

theMillwatermag

Your FREE monthly magazine of all things Millwater
May 2015

- Black Doris Plum Cheesecake
- Interview with Emma McCarten
- Millwater Property Talk with Grayson
- Introducing Millwater Vet Hospital

Don't forget Mother's Day 10th May!

Editor's note

Our glorious summer weather faded briefly around the middle of last month and we saw some serious rain for the first time in ages. The cooler weather saw some of us get our heating options ready, so I hope that those of you who moved into Millwater the early stages have thought about getting your gas heaters serviced. Inefficient gas heaters produce carbon monoxide – the odourless, silent killer. Having a CO alarm as well as a fire alarm is a really good idea.



Looking around Millwater, I see the lawns (even mine) beginning to recover from the 'big dry' of the long summer. This augurs well for the gardening competition later in the year, when we expect the number and quality of contestants to be even higher than last time. Judging for the Millwater Gardener of the Year will be undertaken before Christmas.

We have found another exciting car to feature in the Millwater Motors section and, having observed the dedication, skill and patience that go into perfecting a hand-built dream, we look forward to meeting more of those special Millwater people who are as fanatical about cars as we are. Planning special features takes a little time to organise, so, if you would like your special motor to appear, please get in touch with the magazine now.

The great photo for this month's cover has been produced by Millwater resident Rachel Hessey and we are happy to invite guest photographers to submit images for consideration for future issues. Images need to be good quality, relevant to Millwater and in portrait format for the front cover. If there is enough interest, we will consider having a Cover of the Year Award in December. We are also looking for a Pin-up of the Month! This is something special that you pin-up in your kitchen – not a scantily clad model!

Looking through this month's issue, I am again impressed by the variety and quality of articles submitted for publication and their relevance to Millwater and Silverdale – next month, we hope to begin a 'Book of the Month' feature. Our great community spirit is certainly alive and well – and, talking of community spirit, it is thanks to you, Millwater people, that a great deal of emergency relief was despatched just after Easter to the cyclone-devastated people of Vanuatu.

Food – for humans and pets – is always a popular feature and this month is no exception. Given the inter-dependence of one upon the other, excellent health advice for both species is both relevant and valuable. Some of us will soon be planning a Kiwi Winter Christmas, so how about some heart- and tummy-warming recipes for the June edition?

Brian Mullan
Editor
May 2015

theMillwatermag

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themillwaterinterview

In The Frame

The Collins Dictionary defines the phrase "in the frame" as meaning "likely to be nominated or to achieve". Emma McCarten, owner of Silverdale Picture Framing, has certainly achieved success with her thriving business in Silverdale by delivering consistent customer excellence at realistic prices.



However, to describe what Emma's business provides as merely picture framing is to do it a disservice, because paintings and photographs are only part of the picture (pun intended). When asked about the items other than pictures that she has been asked to frame over the years, Emma came up with a long list that included an army jacket, medals, baby's booties, hats, a complete tea set, a rugby ball, boxing gloves and a cricket bat. When asked about the most unusual item she had been asked to frame, Emma said "Someone came in one day, with a dead seahorse that they had found on the beach and asked for it to be framed".

Emma lives at Stanmore Bay, where she has been for about ten years since moving up from Mount Wellington, where she began her career at the age of 17 when she was offered a part-time job with a picture framer. After ten years with her original employer she took over that business and, after selling it in 2002, moved soon after up to the Hibiscus Coast in order to continue keeping her family as her

first priority. She joined Silverdale Picture Framing around then and again, after a time, took over that business too.

Emma just loves the whole business of being close to creative artists and photographers. She is definitely a people person and loves it when customers and friends come to the shop in Agency Lane. Her ability to frame significantly large exhibition pieces, such as the stunning oils from renowned New Zealand artist Peter Hackett and the amazing acrylic paintings of Ingrid Boot, keeps her as the "go to" specialist in her field. Some of the artwork that Emma frames goes on to fetch high 5-figure sums but she is inspired rather than intimidated by the high-value pieces.

Emma is keenly aware that picture framing is an ever-evolving art form – something that many might never think about – and she ensures that she remains up to date with the latest in international trends. When she frames a picture today, her techniques and expertise ensure that the picture can be removed safely from its frame at any time in the future and be re-framed in a more modern setting. Mirrors, too, feature regularly in her business – and some of them are huge.

The ability for customers to have a wide range of frames from which to choose is important and Emma has an ever-increasing choice of colours, styles and materials. Matching the frame to the picture makes a huge difference between merely good and stunning. With her obviously artistic eye, Emma will take you through several options until you and she are convinced that the result will be just right.

Planning for the future is part of any successful business and Emma is already well advanced in training her son, Jesse, to become the next generation of McCartens at Silverdale Picture Framing. Intensely passionate about art, Emma harbours a thinly disguised ambition to become a full-time artist. Asked what she would do if she had more time on her hands, Emma brightened even more perceptibly and confirmed that she would love to paint full-time. With such creativity, ability and enthusiasm for art in all its forms, Emma will undoubtedly become successful at that, too.

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House Insurance: Do you have enough cover?

Previously, a home could be insured based on its size i.e. replacement up to the square metre area. This meant that, if your claim was accepted by your insurance company, you would be paid the cost of repairing or replacing your home – up to the maximum square metre size you had declared on your policy.

Replacement home insurance is now based on a 'Sum Insured' basis. The Sum Insured is an amount that you specify and is the maximum amount that could be paid in respect of damage or loss to your home. This means that, if you make a claim, you will be paid the cost of repairing or replacing your home, up to the Sum Insured stated on your policy. To select a Sum Insured that is adequate for the repair or replacement of your home, you need to determine the cost of completely rebuilding your home.

So, it may cost 'X' amount of dollars to re-build your home and then 'Y' amount of dollars to clear the site, dumping and Council fees.

The total of all these costs is what you should be insuring the house for and it is strongly recommended that you seek guidance, to determine the sum insured value.

Below are some ideas...

- Seek professional advice from a builder, architect, quantity surveyor or valuer (but ensure that the valuation is for insurance purposes and does not include any market value or land value component); or
- Use the online Cordell calculator tool by visiting www.cost2build.co.nz – which provides estimated building costs for homes, based on the information they provide.

