

# theMillwatermag

Your FREE  
monthly magazine  
of all things Millwater  
October 2018



Art Speak with Estuary Arts

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Nourishing Neurology - Crying Babies

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Millwater Property Talk with Grayson



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## Editor's note

The new waste water works in Millwater will mean inconvenience for a time, with some very large trucks using normally quiet roads, including past play parks and kindergartens. Enquiries with Auckland Transport confirm that any truck under 44 tonnes (those that show a 'H' plate at the back) can use any road – even the big trailer units!



Another great Greek Extravaganza evening, organised by Theo Simeonidis of the Rotary Satellite Club of Orewa-Millwater, takes place on 3 November at the Orewa Arts & Events Centre. This event was a sell-out last year, so head to the Harbour Hospice website now, and make sure you don't miss out on this great event.

With the clocks having advanced, Summer must be just around the corner and there will be more children around in the evenings, so please all remember to drive with care around Millwater. If you see irresponsible or dangerous driving, please note the rego and report to the Police.

Metro Park West, which we know better as Butler Stoney Park, is finally receiving some overdue attention and it's good to see the Local Board and Auckland Council involving us in consultation. Two draft designs were presented for comment; neither perfect but a good basis for conversation and comment, nevertheless. If you haven't commented yet, please head to the Council website and do so.

Yet again we have seen a number of families helped by the volunteer meals group, reinforcing how great is this Millwater community.

Last month's mention of the Pioneer Village needing volunteers brought a welcome but quite small response. If you can spare the odd hour to help out with some maintenance tasks, please contact me directly.

**Brian Mullan**

Editor

October 2018

theMillwatermag

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Front Cover: Millwater resident Graham Lowe

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Disclaimer: Articles published are submitted by individual entities and should not be taken as reflecting the editorial views of this magazine or the publishers of The Millwater Mag Ltd.



# millwater **interview**



Graham Lowe, ONZM, QSM, well-known as a highly successful international rugby league coach, appeared in this magazine back in April 2016, when we learned how he has never compromised his values in order to fit in with the mediocre.

“When I retired from rugby coaching in the 1990s and faced serious health challenges, a good friend taught me to re-evaluate my life and determine what it was that made me tick and what it was in my coaching methods that made for success. Over the next 12 months I worked out 12 core principles and I made a promise to myself that I would do everything I could to help disadvantaged people, no matter who, through the multi-cultural language of sport,” Graham told us.

His vision and moral commitment to improving the lives of others less fortunate has seen his services as a life-coach continue to be in high demand. Graham, through the Lowie Foundation and a successful partnership with NorthTec in Whangarei, delivered a proof-of-concept pilot that recorded a high number of values-based NCEA Level 2 qualifications being awarded to a group of seriously disadvantaged 16- to 19-year-olds there.

It was this success that set the scene for an approach to Graham in 2015 by Government and the Department of Corrections, with the challenge to replicate the improvements in literacy and numeracy – initially at Ngawha prison. Never one to shirk a challenge, Graham set about adapting the already successful structure and applying it to a selected group of men there. The programme next went to Wiri, where 100 men graduated in Level 2 Foundation Studies in basic literacy and numeracy. Proof that Graham’s approach was successful led to a request from the Department of Corrections to roll out the programme and deliver improvements in literacy and numeracy through the language of sport, for inmates within the corrections system across all of New Zealand.

“Everything I do and apply at New Zealand’s prisons, through the various polytechnic institutions that deliver this training, is based on my core set of values – the 12 dynamic principles that I have developed over the years since retirement and which set out achievable aims and goals for everyone, not just prison inmates,” Graham added. He has already visited about three-quarters of the prisons in the country, coordinating and providing coaching to the polytechnics that deliver the programmes.

Clear appreciation of the success of Graham’s teaching programme has seen the Lowie Foundation being named in August as the Department of Corrections 2018 Partner of the Year. Graham is pictured here with that award. Not one to take life easy, Graham (72 on 2nd October) is finalising the remaining quarter of his visits to the polytechnics and prisons in New Zealand – including the women’s prisons. “I’ve never had a busier 6 months in my life,” he told us, “But seeing these people, many of whom come from backgrounds of no love, receive their graduations makes it all worthwhile.”

The measurable benefits will become clearer over time but already the improvements in behaviour and the many enquiries for further education from those who have graduated are positive indications that they are set on track to improve their own lives. “This is the most rewarding thing I have done in my life and I look forward to the follow-up visits, monitoring progress, improving success and having the pleasure of attending graduations.”

Graham concluded, “My ultimate goal is to see this values-based approach to teaching rolled out across primary schools and the mums and dads in New Zealand.”

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# what's on: hibiscus coast

## October / November

**OREWA LIBRARY - Tues 16 Oct - Poetry & Music in Spanish** by Rose Gaete 3:30 - 5pm • Using poetry and music, she will present the story of Nicanor and Violeta Parra.

**Fri 19 Oct - Learn Spanish through Song & Dance** • 4-5pm • This Spanish min-disco will see you learning basic Spanish vocabulary by singing and dancing to Latin music.

**Mon 8 - 17th Oct - Latin American Artist's Exhibition** • Latin American born artists display their art showcasing a range of artistic mediums and genres.

**Wed 31 Oct - Ancient Rome goes to the Movies** - Interactive workshop by Anastasia Bakogianni • Movies about the world of ancient Rome • 10am - midday • All events are free.

**Oct 6-7 & 13-14 - Pioneer Village** - Pioneer Village will be celebrating Auckland Heritage Festival by featuring old fashioned games which will be available to try • 10am - 3pm • [www.silverdalemuseum.org.nz](http://www.silverdalemuseum.org.nz)

**13 Oct - Orewa Lions - Men's Health Seminar** • 2-5pm Sharks Function Centre, Victor Eaves Park, Orewa • Gold coin donation • Several Coast GP's will be talking on a range of topics

**31 Oct - Glow Party** - For kids aged 3-10yrs • 6-8pm Kingsway School Jnr Campus • Games, glow sticks, bouncy castles and BBQ. Dress white & bright • Hosted by Illuminate Church • Gold coin donation with proceeds to the Hibiscus Coast Youth Centre

**Technology Classes at Orewa Library** • **1 Nov** - learn to work your Android Smartphone or tablet • 2-3pm • **8 Nov** - Learn to work your Apple Iphone or Ipad • 2-3pm • Gold coin donation • all proceeds to Hibiscus Hospice

## 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](http://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](mailto: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](http://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](mailto:pioneervillage1968@gmail.com)

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

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# vetspeak

## Litter boxes really aren't so bad!



One of the most common concerns cat owners contact us about is urination happening inside the house. There can be many causes for inappropriate urination in cats and you should always contact your vet to discuss them, but there are a few things you can do first which may help the situation.

Most people seem horrified when we suggest putting litter boxes back in the house, but surely having the urine somewhere easy to clean is better than finding those unwanted puddles on your new carpet or clothes? The number of litter boxes depends on the number of cats in your house; usually 1 per cat and then an extra one. These should be spread around the house in quiet spots; and your cat may like even more privacy, so you can purchase covered litter boxes or use a cardboard box over the litter tray. Litter trays should be cleaned out daily, even more regularly if you need to. There is a variety of litters available, so take some time to find out which one suits your cat best.

Whether your cat is urinating inside due to stress, a new cat in the neighbourhood, or bad weather, a lot of issues can be managed by using litter boxes. Sometimes the problems can be fixed entirely by using a litter box and some may require further investigation and a bit more time, so please pop in to discuss your cat's needs and let us help.

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# mortgagematters

## What does a Mortgage Adviser do? And why do I need one?



If you don't already know, you might be wondering what a Mortgage Adviser does, and why you would use one. There are several good reasons to use a Mortgage Adviser.

A Mortgage Adviser is a financial adviser whose primary role is to help their clients arrange finance for a home purchase or refinance. Here at Mortgage Studio we offer so much more. We spend a lot of time with our clients, analysing their circumstances, focussing on their goals and providing personalised advice. We help them with the application process, provide house-hunting hints and support, negotiate with potential lenders on their behalf and recommend loan set-ups that we believe will work well for them.

This is especially helpful for first-time buyers, or subsequent buyers who have been out of the market for a while, who can find the whole process quite overwhelming.

A Mortgage Adviser's role shouldn't stop there. At Mortgage Studio we keep in touch with our clients, reviewing their frequently-changing circumstances, recommending any improvements that we believe would be of benefit to them, and providing advice around interest rates. Many bank customers don't realise the opportunities that are available to them until

they receive a letter from their bank and question their current mortgage structure or their perceptions around home loans.

A good Mortgage Adviser will work with you to understand your financial goals and offer advice about the options available to you. At Mortgage Studio we seek out the best solution for each client, based on their circumstances and goals. We focus on making our clients' lives easier and removing some of the stress associated with major financial decisions.

And, before you ask, at Mortgage Studio we provide this advice and service 100% free of charge.

If you would like to talk, or if you have any questions whatsoever regarding your mortgage or buying or selling a home, please give us a call – we would love to help.

### Wayne Lawrie Mortgage Studio

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

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# The Curious Mind



I had the privilege of hearing Nigel Latta talk at a conference last month. This was before the series *The Curious Mind* started on TV One.

When I saw the ad for the series, I was excited! I love learning more about the way we think and how thoughts fuel our actions, reactions and beliefs. Having studied both Psychology and Philosophy, I was looking forward to hearing Nigel's take on the human brain.

I love learning about the science behind 'why' certain language and actions have the cause and effect they do in us. The experiment done in the TV series around Fixed vs Growth Mindset was very revealing.

Fixed Mindset says, "You're born with it, or you're not." Growth Mindset says, "You worked hard". Fixed Mindset looks for the easy way. Growth Mindset is willing to learn. The experiment done to demonstrate the difference between the two mindsets using kids and maths problems was interesting. The only difference between the groups was the language used, "You must be really smart," vs "You've worked hard on that." The outcome was significantly different. Of course, this was a basic experiment, but if a significant impact can be made with something as minor as maths problems, imagine the possible outcomes for our kids when problems get more difficult than what they experience in maths class.

