contact us on pioneervillage1968@gmail.com

New to Millwater/Milldale/Hibiscus Coast?

Want to meet new people and get involved in your local community?



When Millwater was filling with new families, several of us got together and became involved in the community by organising and helping local clean-ups a couple of times a year. There were community activities, where we met new neighbours who became friends. Others asked how they could become more involved and give just a bit more back to our great local communities.

From those enquiries a brand-new type of Rotary Club was developed and set up – initially in Millwater – but nothing like the more traditional form of that well-known service organisation. The Rotary Satellite Club of Orewa-Millwater has attracted a younger, more diverse demographic of people with 'can do, will do' attitudes. Time-poor people often hold back from joining community groups, but the Satellite Club is founded on a completely new set of guidelines, which require minimal time commitment. Currently, the average age is under 50 and the membership is 50:50 male and female.

The membership decides the structure and direction of the club and can change the format, including what community work to get involved in and how deeply to commit. Most importantly, there are no formal meals, no regular speakers, and no commitment to attend every meeting. Everyone is on a closed-group Facebook page – and they inform externally on Facebook, too, including <https://www.facebook.com/RotaryOrewaMillwater/>.

A fun, social life forms a big part of what they do. Pinot and Pizza evenings, curry

nights and casual drinks and nibbles get-togethers are firm favourites. They meet at The Wade Tavern in Silverdale on the second and fourth Tuesdays of the month. Animated discussions on what everyone is doing, planning to do, or has just done fills most of the one-hour maximum meetings from 7pm – but many meet from 6pm for a sociable drink and a bite to eat. Currently, they are involved in deciding the best way to evolve the Satellite Club into a new and more effective unit – one that will continue to serve our great local community.

If this sounds a bit like you, and you would like to learn more, why not get in touch? Find us on Facebook – some of our members joined from there because they liked what they saw!



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Local Property



Grayson Furniss

**Franchise Owner
MILLWATER &
MILLDALE**

Millwater

Sales Data	Jan 2020	Dec 2020	Jan 2021
Number of Sales	10	16	8
Median Sales Price	\$1,105,000	\$1,260,500	\$1,302,500
Highest Sale Price	\$1,320,000	\$1,890,000	\$1,850,000
Rolling 12 Month Average	\$1,114,943	\$1,175,262	\$1,200,224
Average % Price to CV	-1.94	11.92	9.95
Average Floor Area (sqm)	218	243	240
Average Days to Sell	43	35	31

Milldale

Sales Data	Dec 2020	Jan 2021
Number of Sales	5	9
Median Sales Price	\$1,080,000	\$1,103,000
Highest Sale Price	\$1,160,000	\$1,333,000
Rolling 12 Month Average	\$1,031,472	\$1,040,534
Average % Price to CV	n/a	n/a
Average Floor Area (sqm)	n/a	n/a
Average Days to Sell	n/a	n/a

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.

Property Talk

As somewhat expected, the property market in Millwater has kicked off again with strong buyer activity. On the other side of the equation we are seeing an ongoing shortage of property coming to market, with most potential sellers citing a lack of options to buy as the reason for not selling. This is exacerbating the supply issue and creating something of a stalemate in the market. We have seen this in previous boom cycles. The solution usually ends up being an acceptance of some risk on the purchase side of the equation as owners realise they cannot secure their ideal property without being in a position to make a cash offer. We have seen three different solutions to this conundrum in the past.

The first and easiest, yet requiring a bit of a leap of faith, is to sell the current property first then find and buy something afterwards. The obvious advantages to this are that you have no pressure during the sales process and can hold out for your dream price. Plus, when you do get around to buying, you already know how much you have to play with. The risk factors are really around not finding a good option to purchase once you have sold and the potential for the market to continue to increase once you have sold and prior to your next purchase.

The second and probably simplest solution for some is to find a new property and ask a bank to help fund the purchase, then sell the existing property. This does require you to be in a reasonably strong financial position as banks will want to see

high levels of equity in the existing property prior to agreeing to this. Servicing of the debt is always a consideration, however you may find that banks will see the rental of one or other of the properties as a short or even long term solution should the existing property not sell. This does have some significant upsides in an rising market in that you may end up with two properties that are increasing in value, which at current market levels may be a significant sum over the period that you own both.

Yes there may be some additional costs involved in this. Your bank may be looking for a reasonable loan approval fee to allow this, or may seek higher rates of interest while you have two loans outstanding. The other key risk is around a change in market. Holding two properties if the market drops may mean that you lose value on both, which can in turn land you in trouble with the bank. The reality is that with a market as hot as the current one, there is minimal risk involved but you should always consider this and take professional advice.

The last option, and the one with the highest level of potential stress, is to purchase a new property with a long settlement date, say 90 days from unconditional date, then sell your current property. This does require the existing property to be already prepared to go on the market, but with median days to sell locally now being around 30 there is certainly time to launch a property on the market (2-5 days), then run an auction campaign

(7-28 days) and still provide an additional 30 days to settle. This can allow a significant benefit in terms of securing the next property without massive additional costs in bank fees and valuations. Depending on your risk profile this can be achieved without involving the bank, however the safer plan is to have an option to fund both properties in the case the existing property does not sell. This ends up a bit of a hybrid with the previous option.

There are risks and rewards with each of these options. They should all be fully considered when making another purchase. Some will ask what is wrong with making an offer conditional on the sale of your property? While this has traditionally been a common approach, the reality is that many properties are currently marketed in ways that make this impossible. Even if you can find a vendor who will accept an offer of this nature, there is every chance that you will find yourself 'cashed out' of the agreement before your conditional period has run its full course. This also means that you are under the duress of having to sell quickly while not getting the negotiating benefit of being an unconditional buyer in the first place.