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



Ivan Urlich is a registered financial adviser, specialising in mortgages. His disclosure statement is available free of charge on request.

lettertotheeditor

Through the magazine's Letters Page, Millwater people are asked to nominate good neighbours. It is therefore my great pleasure to nominate as good neighbours all of the fantastic Millwater residents who donated valuable clothing, tools and fishing gear for the Vanuatu Cyclone Pam appeal, which was launched on the Millwater Families' Facebook page. Local Silverdale businesses, including Fishing Direct, The Warehouse, Warehouse Stationery and Bunnings Trade – plus Mitre 10 in Whangaparaoa – were also part of the generous response. Enough was donated to fill the yacht "Trillium" to the gunwales with emergency relief items and she was able to set sail after Easter without a spare cubic centimetre of space. Everything that you donated so generously will be distributed to the people of the smaller islands of Vanuatu, where most of the people have lost everything. The yacht's American owners had appealed to Rotary Whangaparaoa, who launched the appeal and then consolidated and packed everything before delivering it to the yacht. So, please give yourselves a big pat on the back for a job very well done!

Sincere thanks to everyone.

From: Brian Mullan, President 2014-2015, Rotary Whangaparaoa



brett the vet

Our Millwater clinic is now open and fully operational. We are open 7 days a week and available for emergencies 24 hours, 7 days a week. The clinic is purpose-built and fitted out with brand new equipment, to enable us to give your pet the best of care.

It is still "business as usual" at our Orewa clinic in Moenui Avenue, of course! Brett will mostly be at the Orewa clinic, helped out by Anna Day (also a very experienced Vet), on a regular basis.

We have two experienced Vets that will be caring for your pets at Millwater and their profiles are below.



Jemma grew up surrounded by animals, as her parents owned a farm that had a riding stables, boarding kennels and cattery. She had wanted to be a Vet for as long as she can remember, but was particularly inspired by a really lovely Vet called 'Peter Plumley', who looked after all their animals for years. She spent many summers doing work experience with Peter before going to Vet School.

She qualified from Liverpool University in 2006. In 2009, she spent a month touring New Zealand with her husband and, af-

ter both fell in love with our beautiful country, they emigrated here at the beginning of this year with their two young children, cheeky dog Esme and two cats, Ozzy and Timmy.

Jemma has a special interest in soft tissue surgery but loves all aspects of being a general practitioner. She particularly enjoys being able to follow cases from start to finish, creating bonds with owners and their pets.



Jeremy grew up in Auckland and attended Westlake Boys' High School. He then travelled south to Palmerston North, to start his training to become a Vet.

Since qualifying in 2011, he has spent a year in Rotorua in a large, farm animal Vet Clinic; then the last two years in South Auckland and Howick as a small animal practitioner.

Jeremy and his wife have recently made the move to the North Shore, with their first baby due last month (April). They of course have animals at home: Meow Meow the cat and Baxter the dog. Joining the team at Millwater, Jeremy aims to continue pursuing his medical and surgical interests. He looks forward to meeting all the new clients and their pets and getting to know the locals.
Brett the Vet



Millwater VET HOSPITAL

Caring For Your Pet's Health 24/7

Cnr Bankside Rd & Stables Lane, Millwater Central
(09) 427 9201 • 24hrs / 7 days

Our other clinic remains at -

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www.orewavethospital.co.nz

www.millwatervethospital.co.nz



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Just over the hill

Dynamic Martial Arts – the family training centre for everyone

It is hard to believe that, just one year ago, Millwater resident Rod Schubert began training at Dynamic Martial Arts. Coming from a background in competitive rugby, Rod was looking for a new challenge. From his first visit, Rod found that he was physically pushed to his limits by coaches who are committed and approachable professionals. "The atmosphere at Dynamic Martial Arts is very welcoming and I believe that this is a place for all ages; both male and female" says Schubert. Training in Muay Thai has made Rod both fitter and stronger, mentally and physically.



Fitness, although important to Rod, is not the only reason for training with DMA. He is ecstatic about being chosen for the NZ Team to compete this November in Benidorm, Spain. Fighting in the super heavyweight K1 division, competition will be tough but he is looking forward to the challenge. Schubert joins four other DMA club members in a team of 15 to defend the gold medals won in Italy last year.

Although the lure of fighting in the ring drives Schubert to train hard, he also wants to concentrate on refining the art of kickboxing, by progressing through the technical grading system.

Dynamic Martial Arts has a wide range of classes: from those who want to improve their fitness, to those more serious about learning the finer art of Kickboxing, Muay Thai, Brazilian Ju Jitsu, Hapkido and Tae Kwon Do. From 4 year-olds and upwards, all ages are welcome. Dynamic Martial Arts pride themselves in being a family-friendly training facility for Martial Arts. Come and visit – your first week is free!

To find out more go to www.dynamic.org.nz or give Dave a call.

Contact: Dave Sawyer

Phone: 021 214 7204



Millwater Mums - Happy Mother's Day

May 10th is the time to celebrate all the Mums, those that are still with us and those that we have fond and loving memories of. Below are three of our Millwater Mums who are loved dearly and appreciated by the person who sent their photo to The Millwater Mag.



Thank you so much Sam for being the loving, beautiful mother and partner you are. You make me so proud your so good to our little girl Mila and always put in all your time for her.. Your the best.
Rory Barkla



Nicola Gilliver
Your love and understanding is beyond measure. You truly are a woman to look up too. Happy Mothers-day
xxx
From Sam



Here's a photo of me and my mummy Rachel having fun at snow planet.
Thanks
Caitlyn Powell

the millwater insider

Wainui Road On / Off Ramps

These are now scheduled for opening on May 13. There will be an opening ceremony to celebrate, with more details to follow.

Millwater Central

We are happy to welcome Peaks Pilates and Physiotherapy, Visique Hawkins Optometrist and the Millwater Vet Hospital to the growing list of business now open in Millwater Central. The display home for Broadway Properties' new townhouse development is also open.



protect the privacy of our members. Please check also your 'other' or 'junk' or 'spam' folder for this. This group is open to Millwater and Totara Views residents and property owners only.

This group belongs to the families living in Millwater, Silverdale. It is a group for sharing and creating events, sharing of information and asking/answering questions. The group is not designed for business advertising, and should this become excessive, then all advertising will be removed. Advertising is strictly limited to once a month and is only for local businesses and the businesses of Millwater residents.

The Millwater Mag Facebook Page

Did you know that the magazine is also on Facebook? Go to www.facebook.com/TheMillwaterMag to download your own copy of the latest issue. Back issues are currently being uploaded also. Watch this space for a website coming soon!

Stoney Homestead

Some progress has been made already, with the site clearance completed and all contaminated soil removed. They are now awaiting a building consent to begin rebuilding the old shed.