So, how do we help move our kids from Fixed Mindsets to Growth Mindsets? How do we get them from "I can't" to "I'll give it go?"

Tie outcomes to effort. Talk more about the work put into achieving.

Michael Jordan was asked how he achieved so much in his career? Could he share the single most important attribute needed to succeed? Reporters did not get the reply they were expecting. "Enthusiasm", he said. He wasn't the best player. He didn't have a natural talent. But he was enthusiastic about basketball! It didn't matter that he wasn't born with it, he was willing to work hard. Willing to learn.

When our kids work hard, let's encourage them, regardless of the grade or placing. When they don't put in the work, talk about what the result could have been if they had. Doing so helps build resilience and a Growth Mindset.

Rechelle McNair, sKids Kingsway

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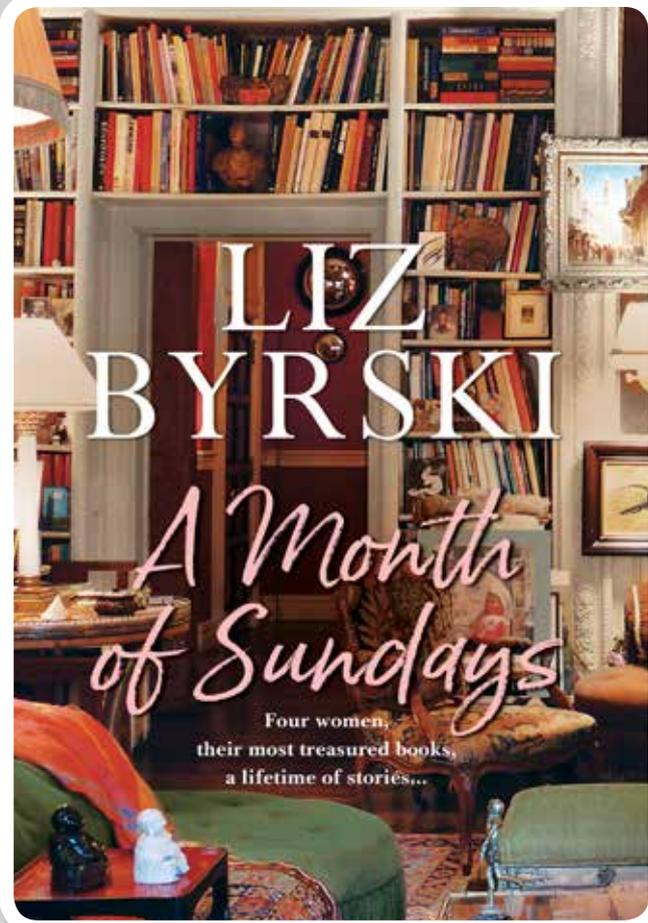
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# millwater **book of the month**

## A Month of Sundays by Liz Byrski



The premise of this novel is intriguing. Four women have been part of an online book club for over a decade, but they have never met face to face in person – their book club is done via Skype. But then Adele invites Ros, Judy and Simone to join her house-sitting in the Blue Mountains. They all agree to come along, but the catch is that they have to bring one book with them that they will all discuss each week and which shows the others something about themselves.

My first reaction to this fictional premise, is ‘what book would I choose that would somehow represent something from my life if I was joining them?’ Selecting that one perfect book would be hard. It turns out that each of the women is at a crossroads in their lives. Adele is staring down the barrel of retirement, after a very successful corporate career – but away from her workplace she is plagued with self-doubts. Ros, by contrast, is an outspoken, sometimes cranky soul, but she has just been diagnosed with Parkinson’s and has yet to come to terms about it, or even to tell anyone. She has been mourning the death of her beloved husband for many years and seems to be stuck in her grief. Judy is at breaking point with her business and knows she can’t go on as she is, but she is unable to move forward. Then there is yoga-teaching Simone, who seems to have things all together. Or does she?

A Month of Sundays is a gentle read that is warm and reflective. It is refreshing to see four older women as the main protagonists. This is a book about friendship and learning to trust again – oh, and there is lots of reading and talking about books. You will have to read the book to see which book each character puts

forward for this unique book club in the beautiful Blue Mountains. A Month of Sundays is a book about women taking charge and growing older with creativity.

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# THE GREEN SPOT - Eco Tip of the Month

Okay, this one is for the ladies and I hope you're ready for it – reusable menstrual products!

A couple of years ago I would never have thought I would ever consider menstrual cups or menstrual underwear, but I'm so glad that I made the switch. They are a lot more comfortable than pads or tampons. They save so much money and, most importantly, the planet. It makes me very happy to know that I will never need to purchase single-use menstrual products ever again.

The underwear shown in the picture is designed for overnight use, yet does not feel bulky to wear and they feel consistently dry. It comes from an Australian company called Modibodi, whom I highly recommend. There is also a New Zealand company that has good reviews, called 'Thinx' – and another new local company that has just started called 'I Am Eva'. These underwear choices are great options, especially for teenage girls who may find cups difficult or daunting.

As for cups, there is a wide range to choose from and there is a wonderfully informative website called mycup.co.nz with helpful guides and questionnaires to assist you in choosing the right cup for you. Plus, their staff are extremely thorough in response to any queries. Another bonus is that both products have even had a lot of users find they have less pain and shorter periods, so there are many reasons to give them a go if you haven't already!

Hayley Crawford



# TRADIE OF THE MONTH with Maddren Homes

It's hard to believe that a retaining wall and excavation site can not only be functional, but also pretty – however, Ben Manion from Formation Earthworks somehow manages to do it. And it's these specialty skills that saw the new boat ramp and seawall at Herald Island come off without a hitch that has earned him the Maddren Homes Tradie of the Month. Ben's attention to detail and careful excavation planning alongside low tide times ensured a safe and secure seawall and boat ramp was built for locals – and that's well deserving of a voucher from proud sponsor Western ITM.

Keep up the great work Ben.



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# pharmacytalk

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Advil is also available in an easy-to-swallow form for those who find capsules difficult to swallow. If symptoms persist or you have side effects, see your healthcare professional.

Do not use if you have stomach ulcers. Incorrect use could be harmful. Pfizer Consumer Healthcare, Auckland.

\*\* Kellstein, David et al. Different formulations of ibuprofen liquid capsules have different absorption profiles. J Clin Pharmacol; 47; Abstract 91(2007).

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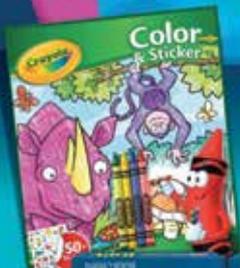
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# The illusion of Invisibility



We knew it was something special, and the Gold Award at this year's Registered Master Builders House of the Year Awards confirmed it. This is the second award-winning home we're profiling of our five entries that all received awards. This smart modular home with dramatic black detailing

against cedar cladding was dubbed 'Modern Love', and was a clear winner in the GIB Show Home. And there's much to love about it.

This year we brought on architectural designer Richard Furze to craft our Kumeu-based show home. One

of Richard's signature stamps is his ability to use space in clever ways while retaining a minimalistic aesthetic. A key design feature in this is the discreet concealment of some of the more mundane aspects of the house; butler's pantry, guest toilet and laundry. Using the cedar panelling that cascades down the hallway, these spaces have been blended so well into the cedar wall that, upon first glance, most people miss them when they visit our show home.

This was an exciting challenge for us when building, as it required perfect alignment of every panel and a precise finish to create the illusion of invisibility. We were over the moon with this show home; but, in all honesty, we make all our houses to be award-winning show home quality. As traditional craftsmen, our passion is in the perfection and detail that goes into building – and, when the details are so perfect they become unnoticeable, it means we have done the job to our standards.

## MIKE PERO MILLWATER SPRING PROMO

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# Millwater Meal Support Group



On a very foggy morning, Luke went out for a cycle practice preparing for the upcoming big race. Unfortunately, there was a big truck parked on the cycleway in Wainui Road, which ended up with a serious crash in which Luke was seriously injured.

Gillian was in fright and shock when she heard the news; with 3 young boys, her life was going to be hectic. Claire Cameron, who read the news on the Millwater Facebook page, immediately volunteered to organise meals for Gillian and posted it up on the Millwater Meal Support Group.

In a short period of time, not only did meals flow in, but also lunch boxes for the next few days so Gillian could focus on supporting Luke's surgery and recovery. "We have felt so overwhelmed and eternally grateful for the support this community has shown us. We really couldn't have got through it without all the meals, baking and support from everyone. We are so blessed to live in our wonderful community."

If you know someone who is in need, or would like to join this wonderful support group, please get in touch now. Most of all, remember to not park in the cycleway anytime; please spread the word and make more people aware of this.

Please contact Nita Wong for more information: [nita.millwater@gmail.com](mailto:nita.millwater@gmail.com), 021 730 238

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# artspeak

## Spring is in the Air

The sun is out, the birds are singing and the school holiday art programme for children aged 5 years and up is shortly upon us. The two-week programme will run from 01 to 12 Oct; and on Friday 12 October from 10.30am to 12.30noon is a fun drop-in session for parents and kids to come and “Colour me Happy – Tie Dye”. This project was so popular last school holidays that we ran out of fabric to dye. This time we are asking participants to bring along a white cotton t-shirt to dye. There are heaps of fun art classes, long and short, so get in quick as spaces are filling fast.