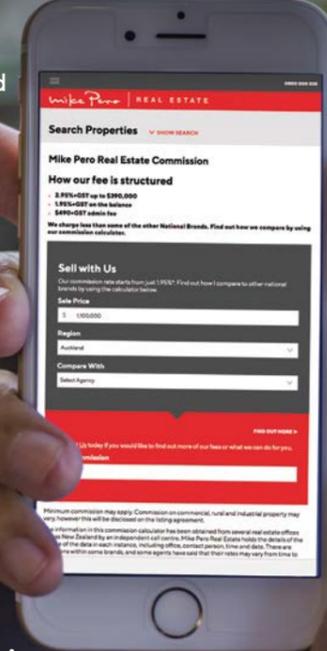
If you are considering a change of house and want to discuss the various methods you may employ to make it happen, please get in touch for a no obligation chat. Expert information can often make the process easier, faster and more financially rewarding.

Grayson | 021 665 423 | grayson.furniss@mikepero.com
<https://millwater.mikepero.com/>

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Opportunity to profit

Here is that ideal opportunity you have been looking for! A great house, in a fantastic location, where some ideas and a little effort will provide you with a great reward. Perfectly located in the sought after suburb of Unsworth Heights, living here you are only moments from all that the wonderful North Shore has to offer. The house is typical of the area, a tidy single level three bedroom home on a gently sloping 608m² site. With a highly desirable North West orientation on a quiet cul-de-sac and plenty of space all round, there is room here to make this a wonderful family home or develop it to an executive style of your wish. Offering three bedrooms, a large open plan living area, spacious kitchen, modernised bathroom and a separate laundry - there is a lot here to work with and improvements will bring reward. It even has a white picket fence!

Auction (unless sold prior) Onsite, 4:30pm Sun, 28th February 2021

3 1 1



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021 665 423



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027 444 00 44



The market is hot, so is this house!

This is a remarkable property that some lucky buyer will get to call home in the near future. Will it be you?

- large 670m approx corner site
- second off street parking area for boat, caravan or camper
- established gardens for easy care and unrivaled privacy
- stunning kitchen with walk in pantry and large stone benchtops
- private outdoor living
- built in sauna
- ducted heating

3 2 2



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The ultimate lifestyle

If you are shopping for a quality townhouse, look no further than this. Here you will find a stunning three year old end unit townhouse. It's freehold, super high quality with fantastic views of park and estuary across to Orewa. This is a home is packed full of features and upgrades from the standard including:

- uninterrupted park & estuary views with a wonderful northern aspect plus great all day sun
- quality Horncastle Homes build, 208m2 (approx) of luxurious living on 262m2 (approx) of flat freehold land
- three double bedrooms on second level plus ground floor office, two generous living areas, one on each level
- stunning white kitchen with walk in pantry, 900w oven & hobs, space for double door fridge

4 2 2



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Stunning Freehold Townhouse with Views

This wonderful freehold townhouse in the thriving Millwater development provides an alternative lifestyle choice. Forget about gardening, washing the house or ongoing maintenance - relax, enjoy a round of golf, a day at the beach or walk to your favourite café. Surprisingly spacious, this stunning home is a great option for busy couples and families alike.

- fantastic lock up and leave opportunity in highly desirable Millwater location with views over reserve to Orewa estuary
- sunny and spacious open plan living flowing to spacious outdoor courtyard
- great entertainers kitchen with large bench tops and breakfast bar, ample storage
- guest WC on ground floor
- double internal access garaging with two off-street carparks

3 2 2



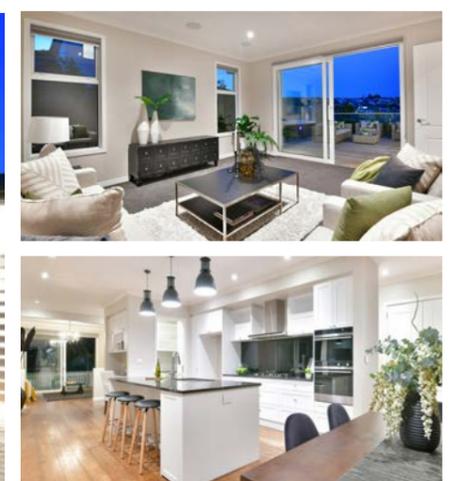
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Looking for genuine quality and size?

This home provides the ultimate example of how location, size, design and quality can all be incorporated into one stunning home.

- stunning kitchen with granite benchtops, walk-in pantry, quality appliances & more
- separate media/lounge room adjacent to living, opens to decks with in-ceiling speakers
- study/6th bedroom, 2 WC's, separate laundry plus unique workshop space
- 5 double bedrooms upstairs, 3 grouped around playroom & family bathroom, all with high quality built-in cabinetry & window seats
- master suite with subtle separation includes walkthrough wardrobe, 2 person shower, seaviews & private balcony
- fully air-conditioned, double glazed & with insect screens to bedrooms

5 3 2



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Millwater Property Management

Migration and Housing

**PROPERTIES
WANTED**



students, business visitors and visiting friends. They had been staying in backpackers, hotels, guest houses, camper vans and other accommodation of a temporary nature. About 50,000 went home in the first three months of COVID-related border controls, compared with around 4,200 arrivals. The big difference is that the people coming in were primarily New Zealanders returning home for the long term. Now we have a situation where returnees are needing long term accommodation vastly different from the types vacated by those who departed.

In light of these figures, we can understand why the numbers of homes available for sale and for rent are diminishing. In this case the statistics give us the hard truth... we urgently need thousands more new homes!