Red Light Runners

With school now back and the weather deteriorating, some additional attention needs to be paid to adhering to road rules and speed limits. The Police are now monitoring the situation at the Millwater Parkway / Bankside intersection and have also of late been spotted monitoring other areas in Millwater with speed cameras. It shouldn't need the threat of a fine to make drivers do the right thing – but, if it helps keep our roads safer, then great.

Millwater Families' Facebook Page

Are you on Facebook? If so, hopefully you have joined the Millwater Families' Facebook Page. If not, read on.



When you ask to join, you will receive a message asking you to confirm your identity and address. This is to

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timlawrence Fishing Spot

Brrrrr! Where did that weather come from? I really thought we had another month of good fishing but this weather has really dropped the temperature and I'm sure it will drive the fish away for the winter a lot sooner than last year.

We had a few good outings over the last month or so; the first was a day trip leaving from Omaha late March. This time we took a guest angler from work and headed to Kawau Island. The bite was good until about 9 a.m. then it got tougher as the sun came up. We moved around, trying deeper water and different reefs. We landed about 20 fish, including snapper, trevally, kahawai and a good sized john dory (yum). Both Mike and I kept a couple of fish for a feed and gave the rest to our guest. The next day he didn't show for work...

I finally got hold of his wife and found that, while cleaning his fish, he slipped with the knife and cut his left forearm, resulting in five days in hospital, an appointment with a plastic surgeon to repair a damaged nerve and six weeks off work. Lesson: ALWAYS cut away from yourself...

The next trip was out to Little Barrier to chase Kingfish. We dragged a net in the Omaha Estuary to get some live baits before heading over. We are still learning how to master catching kingies and ended up getting smashed by snapper. No Kingfish on this trip but at least we had our limit of fish.

Our last trip was on Good Friday. My dad came on this trip and I really wanted to take him to the Mokohinau Islands for an evening fish. The weather was perfect; we had a good run to

Simpson's Rock and jigged for Kingfish before heading further north. The Mokohinau's were alive with schools of trevally and kahawai, with gannets diving and a whale breaching beside the boat. Dad landed a small grouper and we caught about five snapper before we decided to pull the pin and head to Little Barrier. The wind had lifted to around 10 knots so it was a long trip back in the dark. The bite was really good when we arrived and we filled the bin in about 30 minutes, with dad catching an 11-pounder before heading home, which took us until 2 a.m. – a long day.

Tight Lines!



5 Riverside Rd, Orewa
(09) 426 5287

flowersbyjoanne@xtra.co.nz
www.flowersbyjoanne.co.nz

What is Age-Related Macular Degeneration (AMD)?

Age-related Macular Degeneration (AMD) is one of the leading causes of vision loss in individuals over 60 years old, and around 25% of people over the age of 75 are affected by this condition. It describes a deterioration of the central portion of the retina, known as the macula. The retina is the light sensitive layer in the back of the eye that reads the images that we see and therefore, when the macula is damaged, our central vision is impaired.

There are two types of AMD. The more common form is dry AMD, which is characterised by the presence of small deposits called drusen on the macula. Dry AMD usually shows a slow progression rate with less severe effects on the vision. Early symptoms can be very subtle, such as a blurring of vision and difficulty reading, but as the condition progresses this can develop into larger dark spots in the central vision. Wet AMD is less common but more severe and patients normally notice visual distortions, such as straight lines appearing wavy or crooked.

The direct cause of AMD is not known. However there are a number risk factors for developing the condition, including increasing age, high blood pressure or cholesterol, and smoking. There is also a hereditary link to this condition, so if someone in your family has it you may be at higher risk.

Currently there is no treatment for dry AMD, but progression can be slowed through healthy lifestyle choices such as good diet and, in some cases, by taking a specific mix of antioxidant vitamins. Wet AMD can be treated by a specialist with laser surgery, photo-dynamic surgery, or most commonly now through a course of intraocular injections. These treatments are not a cure for the condition, but instead are aimed

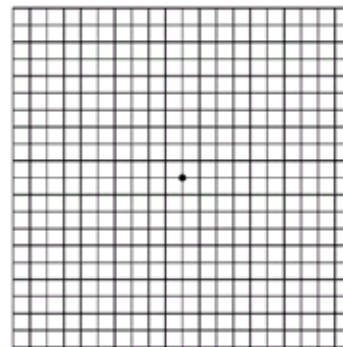
at preserving the vision that remains.

Advancements in technology, such as retinal photography, now allow us (Optometrists) to more accurately monitor any macula changes in order to detect even early, asymptomatic stages of degeneration. With the development of new treatments showing such promise, this early detection is very important, which is why we recommend scheduling a regular eye examination every two years.

An Amsler grid is a quick and easy way of monitoring the health of your macula. It is a simple black and white grid that you look at. Magnetised versions are available for you to pop on your fridge for convenience.



Amsler Grid



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Adapted from an illustration by the National Eye Institute,
National Institutes of Health

Pick up a FREE Amsler Grid to take home at OPSM Silverdale (Near Countdown in the new Silverdale Centre) or, if you have any questions or concerns, please feel free to pop in and see Zaria or James (Optometrists).



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Honey or Walnut colour
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Valencia Pine Console Table
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ITURE WAREHOUSE

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Hydatids, Sheep Measles & Raw Feeding

There is some confusion about the legality of feeding raw meat and organs to dogs. This is largely because of a disease called Hydatids. Hydatids is a serious disease, which is spread by dogs. New Zealand suffered significant production losses in sheep in the latter half of the 19th century, due to this illness.

Dogs are the definitive host for *Echinococcus Granulosus*, an adult tapeworm. Livestock and humans are intermediate hosts for Hydatids, the larval form of this tapeworm.

Production losses in sheep are also caused by Sheep Measles – another disease that can be spread by dogs. Dogs are the definitive host for *Taenia Ovis*, the adult Sheep Measles tapeworm. Sheep and goats are intermediate hosts for *Cysticercus Ovis*, the larval form of the tapeworm. Unlike Hydatids, Sheep Measles does not cause illness in humans.

The Ministry for Primary Industries (MPI) implemented strict control measures for farm dogs – including regular worming, and restrictions on the feeding of organ meat and tripe to dogs. The programme was a success, with New Zealand declared free from the Hydatids tapeworm in 2002. Sheep Mea-

sles is still present, but only at low levels.

The MPI created a regulation (the Biosecurity Act of 1993), to ensure that Hydatids will not be re-introduced and also to control the spread of sheep measles. Raw meat and offal can be fed to dogs if it is first frozen for a minimum ten days at -10 degrees centigrade. This will rupture any cysts present.