For the month of October, by including groups and individuals, Estuary Arts will be hosting 5 exhibitions. In Gallery 1 is The Studio Printmakers Showcase, featuring unique images created using varied printmaking techniques by members of the Studio Printmakers collective. In Studio 2 is a group showcase featuring textile works by 12 Peninsula Weavers. In Gallery 3, the Friday painters, who meet each week at Estuary Arts Centre to paint together in Studio 1, will be displaying some of their new artworks that they have been working on this year. Gallery 4 in the Education Wing Foyer is winner of the Member’s People’s Choice Award, Tut Blumental, who will be having her solo showcase of landscapes and seascapes. Finally, in Gallery 5 and the Café area, is Helen Douglas with her range of new paintings.

If you are a local artist, I would encourage you to enter the 5th Hibiscus and Bays Art Awards, which will be coming up in November. \$3,000 premier award with heaps of smaller merit prizes and an award for a local artist.

To book into a class or find out more about the exhibitions and opportunities, contact the Centre on 09 426 5570 or email [manager@estuaryarts.org](mailto:manager@estuaryarts.org).



estuary arts centre



**Now Showing**  
**2 to 28 October**

“**Studio Printmakers Showcase**”  
group show



“**The Estuary**” an exhibition by the  
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“**Friday Painters**” a group of  
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Paintings by **Helen Douglas**



“**Dusk to Dawn**” Paintings by  
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# millwater Romeos

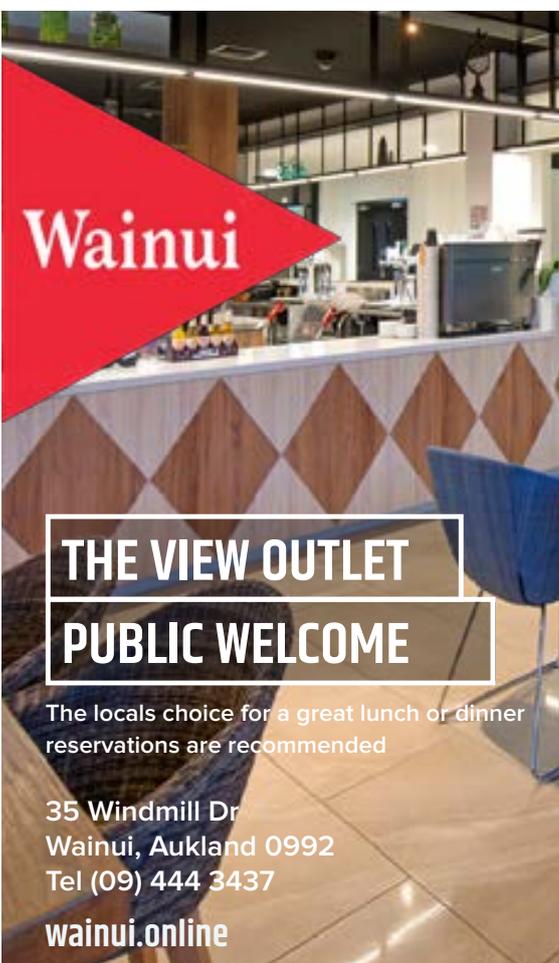
Hot Road Heaven for the Millwater ROMEOS (Retired Old Men Eating Out) was the visit to the North Shore Vintage Car Club recently. This is a big club, with over 200 members and a great variety of very old, not so old and quite recent modes of motor transport, either completed or under restoration. Apart from owning their own collectable automobiles, the members help with club restoration projects. There is a 1923 Dennis bus that was dragged out of a Waikato swamp after 35 years lying neglected, which is now after thousands of hours of painstaking work almost back to its pristine original state. It has the distinction of being the only one of its kind in the world! Many parts had to be completely recreated such as the radiator, where some 35,000 special crinkly washers were used to make up the core. The parts shed is quite amazing to visit, with long rows of neatly numbered shelves from floor to ceiling, holding every conceivable type of

car / bus / truck part from every motoring era.

On display was a completely restored 1935 Chevrolet fire truck with local connections. Apparently, it was used in the early days to fight fires in the Silverdale area. There is an amazing 1935 Morris 8 that was left to the club by the widow of a deceased enthusiast and brought to showroom condition.

What was noticeable at this club was its vibrant buzz of activity, filled with people passionate about their hobby. Many thanks to Paul Collins who showed us around.

The motoring experience included the supercharged 600hp Model-T replica pictured here and the day was rounded off by lunch at the Merchant Bar & Kitchen before returning for cake, coffee and conversation at the home of the day's organiser.



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"The View" outlet is open 7 days a week beginning at 10:30. Come for a drive stay for The View!



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# millwater **property management**

## A Spring Housing Market



Fine weather often turns tenants' minds to whether they will stay put or move home. The advent of Spring after a wet Winter has brought more activity in the Millwater and Whangaparaoa areas.

The North Auckland region is increasingly becoming a popular destination for homeowners and tenants alike, as they seek a less expensive lifestyle than Auckland City. Some owners in Auckland are selling their properties and buying further north to escape the rat race – and in some cases the traffic congestion. As the months go by more people can be expected to move to Millwater, enabling them to work in Auckland or locally while enjoying the coastal lifestyle at weekends. The rental market in the Millwater and Whangaparaoa areas is looking very favourable for investors.

### Insulation deadline

As we approach the warmer weather of Spring and Summer, it is tempting for landlords to continue putting off the decision to complete the insulation of their rental properties. We have had several years' notice and finance facilities have been available to landlords for much of that time. Still, many landlords have not responded to warnings.

By July 2019, all rental homes must comply with the current standard of insulation, as required by the Building Code. If

your property is not compliant, you need to take action now. Next year will be a very busy time, as late-starters panic to insulate at the last minute.

**Craig Harrison | Principal,**  
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# What is Acupuncture?



Acupuncture is an ancient healing modality and a main component of traditional oriental medicine. It consists of the insertion of very fine needles into selected acu-points to balance the energy and blood circulation of the body, to enhance and support the body's self-healing mechanisms.

The pain-relieving effects of acupuncture can be explained by both Chinese medicine (restoring a smooth flow of energy within the meridian channels system of body) and in Western medicine science (promoting the release of local and systemic natural painkillers as well as anti-inflammatory chemicals).

## Needling

Acupuncture needling is a process that uses tiny acupuncture

needles inserted into "Acu-points and Myofascial trigger points" found in the muscles; this may release endorphins, the body's natural pain killing chemicals, loosening muscles and often providing almost instant relief from tension and pain.

The needling stimulates neural pathways, which blocks pain by disrupting pain messages being sent to the central nervous system. The treatment may last 45 minutes to an hour with needles being retained for 15 to 20 minutes or so. This treatment is a useful add-on to massage or as a stand-alone treatment to provide quick relief from muscle pain and soreness and to help muscles relax.

## Is it safe?

Acupuncture is a very safe treatment. Only individually packaged, single use, sterile needles are used.

## Does it hurt?

Generally, needle insertion is not felt! But, in some cases, a variety of feelings like tingling, twitching, ache, numbness and electrical sensations can be experienced. Adverse effects are very rare.

Acupuncture can be used for a great number of issues from;

- Musculoskeletal pain
- Depression
- Stress and anxiety
- Migraines
- Sports injuries
- Complex and chronic pain
- Digestive disorders
- Women's health, including (in)fertility and pregnancy
- Weight loss
- Neurological conditions

Acupuncture is helpful in maintaining good health and in treating people with a wide range of health concerns. In recent years, acupuncture has become much more popular in Western countries and is established as Western medical treatment.

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# holiday destinations

## Vibrant Vietnam

In July this year we embarked on a journey to Vietnam with our good friends in tow. We flew direct on Air New Zealand from Auckland to Saigon, where we had 3 nights.

The next day, we headed out on our first day tour of the Mekong Delta, which was so beautiful. We got to meet and visit so many lovely people; included was a bike tour and we finished with the most amazing lunch.

From Saigon we travelled to Hoi An, where we had 5 nights. If you are looking for great food, culture and getting your clothes made, this is the place!! Hoi An comes alive in the evening with candles that float on the river, which gently light up the old town. We did a couple of tours here: a "Vesper" food tour and the other a Country Scooter ride through rice fields and buffalo; finished off with an organic lunch.

After Hoi An, we headed for Hue, where we relaxed for a few nights in the most amazing resort, with lush tropical forest and a beautiful pool. We had our own private villas and private plunge pools and it was very nice and so relaxing, you wouldn't even know right outside there was a busy road.

From Hue we flew to Hanoi, where we headed out to Halong Bay for our 2-night cruise around the limestone cliffs and amazing emerald-coloured waters. Our ship had everything onboard and our room with private balcony was tastefully decorated.

After we finished our cruise, we had 1 more night in Hanoi to explore the city and markets, and then we flew from Hanoi to Singapore, where we had 4 nights. We visited the Singapore Zoo which was awesome; I can highly recommend it. Then onto some shopping around Chinatown and the malls. Obviously, a visit to Marina Bay Sands is a must, and the Gardens by the Bay for the tree light show in the evening.

If you would like a holiday that is amazing, exciting and new, then Vietnam is a place you need to see. I have new brochures in stock, so, if you would like one, please let me know.

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# Finding “hidden treasures” in your personal Insurance Policies



Personal insurance policies are not created equal. There is considerable variation in both the quality and cost of insurance covers from insurer to insurer. The more innovative insurance companies have recognised the need to incorporate additional in-built features into their policy wordings, to provide better cover for their clients and to make their products

more attractive in the market.

For example, one insurer:

- provides *free in-built child trauma cover of \$50,000* along with the parent’s trauma cover. This benefit was recently paid to a Millwater family whose young 5-year old boy had been diagnosed with acute leukaemia. Following payment of this child trauma benefit, the family also obtained a 6-month premium holiday, meaning they were still fully covered for that time but didn’t have to pay their insurance premium;
- includes “*own occupation*” *total permanent disability cover*, as an in-built benefit included under any trauma cover;
- pays an additional *lump-sum benefit of 24 times the monthly*

*benefit* if, while you are on claim for a monthly disability benefit, it becomes clear that you will never return to work again. This lump-sum benefit is paid in *addition* to the ongoing monthly benefit;

- will *waive the wait period* for any monthly disability benefit cover, should you experience any one of 11 critical illnesses, including the major events of cancer, heart attack or stroke. The payment of the monthly benefit commences from the date of diagnosis;
- offers a variety of means to *increase existing cover, without the need to complete a new full application and without the need for medical underwriting*. While most insurers provide this facility, the quality and scope of this cover varies widely.