Craig Harrison | Principal, Quinovic, Millwater

<https://www.quinovic.co.nz/millwater/>

It is said there are 'lies, damned lies and statistics'. I have been intrigued to hear recently that New Zealand's Managed Isolation and Quarantine (MIQ) places are fully booked until June 2021. With around 4,500 arrivals in New Zealand each month, requiring about 4,300 rooms, I wanted to understand how these arrivals were influencing the property market.

I note from the statistics released on Friday, 5 February 2021 that 107,006 people have used MIQ facilities since 26 March 2020. This on its own is a rather high figure, but it must be balanced by departures numbering about 123,000 in the same period.

So, I hear you ask, with a net outflow, shouldn't our number of properties available be improving? Not when you see who departed New Zealand and who arrived during the past ten months.

When our borders were closed there were thousands of overseas visitors in New Zealand. They were tourists,



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MISSING!



Buyers have reported they can not find it!

Is it yours? Last seen in the Millwater / Milldale area - 2 - 6 bedroom home. Reported to have great neighbours - owners thinking of a change.

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PLEASE HELP!



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Dinosaurs!

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An Interview with Mr. Ankylosaurus

Q. What does 'Ankylosaurus' mean?

A. It means 'fused lizard' in Greek, and was given that name because us ankylosaurus have fused body parts.

Q. What is your favourite food?

A. Ferns, leaves, and any other plant that was around.

Q. How do you defend yourself?

A. We ankylosaurus use our tails which have bony clubs on the end, and we use our backs which have bony armour.

Q. Final question, how many teeth do you have?

A. We have about 72 leaf-shaped teeth in our mouths.

Thank you for the interview Mr. Ankylosaurus. We hope to see you again soon! Bye!

Assembled by Elissa Copping, aged 9 nearly 10

Word Scramble

- EXTR -
- OPMCY -
- TORRAP -
- SSILFO -
- OOTHT -
- NIOREVOM -
- IOREVREBH -
- ARNIVOCRE -



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Welcome to the neighbourhood

From coaching soccer teams to running a busy café, Willy Gerdson's new passion for coffee, community involvement and looking after customers has taken his business to new heights.

Willy and wife Anja are the proud new franchise owners of The Coffee Club Silverdale on Wainui Road, Silverdale, having taken over the café in October 2020.

Avid kiwi football fans and visiting customers of The Coffee Club Silverdale may recognise Willy from when he represented New Zealand at an international level as head coach of the Young All Whites at the 2013 World Cup. Willy has also enjoyed spells with other high-profile soccer clubs around the country and accumulated a number of league titles and trophies along the way too.

Nowadays, rather than winning football games, Willy's focus has shifted to catering for locals and providing customers with excellent service and a great café experience. Despite challenging times over the last few months, the new franchisees have significantly grown their business.

Being German, organisation, precision and having a systematic approach is natural to Willy. By applying leadership skills developed from his footballing background into the daily operation of the café, these flow through and resonate with the whole team to ensure customers receive excellent service, have a good experience and keep coming back.

The couple are passionate about building relationships with their local customers and love being involved with the local community. The Coffee Club Silverdale works closely with Silverdale Kindergarten, Silverdale Primary and Stella Maris School. It is also involved with extracurricular programs, offering children certificates of recognition and sports prizes such as vouchers, which they can redeem at their local TCC.

Willy and Anja also support local organisations with their events and have also established partnerships with a number of businesses in the area, offering them and their customers exclusive benefits they can enjoy at the café. For any local charity, events or partnership opportunities, Willy, Anja and the team at The Coffee Club Silverdale would love to hear from you.



Your local community Market

Every Saturday 8am-1pm

Silverdale St, Silverdale





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Easter Monday	9.00am - 4.00 pm



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How to get variety in your evening meals and become a better cook at the same time



I said I would never do this, as what kind of chef would I be if I allowed someone else to tell me what to cook and how to cook dinner for my family? Despite that, I have only gone and joined a food box company to get five dinners a night delivered on a weekly basis. It doesn't matter which

company I went with, as this article isn't about that.

I cook dinner around four nights per week for my wife and two boys and I was 'stuck in the rut' of the same meals all the time, thinking that my kids loved their favourites. When I look back now, I realise it was just easier for me to not have to think too much about what to cook.

I am really enjoying cooking new items each night when it is my turn to make dinner and my kids and wife are also loving the variety of new flavours and food. For me, being a professional chef, it isn't teaching me how to cook but it's giving me the option of variety without having to put much thought into it. For my wife, it's a totally different experience when she cooks from the food box. It is teaching her how to cook as she is being introduced to new ingredients, flavours and cooking methods. Yes, there might be some failures as the recipes are based on the cook having a good base knowledge of cooking, but every expert was once a beginner and through our failures we improve and get better each time until we are ready to fly solo.

I never thought I would say this, but I have been converted. Maybe not forever, but at least until I find a new set of recipes that my family will enjoy with a large repertoire of meals to provide variety on a regular basis.

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Maddren's new Milldale Show Home is Now Open



Last month there was much excitement when Maddren opened their new show home in Milldale at 68 Maurice Kelly Road. The show home has instantly become a hotspot in Milldale, with more than 200 groups of visitors walking through the house in the first two opening weekends. It's hardly surprising – this suburban sanctuary is a light-filled oasis that delights at every turn.