If you are raw-feeding your dog, check that the product you are buying meets MPI regulations.

Visit Raw Essentials Silverdale! Store manager and Veterinary nurse Justine and her team will get your dog or cat glowing with health, naturally.



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Silverdale Medical is opening in Millwater Central soon!

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Unit 21, Millwater Central, 175 Millwater Parkway, Silverdale

The Stimulation of early communication

Last time, we looked at how speech develops up to the point when you hear those very special first words. So, how can you provide the best model of speech for your young child? Many parents feel that they do not want to talk "baby" to their young children. While it's good not to use babyish words, it is important to stimulate your child at his or her level of understanding and expression, so that they hear a good model of speech and are learning. How do you stimulate your child at just the right level?

Follow your child's lead:

Allow your child to initiate communication. This helps you know two important things:

Their level of communication and what is of interest to them. When you respond to their communications they are more likely to learn. Wait, look and listen to what interests them. Then give the child a chance to communicate. For example, waiting to see if your child requests help opening something, or if the doorbell rings, allow them an opportunity to comment or react.

Be at the same physical level:

Get onto the floor with your child, allowing them to see your face, putting you in a better position to follow your child's lead.

Know what to expect:

Your child may communicate in various ways such as pointing, nodding and signs. One word may mean many different things; "bottle" may refer to anything they like to drink, or that they are thirsty. Your child may also use simplifications of words e.g. nana for banana.

Imitate or model the child's intended message as if you were speaking for your child.

Baby says 'a-a' while trying to reach his water. Then you say "water". If the child is able to say words, you can speak to the child using a short two word sentence like "drink water", "yummy water" or "more water?" This way you are speaking at the level at which your child is able to learn and imitate you as well.

More tips next time

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What is the best diet for losing fat?

The 64 million dollar question! It is my belief, unfortunately, there is no 'one size fits all' answer to this question. I have been in this industry a very long time now and have seen many nutrition fads come and go – high carbs, low carbs, high protein, low protein, fat is evil and fat is good.

...and all offering the secret solution to the fountain of youth and a sexy physique.

However, what you have to understand is that we are all slightly different and all of us have very different internal eco-systems that not only change the way we digest and absorb nutrients, but also the way our immune system reacts – especially at present, with the increase of:

- Processed foods
- Stress
- Chemicals
- Sugar
- Medications

For most of us, currently, our digestion and absorption of nutrients is very poor. Therefore, it is essential that nutrition and supplementation are tailored to the individual and the needs of the individual.

Probably about 75% of our clients benefit from a low-carbohydrate/Paleo-type approach when looking at fat loss. However, this doesn't suit everyone and some will actually benefit from more carbohydrates, helping them create a leaner, sexier physique – it's all about the sexy :-)

What should I do then?

Whether looking at fat loss or health, we can ALL benefit from adding more nutrient-dense whole foods and filtered water to our daily regime, while reducing our sugar intake. There are numerous benefits to having a diet consisting primarily of fibrous carbohydrates; such as broccoli, spinach, cauliflower, capsicum and kale. It not only adds to our macro-nutrient tally, but it also gives us lots of important micro-nutrients essential for both good health and fat loss. Other than that, invest in your life and your health and contact a health professional qualified to look at your individual needs and requirements.

Kirk Anderson
Director
Elite Trainers
www.elitetrainers.co.nz

Mike Pero

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What's so amazing about nuts? - Part 1

Nuts are an incredible, nutrient-dense food. They are full of good fats, vitamin E and a substance called arginine. Once arginine enters your body, it is converted to nitric oxide which relaxes the walls of your arteries (making them more flexible). Arginine also helps prevent the formation of plaques. This is pretty significant, because plaque formation on the walls of the arteries causes a narrower gap for blood to pass through. Any clots that may form could cause a blockage, which will result in a heart attack. The risk of heart disease is lower in countries where nuts are eaten as part of the everyday diet. There is evidence that nut consumption also lowers the risk of type-2 diabetes in women and the risk of prostate cancer in men.

Nuts are also a great source of:

Omega 3 oils – fantastic for heart and brain health. Walnuts are especially high in omega 3. Nuts don't contain any dietary cholesterol, are very low in saturated fats and are one of the best plant-based sources of omega 3.

Protein – especially good for vegetarians.

Vitamin E – an anti-oxidant that mops up the free radicals that form in our bodies and prevents our cells from damage. It also prevents plaques from forming on the walls of the arteries and so protects your heart. Almonds and walnuts are especially good sources of vitamin E. Thirty grams of almonds provides all the daily requirements of vitamin E for adult females and almost all for adult males.

Fibre – is known to help lower cholesterol levels in your body. Peanuts (a legume, not really a nut), almonds and hazelnuts contain more fibre than other nuts.

Plant sterols – prevents the body from absorbing cholesterol and so can help lower cholesterol levels.

Folate – for overall healthy functioning of all cells in the body and prevention of neural tube defects (Spina Bifida) in foetuses of pregnant women.

Selenium – important for a healthy immune system and healthy thyroid function. New Zealand soils are low in selenium. Just one or two Brazil nuts a day will provide all the selenium you need. It's important not to eat more than this on an everyday basis as selenium can be toxic in large doses.

There is so much great information about nuts that I will continue with this topic next month...

By Paula Southworth

Nutritionist & Health Coach

(BSc Human Nutrition and Sports Science)

www.nutritionssense.co.nz



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areapropertystats

Every month Mike Pero Real Estate Silverdale assembles a comprehensive spreadsheet of all the recent sales in the Silverdale area that reviews the full range of residential transactions that have occurred. If you would like to receive this full summary please email the words "full statistics" to grayson.furniss@mikepero.com. This service is free from cost.

	March 2014	Feb 2015	March 2015
Number of Sales	14	10	20
Median Sales Price	\$833,750	\$960,000	\$900,500
Highest Sale Price	\$1,190,000	\$1,175,000	\$1,210,000
Lowest Sale Price	\$740,000	\$720,000	\$815,000
Average % price to CV	1.27%	6.18%	8.29%
Average Floor Area (sqm)	239	242.4	239
Weighted Value Index	993	1061.5	1094

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

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

Phone Grayson on 09 426 6122 or 021 665 423

Grayson Furniss
Brand & Territory Owner

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



millwaterpropertytalkwithGrayson

March is traditionally the busiest month of the year for real estate transactions and this certainly held true this year, with the overall Auckland market showing a 20% increase in transactions over March last year and a 13% increase in median sales price. These movements are reflected in Millwater, with the median house price remaining over \$900,000 for the third consecutive month, on the back of strong transaction numbers. This upswing has continued in April, with solid demand being felt across the price range and some resultant increases in price becoming evident. You will probably have seen the increasing number of "Sold" stickers going up and a reducing supply of available properties for sale. Interestingly, the average days-to-sell for March was still stubbornly high at 86 days.