These are all exceptional “hidden treasures” that many people may not know about. If you wish to incorporate such benefits in your existing or prospective personal insurance policies, talk with someone who knows their way around the insurance landscape.

It’s what I do!

**Theo Simeonidis FNZIM**  
**UProtectNZ Insurance Services**

Theo Simeonidis is a Registered Financial Adviser, living and working in Millwater, and specialising in personal and business insurances. He can be contacted on 027 248 9320 or 09 528 8724 or email [theo@uprotectnz.com](mailto:theo@uprotectnz.com). Any such assistance is provided on a free, no-obligation basis. Theo’s disclosure statement is available free of charge on request.

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# millwatermalt



The Tomatin distillery is one of the most northerly Speyside distilleries, lying just 16 miles South of Inverness. A somewhat chequered past has been dealt with and the distillery, owned by Japanese interests since 1986, has produced a whiskey that has won major awards at the San Francisco World Spirits Competition; Double Gold in 2016, Gold in 2017 and again in 2018.

Rated 91.5/100 by the Jim Murray Whisky Bible, the Tomatin 12 is aged in ex-bourbon barrels and finished in ex-Oloroso sherry casks for the last 6-9 months of maturation. The online offer I received recently for this whisky was just too good to miss.

**Colour:** Amber-gold

**Nose:** An inviting combination of fruit and spice, fresh green apples balanced by richer notes of cinnamon and nutmeg and just a hint of milk chocolate

**Palate:** Clean and fruity, honey with lemon and orange zest before the woody spice appears. Gentle sweetness and not overly complex

**Finish:** Medium length, with refreshing citrus notes well balanced by toasty oak

**Conclusion:** A gentle whisky and great value on special offer at \$64.99, including courier, 700ml, ABV 43%, 12 y.o.

## Strengthen, Lengthen & Tone!



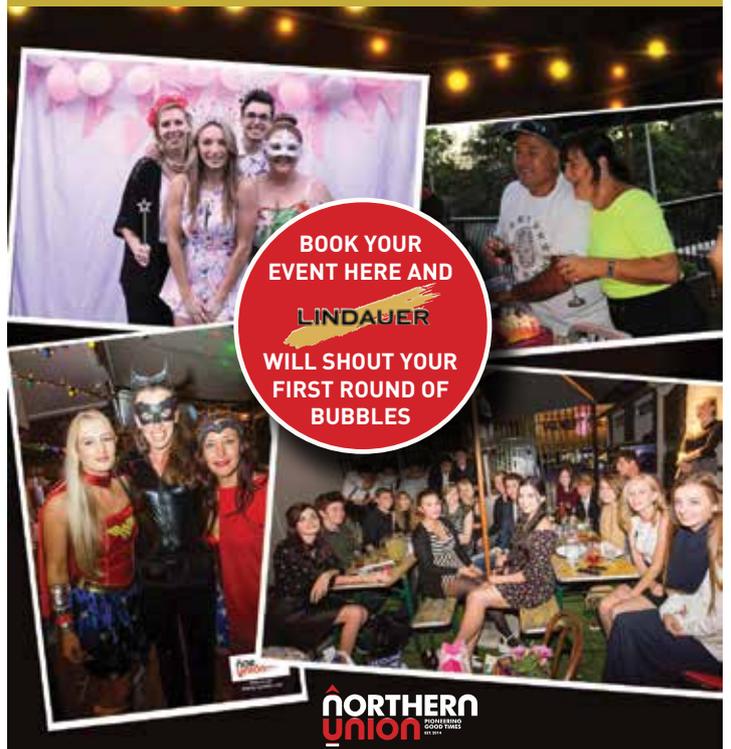
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# millwaterbizbuzz



We recently met a true entrepreneur in Gustav Wentzel, a Millwaterian whose innovative imagination and flair had brought to notable success a number of new businesses within his Stealth Group. Gustav, originally from Pietersburg in South Africa, holidayed in New Zealand in 2006, loved what he saw and returned permanently 6 months later. "Things were tough at first," he said, "But my two grandfathers, one a carpenter and the other a businessman, together with my dad as coach, taught me never to give up and to strive to be the best."

Gustav was a serious sprinter and athlete and understood the importance of supplements so he set out to create his own range to also help other athletes – and Stealth Supplements

was born. Initially using imported ingredients, Gustav has now turned to a reliable New Zealand source and has just launched the all new NZ-made range of quality Stealth Supplements, which proudly bears the Registered NZ Made logo.

Needing to market his early range of products, Gustav found it hard to find affordable good-quality website designers; so, with entrepreneurial flair he created his own web development company and – you guessed it – Stealth Media was born! "Providing professional, custom web design at a fraction of the cost, today we deliver web design internationally. With reliable back-up, service and amazing designs, the business has grown drastically," Gustav said, "and we help out on the charity side, too, such as the new website we created and maintain for Hibiscus Men's Shed."

Being keen on the underwater world, Gustav saw an opening in the market to design custom aquariums for the residential and commercial markets, leading naturally to Stealth Aquatic, which provides aquarium design and maintenance to both fresh and salt water aquariums and everything that goes with them. Gustav added, "However, the lack of availability of the right LED lighting, needed to provide the correct wavelengths to maintain live coral and plant growth in aquariums, provided us with another business opportunity and so Stealth LED Lighting was created." Stealth Aquatics supplies and maintains all manner of fish tanks – from the home or kindergarten, all the way up to the ones costing over \$100,000.

We wondered if there was to be a "next big thing" within the Stealth Group... "Oh, yes," Gustav responded, "our next business venture will be the biggest yet – so keep an eye regularly on [www.steathgroup.co.nz](http://www.steathgroup.co.nz) and be the first to hear!"

## Millwater Women's Group

On 15th August the group met at Kings Garden Centre in Silverdale. We indulged in a great morning tea and then settled in for what was to be a very rewarding and interesting talk from the Kings representative. In the first part we concentrated on bees and the impact they have on our gardens. We also learnt that we need to encourage more bumble bees to set up house in our gardens and Kings have some wonderful Bumble Bee Homes to purchase if you are keen to do this. Everyone present found this so interesting and I am sure there will be more and more bumble bees coming to live in Millwater in no time at all. If we all try to encourage them into our gardens, the whole area benefits from their superb pollination skills.

The second part of the talk focussed on beating our clay sites into submission and how to achieve this. Again, there was so much interest here for most of us and the general discussion that followed was on getting the most out of plants and how to achieve this with clay. There is no easy answer, as you might expect, but the information available

from Kings on how best to make your garden lush and happy was very good and I will certainly make them my first stop if I need more advice in this area.

The Women's Group made another large delivery of groceries to Youth in Transition, with some extra donations coming to us from a couple of lovely Millwater residents. This is a monthly delivery of tea, coffee, tissues, toilet paper, soap, snack bars, biscuits and juice, which helps Youth in Transition by supplying some of the basic things they need to function and assisting their limited budget to go further. Please contact me for drop off details.

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

Marj Noble 021 711 540



# millwatermotors

Not an actual car this month, but instead a local Millwater car-detailing business that will put a glossy shine on your pride and joy and looks of envy on the faces of your friends.

Detail Driven is the brainchild of Alex Parkinson, who provides the high-gloss kind of finish to automobiles that you normally don't see outside of Concours d'Elegance or high-end car showrooms. It's not restricted to new cars, either – as the Mitsubishi GTO here shows clearly – Detail Driven really can make a world of difference to your car's appearance.

Keen athlete (men's discus #2 in New Zealand and aiming for the 2020 Olympics) Alex admits to being obsessed to achieve the best – in his sport and in his business – and both receive equal dedication. "People have come to expect only the best in quality car finishing and Detail Driven provides just that. We take what might initially appear to be dull and transform it into something quite magical," Alex told us.

With the purchase of Alex's second car, he began to really understand how to achieve the sort of detailing that he now offers and Detail Driven was founded earlier this year. "We don't just treat the exterior appearance of your car," Alex said, "We do the full interior treatment, too, including a ceramic coating to seat fabrics that makes them virtually stain-proof – particularly good if you have kids and/or animals regularly in the car." The harsh New Zealand UV can dull headlamp covers but these also can also be made to look like new, as shown here.

Long training in techniques and materials means that Detail Driven knows how to provide the kind of result that most of us only dream of. Alex has sourced the very best in polishes and other automotive products and applies them with skill and passion. "Detail Driven offers a range of services, including full valet and ceramic coating to paintwork polishing, each tailored to the individual car and the requirements of its owner, and I guarantee the quality of all my work," he added, "Just give me a call and I'll give you a quote."

Impressive to meet and impressed by his abilities, we look forward to seeing more, shiny new and older Detail Driven automobiles on our roads. Alex can be contacted on 020 4141 3871, Alex@DetailDriven.co.nz or DetailDriven.co.nz



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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.

	Aug 2017	July 2018	Aug 2018
Number of Sales	14	17	9
Median Sales Price	\$1,135,000	\$1,125,000	\$1,150,000
Highest Sale Price	\$1,688,000	\$1,388,000	\$1,828,000
Lowest Sale Price	\$850,000	\$638,000	\$815,000
Average % price to CV	* <sub>pre 2017 valuation</sub>	-1.08	-2.36
Average Floor Area (sqm)	241	218	227
Weighted Value Index	1391	1447	1401
Average Days to Sell	81	111	125

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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Mike Pero Real Estate, Licensed REAA (2008)

## propertytalk

As expected, the sales results for August were disappointing, with a low sales volume recorded and a lengthening of the days to sell. However, the days to sell figure is misleading as it includes a couple of very slow sales, highly distorting the figures due to the low turnover. This will most likely remedy itself in the September figures. All other statistics continue in the normal ranges.