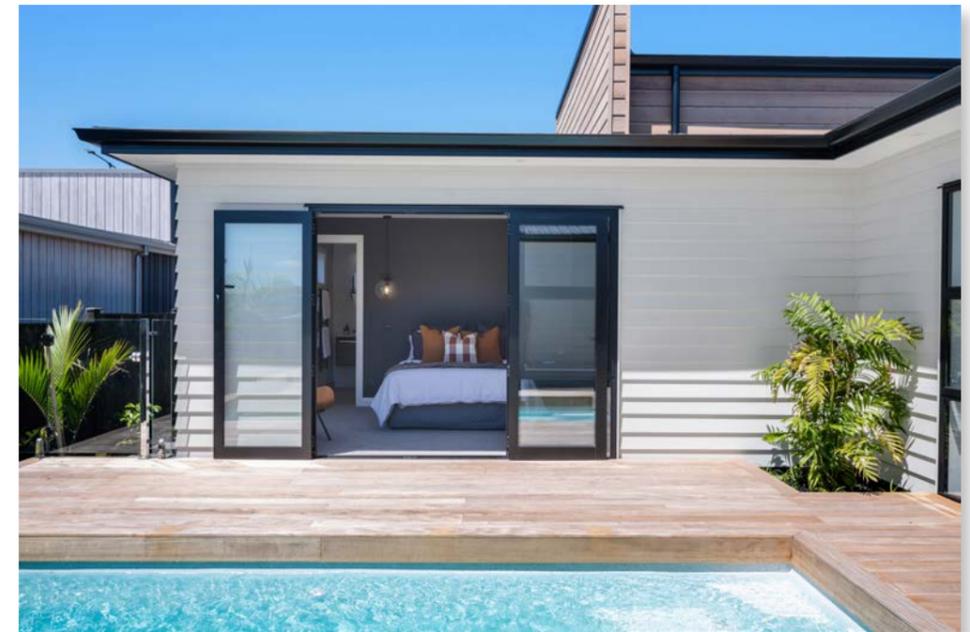
Outside Nu-wall aluminium cladding and rusticated cedar form a striking façade, the flush-mounted garage door concealed within the grooves. Contrasting colours and textures marry with lush designer landscaping in a stunning statement to the street. Walking down, the timber platform stairs offer a warm welcome, floating down to the louvered porch with its playful shadows. The entry is spacious, with elegant raked ceilings and exquisite tiles adding an air of opulence and crafted cabinetry keeping coats and shoes tucked away within easy reach.

It's a magical moment when you seek out the secluded master suite, a refreshing retreat that opens to the enticing tranquility of the saltwater pool! What a luxury to supervise young swimmers while relaxing in your room or step straight out of bed for a morning dip.

After, mosey to the media room with its wall of cinematic drapes, then head down the hall to bedrooms that pop with personality and share an alfresco space all of their own. The glazed hall delights with further views of the pool which create a calm and peaceful atmosphere in the house.

In the shared living and entertainment zone beyond, the elegant kitchen commands attention. Dark cabinets contrast with an island of rich wood, echoing the home's façade. The splashback and countertops are cleverly crafted from tiles that add movement while strip lighting highlights the cool, modern profile.

Coved ceilings and dramatic drapes add grandeur to this ample space, where dining and lounge extend effortlessly outside. The extensive decking with sights of the pool and mature trees create a touch of the tropics. This Milldale oasis exceeds expectation. We highly recommend you take a look for yourself.



DARING TO BE DIFFERENT

We love the fact that everyone is different. That's what inspires us to continually create original designs and details. Our latest showhome in Milldale is testament to that, built with the renown Maddren magic you've all come to know and trust.

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Showhome open to view:
Wed to Sun / 11am-4pm
68 Maurice Kelly Road
Milldale



Millwater Bistro & Bar

Exciting new event updates from your local



Awadhi Chicken Khorma and Awadhi Dal Massor Mussalam (vegetarian). For \$27pp you get a choice of chicken or vegetarian curry, Jeera (cumin) Paulav, Naan, and delicious accompaniments such as traditional pickle, raita and chutney. Bookings must be made in advance to attend Curry Club (see booking details below).

4 Course Wine Dinners @\$75pp

Barev everyone and welcome to Armenia! Did you know that Armenia is home to the world's oldest winery? Therefore, it seemed so fitting that we highlight the classic dishes that hail from this country in our March wine dinner. Featuring four classic Armenian dishes matched with wines, this event is priced at \$75pp and bookings are essential to attend. A perfect evening to enjoy amazing food and wine! (See below for booking information).

Booking details:

Phone: 09 777 6008

Email: dine@xenigroup.co.nz

Bottomless Brunch @ \$47.50pp

We are going bottomless! Every Saturday and Sunday starting from Saturday, 27 February we will be hosting our Bottomless Brunch session. For \$47.50pp you can enjoy a beautiful meal (select from over 10 options) and unlimited drinks from our special beverage list designed especially for this occasion, for 1½ hours. So, do not delay – grab your bunch of favorite people and attend this must-do event. Bookings are essential for Bottomless Brunch (see booking details below).

Note: bottomless brunches will only start once Auckland has dropped to Alert Level 1.

Curry Club @\$27pp

Curry enthusiasts rejoice as we travel deep into Lucknow and the Adwahd region in the northern part of India. From this region we have handpicked two aromatic curries,



Millwater
Bistro & Bar

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Tuesday-Friday 4pm - Late, Saturday & Sunday 12pm - Late
 • Monthly Curry Club events first Wednesdays of the month
 • Monthly Wine Dinner events last Thursday of the month
 • Bottomless Brunches - COMING SOON!
 For enquiries or to make a booking call 09 777 6008 or email dine@xenigroup.co.nz. We look forward to seeing you soon!



Did You Know?

Community Involvement

Mike Pero have been operating in Millwater for over 8 years and have been an active part of this community.

Grayson & Sarah enjoy supporting the community and local events. Below is a selection of local events that they have sponsored and been involved in the past 12 months.