What remains highly evident in Millwater is the lengthened decision-making process that buyers undergo before finally making a purchase decision. The apparent variety of options means that many buyers new to the Millwater market spend many weeks coming to grips with their own "wish list". It is not unusual for us to see the same buyers still looking many months after them viewing what was by their own admission their perfect house – and missing out because they believed they had endless choice.

The advice we give to buyers still stands: have a look around at the options but quickly establish a list of needs and wants in a house, then prioritise them. Have someone who knows you review your list, because most people slip a few wants into the need list. In most cases there will be 4-6 essentials and a lot of desirables.

If you find a house that gives you the first 7 or 8 on the list, buy it!

Looking for the rest will drive you insane and cost you money.

Grayson

Mike Pero Real Estate, Licensed REAA (2008)



Mike Pero

09 426 6122



PERFECT PROPORTIONS

4 2 2

Offers over \$920,000

30 Bankside Rd, Millwater

- four double bedrooms, one on ground level, three on first floor including master
- open plan kitchen dining and family with great flow to outdoor entertaining
- additional separate lounge space also flowing to outdoor area
- master bedroom with large ensuite and walk in wardrobe
- quality Universal Home, balance of 10 year Master Build warranty to transfer to new owners
- one year old with landscaping in and all the little issues sorted, ready to be moved into

Property Details

Land Area: 523m² **Building Size Area:** 208m²

www.mikepero.com/RX347982



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UNDER CONTRACT



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15 Whares Court, Millwater

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 - stunning modern kitchen with stone bench tops, gas hob, breakfast bar & a great relationship to entertaining areas
 - wonderful flow to private outdoor entertainment area, fantastic rural and bush outlook and mature gardens
 - four double bedrooms, master with ensuite and walk in wardrobe
 - quiet cul de sac location amongst finished homes, adjacent to but private from a playground
- Vendors are keen to see a result and move on with the next phase of their lives. Call now to view or check online for open home times.

www.mikepero.com/RX325259



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Mike Pero

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SIZE DOES MATTER

6 2 3

Offers over \$1,200,000

2 Vivian Road, Millwater Bring Your Nana!

Is your family larger than most or do you just want some extra space to spread out? This large Millwater home (316m²) delivers flexible options and would be fantastic for those with multiple generations living under the same roof.

- two bedrooms on ground floor with own lounge, separate entrance, bathroom and other facilities
- four bedrooms on first floor including an extra large master
- large open plan living area including family sized kitchen and dining with outdoor flow
- expansive park and estuary outlook
- extensive off street parking on large 707m²(approx) site

www.mikepero.com/RX345666



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LOCATION! SPACE! VIEWS!

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Offers over \$965,000

30 Galbraith Greens, Millwater

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

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- 235m² spacious home, 4 double bedrooms with double wardrobes, 3 toilets, 3 separate living areas, stunning sea and island VIEWS
- wonderful flow through open plan kitchen, dining & family room out to spacious outdoor area and easy care section (535m² approx)

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26 Beachwood Drive, Hatfields Beach

- wonderful relaxing location handy to beach & a quick drive to Orewa
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- full family bathroom with bath, ensuite off master bedroom plus guest WC downstairs
- large open plan living area with flexible layout, stunning modern kitchen
- fantastic flow to wonderful outdoor entertaining area
- plenty of room for children to play in full fenced 600m² (approx) section



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Properties marketed recently by Grayson & Sarah



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coastguardcalling..

Coastguard Hibiscus had a very busy Easter, with our boats on the water over the whole holiday period. We were called to a variety of incidents – mainly breakdowns – but you would be amazed at the number of people who run out of fuel. It should be part of any trip plan to check that you have enough fuel on board. The standard rule is that you should plan for a third of your fuel to get to your destination and a third to get back – with the final third as a reserve, just in case. It's not like you can get out and walk to the fuel station if you run out, so it's one of the more important things to work out before you leave the dock.

Our new Sealegs vessel, Hibiscus Rescue 2, is now officially in service. Designed and built in Albany, these boats are a New Zealand success story and she certainly turns heads as she motors into the water at Stanmore Bay. This new vessel is a considerable upgrade on the old one; specifically designed for military and search and rescue work, with upgraded hydraulic systems, all-wheel drive and a much more spacious interior. We've been able to fit more equipment into her and, with new touch-screen plotters and radar, she is a very powerful and efficient rescue vessel. It means that we can be anywhere in Whangaparaoa Bay and to the North of the Peninsula in around 20 minutes.



A final thought for this month is on the Rules of the Road at sea. Again, you would be amazed at the number of people who have no idea who should give way, or what the rules are about speed. This month I saw someone completely oblivious; driving his launch at around 10 knots in a marina, with boats all around him rocking and rolling from his wake. Outside marinas, you should travel at 5 knots when within 200 metres of land or any structure and also within 50 metres of any other vessel. When we're at sea in our Coastguard boats, we never travel closer than 150 metres of other boats when we're at speed. Not only is it the law, it's also just common courtesy.

Coastguard runs a number of courses: notably Day Skipper and Boat Master. These will tell you all you need to know. So, if in doubt, why not sign up — it will make you a safer boatie!



Keith Roberts
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Coastguard Hibiscus Inc.
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Caitlyn's Choccy Chip Cookies

This simple but delicious recipe is from Caitlin Hessey, a local Millwater 8 year-old keen baker:

INGREDIENTS

3 ozs (85 grams) butter
Small ½ cup sugar
1 egg
1 tsp vanilla
1¼ cups self-raising flour
Chocolate chips

METHOD

Mix butter, sugar and vanilla until soft and fluffy (a bit like me).
Add 1 egg and mix again.
Add 1 and a 1/4 cups self raising flour, mix and add Choccy chips after sampling a few.
Place spoonfuls on tray
Bake @ 160 for 10-15 minutes.
EAT, ENJOY!



Black Doris Plum Cheesecake

Here's an amazingly delicious recipe, thanks to Millwater resident Jay Menzies, who says is so divine that she wanted to share it with our readers. It comes from Chelsea Winter's cookbook "At My Table", which Jay thoroughly recommends.