At the coal face, we can see signs of improvement coming. Buyer activity seems to be increasing again as the warmer weather draws people out from their Winter hibernation. More importantly, we are now seeing more serious buyers; those who are actually considering an imminent purchase – or, better still, those that have sold and are ready to buy.

Prices have for the most part remained stable in recent months, with most vendors preferring to hold out for their expected pricing. This has caused some frustration for buyers, but they are now accepting that there is unlikely to be a significant fall in prices and are starting to make purchase decisions.

It appears that trading this Spring and Summer is likely to follow a similar pattern to 2017; with a slow end to Winter, then a sharp increase in activity in October and November. We would imagine that December and January will follow the pattern of the last 5 years with minimal sales (4 in the 2017/18 period) between 15 December and 15 January, then a slow build-up through February. As always, we would suggest home owners avoid launching their property onto the market over this time; so, ideally, be on the market by

mid-October.

If you are considering selling in the next 6-12 months, please get in contact with us as soon as possible. We can run you through the different implications regarding the timing of your sale. Our conversation is free, with no obligation and no pushy sales talk, just some honest information and advice.

*Grayson*

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- second, separate lounge opens out to partly covered entertaining area
- double internal access garage with plenty off-street parking and separate laundry



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021 665 423  
09 426 6122

**Sarah Furniss**  
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[www.mikepero.com/RX1617640](http://www.mikepero.com/RX1617640)

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[www.65madisonterrace.com](http://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 543m<sup>2</sup> 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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## Orewa - 41 Ascension Cres 4 🚗 3 🚿 2 🏠

### Easily maintained, easily owned!

Enviably positioned close to popular schools and a host of amenities, this well-priced home represents a wonderful opportunity to establish yourself in a great location without having to break the bank to do so. Located in the heart of Orewa, this warm and inviting home boasts four double bedrooms, highly-functional kitchen and bathroom spaces and the added convenience of a separate laundry. An abundance of glass bathes the open-plan living and dining area in natural light, while sliding doors promote easy access out to the delightful grounds. Call now for more information.

**By Negotiation**



**Max Zhang**  
021 521 888  
max.zhang@mikepero.com

**Web** [mikepero.com/RX1533694](http://mikepero.com/RX1533694)



## Millwater - 25a Blake Greens 2 🚗 1 🚿 1 🏠

### Sun, outlook and single level on the corner!

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

**Offers over \$740,000**



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**Sarah Furniss**  
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sarah.furniss@mikepero.com

**Web** [mikepero.com/RX1606729](http://mikepero.com/RX1606729)



## Millwater- 59 Madison Tce 5 🚗 3 🚿 2 🏠

### Larger than life & With Granny Potential

In a family friendly area close to popular schools, safe parks and convenient public transport routes, this spacious home is presented to the market by motivated vendors. The two bedrooms on the ground floor come with easy access and gorgeous finish. They have their own sitting room, bathroom and separate entry. The granny potential is ideal for extended family or your teenagers wanting their own pad. Further accommodation is provided by three bedrooms upstairs (master with ensuite) plus an additional living area. Call Max now for more information.

**\$1,349,000**



**Max Zhang**  
021 521 888  
max.zhang@mikepero.com

**Web** [mikepero.com/RX1469635](http://mikepero.com/RX1469635)



## Gulf Harbour- 4a Astrolabe Pl 4 🚗 4 🚿 2 🏠

### A coveted community, a compelling opportunity

You will love this charming 2 storey, 4 bedroom modern home. It is enviably positioned in the heart of Gulf Harbour and surrounded by sought-after schools, thriving cafes, quality amenities and reserves. As if the homes endearing characteristics weren't enough, the location too, is superb. In close proximity to the city's finest private schools - Gulf Harbour School and Wentworth primary and college - the educational opportunities are phenomenal. In addition, the local shops are within walking distance and the Gulf Harbour shopping precinct, with its thriving restaurants, bars and cafes, is just minutes away. Call Max for more information.

**By Negotiation**



**Max Zhang**  
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max.zhang@mikepero.com

**Web** [mikepero.com/RX1663489](http://mikepero.com/RX1663489)

Mike Pero

0800 000 525



ELEVATION, SPACE AND LOCATION

4 2 2

[www.23flavelldrive.com](http://www.23flavelldrive.com)

**23 Flavell Drive, Orewa**

Only two years old, this single level home sits on an elevated 621m<sup>2</sup> site and offers four bedrooms, open plan living and excellent outdoor entertaining options. The fresh light décor makes the home appealing and the location is excellent. Our vendors are committed to their next move, so call us now to view.

- spacious kitchen with quality Bosch appliances, gas cooking and plenty of storage
- open plan dining and family room opens out to a generous deck and entertaining area
- separate second lounge
- balance of master build warranty

[www.mikepero.com/RX1661575](http://www.mikepero.com/RX1661575)



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SECLUDED, SPACIOUS SINGLE LEVEL LIVING

4 2 2

[www.11siblingcourt.com](http://www.11siblingcourt.com)

**11 Sibling Court, Millwater**

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

- generous 214m<sup>2</sup> (approx) single level 3 year old home on a flat 645m<sup>2</sup> (approx) site
- large open plan living/dining area and separate second lounge area plus stunning kitchen with island bench
- master bedroom with ensuite, walk in wardrobe and own outdoor access
- balance of masterbuild warranty

[www.mikepero.com/RX1563850](http://www.mikepero.com/RX1563850)



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## Millwater- 6 Whares Court 4 2 2

### A place you'll want to call home!

- This is a home that is easy to fall in love with!
- spacious open plan living flowing to well-designed outdoor entertaining area
- stunning kitchen with generous storage and stone benchtops
- separate second lounge
- master bedroom including walk in wardrobe and ensuite with access to patio
- double garage with carpet and additional storage
- quiet cul-de-sac in established location

**Offers over \$1,105,000**



**Grayson Furniss**  
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grayson.furniss@mikepero.com



**Sarah Furniss**  
027 444 00 44  
sarah.furniss@mikepero.com

Call Grayson or Sarah for more information.

**Web** [mikepero.com/RX1544854](http://mikepero.com/RX1544854)



## Millwater - 2 Madison Tce 4 2 2

### Be the envy of your neighbours!

- 238m<sup>2</sup> (approx) home sits proudly on a 662m<sup>2</sup> (approx.) corner site
- built by The House Company (ex-showhome)
- three bedrooms plus fourth bedroom/study on ground floor
- beautiful open plan living / dining opens out to sunny patio
- impressive kitchen with stone bench tops, quality appliances and walk-in-pantry
- separate lounge with gas fire and covered patio
- double internal access garage
- balance of masterbuild warranty

**\$1,299,000**



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**Sarah Furniss**  
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sarah.furniss@mikepero.com

**Web** [mikepero.com/RX1533026](http://mikepero.com/RX1533026)



## Millwater- 9a Blake Greens 2 1 1

### Sought after corner, ground floor apartment

This stunning ground floor apartment has a wonderful bush outlook and a feeling of spaciousness and privacy that is difficult to achieve in a popular location like Millwater. Being a corner unit, this features additional windows and a larger outdoor area, so more light and more space – the perfect combination. The open plan living area features a fantastic kitchen and enjoys an ideal relationship with the westerly facing partially covered outdoor area. Two light filled double bedrooms are serviced by a stunning tiled bathroom, a well balanced solution for a couple or small family.

**By Negotiation**



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**Web** [mikepero.com/RX1602931](http://mikepero.com/RX1602931)



## Millwater - 162 Wainui Rd 4 2 2

### Spacious, Single Level and Ready to Occupy!

This property is set well back from the road giving you that sense of tranquillity but the icing on the cake is this property's practical location, close to a host of quality amenities and transport options making anything you need within easy reach.

- open plan kitchen, dining & living area
- second lounge space adjacent
- easy flow to outdoor patio
- master bedroom with large walk in wardrobe and ensuite
- double internal access garage

**Offers over \$1,080,000**



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grayson.furniss@mikepero.com



**Sarah Furniss**  
027 444 00 44  
sarah.furniss@mikepero.com

**Web** [mikepero.com/RX1510418](http://mikepero.com/RX1510418)

Mike Pero

0800 000 525



ULTIMATE FAMILY HOME

6 2 3

[www.42millerrise.com](http://www.42millerrise.com)

**42 Miller Rise, Millwater**

Nestled up a private right of way, this immaculately presented home impresses at every turn. From the six bedrooms, which offer versatile living options for a large family, to the enviable Millwater location - there is so much to love here! This is the perfect setup for a variety of family configurations - call us for more information.

- four double bedrooms upstairs with 2 bathrooms, 2 living areas and family-sized kitchen
- two double bedrooms on the lower level with open plan living, bar kitchen, bathroom and separate entrance.
- 300m<sup>2</sup> home set on 602m<sup>2</sup> (approx) elevated land with sea views
- double garage plus plenty off-street parking and room to park the boat.

[www.mikepero.com/RX1665635](http://www.mikepero.com/RX1665635)



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

4 2 2

[www.21botanicaldrive.com](http://www.21botanicaldrive.com)

**21 Botanical Drive, Millwater**

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

[www.mikepero.com/RX1449360](http://www.mikepero.com/RX1449360)



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# safer communities

## Scammers and Cybercrime

Almost weekly, we hear reports about scams and cybercrime taking place within our community. Nobody is immune and we must all be constantly aware of the threat.

### What is Cybercrime?

Cybercrime is a criminal act that can only be committed through the use of technology or the Internet and where the computer or network is the target of the offence.

### What is a Scam or Fraud?

Online scams are intended to manipulate or trick people into giving away their personal details, financial details or money.