- ✓ Sponsorship of advertising/editorial space in The Millwater Mag for local events and local businesses.
- ✓ Letters from Santa – Launched in 2018, Mike Pero Millwater helped Santa send letters to children in Millwater by collecting names and addresses of children. Over 300 children received a letter from Santa this past Christmas.
- ✓ Millwater Adopt A Family for Christmas – This is now an annual event. Grayson and Sarah support this event by donating funds to cover the costs to print all the flyers. They also cover costs for advertising space in The Millwater Mag.
- ✓ Annual Christmas Lights Competition – Created by Grayson and Sarah and has been running for 6 years. They judge all the houses decorated in Millwater and donate prizes for 'Best House', 'Best Street' and 'Best Townhouse and Best Letterbox'.
- ✓ The Mike Pero Millwater Fund – Created in 2018, this fund has been designed specifically to support the people in Millwater with community events and fundraising projects. For every house Grayson and Sarah sell in Millwater they will donate \$500 to the Millwater Fund.
- ✓ Easter in Millwater - This year Mike Pero had planned an Easter Egg Hunt for the children of Millwater. Due to COVID-19 this had to be cancelled but they still delivered some Easter goodies to all the children that had registered for the Hunt.
- ✓ Mother's Day - This year Mike Pero Millwater asked the Millwater community to nominate a deserving mum for some Mother's Day treats. The winner received hot drinks and donuts for the family and a bunch of flowers.
- ✓ Bouncy Castle - Mike Pero Real Estate has access to a bouncy castle which is free for the community to use for events. The Mike Pero Fund covers the costs of the hireage and set up.
- ✓ Mike Pero Millwater Fund - The Fund has supported local students to compete in overseas events, supported Rotary and also contributed towards the purchase of a new Community Patrol vehicle.



Grayson & Sarah Furniss

021 665 423 | 09 426 6122

millwater@mikepero.com

Mike Pero
REAL ESTATE



Eyebrows

Just like fashion, make-up and nail art, eyebrows also go through different trends.

Some, thank goodness, were short lived, such as the Christmas tree, flowered, glittery and spikey. There has been a certain style that always seem to come back into vogue and that is the natural, fuller brows.

Let's take a quick trip down memory lane and have a look at the evolution of brows:

- 1950s thick and bold
- 1960s thin and arched
- 1970s thin and undefined brows
- 1980s natural and full
- 1990s shaped and thin
- 2000s pencil thin
- 2010s Instagram (perfect stencil look)
- 2020s thick and fluffy

Eyebrows can make or break a face

Eyebrows don't just prevent debris, sweat and water falling into the eye socket, they serve the most important function – human connection.

They frame your face and are very expressive. With mask wearing becoming our new way of life, eyebrows are the best way to see how someone is feeling without saying a word.

There are quite a few options available today to enhance your brows, such as:

- tinting
- henna
- microblading
- ombré/powder brows

Book in for a consultation at your local beauty therapist to see how you can have the best brows designed to suit you.

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Property Rights – to what extent do I ‘own’ my property?

When we purchase a property, we often believe that we own it and can do with it as we please. However, the type of ownership interest you have impacts what you can (or cannot!) do with the property.

We have highlighted four common types of ownership below.

Freehold

Freehold is the simplest form of ownership and is often what people mean when they say they ‘own’ their home. Freehold means you have the absolute right to occupy and make improvements to the land and buildings, subject to restrictions on the title, and land use planning and building regulations.

Leasehold

Under a leasehold, you purchase an exclusive right to use the dwelling and the right to use the land under a lease. The leasehold may include a term which expires, or you have may a perpetual lease which endures. While purchasing leasehold can be a cheaper option, a big caution is the cost of ground rent, which can leap on review of the lease.

Unit Title

The classic case of a unit title is an apartment. In the case of unit titles, you may have a freehold or leasehold interest and hold a shared interest in any common areas such as lifts, grounds or driveways.

When purchasing a unit title, you will usually also become a member of a body corporate. It is important to investigate any fees and



obligations under this structure as part of your due diligence.

Cross Lease

Under a cross lease you and the other cross lease owners (i.e. your neighbours) own the land jointly, and you lease the building which you occupy. Be cautious of cross leases as normally consent is required from your neighbours to make any improvements to the buildings or land. Note, in certain cases, it is possible to convert cross lease sections to freehold. This may be something you wish to explore.

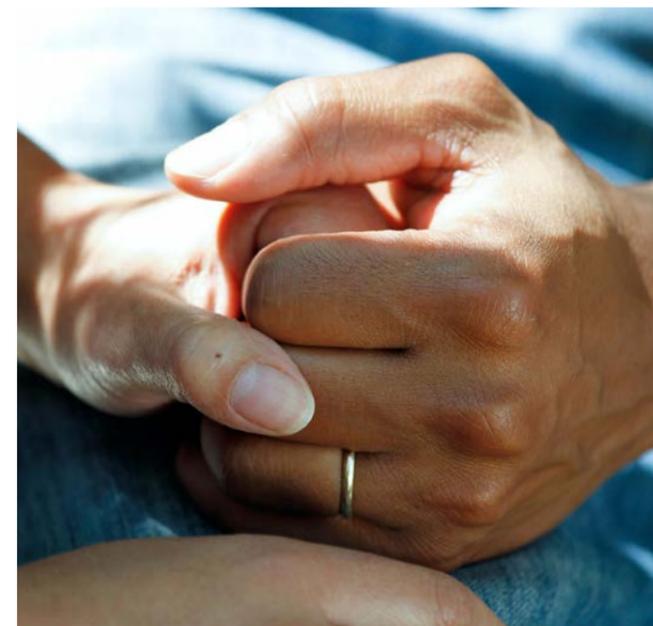
If you are looking to purchase a property, always remember to ask your solicitor

to check the type of ownership so you appreciate the pros and cons. Contact us on 09 421 0559 or at silverdale@simpsonwestern.co.nz.