INGREDIENTS

375g ginger nut biscuits	1 tsp vanilla essence or paste
100g butter, softened	1 cup cream, whipped
250g cream cheese	2x 850g Black Doris plums, drained and pips removed
½ cup icing sugar	¼ cup water
Zest of 1 lemon	3 tsp sugar
2 tbsp lemon juice	3 tsp gelatine

METHOD

Crumble the biscuits into a coarse crumb, either in a food processor or by wrapping the biscuits in a clean tea towel and bashing them with a rolling pin. Mix in the softened butter until well blended.

Press in an even layer the crumb mixture into the bottom and almost all the way up the sides of a 22cm spring-form cake tin. Cover and place in the fridge for 20 minutes. (You might have some mixture left over, depending on how big your tin is).

Beat the cream cheese, icing sugar, lemon zest, lemon juice and vanilla on high speed in an electric mixer or with a hand-held beater until thick and creamy. Fold in the whipped cream. Spread the cream cheese filling evenly over the base, and return the tin to the fridge for another 30 minutes.

Reserve 4 plums and blitz the rest in a blender or food processor until smooth. Set aside.

Heat the water, sugar and gelatine in a small pan, stirring with a fork until the sugar and gelatine are dissolved. Cool slightly, then add to the plum mixture and mix well. Pour on top of the cheesecake. Cut the reserved plums in half, place face down on top and let them sink into the mixture a bit. Cover and refrigerate for at least 2 hours.

Enjoy – then see more delicious recipes in Chelsea Winter's cookbook "At My Table" or see even more free recipes at www.chelseawinter.co.nz



Carrot, Orange and Ginger Cakes with Mascarpone

Diana Lakin belongs to a fabulous Book Club of 12 friends (called "The Sisters Book Club") and they meet once a month. They take turns, with the host on the night providing refreshments of wine before the book reviews and tea/coffee and baking of some sort afterwards. At their last Book Club meeting, a member made this delicious gluten-free cake, which Diana would like to share with you. Makes 8 mini cakes or 1 large cake. Ready in 40 minutes and Gluten-free.

INGREDIENTS

2 tbsp poppy seeds	1 cup coconut sugar
2½ cups grated carrot	zest 2 oranges
2 cups ground almonds	4 free-range eggs
1 cup crushed walnuts	1 tsp ground cinnamon
½ cup melted coconut oil or butter	2 tsp ground ginger

TOPPING

1 cup mascarpone
¼ cup pumpkin seeds
2 Tbsp poppy seeds

METHOD

Preheat the oven to 160°C. Grease eight holes of a Texas muffin pan, or one regular-sized cake tin. Add all ingredients to a large mixing bowl and mix until well-combined. Divide the mixture between the muffin holes or place all in the cake tin.

Bake for 30-35 minutes (40-45 minutes for a regular-sized cake) or until a skewer comes out clean when inserted. Leave to cool completely before carefully removing from tins.

Top each cake with some mascarpone, a few pumpkin seeds and a sprinkle of poppy seeds.

These gorgeously zesty carrot cakes have a fantastic hint of ginger and a lovely moist texture. This wholesome recipe calls for coconut sugar, which gives a nice caramel flavour. Topped with pure and plain mascarpone, they make a wonderful afternoon treat with a cup of tea.



Coconut and Feijoa Cake

INGREDIENTS

150g butter
1 ½ cups castor sugar
4 eggs, separated
2 cups desiccated coconut
2 cups self-raising flour
1 tsp baking powder
Pinch salt
1 cup milk
1 cup peeled and chopped feijoas

METHOD

Beat butter and sugar together until creamy. Beat in egg yolks. Fold in the coconut and sifted dry ingredients with the milk and fruit. Beat the egg whites until stiff and fold into cake mixture. Turn into a well-greased and lined 23 or 25cm cake tin. Bake at 180 degrees for 1 hour or until cooked. Cool for 10 minutes before turning out.



Immunise Your Immunity

Now is the time to bolster your immune system!

What a glorious summer we have had but, sadly, winter and the dreaded cough, cold, and flu season are nearly upon us. Rather than wait until you feel unwell, you should begin to strengthen your immunity against those winter 'lurgies' right now. Prevention is far better than cure and there are plenty of time-tested natural remedies to help fortify you; such as Vitamins C and D3, Probiotics, Zinc, Cod Liver Oil, Olive Leaf, Echinacea, Elderberry, Garlic, and Astragalus – to name just a few.

Eating healthily also aids good immunity! There's no point in stuffing yourself full of sugary or processed foods, which have no goodness and little nutritional value, then expect your immune system to function correctly. Fruits and vegetables are packed with immune-boosting vitamins and minerals, which are fuel for the body. In this respect, you really are what you eat.

Another natural product that has shown great results is FLUGON. Based on a traditional South African remedy using Pelargonium Sidoides Root Extract, and proven in 20 clinical studies to work, FLUGON can safely be taken all year round to protect against infections, build up your immune system and help combat bronchitis, sinusitis, tonsillitis, colds, 'flu, ear and throat infections. Available in capsules or fizzy lozenges, FLUGON is safe for all the family, from age 6 upward. It is available from HEALTH BY LOGIC in Silverdale.

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May gardening with Central Landscapes Silverdale

Best May Tip – Replenish your soils with Living Earth Compost! Feed the soil that feeds you!

With the refreshing breezes and rains of autumn starting to clear away the dryness of summer, it is time to replenish your soil!

Living Earth Organic Certified Compost:

- A premium quality blend of nutrient-rich, 100% weed-free compost
- Excellent for adding organic matter and a diversity of micro-organisms back into your soil to grow strong plants.
- Helps soil structure – great for breaking up those typical Auckland clays
- Sustainably made from Auckland's organic garden waste and helping our city towards its zero waste goal in 2040.
- Available from Central Landscapes – they have free courtesy trailers.

Compost MUST be dug in with existing soil – it'll be too strong otherwise! Apply a 50mm layer to the gardens and incorporate into the top layer of soil.

What to do in the veggie garden in May

- Planting – great time to plant cooler temperature crops: spinach, broad beans, broccoli, kale, cress, cos lettuce, radishes, shallots, onions red and brown. Plant herbs such as coriander, chives, parsley, thyme and mint.
- Plant something intriguing – experience Romanesco broccoli's geometrical shapes.
- Harvest pumpkins. Keep handle-like stems on the pumpkins so they keep over winter. Spread as a puree on your favorite whole-wheat bread.
- Herbs – dry or freeze the last of the herbs for cooking with in winter.