A number of agencies that can provide advice and support, including but not restricted to:

**NETSAFE**      [www.netsafe.org.nz](http://www.netsafe.org.nz)

Netsafe provides information, advice and support for all types of online safety including:

- Online bullying, abuse and harassment
- Online scams
- Online trading complaints
- Keeping online accounts and information safe and secure
- Online safety in schools and for parents and businesses

Staying safe online generally

Netsafe will forward any complaints of a criminal nature to Police.

**IDCARE**      [www.idcare.org.nz](http://www.idcare.org.nz)

IDCARE is a counselling service that provides advice and support services for victims of:

- Identity theft
- Hacking
- Phishing
- Telephone, romance and investment scams
- Lost or stolen credentials
- Data breaches
- Ransomware

IDCARE will forward any complaints of a criminal nature to Police.

**Most importantly if you think you have been the victim of a scam or cybercrime, please contact the Police or above agencies for advice.**

**Constable Michael Brown**

**Orewa Community Constable**

Orewa Police Station | 09 426 4555



The Helensville Golf Club is located on the outskirts of Kaukapakapa in Peak Rd and is fantastic Parkland Course. A range of magnificent native and exotic trees line most fairways, which requires accuracy off the tee to master the course and provides a challenge for all levels of golfing ability. At times of the year, the many flowering shrubs and bushes create an ideal frame to a truly beautiful course.

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The course is a par 71 for Men and Par 73 for Ladies incorporating five par 3 holes which are a feature of the course, with every one providing a different challenge. The club has a variety of innovative membership options catering for most peoples needs along with reasonably priced green fees.

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## Central's Tips

October 2018



It's growing time! Plant summer veggies and herbs, hang sticky traps in apple and pear trees and patch up that lawn. It's also a good time to get the weeds and pests under control and add mulch to the garden.

### In the Veggie Patch

- **Plant all the summer producing vegetables** – tomatoes, capsicum, zucchini, cucumbers and eggplants
- Did you know? It's best to put a **tall stake (1.8m)** beside your **small tomato plants** as the vine types grow very tall and need support
- **Eating flowers** – there are plenty of flowers that can be used in salads or as edible garnishes - nasturtiums, carnations, daylilies, rose petals and violas are just a few
- **Hang sticky traps** in apple and pear trees to stop an infestation of codling moth in the young fruit. Or, Spray with Yates' Success Ultra (four times only) over the spring season.

- **Summer herbs** such as **dill**, **French tarragon** and **coriander** are good to plant now

### The rest of the Garden

- **Wage war on the weeds** – by actively removing or spraying them early in the season
- **Aphids appearing:** Spray with an organic insecticide or, if your water pressure is good, loosen them with a heavy squirt of water
- Apply **sheep pellets** and a **layer of mulch** around the garden.

### Lawns

- **Patch** existing or sow new lawns
- **Fertilise lawns** with Turfmaster Gold.



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# The Many Sides to Nita



We interviewed Nita Wong in this magazine back in August 2016, when she was a stay-at-home mum, and at the time she was preparing her way back to the workforce and into the construction industry. That's why we are delighted to hear she started her dream job a few months ago, almost the same time that her youngest son started school. We were keen to know more about this community-focussed person who is already well-known for helping others, so we joined her at her new place of work.

## When did you join Maddren Homes?

In April, I first joined the company as a part-time new home coordinator. This is because Maddren understood that it would not be easy for me to transition from a full-time mum to a working mum, and they allowed me time to adjust my work-life balance, so I always feel grateful of their caring and understanding. In the first few months, lots of training was provided, with full support in every way. I am now a full-time design and build consultant and I can't wait to help people build their dream home.

## Why did you choose Maddren Homes?

I wanted to work in a building company that I can confidently say has the best quality, craftsmanship and service. With so many House of The Year awards, Maddren has developed a very good reputation in the neighbourhood. Moreover, I wanted to work close to home and, as we have a show home in Orewa and a new show home under construction in Millwater, this is just down the road from where I live!

## Tell us more about your job...

My job is to help people building their dream home! Listening to client's plans, ideas and needs is a crucial part of my job. There is a long checklist to go through, to ensure we don't miss out anything in the planning stage, and get things right from the very beginning. Budget is a key focus in the build, and part of my job is to bring the client's ideas and dreams to life within the agreed figure. Building a new house is exciting but can also be daunting, so another part of my job is to walk with my clients through the journey and make it less stressful.

Of course, there are some not-so-fun parts, such as checking covenants and Council restrictions, reading technical reports, etc; but this means that our client doesn't need to worry about anything when they come to us – we will take good care of everything.

If you are even at the very early stages of planning on building a new home, talk to Nita now and she will help make it happen for you.

See Nita's 'Asian Corner' article on p46 and recipe on p44.

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# NOURISHING NEUROLOGY – CRYING BABIES

## Step one – Breathe



Take care of your own neurology; babies are challenging. They also rely on YOUR brain, the part that regulates emotions, because that part is not yet developed in their brain.

Research tells us that as many as 40% of babies suffer from colic-inconsolable crying for more than 3 hours a day, more than 3 days a week, for more than 3 weeks.

When you can't find a cause for the crying, it is stressful for the entire family. You can try some calming techniques:

- Deep pressure massage – squeezing the ankles, legs, knees; then the wrists, arm and elbow (there are lots of receptors around the joints). Then do a firm pressure across the body from one shoulder to the opposite hip.
- Be sure when you are holding and patting your baby's back that you don't pat between the shoulders where you can wind up the sympathetic system, which is our fight or flight system. Pat on the nappy, which is the sacrum or base of the spine and parasympathetic system for rest and digest.
- Crying in babies receiving chiropractic care reduced by around 50%. Miller et al. J Manipulative Physiol Ther. 2012; 35(8):600-7. Taking care of babies' neurology is very important; birth can be tough for both parties and cause spinal and cranial stress.
- Try rocking them on their tummies on a swiss ball. Good for baby and gives Mum's and Dad's body a break.

Skin to skin with baby can help calm the system.

Dr Lorene Dennis  
Chiropractor



gentle adjustments

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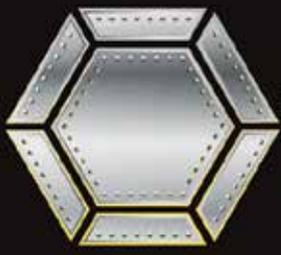
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<b>Tue</b> <b>2 Oct</b>	01:07 2.9 m	07:12 0.4 m	13:32 2.9 m	19:43 0.6 m
<b>Wed</b> <b>3 Oct</b>	02:01 2.8 m	08:08 0.5 m	14:32 2.8 m	20:45 0.6 m
<b>Thu</b> <b>4 Oct</b>	03:01 2.8 m	09:10 0.5 m	15:36 2.8 m	21:51 0.6 m
<b>Fri</b> <b>5 Oct</b>	04:06 2.7 m	10:18 0.5 m	16:42 2.9 m	22:56 0.5 m
<b>Sat</b> <b>6 Oct</b>	05:12 2.8 m	11:24 0.4 m	17:45 3.0 m	23:58 0.4 m
<b>Sun</b> <b>7 Oct</b>	06:16 2.9 m	12:25 0.3 m	18:42 3.1 m	-
<b>Mon</b> <b>8 Oct</b>	00:55 0.3 m	07:15 3.0 m	13:20 0.2 m	19:37 3.2 m
<b>Tue</b> <b>9 Oct</b>	01:49 0.2 m	08:09 3.2 m	14:11 0.1 m	20:28 3.2 m
<b>Wed</b> <b>10 Oct</b>	02:39 0.1 m	08:59 3.2 m	15:00 0.1 m	21:17 3.2 m
<b>Thu</b> <b>11 Oct</b>	03:27 0.1 m	09:47 3.3 m	15:46 0.1 m	22:04 3.2 m
<b>Fri</b> <b>12 Oct</b>	04:13 0.1 m	10:32 3.2 m	16:32 0.2 m	22:50 3.1 m
<b>Sat</b> <b>13 Oct</b>	04:57 0.2 m	11:17 3.1 m	17:17 0.3 m	23:35 3.0 m
<b>Sun</b> <b>14 Oct</b>	05:40 0.3 m	12:01 3.0 m	18:02 0.5 m	-
<b>Mon</b> <b>15 Oct</b>	00:19 2.8 m	06:23 0.4 m	12:46 2.9 m	18:50 0.6 m
<b>Tue</b> <b>16 Oct</b>	01:04 2.7 m	07:07 0.6 m	13:34 2.7 m	19:41 0.7 m
<b>Wed</b> <b>17 Oct</b>	01:51 2.6 m	07:56 0.7 m	14:26 2.6 m	20:35 0.8 m
<b>Thu</b> <b>18 Oct</b>	02:42 2.5 m	08:52 0.8 m	15:22 2.6 m	21:32 0.8 m
<b>Fri</b> <b>19 Oct</b>	03:37 2.4 m	09:53 0.9 m	16:20 2.5 m	22:29 0.8 m
<b>Sat</b> <b>20 Oct</b>	04:36 2.4 m	10:54 0.9 m	17:14 2.6 m	23:22 0.8 m
<b>Sun</b> <b>21 Oct</b>	05:34 2.5 m	11:49 0.8 m	18:04 2.6 m	-
<b>Mon</b> <b>22 Oct</b>	00:11 0.7 m	06:26 2.6 m	12:37 0.7 m	18:50 2.7 m
<b>Tue</b> <b>23 Oct</b>	00:57 0.6 m	07:14 2.7 m	13:20 0.6 m	19:33 2.8 m
<b>Wed</b> <b>24 Oct</b>	01:40 0.5 m	07:58 2.8 m	14:01 0.5 m	20:15 2.9 m
<b>Thu</b> <b>25 Oct</b>	02:22 0.4 m	08:40 2.9 m	14:41 0.4 m	20:57 3.0 m
<b>Fri</b> <b>26 Oct</b>	03:04 0.3 m	09:21 3.0 m	15:23 0.3 m	21:41 3.0 m
<b>Sat</b> <b>27 Oct</b>	03:47 0.2 m	10:04 3.1 m	16:06 0.3 m	22:25 3.0 m
<b>Sun</b> <b>28 Oct</b>	04:31 0.2 m	10:48 3.1 m	16:52 0.3 m	23:12 3.0 m
<b>Mon</b> <b>29 Oct</b>	05:16 0.2 m	11:35 3.1 m	17:41 0.4 m	-
<b>Tue</b> <b>30 Oct</b>	00:01 3.0 m	06:03 0.2 m	12:24 3.1 m	18:34 0.4 m
<b>Wed</b> <b>31 Oct</b>	00:52 2.9 m	06:55 0.3 m	13:19 3.0 m	19:31 0.5 m