Please note: this article is published for general information purposes and should not be relied upon as legal advice. For advice specific to your legal issues, please engage a lawyer directly.

Melanie Baker-Jones
Solicitor
Simpson Western

Standing by our clients – through actions, not words



While we at UProtectNZ take considerable pride in the quality of analysis, advice and guidance that we provide to our clients, we also stress it doesn't end there. We stand alongside our clients and walk their journey with them, through thick and thin, right through to claim time. It's what we do. (Please note, this article mentions suicide.)

This was highlighted on Wednesday, 25 March 2020, the last day before the major COVID-19 lockdown. That morning I received a phone call from a very distressed lady in our local Greek community, whose insurance protection plan was, co-incidentally, the very first that I had put in place some eight years previously. Her husband had just taken his own life.

With the impending lockdown, almost everything was closed or closing down. She had no extended family in New Zealand, just her two young teenage children, a terrible situation to face in virtual isolation. On receiving her call, I immediately lodged the claim online via the insurer's website and made sure that I received a personal call from a senior manager

acknowledging the claim and that the widow would be contacted immediately to commence the payment of the advance \$15,000 Bereavement Support benefit – otherwise she couldn't pay for the funeral.

Despite lockdown, everything was smoothly put into effect so that she could be confident in knowing the claim was to hand, and she could grieve without the stress of worrying about being unable to pay for the funeral.

But it didn't end there: there could be no funeral ceremony in lockdown. No one could go to the cemetery. She was stuck in her house alone with her children and the many people she knows in the Greek community were unable to rally around to support her emotionally. I kept in regular phone contact with her during lockdown so she did not feel totally isolated and alone, and ensured the claim was promptly paid to her in full, for which I received her heartfelt thanks.

This very sad event was particularly poignant as Cristina and I had performed Greek music at their wedding. We didn't charge them, but agreed that I would look after their insurances. That was perhaps one of the best decisions they ever made.

My apologies for sharing this sad story with you. The reason for doing so is simply to demonstrate our absolute commitment to our clients, which is backed up by actions – not empty words.

It's what we do!

Theo Simeonidis FNZIM & Cristina Simeonidis
UProtectNZ Insurance Services

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

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Millwater Asian Corner

When Judo meets Ramen and Coffee



This month I had the privilege of talking to a cheerful family, Mr and Mrs Kuma san and their daughter Mimi, who have just opened their ramen shop in Orewa.

But Yawara is more than a Ramen shop. Once you've stepped in you will also find a lovely little café brewing coffee with a sensational aroma and serving delicious fresh baking. This includes some Japanese-style cakes considered to have a lighter touch of sweetness, which is perfect to start your day.

You may wonder, why ramen and coffee in one shop? Originally from Osaka,

the Kuma family has been living on the Hibiscus Coast for over 15 years. Before opening Yawara they run a café in Orewa. Being a ramen lover, and having a passion to introduce ramen to the locals, Kuma san has always been looking for the opportunity to open a ramen shop. After exploring different ramen styles across Japanese regions and trying out different recipes, he decided to go with Hokkaido-style ramen. Which, he explained proudly, is the style of ramen with the best combination of soup, sauce and the bounciness of the curly noodle.

In order to achieve high quality ramen and maintain the originality of the recipe, the noodle and sauce are shipped directly from Japan. Their supplier, Nishiyama, one of the most famous noodle manufacturers in Japan, also provided them support and encouragement in opening the shop.

However, you cannot have good ramen without good soup. Kuma san sources his ingredients daily from a local butcher and greengrocer, diligently boiling them for hours until they turn into the perfect soup to match with the noodle. When I pointed out this is a pretty tough job, Kuma san didn't deny it, but he said seeing his customers enjoying the ramen is the payoff for all the hard work.

I asked where the name of the shop comes from. Surprisingly, it comes from the first character of 'Judo' in Japanese. Beside running the restaurant, Kuma san is actually a Judo instructor with his dojo based in Orewa. Yawara, in Japanese, means soft and flexible, which is the spirit of Judo.

Yawara is located at 10 Cammish Lane – you can't miss the black stylish building with a bright green fabric (noren) hanging at the entrance. They have English-speaking staff so do not hesitate to give it a try. I am sure you will enjoy their food and their warm hospitality.

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Steepest Street in Millwater



Turning into Laura Jane Drive recently I had flashbacks of the first time I ever encountered her steepness. We were on our way to visit friends who had just returned from Spain and were renting a house on Walter Crescent. As we drove up Laura Jane Drive I imagined the effort it would take to push our then 9-month-old twins, in their double buggy, all the way up that hill.

By the time we moved to the Seaview part of Millwater our twins were no longer using their buggy and I never had to push them up the hill, but the thought of it had got me wondering: is Laura Jane Drive the steepest street in Millwater and if not,

which one is it?

Armed with the distance and elevation info from www.nzmapometer.com and a large glass of wine I sat down one evening and (very roughly – did I mention the wine?) estimated the slopes of a list of Millwater streets that helpful locals had identified as being rather steep. I allowed part roads where a crossroad created a distinctly separate section.

From the list of roads I calculated, the steepest – with a slope of around 14.61% – was Arran Point Parade (section from Arran Drive to Makka Terrace). Fleur Lane came in a close second calculated at 14.37% and Pomes Way (from Bonair to Ormonde) was third, with 12.94%.

Other worthy mentions included Auger Lane at 11.57% and Percival Lane at 11.07%. Some of the favourite nominations were right up there too. Bankside Road (shops to roundabout) came out at around 10.23% while Croix Greens and the hilly part of Cilliers Drive (Bonair to Arriere Lane) were both 10%.