General May Gardening

- Add compost to your garden to improve soil and add valuable nutrients.
- Many of the smaller shrubs such as azaleas, hebes, conifers and gardenias can be transplanted this month.
- May is moving month – move vulnerable plants to a more protected position – to verandahs, indoors or to the greenhouse.
- Plant hellebore flowers for beautiful winter colour.

May means Mothers day (10th May). If mum's a gardener, make sure you give her a gift!

- 'Herbal Harvest' by Tasmanian Greg Whitten – an extensive book on growing, drying and distilling organic herbs and their individual health properties. Available online.
- A beautiful winter Daphne – best grown in a pot – buy a nice pot and Living Earth Potting mix available in bags at selected CLS yards
- For the down-to-earth Mum; she'll love a trailer of compost! She knows it's brown gold! Offer to dig it into her garden.
- Visit the Winter Gardens in The Domain, or the Auckland Botanic Gardens.

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Inner Wheel

Attention! Millwater Ladies – looking for something more to do in your local community? Have you heard about Inner Wheel? No? Well, here's the inside story...

Inner Wheel is a world-wide organisation that will appeal to women of all ages, whose aim is to promote true friendship, to encourage the ideals of personal service and to foster international understanding. Any woman who shares these three central aims of International Inner Wheel is welcome to join. Members of local Clubs are warmly welcomed in any of the 3895 Clubs in 100 countries world-wide, so you will never be without a friend in a strange country.

The Inner Wheel Club of Orewa and Whangaparaoa meets monthly, at 7.30 pm on the first Wednesday of each month, in Rotary House on the Hibiscus Coast Highway, opposite Silverdale Park and Ride. Local Millwater resident Margaret Mullan is the current President and there are 32 vibrant local members who enjoy great friendship and fun, while at the same time being involved in supporting various local and international charities. In the current year, local focus has been in supporting Ronald McDonald House at Starship Hospital, with international support directed, among others, to the Fred Hollows Foundation and the Bayly Trust in Fiji. North Shore Hospital is also supported with emergency soap bag provision and knitted clothes for premature babies.

Monthly meetings are always fun and almost always with an entertaining and informative speaker, followed by tea/coffee and home-made cakes. The next meeting is on Wednesday 6th May and is an open evening, where everyone is welcome to come along and hear guest speaker, forensic graphologist and handwriting specialist, Mike Maran. This is a special fund-raising evening for Ronald McDonald House and a small entrance fee of just \$10 covers everything, including supper. Normal monthly meetings have no entrance fee.

If you are interested in coming along or want to learn more about the fun and satisfaction of being an Inner Wheeler, please contact President Margaret Mullan on 021 123 6671 or by email at margaret@mullan.com



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millwater**motors**

Owning a unique, hand-built sports car must be the dream of many, but it has become an almost-complete gleaming reality for Millwater resident Paul Wright. His love of motoring gems harks back to his days in the UK when, as a single man working for Lucas Aerospace, he rebuilt an original Mini Cooper S. Paul is a mechanical engineer by profession and one who has always hankered after the idea of building a sports car from scratch. He has the keen engineer's eye for detail that is needed when it comes to assembling literally thousands of parts into a dream machine that stirs the soul.



Soon after he married, Paul and his wife Jo moved from the UK to Christchurch, where Paul took up a job offer in the paper-converting machinery business. However, feeling not quite settled, they returned to the UK after two years and remained there for the next 20, before deciding to return permanently – and to Auckland this time. That was eleven years ago. After renting in Takapuna and Mairangi Bay, they bought their first home in Tor Bay and then moved three years ago to become one of the first Millwater families.

So – how does one start to build a car from scratch? There are three New Zealand companies that provide the necessary kit and Paul chose to go with a company called Almac, in Lower Hutt. Almac is involved in motorsport racing and their Clubsprint XL package was just what Paul wanted. The whole car can be bought in modular form – a more practical option than buying everything all at once. The donor car that Paul is using is a year 2000 Mazda MX5 with low kms. This was sourced by Almac, who also supplied the original MX5 wiring loom and computer and thereby helped keep the assembly simpler than with other options.

Paul still works full-time in the paper-converting business and has used well the limited spare time that he has had over the past 2½ years. The Clubsprint XL is slightly larger than the original Lotus 7 and has more interior space than any of the competitors. The bespoke chassis is MIG welded in a jig, complete with all the laser-cut brackets in place, ensuring accuracy. Engine, gearbox and suspension mounts are fitted, as are the steering box and seat belt mounts. The aluminium panels are laser-cut for accuracy.

To keep the wet weather out, the car can come with a hood and side windows. However, Paul is something of a sports car purist and he relishes the idea of “wind in the hair and flies in the teeth” motoring. His Clubsprint XL is no mean mover either; all the grunt from the 1.8 litre engine drives the rear wheels of a car that is only 65% of the weight of the original MX5.



Finally – that orange colour! Paul and his family have been and still are big fans of Disney World in Orlando, Florida. Orlando is in Orange County in Florida. Orange is a great hi-viz colour, but there are 50 shades of orange; so, which one to choose? The decision was influenced by the Disneyesque trade name for the shade of orange chosen: “Fantasia”.

The whole idea of driving a Fantasia Orange sports car, hand-built to an exacting standard, certainly gets Paul's juices flowing – and Jo is keen to get behind the wheel, too!

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Millwater Women's Group

On Wednesday 18th March Millwater Women's Group held a mini-event at Tayla'd Styling, Silverdale. We could only comfortably accommodate 20 people and we filled these spaces quickly. A repeat event is being held 29th April for those who missed out.

Everyone was greeted with a glass of bubbles and some nibbles which were supplied by Countdown Silverdale – a much enjoyed contribution, so big thanks to Countdown Silverdale for supporting their local community in this way.

Tayla presented first, which was only fair since she had invited us into her space for the afternoon. Tayla and Roxy gave a demonstration of some easy hair-up jobs on our two beautiful models Caroline O'Reilly and Charlie Kingsnorth. They both looked stunning and we saw that it was possible to create sophisticated looks without too much effort. We also had some quick demonstrations of the use of Tayla's fabulous products to tame our hair.