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## fishing spot

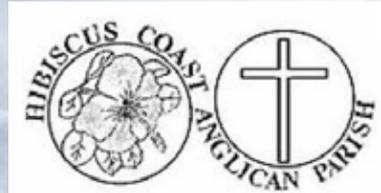


October and November is the time when the Spring fishing really comes into its own. The Hauraki is full of plankton and bait fish, the water is rising from 14 degrees to the early 20s and the big fish are feeding hard before they spawn around December. The fishing has been good over the last month, both in close and in the middle of the Hauraki towards the tip of the Coromandel. Most people I have talked to are getting their limit in a couple of hours once the bite starts. If you are struggling to find the fish, don't be afraid to ask the team at Fishing Direct in Silverdale Street, or jump online and follow pages like Ocean Angler and Ultimate Charters to see where the work-ups are.

I am a true believer that the moon affects how the fish are biting and recently I was passed on another theory in support of this. The saying goes something along the lines ... "The moon is like a fishing basket and the fishing is best when the shape of the moon (basket) holds water; if the moon is upside down then the fish fall out of the basket and the fishing will be bad." So far, this saying has been true to its word.

This month, we jumped in the water for the opening of the scallop season. The water was a very fresh 14 degrees and I was shivering down there while collecting my catch. The area we dived had many boats around us, with many of them diving. The boats with divers were all looking out for each other's diver's bubbles and keeping boat speeds at 5 knots around anchored boats and dive flags. Unfortunately, other boats were driving through the divers and one boat was even dredging for scallops in between us!!! Please know your rules and slow down to 5 knots if you come within 200m of an anchored boat or a blue and white flag (this can be on a boat, kayak or even a buoy towed behind a diver). Be safe out there!

Tight lines!



Join us for services throughout the month:

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Wednesday 9:30am

**Christ Church, Waiwera**  
1st Sunday 11:15am

**Holy Trinity, Silverdale**  
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# Why is it important to wear proper shoes for running / walking / working out?



Whether your workout involves running, walking, sports or gym equipment, a decent sports shoe is a must.

Injury caused by inappropriate shoes can needlessly derail your fitness or weight loss regime. Investing in a quality shoe can help you prevent foot and ankle damage and make your workout a more pleasant and comfortable experience. If you take your exercise and health seriously, you should invest in quality. Price is a one-time event; if you buy cheap and the shoe is incorrect and bad quality, it is actually going to cost you money and sometimes cause pain! Even a simple thing like lacing your sports shoe up correctly can make a huge difference.

Then there is fit... will you be correctly fitted? This is sometimes a time-consuming thing to do but it is rare that a shoe goes on and that is 'the one'. You need to try various shoes on and walk around in them.

If you are looking for a good shoe and there is no one around to assist you, as is the case with the big box stores, how can you know you get the right fit. Most people don't even know their size because all shoes are different – and all shoe companies are not standard fit, believe it or not. Hence the thousands of shoes being re-sold on Trade Me for instance, although they are brand new.

Yes, you can buy online and take the risk, you also take the risk that the shoe is actually counterfeit product i.e. it looks and feels like a good branded shoe but it is actually a very good copy with inferior materials used. If Customs pick it as counterfeit, they will ask you to prove its origin; if you can't, they keep it and destroy the shoe.

At Team Rhapsody in Silverdale Village, we are here 7 days a week to assist you with your footwear needs. If we don't have exactly what you need in our stock of thousands of pairs, we can often get the exact shoe you need within a few days.

We are a family store and we still believe in service. We have been here since September 1989; times have changed a little since we started but service and a smile is something we add to every sale at no charge!



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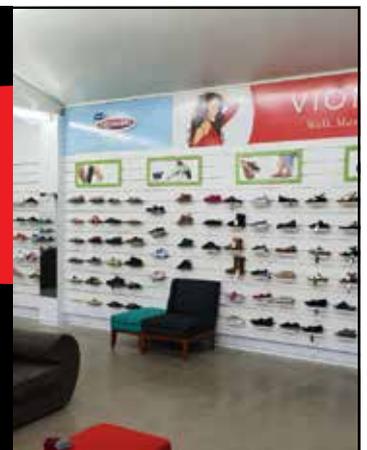
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## European Market - It's here again!



Annual European Christmas Market, Sunday 18th November, 9am to 2.30pm, Silverdale Hall in Silverdale Village

A great range of gifts and food from European countries and NZ. Something for every taste and a great range of Christmas Gifts.

The PAK'nSAVE lucky shopper raffle will be drawn at 2pm on the day.

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Enquiries to Helene 021 913 488  
helene@sailaway.co.nz

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# Do We Need to Insure our Kids?



I recently prepared an insurance solution for a single mum with 2 kids in their mid-teens, and honestly, I have not had any of my plans received with so much gratitude and relief! What appealed most to her was that I included some cover for her kids.

But, do we really need to insure our kids? I don't typically propose you do unless there is a need. I would assess the need based on risks versus resources:

### Risks:

Anything can happen at any time but, from their mid-teens, kids become more independent in their pursuits, including travelling

domestically and internationally for their activities or Overseas Experience, hence increasing their personal risk, which in turn could potentially increase your financial risk.

### Financial Resources:

Should your teenager become seriously ill or injured overseas, would you have the resources to bring them home? Whether locally or overseas, you and/or your partner are likely to take time off to care for your child, which could result in loss of income or additional costs e.g. childcare for your other kids and travel costs. None of us want to even consider this but, worst-case scenario, if your child pre-deceases you, could you give them the farewell of your choice?

My client is especially excited because she feels she is giving her kids a gift that will keep on giving throughout their lifetime:

- insurance whilst they are young and healthy, allowing them to lock in lower rates
- instilling important financial decision-making habits

This hits an emotional chord – should your child become seriously ill or injured would you want to rely on crowd-funding or would you want to have certainty and ability to quickly respond to your child's needs?

*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](mailto:valentina@mirockfs.co.nz) or 021 627 802*

## Do any of these describe you?

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

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## Purchasing a Property – ‘Overseas Persons’?



The legislation that determines whether or not an overseas person can purchase a residential property in New Zealand is changing from 22 October 2018. The questions are: What has changed? Who is affected? Will the changes make a difference to you or your family members?

### What has changed and who is affected?

Under the amended legislation, residential property will be classified as ‘sensitive land’. This means that a person who is classified as an ‘overseas person’ under the Overseas Investment Act 2005 will need to gain consent from the Overseas Investment Office to purchase a residential property. To gain consent, the overseas person will be required to satisfy one of the tests under the Act. If they are unable to satisfy the test, they may be refused permission to purchase.

Will this affect you or your family members?

Here are some examples of who is affected:

Aunt Janice is a citizen of New Zealand, Australia or Singapore; she wishes to buy a residential property in New Zealand; no consent is required;

Uncle Matt is a permanent resident of New Zealand, Australia or Singapore, he has lived in New Zealand for more than 183 days in the last 12 months, is ordinarily resident here, a tax resident; he is unlikely to require consent to purchase a home (similar provisions apply to those with a NZ resident visa); but

If you, your cousin, aunt, uncle or other family member do not meet the above criteria, they are likely to require consent to purchase a residential home.

### I qualify as an overseas person what do I do?

Practically speaking, if you are an overseas person who does not meet the above criteria, you will need to gain consent from the Overseas Investment Office to purchase your home. Solicitors or conveyancers will be unable to complete your property transaction without a reliable statement from you that you have consent to purchase.

There are of course exemptions, exceptions and many details to consider. The experienced property team at Simpson Western are happy to help you navigate the fine print. Call the team on 09 486 3058.

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Silverdale Chiropractic & Acupuncture	09 200 5585
Connected Families Chiropractic	09 421 1164

## Optometrists

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## Motoring & Boating

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Rodney Auto Centre	09 426 5016
Silverdale Marine	09 426 5087

## Real Estate

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## Food, Entertainment & Recreation

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Silverdale Village Market	09 426 4479
Northern Union	09 426 2651
Helensville Golf Club	0800 420 545

## Printing

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## Insurance / Finance / Accounting

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MTF Finance	09 421 0335
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## Pets

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Clip A Dog	09 428 3375
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## Storage

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## Community

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# Fresh Pasta with Chicken, Zucchini and Bacon

## Ingredients:

Bacon  
2 zucchini, sliced  
300g chicken breast, sliced  
1 pack fresh pasta  
Cherry tomatoes  
Frozen corn (defrosted)  
1/2 cup tomato puree  
Handful of grated parmesan cheese  
Minced garlic and herbs

## To Make:

1. Grill bacon until edge is crisp; when cooled down, cut into strips
2. In a saucepan, add minced garlic and sauté zucchini until it is soft, set aside
3. In the same saucepan, pan-fry chicken with some garlic until golden brown, set aside
4. In a large saucepan, boil water and cook pasta as instructed on pack. Before draining, reserve approximate 1 cup of pasta water
5. On a medium heat, stir in tomato puree, 1/2 cup pasta water and parmesan cheese. (adjust them to your desired texture.) Add drained pasta, corn and chicken, season with herbs or salt to taste



6. Add cherry tomatoes, give it a quick stir and remove saucepan from heat

7. Assemble pasta, with zucchini and bacon on top

Happy cooking!  
Nita Wong

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# Simple ways to make your Dentures last Longer



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Doing this has another practical benefit – it will prevent your dentures from drying out and changing shape. If you prefer cleaning your dentures in the morning, make sure to still keep them in a glass of water at night to prevent dryness and warping. And keep them well out of reach of your dog, as many of our patients will warn you from past experience!