The lovely Laura Jane Drive, inspiration of my quest, has a decent slope of around 8.75% but is, alas, far from the steepest street in Millwater. Other streets that didn't quite make it into the top scores include Fermier Greens at 9.13%, Kingfisher Road at 8.62%, Grut Greens at 8.48% (though I'm sure some sections are far steeper) and Galbraith Greens at 7.94%.

So, the next time you want to roll a jaffa or burn off the calories off from eating one, you'll know just where to head.

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G1: “The Hibiscus Coast Artists” annual group exhibition.

G2: “Aotearoa - The land of the long white cloud”
Max Uak

G3: “The Mind Bender” by
Mixed Media artist Ken Flashman

G4: “RETRO-View”
take a walk down memory lane

G5: “EAC Tutor Showcase”
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What's On Hibiscus Coast

Hibiscus Coast Scottish Country Dance Club • Every Weds Silverdale Hall • 7:00pm

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

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

Rotary Satellite Club of Orewa Millwater • 2nd & 4th Tues of every month • 7pm at The Wade Tavern, 2 Tavern Rd, Silverdale Contact Secretary Caroline 027 748 0512

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

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

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

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

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

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

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

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

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

Silverdale Village Market • Every Sat 8am -1pm, Silverdale St, Silverdale

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

Dance Fitness Class • Every Tues/Thurs evening 7-8pm Kingsway Jnr Campus • First class FREE, then \$10 per session concession cards available Contact Richard 021 504084

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

Silverdale Ballroom Studio • Every Thurs evening • Silverdale Hall at 7pm • Adult & Improvers classes for beginners & social dancers Contact 09 427 5542 for further information

Kiwi Club • 4th Sun of each month • Social Dance 5-8pm All welcome • Silverdale Hall

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

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

Puhoi Celtic Sessions • Every 2nd Thursday • Orewa North Primary School • A sing-around/play-around event where everyone can join in. Contact Alan alanthewag@outlook.com

Hibiscus Petanque Club • Every Tues & Weds 9am - 12 and Sun from 1pm • 214 Hibiscus Coast Highway, adjacent to the Orewa Bowling Club. New players always welcome, free coaching available. Ph Club Captain Marcos on 021 2511805

Rise with the Sun at Orewa Beach • Every Sunday 10 mins prior to sunrise • hosted by Naturall Wellthy with Alison Davis • Contact Alison on 021 27224378 or visit event page https://www.facebook.com/alisondaviswellness/?modal=admin_todo_tour

Heartbeats Cardiac Survivors Support Group • 1st Tues of every month 10am at HBC Community House (behind Estuary Arts Centre, Orewa) • Open to all heart event survivors & their families & all cultures • Information, education & support with guest speakers • No fees • Contact Trent Lash on 0220 606 199

Suicide Bereavement Support – Empathy Group • Last Mon of every month except Dec • 7pm to 9pm, HBC Community House, • Support & understanding for anyone who has lost a loved one to suicide, all welcome at any meeting • For more info contact Susan 021 884 162 or PM us on Facebook (Empathy support group)

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Millwater Recipes

Fried Udon (makes 4)

Ingredients

- 3-4 celery stalks, cut into sticks
- 1 small carrot, cut into thin sticks
- 300g pork fillet, sliced
- A few shiitake mushroom
- 4 individually wrapped udon portions (available in supermarket)
- 1 clove minced garlic

Sauce

- 1 tablespoon soy sauce
- 1 tablespoon dark soy sauce
- Sesame Oil

Method

- 1) Soak shitake mushrooms in warm water for about 1 hour. Thinly sliced when softened.
- 2) Unpack all udon and soak in hot boiled water, using a

fork or chopstick to carefully loosen the noodle. Drain and set aside.

3) In a saucepan heat up some oil and stir fry pork with minced garlic until it is cooked. Set aside.

4) In the same saucepan, stir fry celery and carrot until they reached your desired texture. Set aside.

5) Again in the same saucepan, heat up some oil then put noodles in, carefully stir to avoid breaking them into small pieces. Add soy sauce and sesame oil, stir.

6) Carefully add dark soy sauce by making circles over the sauce pan, stir noodles to mix them up evenly and achieve a nice dark brown colour.

7) Add pork and vegetables back to the saucepan and stir with the udon. Add more soy sauce and dark soy sauce to taste if required.

Happy cooking!
Nita Wong

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

Carrot & Walnut Cake with Cream Cheese Icing

This recipe makes 1 x average cake tin

Dry Ingredients

- 1¼ cup x high grade white flour
- 1 cup x wholemeal flour
- 1 tsp x ground cinnamon
- 1 tsp x ground all spice
- 1½ tsp x ground ginger
- ½ Tbsp x baking powder
- 1½ tsp x baking soda
- 325g x organic sugar
- 1½ cup x walnuts pieces

Wet Ingredients

- 6 cup x grated peeled carrots
- 5 x #6 free range eggs
- 375ml x sunflower oil or canola oil
- 1 tsp x pure vanilla extract

Method

Place all the dry ingredients together in a large mixing bowl and mix until well combined.

Lightly whisk the eggs in a separate bowl then add all the other wet ingredients and mix gently together with the eggs. Add the wet ingredients to the dry ingredients and gently mix together. Don't overwork the mix as this will make the cake too dense.

Place into a greaseproof paper-lined and oiled cake tin and smooth the top over. A release cake tin is the best to use.

Place in a 170C oven on fan bake for around 50 minutes or until you can place a skewer into the middle of the cake and it comes out clean.

Allow to cool slightly before removing from the tin and placing on a cake rack bottom-side up. When the cake is completely cold it can be iced.