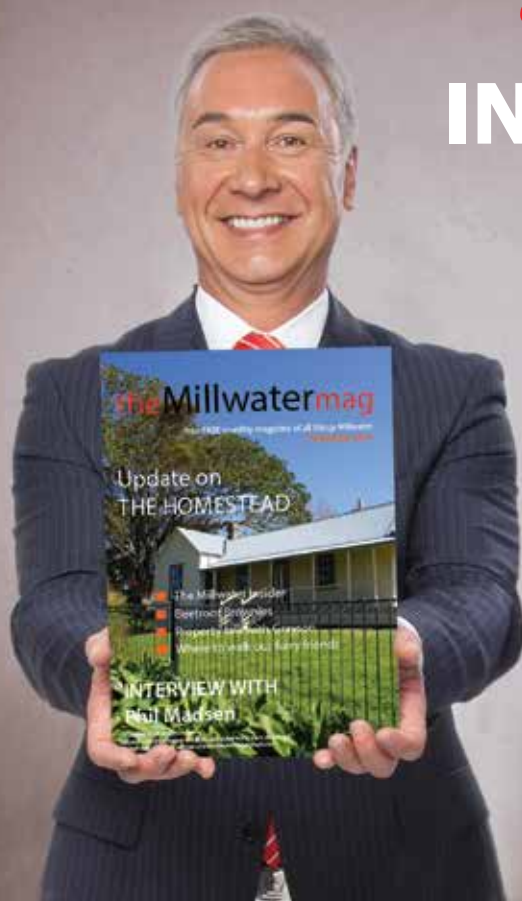
Charlie Kingsnorth (looking like a very glamorous Gym Manager with her updo) then gave us a thorough rundown on what we could expect from Jetts Gym and her team there. I was certainly inspired to sign up as those less-than-fine days descend on us.

Last but not least, Leslie Dobson (the lotion lady) demonstrated World Organics skincare and makeup. We gave our hands mini "facials" and got to play with all the products. I have to say I love the ones that I bought on the day. We finished up the bubbles, met some more lovely local ladies and all enjoyed our two hours of "me time". Northern Union offered "Ladies Night" priced cocktails to any who wished to finish their evening off there.

Millwater Women's Group is next meeting for morning tea on Wednesday 22nd April at Roberts Coffee Bar, 2 Milner Avenue, Silverdale (NOT the Millwater Parkway site), 9.30 to 11.30am. All welcome and look forward to meeting you there.

Marj Noble
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Cruising: Definitely the way to go!

Jennie Ready recalls two great cruises

I have recently returned from a couple of cruises; the first being Carnival Legend and the second – my personal favourite – Cunard's flagship liner Queen Mary 2. Although the ships were very different, I enjoyed both cruises for completely different reasons.

Carnival is an American line and their ships are known as the 'fun ships'. Carnival Legend certainly lived up to its 'fun ship' name and it was fun; glitzy and a bit like Las Vegas at Sea. The highlight of this cruise was the amazing nightly entertainment, which included an Illusionist and a Broadway-style rock show. Carnival Australia has year-round cruises, departing from Australian ports.

Almost a polar opposite is Cunard, which is a British and very traditional cruise line. This year is Cunard's 175th Anniversary and QM2 is currently on a 113-night world cruise. QM2 is certainly an impressive liner, with a length of 350m and weighing in at 150,000 gross tonnes.

We spent 4 nights onboard, which certainly wasn't long enough, but it was definitely a great taster of QM2 and the Cunard experience. We really enjoyed the afternoon teas in the Queen's Ballroom, trivia in the on-board British Pub, the planetarium shows and dressing up for Formal Night. The highlight of this cruise was certainly the food and the wonderful White Star service.

Cruising is such a relaxing way to travel, as you only need to unpack once and, once you're onboard, you can do as much or as little as you like. It is also great value, as the cruise fare includes your accommodation, all meals and entertainment.

There are now many cruise lines visiting Auckland and this year alone we had 92 ship visits. If you haven't tried cruising you should certainly give it a go, as there is a ship out there to suit almost everyone.

Jennie Ready

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Sat 02 May	06:03 2.7m	12:16 0.8m	18:38 2.7m	-	Mon 18 May	00:50 0.4m	07:07 3.1m	13:15 0.2m	19:38 3.2m
Sun 03 May	00:35 0.8m	06:46 2.7m	12:57 0.7m	19:20 2.8m	Tue 19 May	01:42 0.4m	08:00 3.1m	14:06 0.2m	20:28 3.2m
Mon 04 May	01:16 0.7m	07:27 2.8m	13:38 0.6m	20:00 2.9m	Wed 20 May	02:32 0.4m	08:51 3.1m	14:54 0.3m	21:16 3.2m
Tue 05 May	01:56 0.7m	08:09 2.8m	14:17 0.6m	20:39 2.9m	Thu 21 May	03:21 0.5m	09:41 3.0m	15:41 0.3m	22:04 3.1m
Wed 06 May	02:37 0.6m	08:51 2.8m	14:58 0.5m	21:20 3.0m	Fri 22 May	04:10 0.5m	10:29 2.9m	16:27 0.4m	22:51 3.0m
Thu 07 May	03:19 0.6m	09:34 2.8m	15:39 0.5m	22:02 3.0m	Sat 23 May	04:59 0.6m	11:16 2.8m	17:13 0.6m	23:37 2.9m
Fri 08 May	04:04 0.6m	10:18 2.8m	16:22 0.5m	22:46 3.0m	Sun 24 May	05:48 0.7m	12:03 2.7m	17:59 0.7m	-
Sat 09 May	04:51 0.6m	11:04 2.8m	17:07 0.6m	23:34 2.9m	Mon 25 May	00:25 2.8m	06:38 0.8m	12:51 2.6m	18:49 0.8m
Sun 10 May	05:41 0.6m	11:53 2.8m	17:57 0.6m	-	Tue 26 May	01:13 2.7m	07:28 0.9m	13:40 2.6m	19:41 0.9m
Mon 11 May	00:25 2.9m	06:34 0.7m	12:45 2.8m	18:51 0.7m	Wed 27 May	02:03 2.6m	08:20 0.9m	14:33 2.6m	20:37 1.0m
Tue 12 May	01:20 2.9m	07:31 0.7m	13:42 2.8m	19:52 0.7m	Thu 28 May	02:53 2.6m	09:11 0.9m	15:27 2.6m	21:33 1.0m
Wed 13 May	02:19 2.9m	08:30 0.6m	14:43 2.8m	20:56 0.7m	Fri 29 May	03:43 2.6m	10:01 0.9m	16:21 2.6m	22:25 1.0m
Thu 14 May	03:19 2.9m	09:30 0.6m	15:47 2.8m	22:00 0.6m	Sat 30 May	04:32 2.6m	10:50 0.8m	17:13 2.6m	23:14 0.9m
Fri 15 May	04:18 3.0m	10:30 0.5m	16:50 2.9m	23:00 0.6m	Sun 31 May	05:20 2.6m	11:37 0.8m	18:01 2.7m	23:59 0.8m
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