Fit is important with dentures. We recommend regular check-ups to make sure your dentures still fit well, without any sore spots or loose areas. If you are unhappy with the fit of your dentures, please contact us, as this is easy to fix and not worth suffering through. After getting new dentures, your mouth will need time to get used to them, so keep a note of any uncomfortable spots that we can adjust for you during your follow-up appointment.

Occasionally, denture wearers may like to use adhesives. These products come in many forms, so the type you choose is based on personal preference. We can also recommend appropriate cleansers and adhesives for you, so please don't hesitate to contact us if you'd like some advice.

If you have any questions about your dentures, or you'd like more information on the care of these wonderful devices, contact us on 09 426 5262, and we'll be happy to help you out!

The Dental Suite | Silverdale

Dentures are a wonderful appliance but, like any device connected to the body, they require a little special care to last as long as possible and help keep your mouth in tip-top condition.

Like teeth, dentures should be brushed daily. Rinse your dentures with cool water – hot water can warp their shape. Then, using a soft-bristled brush, gently remove any food deposits and plaque. It's important to clean dentures carefully, to avoid bending any attachments or damaging them.

Avoid regular toothpastes as they're too abrasive. Instead, always use products specially formulated to clean dentures, which are usually known as 'denture cleansers'. We recommend cleansers in tablet form; just drop them into a glass of warm water, and keep your denture in the solution

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## Praise



Sometimes I find it hard to praise my kids in my own language; most of the time I find myself encouraging them in English instead; “Well done! Awesome! You are a star! Fantastic! ...” There are countless ways to express my feelings in English; on the other hand, there is a lack of words to use in Chinese to praise someone, which pretty much reflects our culture of ‘negative politeness’.

We are not used to being praised, and here is a very common scene that you may have encountered:

“Your child is in the top maths group? He must have a very good brain!”

“Oh, no, he hasn’t got a good brain at all, I am already pleased if he doesn’t come last in class.”

Although the parent is secretly happy, it is not easy to say “Yes, he is good!” Instead, it is our habit to direct the conversation to a negative side, to cover the embarrassment of being praised.

A friend of mine who has a very wealthy friend, one day said to him “What a successful business you have, you can retire early!” You know what his friend said? “No, I only earn a very thin margin, life is hard...”

Not an answer you would have expected from someone who has a private jet!

This is the thinking of Confucianism that has been planted in our culture for thousands of years; the value of modesty and humility is still strong in the Chinese mind. I don’t remember if I ever praised my colleagues when I was working in Hong Kong, or vice-versa. However, my mind-set changed completely when I returned to New Zealand 9 years ago and as a new mum. One day I went to Mainly Music, where the baby who sat next to us was extremely cute. I said, “Your baby is super cute!” Her mum answered back, “Thank you! She is very cute, isn’t she!” That really impressed me! What a direct and simple answer, reflecting how much she felt proud of her baby (and I loved it!) I started to wonder why we have to hide our feelings when being praised, especially about our kids – we should be proud of them and give them positive encouragement.

It was a steep learning curve, but I am happy that I have mastered that skill. Nowadays, I no longer apply that ‘negative politeness’ to my kids. If someone said he is good at drawing or he is a smart kid, I will just say “Thank you!”

**Nita Wong**  
Millwater resident



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Mowing : Hedges : Edges

ph. Mick 022 122 0950

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**sKIDS**  
Safe Kids In Daily Supervision

**KingsWay**  
Junior Campus  
2 Bonair Crescent, Silverdale

# Holiday Programme

## Juniors (5-7y)

### OCTOBER 2018

Short Day (Onsite) 7 am – 3 pm \$45  
Full Day (Onsite) 7 am – 6 pm \$55  
Trip Day 7 am – 6 pm \$65

<p><b>Mon 1 Oct</b> <b>POP STAR vs ROCK STAR</b></p> <p>Step into the shoes of your favourite Popstar /Rockstar! Dance, Lip sync and more to win fans!</p> <p><b>Pop Star vs Rock Star</b></p>	<p><b>Tue 2 Oct</b> <b>KELLY TARLTON'S</b></p> <p><b>SEA LIFE</b> Kelly Tarlton's, Auckland</p> <p>Go on an undersea adventure with sKIDS to Kelly Tarlton's!</p>	<p><b>Wed 3 Oct</b> <b>ART DAY</b></p>  <p>Kids create beautiful monochrome prints, raised painting &amp; paper marbling. Keepsake art you can proudly display.</p>	<p><b>Thurs 4 Oct</b> <b>TRIP DAY</b></p>  <p>Science Day with Tornado Tammy! Fun hands-on experiments discovering the amazing science behind Bubbles!</p>	<p><b>Fri 5 Oct</b> <b>SHERLOCK HOLMES</b></p> <p>Become a Master Detective! Check for finger prints. Find the clues, solve the mystery!</p> 
<p><b>Mon 8 Oct</b> <b>UPCYCLE</b></p> <p>Take care of our planet by reusing materials for a new, fun and artful purpose! Make fun games and cool artwork that parents will love!</p> <p><b>upcycle</b></p>	<p><b>Tue 9 Oct</b> <b>JUMANJI</b></p> <p>When you hear drums you know something is coming... Jumanji! Play safari games, make a safari vest, &amp; a slithering afternoon tea!</p> 	<p><b>Wed 10 Oct</b> <b>PREMIUM DAY</b></p>  <p>Cupcake Decorating! Using all types of tools and techniques kids decorate their cupcakes with animals, flowers and more!</p>	<p><b>Thurs 11 Oct</b> <b>TRIP- MAGIC SPECTACULAR</b></p> <p>Magic and Illusion- This family show is packed with grand illusions, hilarious comedy and audience participation!</p> 	<p><b>Fri 12 Oct</b> <b>CONSTRUCTION</b></p>  <p>Real tools - Real nails + Real wood = REAL FUN!</p> <p>Learn about workshop safety and build your own wooden toy!</p>

For more information, call **021 026 733 96**  
Or email [sunnynook@skids.co.nz](mailto:sunnynook@skids.co.nz)  
Bring morning tea, lunch & H2O bottle. Afternoon tea provided.  
Breakfast provided before 7:45am. Please dress appropriately for activities & weather.

"The activities the children are involved in are well thought out and they enjoy it."  
"Great variety of food, a nice change."

**Register now at [www.skids.co.nz](http://www.skids.co.nz) click on **Parent Login****

**MSD-Approved**  
Work & Income NZ OSCAR Subsidy available!



**sKIDS**  
Safe Kids In Daily Supervision

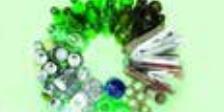
**KingsWay**  
Junior Campus  
2 Bonair Crescent, Silverdale

# Holiday Programme

## Seniors (8-14y)

### OCTOBER 2018

Short Day (Onsite) 9 am – 3 pm \$45  
Full Day (Onsite) 7 am – 6 pm \$55  
Trip Day 7 am – 6 pm \$65

<p><b>Mon 1 Oct</b> <b>MUSIC VIDEOS</b></p> <p>Choose your music, set the scene, and create your own Music Video!</p> 	<p><b>Tue 2 Oct</b> <b>KELLY TARLTON'S</b></p>  <p>Check out the weird and wonderful sea life at Kelly Tarlton's!</p>	<p><b>Wed 3 Oct</b> <b>ARTISTRY</b></p>  <p>Let the inner artist out by creating awesome Clay Sculptures, Pointillism paintings and Groovy Paper Marbling!</p>	<p><b>Thurs 4 Oct</b> <b>TRIP DAY</b></p>  <p>Science Show demonstrating gravity, air, and light bending concepts through fun and interactive experiments!</p>	<p><b>Fri 5 Oct</b> <b>OUTDOOR ADVENTURES</b></p> <p>Outdoor games, Down Hill Races, Bush walks, Hut Building and more!</p> 
<p><b>Mon 8 Oct</b> <b>REGENERATE</b></p> <p>Be an Earth Warrior! Learn Eco-friendly choices and create cool art from recycled materials.</p> 	<p><b>Tue 9 Oct</b> <b>JUMANJI</b></p> <p>Create/Choose your avatar and play to your strengths. Complete each level and follow the clues to find the missing eye of Jumanji</p> 	<p><b>Wed 10 Oct</b> <b>CHELSEA BAY SUGAR FACTORY</b></p>  <p>Get a Behind the Scenes Tour with baking experience!</p>	<p><b>Thurs 11 Oct</b> <b>TRIP - MAGIC SPECTACULAR</b></p> <p>Magic and Illusion- This family show packed with grand illusions, hilarious comedy and audience participation!</p> 	<p><b>Fri 12 Oct</b> <b>CONSTRUCTION</b></p>  <p>All the tools and supplies you need! Build from the kits provided or use your imagination to build whatever you want!</p>

For more information, call **021 77 33 01**  
Or email [kingsway@skids.co.nz](mailto:kingsway@skids.co.nz)  
Bring morning tea, lunch & H2O bottle. Afternoon tea provided.  
Breakfast provided before 7:45am. Please dress appropriately for activities & weather.

"Friendly staff, great location & safe environment that the kids want to come back to."  
"I like the variety of activities, it really keeps them engaged and makes it fun."

**Register now at [www.skids.co.nz](http://www.skids.co.nz) click on **Parent Login****

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# We dig weekends.

Talk to our friendly Central Landscape Supplies team at Silverdale about all your landscape supply needs.



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