For the Icing

In a mixing bowl place 350g of soft cream cheese with 40g of sieved icing sugar and mix until well combined and smooth (you can add lemon juice to the icing if you want it sharper in flavour). Spread on top of the carrot and walnut cake and top the icing with more chopped walnuts. I love this cake served slightly warm from the microwave with a scoop of vanilla ice cream. YUM!!!

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



Millwater Grain



Malt lovers: be prepared to be open-minded and try something completely different – a Teeling single-grain Irish whiskey. The Teeling whiskey distillery is located in the historic Liberties area of Dublin and first opened its doors as recently as 2015, becoming the first new distillery in Dublin for over 125 years.

Teeling single-grain Irish whiskey is made using an unconventional mash bill, consisting of 95% corn and 5% malted barley, which is then triple-distilled and matured exclusively in French oak, ex-cabernet sauvignon red wine casks from California. The result is a beautifully unique Irish whiskey – and definitely something completely different!

Colour: Rich golden honey.

Nose: Candy sweetness (think 'Olde Tyme' Candy Shop), but the grainy sweetness and toffee are balanced out with some lighter notes of nuts, dark fruit, leather and spice.

Palate: Caramel, grainy sweetness, vanilla, salt water taffy, banana, apricot, nuts and light notes of spice. Like the nose, if it weren't for those lighter notes it would have been just too sweet.

Finish: Long and nutty with notes of caramel, spice, cocoa and dried fruit.

Conclusions: Good balance, medium body and a nice creamy feel. 700ml, 46% ABV, target price under \$80 online – and worth seeking out!

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Mon 1 Mar	03:27 0.4m	09:47 3.2m	15:58 0.5m	22:14 3.1m
Tue 2 Mar	04:13 0.4m	10:35 3.2m	16:45 0.4m	23:02 3.2m
Weds 3 Mar	05:01 0.4m	11:24 3.2m	17:32 0.4m	23:51 3.2m
Thurs 4 Mar	05:51 0.4m	12:13 3.2m	18:21 0.4m	-
Fri 5 Mar	00:41 3.1m	06:44 0.6m	13:03 3.1m	19:13 0.5m
Sat 6 Mar	01:34 3.0m	07:42 0.7m	13:56 3.0m	20:09 0.6m
Sun 7 Mar	02:32 2.9m	08:43 0.8m	14:52 2.9m	21:09 0.7m
Mon 8 Mar	03:36 2.8m	09:45 0.8m	15:54 2.8m	22:13 0.8m
Tues 9 Mar	04:42 2.8m	10:48 0.9m	16:59 2.7m	23:17 0.8m
Weds 10 Mar	05:45 2.8m	11:49 0.9m	18:04 2.7m	-
Thurs 11 Mar	00:19 0.8m	06:42 2.9m	12:47 0.8m	19:03 2.7m
Fri 12 Mar	01:15 0.7m	07:33 2.9m	13:41 0.8m	19:56 2.8m
Sat 13 Mar	02:04 0.7m	08:20 3.0m	14:29 0.7m	20:44 2.8m
Sun 14 Mar	02:48 0.7m	09:05 3.0m	15:13 0.7m	21:27 2.9m
Mon 15 Mar	03:28 0.7m	09:47 3.0m	15:52 0.7m	22:07 2.9m
Tues 16 Mar	04:05 0.7m	10:27 2.9m	16:29 0.7m	22:45 2.9m
Weds 17 Mar	04:42 0.7m	11:06 2.9m	17:05 0.7m	23:22 2.8m
Thurs 18 Mar	05:18 0.8m	11:44 2.8m	17:41 0.7m	23:59 2.8m
Fri 19 Mar	05:57 0.9m	12:21 2.7m	18:19 0.8m	-
Sat 20 Mar	00:38 2.7m	06:39 1.0m	13:00 2.7m	18:59 0.9m
Sun 21 Mar	01:19 2.6m	07:26 1.1m	13:41 2.6m	19:45 1.0m
Mon 22 Mar	02:07 2.6m	08:18 1.1m	14:28 2.5m	20:37 1.0m
Tues 23 Mar	03:02 2.5m	09:14 1.1m	15:22 2.5m	21:35 1.0m
Weds 24 Mar	04:03 2.5m	10:11 1.1m	16:23 2.5m	22:36 1.0m
Thurs 25 Mar	05:03 2.6m	11:09 1.0m	17:26 2.6m	23:36 0.9m
Fri 26 Mar	05:59 2.7m	12:06 0.9m	18:25 2.7m	-
Sat 27 Mar	00:32 0.8m	06:51 2.9m	13:01 0.8m	19:20 2.8m
Sun 28 Mar	01:25 0.6m	07:41 3.0m	13:54 0.6m	20:12 3.0m
Mon 29 Mar	02:15 0.5m	08:30 3.1m	14:44 0.4m	21:02 3.1m
Tues 30 Mar	03:04 0.4m	09:20 3.2m	15:33 0.3m	21:51 3.2m
Weds 31 Mar	03:52 0.3m	10:11 3.3m	16:21 0.3m	22:41 3.3m



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We know how important it is to support people to live healthy, active lives and that's why we've placed purpose, wellness, nature and joy at the heart of our vision for The Botanic – a stunning new retirement village in development in Silverdale, and the very best in class in modern aged care living.

Swim laps in the 20m pool, play Pebble Beach on the golf simulator, stroll along the tree-lined boardwalk, relish delicious cuisine at our restaurant, or enjoy a glass of wine at the light-filled Club House in the heart of The Botanic village.

Or perhaps you'd like to busy yourself in the Resident's Workshop or take sanctuary in our Wellness Centre? There are vegetable gardens, orchard trees in the park-like setting, a cinema, an arts and crafts centre, croquet, pétanque, private dining rooms and a fitness centre with a spa and sauna.

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